

# A Research Paper on Overpopulation in India and its Effects

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Nearly all our economic, social, and political problems has become more difficult to solve in the face of an uncontrolled population growth. It is clear that in economically sound nations many individuals and families experience misery and unhappiness because of the birth of unwanted children. The desirability of limiting family size is now fairly general, though not universally recognized, particularly among the better-educated and culturally advanced segments of the population in India. The main purpose of this research paper is to spread awareness about the repercussions of over population and how it affects an individual in his daily life, further causing unsustainable development in the developing countries.

**Keywords:** Over Population Effects, Population Growth, sustainability

## INTRODUCTION

Overpopulation occurs when there is excess burden of any species on the environment. Overpopulation is not a problem that arose yesterday, rather this issue is an ocean which got created by pouring drop by drop from past several years. The population of India represents 17.99 percent of the world's total population which arguably means that one in every six persons on the planet, is a resident of India. India's population reached a billion mark in the year 1998, As per a latest statistical report India's current population has crossed 1.35 billion, ranking it as the 2nd largest population in the world, whereas India has been ranked at the 7th position in terms of its land area (3287263km<sup>2</sup>), which has given rise to an inequality between the land mass and the population density. Further India has more than 50% of its population below the age of 25 and it is projected that India will be the most populous country by the year 2024 surpassing the population of China. The land mass has no scope of expansion but the human population is increasing year after year. This population explosion is held responsible for over burdening both renewable and non-renewable resources which are diminishing as the burden on them is increasing. Be it clean water to drink, fresh air to breathe, and its dependence on flora and fauna, further affecting major issues like global warming, environmental issues like deforestation, climate variances, rapidly melting icebergs and other social inequalities.

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## RESEARCH METHODOLOGY AND ITS PURPOSE

This research paper comprises of the core content obtained from data analysis and statistical reports and the information is congregated from various websites. References to other research materials have been consulted to bring upon the relevant facts and figures, its relevance and the knock-on effect of the issue has been discussed. The collected information was analyzed to develop an understanding of the current scenario and its future repercussions.



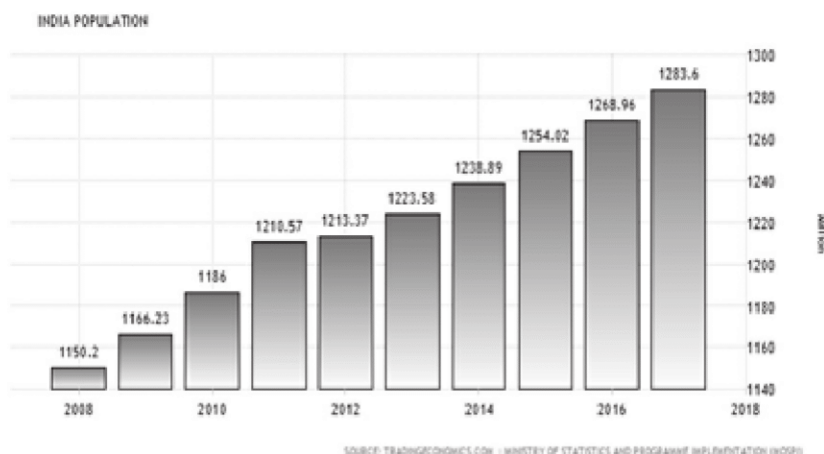
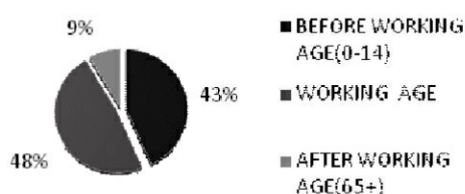
The purpose behind this study is to spread awareness about the issue and its impact on the environment, society and the future generations to come. Policies should be initiated so that the economic growth of the country can keep pace with the demands of a growing population, adequate steps should be taken to increase the welfare and

status of women and girls, spread of education for all should be a major concern as well, educated minds possess the capability of understanding the issue and its effects better, increasing awareness for the use of contraceptives and family planning methods and sex education, health care centers for the poor should be spread even to the rural areas, educational sessions should be conducted for encouraging male sterilization and spacing births, free distribution of contraceptives and condoms among the poor and encouraging female empowerment, can play a major role in controlling population. These steps should be implemented right away as a major portion of the population spread is either too young or under working age. As these toddlers and youth acts as a clay to shape the future of India.

### OBJECTIVE OF RESEARCH

- To describe the causes of overpopulation.
- To analyze the effect of overpopulation on individual as well as on country's resources
- To spread awareness for the control of population explosion.
- State its impact on future generations and its huge dependency on non-renewable resources.
- The disruption on ecological balance.

### POPULATION SPREAD(2018)



### CAUSE AND EFFECT RELATIONSHIP

The causes leading to overpopulation in India are:

- The birth rate is 19 births/1000 population, whereas the death rate is 7.3 deaths/1000 population, the birth remains higher than the death rate, improved medical facilities, health and hygiene awareness has declined the death rate which though is an achievement on medical grounds but this has led to a rational disparity.
- Improved technological advancement in fertility treatment, treating infertility medical conditions with latest techniques available to conceive and undergo fertility treatment methods and making the pregnancies much safer.
- Lack of family planning is another cause to the problem especially in the rural areas and poverty stricken people as they believe, more children are add-ons as more number of earning hands.
- 21.3% Indians live on less than 120/- per day. In the first place, there is a total of about 1.45 billion population that could be termed as multidimensional poor. Second, about 689 million of the population are children. Third, and the most shocking of all, 31% of all these children live in India. Income disparities make the rich go richer and the poor go poorer, the literacy rate and their standard of living is another cause of their current mindset.
- Lack of awareness about contraceptive pills and other birth control measures and the adverse affects of conceiving frequently are yet not discussed at a wider scale.

- The past tradition of child marriage and universal marriage system, is rooted in 21st century even though our law has defined a legal marriageable age of 18 years, yet the concept of early marriage still prevails in the rural sector and most of the girls are pushed under this sacred obligation and are tied under knots at their reproductive age itself. A report by UNICEF for the year 2017 declared that 7% of Indian girls are married by the age of 15 and 27% is married by the age of 18, which is still an alarming scenario.
- People's belief in an old cultural norm that sons are the bread earners of families in India, this age old norm, puts considerable pressure to give more births to male child.
- The fact of illegal migration from Bangladesh, Nepal and other neighboring countries are rapidly adding on to the problem, a report stated India to be one of the world's top destinations for international migrants making it the 12th-largest immigrant population in the world. The overwhelming majority of India's immigrants are from neighboring countries such as Bangladesh (3.2 million), Pakistan (1.1 million), Nepal (540,000) and Sri Lanka (160,000).

Even after so many years of independence the

scenario of our country hasn't witnessed much change, our country still remained in the list of developing countries, some of the problems faced by India before independence are still rooted and one of the reasons to be blamed for this situation is overpopulation in India. Some of the major impacts led by overpopulation are:

- Generating employment opportunities for a huge population in a country like India is a tedious task, the numbers of illiterate persons are also increasing and showing an increased trend in the unemployment rate and this has a direct impact in terms of increased crime rate. The unemployment rate is 3.52% in the year 2017 which was earlier 3.51%. More people are now walking on the path of crime due to lack of employment opportunities and correct guidance.
- Increased poverty rate has also been witnessed; it seems difficult for few to satisfy their basic needs, hygiene requirements and sanitation facilities, the poverty rate in rural area is at 25% whereas the poverty rate in urban area is at 14%, hence the standard of living needs to be improved and for that the root cause of overpopulation needs to be evaded. So that people could adhere to their basic needs and do not undergo scarcity of resources.

S.No	Name of UA/Cities	No. of Households	Population
1.	Greater Mumbai UA	3,522,358	16,434,386
2.	Kolkata UA	2,40,607	13,205,697
3.	Delhi UA	2,548,359	12,877,470
4.	Chennai UA	1,473,780	6,560,242
5.	Hyderabad UA	1,111,116	5,742,036
6.	Bangalore UA	1,278,333	5,701,446
7.	Ahmedabad UA	901,949	4,525,013
8.	Pune UA	828,890	3,760,636
9.	Surat UA	573,756	2,811,614
10.	Kanpur UA	469,562	2,715,555
11.	Jaipur UA	408,888	2,322,575
12.	Lucknow UA	403,457	2,245,505
13.	Nagpur UA	427,704	2,129,500
14.	Patna UA	269,619	1,697,976
15.	Indore UA	284,782	1,516,918
16.	Vadodara UA	320,455	1,491,045
17.	Coimbatore UA	358,856	1,461,135
18.	Bhopal UA	283,176	1,458,416
19.	Ludhiana UA	268,700	1,398,467
20.	Kochi UA	301,079	1,355,972
21.	Visakhapatnam UA	309,123	1,345,938
22.	Agra UA	207,834	1,331,335
23.	Varanasi UA	167,476	1,203,961
24.	Madurai UA	279,656	1,203,095
25.	Meerut UA	187,607	1,161,716
26.	Nashik UA	239,727	1,152,326
27.	Jamshedpur UA	199,864	1,104,712
28.	Jabalpur UA	209,274	1,098,000
29.	Asansol UA	196,486	1,067,365
30.	Dhanbad UA	192,233	1,065,327
31.	Faridabad UA	217,647	1,055,938
32.	Allahabad UA	162,400	1,042,225
33.	Vijaywada UA	231,759	1,039,518
34.	Amritsar UA	185,858	1,003,917
35.	Raikot UA	195,947	1,003,015

- Overpopulation has made India face the situation of economic depression, slow business development and expansion activities due to under utilization of available manpower.
- This problem has raised the pressure on infrastructure facilities as to create a space for all has been a troublesome scenario. The development of infrastructural facilities is not keeping pace with the rate of increasing population leading to overpopulated houses.
- Increase in number of people has led to a corresponding increase in the need of resources, which has adversely affected the ecological balance and bio-diversity. Rise in amount of CO<sub>2</sub> emissions leads to global warming. India's emissions are 1.8 tones of CO<sub>2</sub> per capita, and these emissions are growing steadily with an average growth rate of 6%. Melting of polar ice caps, changing climate patterns, rise in sea level (the sea level rises in two ways, first warmer water expands, and this "thermal expansion" of the ocean has contributed about half of the 2.8 inches (7 centimeters) of global mean sea level rise we've seen over the last 25 years and Secondly, melting land ice flows into the ocean, also increasing sea level across the globe), are few of the consequences that we might have to face due to environment pollution.
- India is now counted amongst the top polluted countries of the world, records show the pollution index of 75.17, roads are flooded with vehicles and traffic congestion and this chaos has increased the pollution levels to a greater extent.
- The land resources, water resources, forests are over exploited and the burden on the natural resources are creating a pressure on the overall environment leading to an adverse living scenario for the future generations. For instance at Present, India is the poorest in the world as far as capital land is concerned. The per capita forest Land in India is 0.10 hectare compared to the world average of 1 hectare. These devastating effects of deforestation in India include soil, water and wind erosions, estimated to cost over 16,400 crores every year.
- Food production and distribution have not been able to catch up with the increasing population and hence the costs of production have increased and here inflation has played a major role as a consequence of over

population. As difference between demand and supply continues to expand due to overpopulation, it raises the prices of various commodities including food, shelter and healthcare. The consumer prices have increased by 5.21% year on year basis, this means that people have to pay more to survive and feed their families.

- In the face of an increasing population, there is an unequal distribution of income (as per a survey India's top 1% bags 73% of the country's wealth) and inequalities within the country has widened, as a result of which the gap between income disparities have increased.
- Increased conflicts amongst people for the scarcity of resources, social conflicts, and other wars for the division of land and other scarce resources have occurred, the increased stress on natural resources have led to a rapid rise in natural calamities and manmade hazards.
- More people lead to more generation of waste (India's generation of 960 million tonnes of waste annually comprises of 350 million tonnes are organic wastes, 290 million tones are from inorganic waste and 4.5 million tonnes from hazardous waste) and our current facilities are not adequate enough to provide proper waste disposal methods and hence much of non biodegradable waste is dumped into water bodies which as a result adversely affect the marine life.

## REMEDIAL ACTION PLAN

- First and foremost the policy makers should initiate a clear population policy and enlisting population control norms by the Government so as to keep a pace between economic growth of the country and the need to meet the demand for increasing population.
- Secondly, emphasis should be laid to increase the status of women and girls and spreading awareness and education amongst them. In terms of family planning methods, sex education, encouraging male sterilization and spacing births, free distribution of birth control pills and contraceptives and condoms should be made easily available to the poor.
- Thirdly, more health care centers for the poor can play a major role in controlling population and control the adverse effect of overpopulation on the economy as a whole.

- Further, manpower should be exported and migration should be encouraged so as to create employment opportunities and reduce the burden on India's resources. More setups of Skill development centers should be promoted to develop adequate skills in the people which would help them in attaining a good job for themselves and raising their current status.
- The three elements air, water and land are immensely polluted and it's high time to make people aware that even their own survival will be at stake if they don't respect and use the available resources wisely.

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