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### SAQ 3

- a) Why did not the demand for birth control translate into practice?
  - b) Why did many European countries follow pro-natalist policy?
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## 8.5 POPULATION POLICIES IN INDIA

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Do you know, India was the first country in the world to have an official family planning programme in the year 1952? However, the first Population Policy announced by Government of India in the year 1976. The last National Population Policy was announced in the year 2000. This policy was different in its approach than the previous policies. In this section we will discuss Population policies of India under two major sub-sections namely National Population Policies before the year 2000 and National Population Policy 2000.

### 8.5.1 Population Policies Prior to The Year 2000

As discussed in the beginning of this section, India was the first country to start family planning programme. However, the first national population policy was enacted in the year 1976. In the post-emergency period, the then Government announced a New Population Policy in 1977. Let us discuss these policies briefly.

**National Population Policy 1976:** This policy was based on target and incentive based. Salient features of National Population Policy 1976 were as follows:

- 1) To raise the age of marriage for girls to 18 years and for boys to 21 years.
- 2) To take special measures to raise the level of female education in all States.
- 3) Raising the monetary incentive to persons undergoing sterilisation according to the number of children in the family.
- 4) Additional incentives to government employees undergoing sterilisation, having up to two children.

**National Population Policy 1977:** The main features of this policy were:

- 1) Renaming the family planning programme into family welfare programme.

- 2) Fixing the marriage age for girls at 18 years and for boys at 21 years. This has been implemented by the Child Marriage Restraint (Amendment) Act, 1978.
- 3) Making sterilisation voluntary.
- 4) Including population education as part of normal course of study.
- 5) Monetary incentive to those who go in for sterilization and tubectomy.
- 6) Private companies to be exempted in corporate taxes if they popularise birth control measures among employees.
- 7) Use of media for spreading family planning in rural areas, etc.

This policy put an end to compulsory sterilisation and laid emphasis on voluntary sterilization.

### **8.5.2 National Population Policy, 2000**

The last National Population Policy (NPP) was announced in the year 2000. The basic philosophy of this policy was derived from International Conference on Population and Development (ICPD), which was held at Cairo, Egypt in the year 1994. This is considered as the first ever comprehensive and holistic population policy of the country. The NPP envisages overall economic and social development as the goal to improve the quality of life of the people, to enhance their wellbeing and to provide them with opportunities and choices with a comprehensive, holistic and multi-sectoral agenda for 'population stabilisation.' If we analyse this policy in comparison to the previous policies, this policy does not believe in target specific approach.

For achieving above mentioned goal, NPP envisaged three types of objectives. Those objectives are as follows:

- 1. The immediate objective** is to address the unmet needs for contraception, health care infrastructure and health personnel and to provide integrated service delivery for basic reproductive and child health care.
- 2. The medium-term objective** is to bring the Total Fertility Rate (TFR) to replacement level by 2010 through vigorous implementation in inter-sectorial operational strategies.
- 3. The long-term objective** is to achieve a stable population by 2045 at a level consistent with the requirements of sustainable economic growth, social development, and environment protection. Targets: The following are the targets of National Population Policy: 1. Achieve zero growth rate of population by 2045. 2. Reduce infant mortality rate of below 30 per thousand live births. 3. Reduce maternal mortality ratio of below 100 per 1, 00,000 live births. 4. Reduce birth rate to 21 per 1000 by 2010. 5. Reduce total fertility rate (TFR) to 2.1 by 2010.

It envisions population stabilisation as a function of:

- accessible and affordable reproductive health;
- increased coverage and outreach of primary and secondary education;

- assured availability of basic amenities like sanitation, safe drinking water and housing;
- women empowerment with enhanced access to education and employment; and
- infrastructure development like roads and communication.

Thus, it promotes open information, awareness, empowerment and development based approach and sums up 'population stabilisation' as a multi-sectoral endeavour. In principle, it unequivocally rejects the targets and the incentive/disincentive approaches and provides for a Target-Free Approach (TFA). The NPP is gender sensitive and incorporates a comprehensive holistic approach to the health and education needs of women, female adolescents and girl child. A primary theme running through the NPP is provision of quality services and supplies and arrangement of a basket of choices i.e. people must be free and enabled to access quality health care, make informed choice and adopt measures for fertility regulation best suited to them.

National Population Policy is the affirmation and articulation of India's commitment to International Conference on Population and Development (ICPD) agenda. It was at the Cairo Conference, that for the first time, a consensus was reached among many countries, including India, which, was a remarkable development in many ways. The ICPD in 1994 successfully adopted a Programme of Action, which constituted a paradigm shift in thinking and action on population issues globally. Though India is yet to fully incorporate the provisions of this convention in its domestic laws, but by virtue of the country being a signatory to this international convention, civil society has a moral right to ask the government not to deviate from its to the ICPD agenda. The Cairo Consensus forged at the 1994 International Conference on Population and Development (ICPD) is underpinned by human rights principles. The Introduction to Population, Sustainable Development and commitment Human Development ICPD and ICPD +5 placed population, reproductive health and gender equality in a human rights-based framework linked to human development and sustained economic growth. A human rights-based approach to programming differs from the basic needs approach in that it recognizes the existence of rights. It also reinforces capacities of duty bearers (usually governments) to respect, protect and guarantee these rights. In a rights-based approach, every human being is recognized both as a person and as a right-holder. A rights-based approach strives to secure the freedom, well-being and dignity of all people everywhere, within the framework of essential standards and principles, duties and obligations.

The rights-based approach supports mechanisms to ensure that entitlements are attained and safeguarded. Governments have three levels of obligation namely to respect, protect and fulfil every right. These obligations were:

- To respect a right means refraining from interfering with the enjoyment of the right.
- To protect the right means enacting laws that create mechanisms to prevent violation of the right by state authorities or by non-state actors. This protection is to be granted equally to all.

- To fulfil the right means to take active steps to put in place institutions and procedures, including the allocation of resources to enable people to enjoy the right.

A rights-based approach develops the capacity of duty bearers to meet their obligations and encourages rights holders to claim their rights. Rights are indivisible, interdependent and interrelated. The human rights-based approach focuses on those who are most vulnerable, excluded or discriminated against. The human rights-based approach constitutes a framework of action as well as a methodological issue. This approach is also expected to achieve results: sustained progress towards respect of human rights, development, peace, security, and eradication of poverty, population stabilization with gender equity and equality and achievement of the Millennium Development Goals.

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### SAQ 4

How is rights-based approach to population programme differs from the basic needs approach?

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## 8.6 SUMMARY

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In this unit, you have studied:

- Population policy may be defined as deliberately constructed or modified institutional arrangements and/or specific proportions through which governments influence, directly or indirectly, demographic change (Demeny, 2002).
- The formulation of an ideal population policy is a multi-stage exercise. It begins with an assessment of the past and present demographic trends and their determinants in a country. This is followed by an appraisal of the future demographic change if the present trends continue, and its social and economic consequences. Accordingly appropriate measures are designed to regulate the future demographic change in the desired direction.
- Population policies of developed and developing countries have distinct emphasis, depending upon their socioeconomic and demographic history. Population policy in the developing world has become essentially synonymous with family planning programs.
- In developed countries, though birth control measures have been universally adopted for a long time, yet, there are very few countries that have formulated an explicit national policy on population growth. On the other hand, there are many European countries that still follow pro-natalist policy due to their concern about declining population. But, indirectly population-related issues are reflected in various other policies enacted for economy, health and welfare measures.
- India was the first country in the world to have an official family planning programme in the year 1952. However, the first Population Policy announced by Government of India in the year 1976. The last National

Population Policy was announced in the year 2000. This policy was different in its approach than the previous policies.

- National Population Policy, 2000 is the affirmation and articulation of India's commitment to International Conference on Population and Development (ICPD) agenda. It forms the blueprint for Population and Development Programmes in the Country.

## 8.7 TERMINAL QUESTIONS

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1. Describe in detail the rationale for a population policy.
2. Discuss in brief the three major elements of a population policy.
3. Explain major thrusts of population policies in developed and developing countries of the world.
4. Highlight salient features of India's National Population Policy, 2000.

## 8.8 ANSWERS

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### Self-Assessment Questions (SAQ)

1. It is defined as deliberately constructed or modified institutional arrangements and/or specific proportions through which governments influence, directly or indirectly, demographic change
2. a) Pro-natalist policies are designed with the purpose of increasing the fertility or birth rate of an area. On the other hand anti-natal policies are just opposite to pro-natalist policies and are aimed to decreasing the fertility or birth rate of an area.
3. a) Conflicting desires may interfere. Weakness of measures of latent demand, or "unmet need."  
b) Due to their concern about declining population.
4. A rights-based approach recognizes the existence of rights and reinforces capacities of duty bearers (usually governments) to respect, protect and guarantee these rights. In this approach, every human being is recognized both as a person and as a right-holder and strives to secure the freedom, well-being and dignity of all people everywhere, within the framework of essential standards and principles, duties and obligations.

### Terminal Questions

1. Refer to Section 8.2
2. Refer to Section 8.3
3. Refer to Section 8.4
4. Refer to Section 8.5

## 8.9 REFERENCES AND SUGGESTED READING

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## GLOSSARY

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<b>Carrying Capacity</b>	: It is the population size that the environment can sustain indefinitely, given the resource available in the environment.
<b>Crude Birth Rate (CBR)</b>	: Crude birth rate (CBR) is the ratio between the number of births in a single year and the total population and is expressed as a number per thousand.
<b>Crude Death Rate (CDR)</b>	: Crude death rate (CDR) is the ratio between the number of deaths in a single year and the total population, and is expressed as a number per thousand.
<b>Demographic Transition Model</b>	: Demographic Transition Model is a model used to represent the process of explaining the transformation of countries from high birth rates and high death rates to low birth rates and low death rates as part of the economic development of a country from a pre-industrial economy to an industrialized economy.
<b>Dependency Ratio</b>	: The ratio of the dependent population to the working population, whichever way the working population is defined. These ratios are presented as number of dependants per 100 persons.
<b>Ecological Footprint</b>	: Ecological Footprint is the measure of the impact of human demand for resources on the Earth's ecosystems. It compares human demand with Earth's ecological capacity to regenerate.
<b>Emigration</b>	: The process of moving out of one's own country to settle in another is known as emigration.
<b>Immigration</b>	: The process of moving in to another country where she or he is not a native to take up residence.
<b>Infant Mortality Rate (IMR)</b>	: The number of infant deaths per thousand live births in a population during a calendar year.
<b>Natural Growth Rate</b>	: Natural Growth Rate is the difference between birth rate and death rate.
<b>Optimum Population</b>	: A situation where there is maximum utilization of resources available, achieving the highest standard of living overall possible.
<b>Over Population</b>	: If the population of a country is too big in relation to its natural resources, then the country is said to be over-populated.
<b>Resources</b>	: Resources are anything that satisfies human wants.
<b>Stock</b>	: Stores of resources which are currently unused.

**Under Population**

: If the population of a country is not sufficient to utilize its natural resources efficiently, then the country is said to be under-populated.



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