# DEMOGRAPHY OF INDIA

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## 1. India: Population

### Age and Sex Structure of the Population

- Adolescent population (10-19 years) in India (2011 Census): Approximately 20.9% of total population. Regarded as youthful with high potential. Sex ratio in this group typically shows more males than females.
- Population Pyramid: Best graphical representation of a population's age and sex structure.
- Population Pyramid Structure: Males represented on the left, females on the right. X-axis shows population size/percentage, Y-axis represents age groups.
- Types of Population Pyramids:
    - **Expanding (Broad base/ Triangular)**

      High birth and death rates, large young population. Characteristic of India.
    - **Stationary (Bell-shaped)**

      Balanced birth and death rates, stable population distribution.
    - **Diminishing/Declining (Urn-shaped/Narrow base)**

      Low birth rates, aging population.
- India's Population Pyramid (2011): Broad base and tapered towards the top, indicating a large young population and an expanding population structure.
- Dependency Ratio: Defined as the ratio of the non-working (dependent) population (0-14 years and 60+ years) to the working (productive) population (15-59 years).
- Age Structure (India, 2011 Census): Approximately 65% of India's population was below the age of 35 years.
- Child Population (0-6 age group, India, 2011 Census): Meghalaya had the highest percentage proportion of child population to total population.
- Sex Structure (India, 2011 Census): Puducherry was the Union Territory with more females than males (Sex Ratio: 1037 females per 1000 males).

### Demographic Dividend and Ageing Population

- **Demographic Dividend**

  An economic growth potential resulting from shifts in a population's age structure, primarily when the working-age population (e.g., 15-59 or 15-64 years, sometimes 16-64 years) is significantly larger than the non-working-age population (0-14 and 60/65+ years).
- Also referred to as

  **Demographic Bonus.**
- **It is characterized by an increase in the population in the working-age group and typically leads to a** declining Dependency Ratio **because the population aged 15-59 years is relatively high.**
- **India is still a young country; its median age is generally cited as** between 25 to 30 years**. The average age of Indians was projected to be around** 29 years in 2020**.**
- Ageing Population in India
    - The percentage of senior citizens (60+ years) increased from

      **5.1% in 1901 to 8.4% in 2011.**
    - **According to the 2011 Census,** Kerala **had the highest proportion of elderly people (aged 60 and above).**

- **UNFPA 'India Ageing Report 2023' projections:**
  - **The population aged 60 years and above in India is projected to grow to** 158 Million by 2025**.**
  - **By 2050,** more than 20 percent **of India's population is expected to be elderly (60+ years).**

- Demographic Indicators
  - **Net Reproduction Rate (NRR)**
    - If NRR = GRR, it implies all new-born girls survive till the end of the reproductive period.
    - If NRR = 1, it means for a given fertility and female mortality, a group of new-born girls will exactly replace itself in the next generation (replacement level fertility).
  - **Gross Reproduction Rate (GRR)**

    Measures the average number of daughters a woman would have during her lifetime, without accounting for mortality.

- **Key Publications/Authors (often asked in exams)**
  - Sandeep Shastri: "Demographic Shift and its Impact on Indian Politics"
  - Kalpana Srivastava: "Demographic Profile and Health Status of Older Adults in India"
  - N. Neetha: "Gender Demographics and Empowerment in India"
  - Mridul Eapen: "Demographic Dividend in India : Myth or Reality"

## Fertility Trends, Determinants, and Differentials

- Total Fertility Rate (TFR): The average number of children a woman is expected to bear in her lifetime during her reproductive period (15-49 years), assuming current age-specific fertility rates.
- Fecundity: The biological capacity of an individual or couple to reproduce.
- Replacement Level Fertility: The Total Fertility Rate (TFR) of approximately 2.1 children per woman, needed for a population to replace itself, accounting for child mortality and sex ratio at birth.
- India's TFR (NFHS-4, 2015-16): 2.2 children per woman.
- India's TFR (NFHS-5, 2019-21): 2.0 children per woman, which is below the replacement level of 2.1.
- Crude Birth Rate (CBR) of India (Census 2011): 21.8 per thousand.
- Factors contributing to reduced birth rates: Urbanization, high literacy rate (especially female literacy), improved public health, increased age at marriage, and access to family planning.
- Socio-economic factors historically keeping birth rates high in India: Poverty, joint family system, universal marriage (widespread and often early), and low female literacy.
- Kerala's low population growth/fertility: Attributed to its highest literacy rate in India, significant investment in public health, and high priority on social policies.
- Indian community with the lowest fertility rate: Jain community.
- Recent Population & Social Trends (as per UN 2023 estimates & surveys):
  - India's TFR has been declining and is now below replacement level (NFHS-5).
  - The proportion of youth (15-24 years) in India's population is declining.
  - India's population surpassed China's.
  - The percentage of women in the labour force dropped sharply in rural India.

## Gender Dimensions: Sex Ratio, Female Foeticide, Women's Empowerment

- **Sex Ratio Definition**

  Number of females per 1000 males.
- **Child Sex Ratio (CSR) Definition**

  Number of girls per 1000 boys in the 0-6 years age group.
- **India Sex Ratio (2011 Census)**
  - Overall: 940
  - Rural: 946 (higher than urban)
  - Urban: 899

- Increased from 933 (2001) to 940 (2011).

- **India Child Sex Ratio (0-6 Years) (2011 Census)**
  - Overall: 919
  - Continuously decreasing since 1961 (from 976 to 919).
- **Sex Ratio at Birth (NFHS-5)**

929.

- **States with Highest Sex Ratio (2011 Census)**
  - Kerala: 1084 (highest state, more females than males)
  - Tamil Nadu: 996
  - Manipur: 992
  - Chhattisgarh: 991
  - Meghalaya: 989
- **States with Lowest Sex Ratio (2011 Census)**
  - Haryana: 879 (lowest state)
  - Punjab: 895
  - Jammu & Kashmir: 889
- **Union Territories with Highest Sex Ratio (2011 Census)**
  - Puducherry: 1037 (highest UT)
  - Lakshadweep: 946
- **Union Territories with Lowest Sex Ratio (2011 Census)**
  - Daman & Diu: 618 (lowest in India)
  - Dadra & Nagar Haveli: 774
  - Chandigarh: 818
- **States with Highest Child Sex Ratio (0-6 Years) (2011 Census)**
  - Mizoram: 970
  - Meghalaya: 970
  - Arunachal Pradesh: 972
  - Chhattisgarh: 969
- **States with Lowest Child Sex Ratio (0-6 Years) (2011 Census)**
  - Haryana: 834 (lowest state, and lowest in both rural & urban areas)
  - Punjab: 846
- **Specific State/UT Data (2011 Census)**
  - Uttar Pradesh Sex Ratio: 912 (improved by 14 points from 2001 to 2011)
  - Bihar Sex Ratio: 918
  - Bihar Child Sex Ratio: 935
  - Gopalganj district (Bihar) Sex Ratio: 1021 (more women than men)
  - Uttarakhand Sex Ratio: 963
  - Uttarakhand Child Sex Ratio: 890
  - West Bengal Sex Ratio: 950
  - Jharkhand Sex Ratio: 949 (above national average)
  - Assam Sex Ratio: 958
  - Odisha Sex Ratio: 979
  - Rajasthan Sex Ratio: 928
  - Rajasthan Child Sex Ratio: 888 (Banswara district highest in Rajasthan at 934)
  - Mahe district (Puducherry) Sex Ratio: 1176 (highest district in India)
  - Maharashtra Child Sex Ratio: 894
- **Historical Trends**
  - Sharpest decadal decline in India's overall sex ratio: 1961-1971.
  - Highest decadal growth in sex ratio (1991-2001): Arunachal Pradesh (+42 points).
  - Highest decadal decline in sex ratio (1991-2001, including UTs): Daman & Diu (-111 points).
- **Factors for Low/Falling Sex Ratio**
  - Female foeticide (sex-selective abortions).
  - High female infant/child mortality due to neglect.
  - High maternal mortality (affects adult sex ratio).
  - Strong preference for male children.
  - Skewed sex ratio at birth due to interventions.
- **Other Gender Dimensions**
  - Meghalaya: Unique matrilocal marriage migration practice (women stay, men move to wife's house).
  - Community with lowest sex ratio (2011 Census): Sikhs (828).