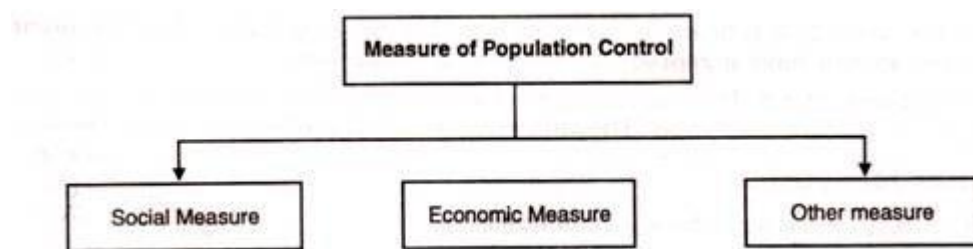


Measures to Control Population Growth in India

Population of India is quite large and rapidly increasing. One per cent growth rate means an addition of 1 crore people every year.

Effective population control measures are the need of the hour. We know that birth rate is mainly responsible for rapid population growth.

Hence measures which can reduce the birth rate should be adopted. These measures can be classified into 3 heads.



Social Measures -

Population explosion is a social problem and it is deeply rooted in the society. So efforts must be done to remove the social pressures in the country.

1. Minimum age of Marriage:

Fertility depends on the age of marriage. The minimum age of marriage should be strictly enforced. In India minimum age for marriage is 21 years for men and 18 years for women have been fixed by law. This law should be firmly implemented and people should also be made aware of this through publicity.

2. Raising the Status of Women:

There is still discrimination to the women. They are often confined to the house. They are still confined to rearing and bearing of children. So women should be given opportunities to develop socially and economically. Free education should be given to them.

3. Spread of Education:

The spread of education changes the outlook of people. Educated men prefer to delay marriage and adopt small family norms. Educated women are health conscious and avoid frequent pregnancies and thus help in lowering birth rate.

4. Social Security:

More people should be covered under-social security schemes. So that they do not depend upon others in the event of old age, sickness, unemployment etc. with these facilities they will have lesser desire for more children.

Economic Measures -

1. Development of Agriculture and Industry:

If agriculture and industry are properly developed, large number of people will get employment. When their income is increased they would improve their standard of living and adopt small family norms.

2. Standard of Living:

Improved standard of living acts as a deterrent to large family norm. In order to maintain their higher standard of living people prefer to have a small family. According to A.K. Das Gupta those who earn less than Rs. 100 per month have on the average a reproduction rate of 3.4 children and those who earn more than Rs. 300 per month have a reproduction rate of 2.8 children.

3. Urbanisation:

It is on record that people in urban areas have low birth rate than those living in rural areas. Urbanisation should therefore be encouraged.

Other Measures -

1. Late Marriage:

As far as possible, marriage should be solemnized at the age of 30 years. This will reduce the period of reproduction among the females bringing down the birth rate.

2. Family Planning:

This method implies family by choice and not by chance. By applying preventive measures, people can regulate birth rate. This method is being used extensively; success of this method depends on the availability of cheap contraceptive devices for birth control.

3. Publicity:

The communication media like T.V., radio and newspaper are good means to propagate the benefits of the planned family to the

uneducated and illiterate people, especially in the rural and backward areas of country.

4. Incentives:

The govt. can give various types of incentives to the people to adopt birth control measures. Monetary incentives and other facilities like leave and promotion can be extended to the working class which adopts small family norms.

5. Employment of Women:

Another method to check the population is to provide employment to women. As a result their number in teaching, medical and banking etc. will increase rapidly. Due to job pressure and promotion they will delay having children.