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Population Size and Distribution

Population is a fundamental element in social studies, serving as the reference point for understanding various social phenomena. The official census is conducted every ten years since then.

The census provides answers to three primary questions about the population:

- Population size and distribution
- Population growth and processes of population change
- Characteristics or qualities of the population

Nearly half of India's population resides in five states: Uttar Pradesh, Maharashtra, Bihar, West Bengal, and Andhra Pradesh. Uttar Pradesh is the most densely populated state with a population of approximately 200 million people per square kilometer of an area.

In contrast, the Himalayan state of Sikkim has a population of approximately 0.5 million, and Lakshadweep has only 60,000 people. India is a country with high rainfall, and less fertile soils contribute to sparse population in certain areas.

Key Words

Census: An official enumeration of the population of a country recorded periodically.

Exam Questions

Q1. What is a census and why is it important?

Answer: A census is an official count of the population conducted periodically. It is important because it provides data on population size, distribution, and growth.

Q2. Name the five states in India where almost half of the population lives.

Answer: Uttar Pradesh, Maharashtra, Bihar, West Bengal, and Andhra Pradesh.

Population Growth and Processes of Population Change

Population changes due to three main processes: birth rate, death rate, and migration. Birth rate is the number of live births per 1,000 persons in a region and can be internal or international.

Population grows through births and immigration and declines through deaths and emigration. Internal migration significantly influences the population structure and unemployment in rural areas and pull factors such as better employment opportunities and living conditions in cities.

The urban population in India has increased from 17.29% in 1951 to 31.80% in 2011.

Age Composition of Population

Age composition refers to the distribution of people in different age groups, generally categorized as children (below 15 years), working-age the working-age population, affecting economic and social planning.

Sex ratio is the number of females per 1,000 males. Traditionally, India's sex ratio has been unfavorable to females.

Key Words

Immigration: The arrival of people into a country.

Emigration: The departure of people from a country.

Age Composition: The distribution of population across different age groups.

Exam Questions

Q1. What are the three main processes that cause population change?

Answer: Birth rate, death rate, and migration.

Q2. Explain the terms immigration and emigration.

Answer: Immigration is when people come into a country, and emigration is when people leave a country.

Q3. What is the dependency ratio and why is it important?

Answer: The dependency ratio is the ratio of dependent population (children and aged) to the working-age population. It is important because

Impact of Population on Resources and Development

Population growth affects the availability and use of resources such as land, water, and energy. Overpopulation can lead to resource depletion.

Rapid population growth can slow economic development by increasing the demand for resources faster than they can be supplied. Urban

Exam Questions

Q1. How does population growth impact natural resources?

Answer: Population growth increases demand for natural resources, leading to depletion and environmental degradation.

Q2. What are some challenges faced by urban areas due to population growth?

Answer: Overcrowding, pollution, inadequate infrastructure, and increased demand for services.

Government Measures for Population Management

The government implements various measures to manage population growth effectively. These include promoting smaller family norms, raising awareness, and providing access to family planning services.

Programs focus on educating people about the benefits of smaller families and providing access to contraceptives and maternal health services.

Exam Questions

Q1. What are some government measures to control population growth?

Answer: Promoting smaller families, raising awareness, improving healthcare, and creating jobs.

Q2. Why is family planning important?

Answer: Family planning helps control population growth, improves maternal and child health, and supports economic development.

Solved Examples

Example 1: Calculate the population density if a region has 500,000 people living in an area of 1,000 square kilometers.

Solution: Population density = Total population / Area = $500,000 / 1,000 = 500$ persons per sq. km.

Example 2: If the birth rate is 20 per 1,000 and the death rate is 10 per 1,000, what is the natural increase rate?

Solution: Natural increase rate = Birth rate - Death rate = $20 - 10 = 10$ per 1,000 population.

Practice Set

Easy

- What is a census?
- Name two states with high population in India.

Moderate

- Explain the factors affecting population distribution.
- Define migration and its types.

Challenging

- Discuss the impact of population growth on resources and development.
- Explain the importance of age composition and dependency ratio in population studies.

Answer Key

- **What is a census?** – An official count of the population conducted periodically.
- **Name two states with high population in India.** – Uttar Pradesh and Maharashtra.
- **Factors affecting population distribution:** Terrain, climate, rainfall, soil fertility, and economic opportunities.
- **Migration and its types:** Movement of people; internal (within country) and international (between countries).
- **Impact of population growth:** Resource depletion, environmental degradation, economic challenges.
- **Age composition and dependency ratio:** Age groups affect economic burden; dependency ratio indicates proportion of dependents to

Quick Reference

- **Census:** Official population count every 10 years.
- **Population Density:** Number of persons per sq. km.
- **Birth Rate:** Live births per 1,000 persons per year.
- **Death Rate:** Deaths per 1,000 persons per year.
- **Migration:** Movement of people across regions.
- **Sex Ratio:** Number of females per 1,000 males.
- **Dependency Ratio:** Ratio of dependents to working-age population.

Glossary

Census

Official enumeration of the population conducted periodically.

Population Density

Number of persons living per square kilometer.

Birth Rate

Number of live births per 1,000 persons in a year.

Death Rate

Number of deaths per 1,000 persons in a year.

Migration

Movement of people from one place to another.

Sex Ratio

Number of females per 1,000 males in a population.

Dependency Ratio

Ratio of dependent population to working-age population.

Chronology of Population Census in India

Year	Event	
1872	First Census in India	Ini
1951	First Census after Independence	Pro
2011	Latest Census	Re

Family Planning: Promoting smaller family norms.

Education: Raising awareness about population control.

Health Care: Providing better medical facilities to reduce infant mortality and improve life expectancy.

Employment Opportunities: Reducing population pressure on rural areas.

6. Government Measures for Population Management

Resource Pressure: Overpopulation leads to scarcity of resources like land, water and energy.

Economic Development: Balanced population growth can boost development and overpopulation hinders progress.

Urbanisation: High population density contributes to urban expansion and related challenges.

5. Impact of Population on Resources and Development

Age Composition: Division of population into different age groups (children, working-age, elderly).

Sex Ratio: Number of females per 1,000 males.

Literacy Rate: Percentage of literate individuals aged 7 and above.

Occupational Structure: Proportion of people employed in primary, secondary, and tertiary sectors.

4. Characteristics of the Population

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