CHAPTER I

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Modern World is facing several problems of human existence: lack of food, famine, poor nutrition, ill-health, unemployment and poverty. The underlying cause for most of these existing problems is population explosion which has caused wide spread concern in recent years.

The problem is more acute and pressing in the developing (poor) countries. Owing to ever increasing population, problems such as unemployment, illiteracy and poverty are nowhere near solution inspite of considerable efforts made by the Governments, on the contrary, they seem to be aggravated day by day.

Since the time of Malthus several demographers, sociologists, philosophers and others have pointed out the gravity and seriousness of the problem of over population.

As the population is increasing and the population pressure is being felt by many countries, one feels that the Malthusian "principles" was basically correct (Chandrasekhar, 1969). However, with the aid of modern science and technology, the modern man has
made considerable progress in the field of agriculture and industrial production and the Malthusian theory lacks much to be accepted in toto today. On other side it is also a fact that, inspite of phenomenal afields recorded in recent years, food production has not increased in proportion to the increase in human population.

The spiraling growth of World Population:

It took roughly two million years for the human population to reach one million. The second billion was added during hundred years (from 1830 to 1930) while third and fourth billion were added only in 30 years and 15 years respectively (Brown, 1974:3).

Since 1930, the increase in population has been dramatic in the less developed countries, largely as a result of expansion of public health and medical services and control of epidemics and communicable diseases. The population of less developed (poor) countries is more than double that of the developed (rich) countries. The trend seems to be continuing and the population of poor nations will again double by 2000 while the increase in the population of rich nations will be by about 50 per cent (Holmes, 1971). Figure 1 shows trends in world population growth.
THE SPIRALING GROWTH OF WORLD POPULATION

THE WORLD POPULATION GROWTH IN PERSPECTIVE (PAST AND U.N. MEDIUM VARIANT PROJECTION).

SOURCE: BOOKLET ON THE ECONOMICS OF SLOWING POPULATION GROWTH
PREPARED FOR THE AGENCY FOR INTERNATIONAL DEVELOPMENT, BY: TEMPO, 1971: 5
While population growth was negligible for the first thousands of years of human history, it has been unprecedentedly high in the last two decades.

Since 1950, the world population has increased by an average annual rate of 1.9 per cent, reaching an estimated 3.9 billion by the start of 1974, according to the World Population Status Report (1974), issued by the Population Council of India. Even if fertility rates are brought down in the coming years, the report reveals that we will not have less than 6 billion people by the year 2000 as per low variation projection. At present an enormous increase of over 80 million people occurs in the world every year at the present rate of 2 per cent (Sales, 1974) in the estimated world population of little more than 4 billion.

Developing and Developed countries:

Of the world population in 1974, more than two thirds live in developing countries and less than one third in developed countries. These two types of countries have markedly different patterns of birth and death rates. The birth rates of developing countries are generally at high levels, in the order of 40 per thousand or more, while those of developed
countries are less than half of that. Death rates in developing countries are also higher than in developed countries, but the difference is substantially smaller than the difference in birth rates. The average population increases in developing and developed countries at the rate of 2.5 per cent and 1.0 per cent yielding doubling times of 28 and 70 years respectively (Population Council of India, 1974). It is noteworthy that poor countries which are already thickly populated have very high growth rates than the rich countries. Many of the poor countries will double and several of them will even treble their present population before the end of this century.

Once upon a time, large population was considered as an asset for a country. At that time neither modern science and technology was developed significantly nor the problem of population pressure existed in any country. Therefore, before and during the pre-development/modernization era, manpower was the principal source and object of final goal of progress. But, however now-a-days over-population has become a big barrier to the development of a country. Moreover, development is such a process in which each part is intimately interrelated to every other. For one part
to move forward, all other parts also should move in the same direction. In less developed countries the process of socio-economic change and overall development through modernization is comparatively slow than the developed countries. Changes in fertility behaviour are more likely to occur as an integral part of an overall process of social and economic change which, generally speaking, has not yet occurred on a sufficiently broad scale in most of the developed countries (Salas, 1972).

The problem of over population is more acute in developing countries which constitute two-thirds (66 per cent) of the world's population while having only 12.5 per cent of gross national product of the world. As per the Population Council Report "children under age 15 constitute slightly less than one-half in poor countries compared with about one fourth in rich (developed) countries. Thus, working force in the poor (developing) countries have to support almost twice as many children as they do in richer countries." This high dependancy ratio has adverse effect on the economy of poor countries which further aggravate the problems faced by these countries.
Over population is also an important factor responsible for soaring prices, inflation, rising unemployment, and striking levels of economic activity which usually lead the nations to social and political unrest. This particularly so in the case of developing countries which are poor. Over population is also complimentary and supplementary to poverty. It seems almost impossible to eradicate poverty from most of the developing countries if their high population growth rate is not checked in a stipulated time. On this issue, the then Union Health and Family Planning Minister has very wisely and correctly expressed his view as follows:

"Whether too high a population causes or perpetuates poverty or whether it is the other way round does not matter. The fact is we have to tackle both and do it now" (Karan Singh, 1975:115).

Any-how, we need to attack on both the fronts of "poverty" and "over population" in order to bring a decent level of living to the world's people especially in the developing countries. In addition, it is also necessary to avoid exhausting the natural resources of the world and polluting the earth's ecosystem in the process especially by the developed (rich) nations. It is desirable to have proper distri-
bution of resources of the world in order to achieve rapid development in poor countries.

Karan Singh (1975:70) has emphasized the need to eradicate poverty for successful implementation of family planning. Unless you can have a marked improvement in the living standards of the people, particularly those below the poverty line, family planning is simply not going to work.

It is true that sophisticated media approach or educational methods have little effect on poor and illiterate people. This might be because they have very low level of aspiration and therefore, persuasion and motivation becomes the most difficult task in their case. For a marked improvement in the living standards of the poor people as suggested by Karan Singh, all sided development through easily available sufficient natural resources are required. But unfortunately most of these resources are being exhausted by rich people of the countries. Consequently rich becomes richer while poor if does not become poorer, remains poor.

**Short of Natural Resources:**

The world population doubled from 1 to 2 billion during the period of 100 years 1830 to 1930. Today there are about 4 billion people on the planet
of earth and will be doubled in another 35 years if the growth rate is not curbed down. About 10 to 15 per cent of the world population suffers from hunger and nearly 50 per cent suffered from malnutrition (Third World Food Survey by FAO in early 60s.). It is feared that millions of persons may have to face widespread drought or famine in the near future. At the same time, per capita consumption is rising at an even more rapid rate, with the average person's claim on the resources of this finite planet projected to nearly double by the year 2010. If we do not act in time to avoid this catastrophe, we will be short of natural resources in near future and will also face problems of air and water pollution. As mentioned in a Chinese Teacher's Guide (No publication Year Given:15) "Some scientists have pointed out that at present rates of use by the end of this century we will have greatly depleted the World's supplies of copper, zinc, lead, mercury, platinum, tin, silver, gold, tungsten and uranium."

If the galloping population growth rate is not checked it is feared that by the end of the century (2000 year), the congestion on the earth's surface and the consequent shortage of food will reach critical proportions.
Ardrey (as quoted by Ganguli, 1971:22) stated that "all animals except man, have learned to limit their population at a point of strain for short of the exhaustion of key resources." It is hoped that man will not prove an exception and attitudes of the couples can be changed favourably through education avoiding any kind of major crisis or inhuman measures.

From the socio-economic point of view, too many children in a family reduce the standard of living and increase the economic burden of the family as well as the society. Thus, it is a simple fact that enormous increase in human numbers does not allow to attain the desired standard of living in spite of the best efforts made through economic planning.

Kingsley Davis (as quoted by Ganguli, 1971:20) has, therefore, rightly said: "If our drain on the world's resources is too great, I would rather reduce the number of people than the level of living."

In the absence of effective population control measures, majority of the poor countries of the world will have hardly any opportunity for accelerating the economic growth. Whether one likes it or not, unless checked, the population in most of the
poor countries is going to continue growing at a rapid rate. The question is what is the optimum population that the planet of earth can afford to have.

**Global Catastrophe:**

From the previous discussion any one can realise that population problem is a problem of world magnitude and therefore, efforts by world community are needed to solve this problem in a reasonable manner. However, it appears that the problem of over-population is more serious in the developing world and needs utmost attention in these countries. There is another view that the problem of population explosion might even endanger the peace. The possibility of this danger cannot be ignored especially when advanced and even some of the less advanced nations have already invested billions of dollars in developing dangerous weapons which could destroy not only the civilisation but the whole human race in the event of an atomic or nuclear war for one reason or another. After all, the fate of our future is in the hands of politicians at national level and not necessarily with the scientists, religious heads or peace loving people in general.
Due to rapid population growth, the standard of living and per capita income do not rise quickly. Differential growth rates within the nations and between the nations have expanded/widened the existing differences in land area, production of food, marketing and consumption which are likely to create small or big troubles, tension and ultimately aggression.

Need for Population Control:

There are basic minimum needs of the human beings like food, clothing, shelter, education, health and medical care, leisure etc. Though we have committed to the doctrine of human rights as per the Declaration of Human Rights made by the United Nations and UNESCO in reality, we find that millions of people suffer from hunger and about half of the world population suffer from malnutrition. Majority of the people of the developing countries are facing acute poverty, unemployment, illiteracy, and rampant ignorance. Therefore, they are not able to take full advantage of even whatever facilities are created for them by their respective Governments and national and international agencies.

One view is that too high a population and a high fertility rate cause or perpetuate poverty. Actually it is a vicious circle: poverty leads to
high fertility and increases population, and too, high population perpetuates poverty. This is particularly happening in almost all the poor (less developed) nations of the world.

As very rightly observed by Radhakrishnan (1969:13) "The drift of nature is excessive production. The poorer we are, the more ill-nourished we are. Sex is the only indoor sports open to us, and large families are produced. It is the poor people that produce large families and not the rich ones."

Geometrical increase in human number is so high that even appreciable increase in world food production has barely kept pace with the population growth and in spite of all our efforts, we have failed to raise the per capita food production significantly. The need for population control is not only evident and urgent but imperative. Therefore, we should aim to achieve rapid reduction in the population growth rate. Ideally, we should bring down the population growth rate to zero level. Thus, our goal should be population stabilisation as early as possible, in nations of the world. No nation in the world can afford to ignore the problem of higher population growth rate and allow it to continue for
Population control is possible by taking both positive and negative measures. Positive measures include the efforts to control human fertility by different methods of family planning including abstinence, abortion, or medical termination of pregnancy, and raising age of marriage. Negative measures include withdrawal of extended health and medical services and controls of epidemic and research efforts in that direction. From humanitarian point of view, we do not think for negative measures to control population. Therefore, we will have to rely on positive measures only. Too frequent abortions may create health hazards for the women while in raising age of marriage has its own difficulties and limitations considering the prevailing high illiteracy rate, poverty, ignorance and deep rooted social values and customs. The method of abstinence or self control may be an ideal method but surely not a practical one and is not suitable for millions of people. In view of these facts, the major emphasis has to be put on popularising different methods of family planning for population control.
To fulfill our commitment to the doctrine of human rights and preserve human dignity we need to control the human fertility. For offering a decent life with reasonable good standard of living and for healthy and happy lives of the millions of couples, population control is not only necessary but inevitable.

Need to Create Social Conditions:

Extension of family planning services as per the need of the community is no doubt essential but it is not enough particularly for the developing countries like India, Pakistan, and Bangladesh. There exists a big gap between developed and developing countries in the area of basic social needs. Special efforts are needed to bridge this wide gap. The level of literacy, infant mortality, life expectancy and the opportunity for productive employment are the four key indices to find out to what extent the basic social needs have been satisfied.

In this respect, Brown (1976:16) has analysed the problem as follows:

"The historical record indicates that human fertility does not usually decline very much unless certain basic social needs are satisfied."
Birth rate does not normally drop voluntarily in the absence of assured good supply, reduced infant mortality rates, literacy, and at least rudimentary health services. In the future, far more attention must be devoted to designing economic and social policies that spread these fundamental improvements in well-being more evenly among national populations, even while the nation is still at a lower level of per capita income."

Intensive efforts should be made to create social conditions which can permit and enhance or accelerate the process of rapid decline in fertility. Literacy is the basic and easy social need and if any nation is determined to increase the level of literacy it is not an impossible task. Countries like China since 1949, Cuba in the early 1960s, and more recently Brazil have progressed steadily and rapidly from being largely illiterate to largely literate countries.

As stated earlier the real challenge being faced by the world especially the poor countries, is how to solve the problem of ever expanding human numbers. The challenge does not lie merely in the increasing number of people. The real impediment to the happiness of mankind lies in the effect of this
rapidly increasing population on our capacity to provide the basic requirements of life to every human being.

Efforts to solve the problem:

While suggesting the efforts to solve the problem of explosion the study committee of National Academy of sciences (1971:4) worked out the number of births to be prevented in order to bring down the population growth rate up to one per cent.

"Over a billion births will have to be prevented during the next 30 years to bring down the world's population growth rate from the present 2 per cent per year to an annual rate of 1 per cent by the year 2000." Thus, the task of controlling human fertility is very difficult to achieve especially by poor nations. Since the consequences of overpopulation are being experienced slowly and gradually. The need for family planning is also being widely recognised throughout the world in general and in the developing nations in particular.

The study committee of National Academy of Sciences (1971:4) further reported: "Nevertheless, many Governments of developing countries are now adopting policies aimed at reducing birth rates and
high rates of population growth. During the 1960s fifteen Governments in Asia, nine in Africa, and fifteen in Latin America and the Caribbean area began to undertake fertility control programme, or to give support to unofficial programme in the absence of explicit formulation of Government policy. The total population of the countries which have undertaken or supported family planning programme is nearly 1900 million, 80 per cent of the population of the less developed world. Several of the rich countries, many inter government agencies, and private foundations are providing financial help and expert advice for these fertility control programmes."

After having a bird's view of the population problem in the world with special emphasis on developing countries, we may now specifically probe into the problem of the large and great democratic country of the world, namely, India.

India is the second most populous country in the world, next only to mainland China whose 1975 mid-year estimated population was 822.8 million. India is followed by USSR (255 million) and USA (213.9 million).
As per 1975 World Population Data Sheet published by the Population Reference Bureau, Inc. Washington D.C. (1975) India is the seventh largest country in terms of area (3127 million sq.km).

It is most interesting that the annual population increase in India is higher than the increase in China. As per the World Population Data Sheet (1975:1) population in India has crossed 610 million mark by March 1975 and the annual increase in population at the rate of 2.4 per cent in our country comes to 147 million as against the annual increase of 140 million in China at the rate of 1.7 per cent.

Thus, most of us are unaware that India has the highest annual increase in population in the world. This specific information has not been published in any recent or past literature on Family Planning. If the same trend of declining growth rate in China and India continues with the similar speed then it can be projected that within four to five decades India would be the most populous country in the world.

The grim position of India has been well explained by giving eye opening figures:
"The rate of growth in this country has been about 30 per cent higher than for the rest of the world during the past 50 years. For the world, the order of increase in population was 9.3 per cent between 1920 and 1970. It was 12 per cent for our country" (Subramaniam, 1971:13).

**Population Explosion in India:**

Every minute 240 babies are born into this biosphere. One sixth of these, i.e., 40 babies per minute, are being born in India only. In order to have a better appraisal of this fact, one may calculate the figure per day and per year. It comes to about 57,000 babies and about 20 million babies respectively.

In 1977, the estimated population of India is approximately 620 millions while the world population is about 4,000 millions. Thus, now India has 15.4 per cent of World's population (while it has only 2.4 per cent of the world's land) and not less than 15 per cent as mentioned in almost all the family planning literature of the recent past. This itself indicates the rapid increase in population in India and indicates the gravity of the problem. The fact that the gap between production of average goods and human reproduction is widening day by day and therefore, the situation requires urgent attention and drastic action for our very existence. The former President of
Indiaj Radhakrishnan (1969) had issued the grave warning to our nation:

"Our population has crossed the 500 million mark. This is a danger signal which we can ignore only at our peril."

It is most unfortunate that in April 1976, our country has crossed 600 million mark (Govt. of India, 1976) in spite of the danger signal shown to us by the great philosopher and a national leader. Such warnings were also given earlier by eminent demographers, sociologists, philosophers, scientists and others.

While explaining the Indian situation in respect to the Population Explosion, Mehta (1972:29) has given the following eye opening information:

"In India there has been a phenomenal rise in population in the last few decades. The population is growing annually at a rapid rate of 2.5 per cent. At this rate over 13 million people (approximately the present population of Australia) are added to our population annually. Eighty-nine member countries of the U.N. out of 130 have lesser population than the yearly increase in our population. At this rate of increase the country's population may reach the incredible figure of 1 billion before the end of this century."
The question arises what makes the population grow so rapidly. The main reason for this extraordinary population increase is the decline in death rate and not excessive births. Death rate has tremendously declined because of the recent developments and expansion in medicine and Public Health. Our successes in controlling epidemics and communicable diseases and intensive, extended and improved medical and public health services have steadily reduced the death rate, from 27.4 per 1000 population in 1951 to about 14 today. While the birth rate has reduced slightly only i.e., from 39.9 in 1950 to 38.6 in 1970, the following table reveals this story:

Table: 1.1 Birth rate, death rate and growth rate

<table>
<thead>
<tr>
<th>Period</th>
<th>Birth rate</th>
<th>Death rate</th>
<th>Growth rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>1921-30</td>
<td>46.4</td>
<td>36.3</td>
<td>1.01 %</td>
</tr>
<tr>
<td>1931-40</td>
<td>45.2</td>
<td>31.2</td>
<td>1.42 %</td>
</tr>
<tr>
<td>1941-50</td>
<td>39.9</td>
<td>27.4</td>
<td>1.25 %</td>
</tr>
<tr>
<td>1951-60</td>
<td>41.7</td>
<td>22.8</td>
<td>1.89 %</td>
</tr>
<tr>
<td>1961-70</td>
<td>38.6</td>
<td>14.0</td>
<td>2.46 %</td>
</tr>
<tr>
<td>1971-80</td>
<td>28.7</td>
<td>9.2</td>
<td>1.95 %</td>
</tr>
</tbody>
</table>

Source: Estimates based on the projections made by Expert Committee on Population set-up by the Planning Commission in 1964 under the Registrar General, India, Govt. of India. As stated in book "Population Education by Mehta and Rameshchandra, 1972: 30."
Another way to study the increase in population in India is to look at the population figures by decades.

Table: 1.2 Decade-wise increase in population of India (1891 to 1971)

<table>
<thead>
<tr>
<th>Year</th>
<th>Population</th>
<th>Increase in population</th>
</tr>
</thead>
<tbody>
<tr>
<td>1891</td>
<td>235.9 million</td>
<td>First 60 yrs. 125 million increase.</td>
</tr>
<tr>
<td>1901</td>
<td>238.3 &quot;</td>
<td>(average 21 million increase in a decade).</td>
</tr>
<tr>
<td>1911</td>
<td>252.0 &quot;</td>
<td></td>
</tr>
<tr>
<td>1921</td>
<td>251.2 &quot;</td>
<td></td>
</tr>
<tr>
<td>1931</td>
<td>278.8 &quot;</td>
<td></td>
</tr>
<tr>
<td>1941</td>
<td>318.5 &quot;</td>
<td></td>
</tr>
<tr>
<td>1951</td>
<td>360.9 &quot;</td>
<td>78 million increase in a decade.</td>
</tr>
<tr>
<td>1961</td>
<td>439.1 &quot;</td>
<td>109 million increase in a decade.</td>
</tr>
<tr>
<td>1971</td>
<td>548.0 &quot;</td>
<td></td>
</tr>
</tbody>
</table>


A study of the above table reveals that during 60 years' period from 1891 to 1951, population of India increased by 125 million, which is approximately very close to the increase in population in the present decade (as population is rising by about 13.0 million...
per year at present). Sharp increase in population is seen from last 2 decades, which should be an eye opener for most of us. India being a Welfare State, the administrators are committed to provide enough food, clothing, shelter, health and education facilities to its masses. But how far has this commitment been fulfilled? Millions of Indians are deprived of these basic amenities, causing discontent among the people affected by rising prices, scarcity of essential commodities and poverty.

Radhakrishnan (1969) while stressing the need to control population growth appealed to use God given gift of intelligence to accept birth control for the purpose of human welfare as done in the matter of controlling nature in lowering the death rate and prolonging human life.

Gravity of population increase can be appreciated much better if one observes in the field problems such as sheer poverty, beggary, slums, inadequate and improper facilities for housing, sanitation etc.

Uncontrolled growth of population, besides neutralising all developmental gains in different fields such as agriculture, education and industry, brings distress to the community, to the family and to the
individual. In the words of the then Prime Minister, Indira Gandhi "To plan when population growth is unchecked, is like building a house where the ground is constantly flooded."

In spite of launching an extended national family planning programme since 1963, the population of our country has steadily increased. Various surveys and research studies have shown that while reduction in death rate has been accelerated, reduction in birth rate has not been impressive. As a result, population growth has not been controlled or checked so far but on the contrary the census figures show that it is all the time on the rise, since last half century. The annual growth rate has shown a rise in successive decennial periods, 11.0 per 1000 population (1921-30), 13.5 (1931-40), 14.0 (1941-50), 21.5 (1951-60) and 24.6 per 1000 population (1961-70).

Thus, the present grave situation and the above mentioned facts clearly indicate the need for population control through planned actions which can bring the change in the attitudes and practice of the people.

With the help of advances in medical science, we have reduced the death rate tremendously but we
have failed to bring about a reduction in the birth rate. Thus, an imbalance has been created by man himself and it is in the fitness of the things that it should be solved by man himself. In a developing countries like India, the standard of living of majority of the people is depressingly low not only in comparison with developed nations but also in view of their (poor people) own thinking and feeling and in terms of what they desire and aspire.

While explaining factors responsible for the impressive international differentials in food availability and consumption, Chandrasekhar suggested that "they come down to two fundamental reasons: the tremendous increase in the world's population and the tragic, almost world-wide depletion of our national resources." He has rightly given final warning to the present generation: "Let it not be said of this generation that when it took some action it was 'too little and too late.' Let us falsify the cynical saying that the only lesson we learn from history is that mankind has never learnt from history."

According to McNamara "And human dignity is severely threatened by the population explosion more severely, more completely, more certainly threatened than it has been by any catastrophe the world has yet endured.... There is time - just barely time -
to escape that threat. We can, and we must act.
He has further specifically emphasized: "...the
population problem will be solved one way or the
other. Our only fundamental option is whether it
is to be solved rationally and humanely or irra-
tionally and inhumanely... There is so little time
left to make the decision. To make no decision
would be to make worst decision of all. For to
ignore this problem is only to make certain that
nature will take catastrophic revenge on our indeci-
siveness......If we shirk that responsibility, we
will have committed the crime. But it will be those
who come after us who will pay the undeserved...and
the unspeakable...penalties." (Except from McNamara,
President, International Bank of Reconstruction and
Development "Address to the University of Notre Dame",
1 May 1969 as quoted in Booklet, Planning Today for
Tomorrow, Teacher's guide, published by Chinese Centre
for International Training in Family Planning,Publication
year not given:4-5).

It is our experience that there is a big gap
between desire of knowledge and practice of family
planning. What we need most today is to make wise
decisions and take action on it immediately not only
to check the galloping growth rate through planned
communication for family planning and an ideal contraceptive but also through ways and means to bring about a rapid social change which should help in bringing new pressures on human behaviour of reproduction.

Gaekwad (1972:79) has also given a timely warning and said:

"It would be tragic if primitive religious tabboes, irrational political dogmas, biological illiteracy, and political expediency should conspire to prevent or delay a rational solution of this problem. Population growth must be controlled either by high death rates or low birth rates. The world must soon choose whether future population growth is to be controlled by enlightened and artificial birth control accompanied by economic and social advancement or by the ancient destroyers - pestilence, famine and war."

Naturally modern man will prefer the scientific way of solving the problems and therefore, hopefully he will control the population through planned social change. Looking to the gravity of the Indian situation, it is very essential to undertake more intensive educational, motivational and other measures without loosing any more time. Such measures can positively help in
bringing the desired change in human reproductive behaviour.

Efforts to solve the population problem are being undertaken by majority of the nations. In the case of the India, political and intellec-tual support for family planning has kept on coming though rather slowly from many quarters. The great Indian poet Rabindranath Tagore (1921) had understood the importance of birth control movement 55 years ago to an extent to which many intellectuals and politicians have not understood it even today. In a letter to Mrs. Margaret Sanger the pioneer of Birth Control Movement, the great foresighted thinker and poet, Tagore wrote in 1925, "I am of the opinion that Birth Control Movement is a great movement not only because it will save a women from enforced and undesirable maternity but because it will help the cause of peace by lessening the number of surplus population of a country, scrambling for food and space outside its own rightful limits. In a hunger striken country like India, it is a cruel crime to thoughtlessly bring more children into existence than could properly be taken care of causing endless suffering to them and imposing a degrading condition upon the whole family" (GOI,1960:3). In spite of warnings
from philosophers, demographers and social scientists, the fact remains that population of India is steadily increasing.

Progress After Independence:

As a result of successive Five Year Plans, India has no doubt made striking advances in economic and social fields. Agricultural production has doubled. There has been a 150 per cent rise in industrial production. Educational facilities available now are three times the preindependence level. Communicable diseases like malaria, plague, smallpox and cholera have been eradicated or brought under control. Expectation of life has increased from 30 to 54, and addition of about one year to the span of life for each year of independence (Patel, 1969). National income has risen by 75 per cent over a period of 18 years.

Gains Eroded:

The gains of development have been seriously eroded, however, by the rising tide of population. Due to the galloping growth of population, India's population has reached 600 million mark in 1976 and it continues to grow at the staggering rate of about 13 million a year.
The then Secretary to Government of India, Ministry of Health and Family Planning said:
"Superimposed on this oppressive solution is the annual addition of about 13 million persons, requiring 1.25 million tonnes of food, 108.8 million meters of cloth, 4 million jobs and over 1 million admissions to school. If the current growth rate continues unchecked, India will have doubled its population to the forbidding figure of 1000 million before the turn of the century, a danger signal of starvation, death and disaster." (Patel, 1969:2).

Since independence, agriculture production has doubled and education facilities has trebled but such gains have been liquidated by population explosion and today per capita food consumption has gone down from 12.8 oz. to 12.4 oz; 63 million children were still out of school and ten million young people out of jobs, while there is shortage of 74,166,000 houses in urban and rural areas (FPAI Bulletin, March 1970). India is a developing country and as seen earlier heavily suffers from the burden of over population. We are short of new land to cultivate or to migrate. We have very limited natural resources and therefore, we face a challenge not only of over-population but
also of very rapid increase in population.

Population growth has been accepted by most economists as an important variable determining the rate of improvement in per capita income. Without a successful attempt at limiting population growth, it would be difficult to achieve the degree of acceleration in improvement of living standards in our projections for the future.

Rapid population growth can be a crippling handicap since our country's population in relation to resources is already large, incomes are low and economic development is a desperate need. The speed at which our country can develop will depend largely upon its ability to direct a large part of its growing resources to investment rather than current consumption. A growing population with a high proportion of dependent children (45 per cent in India as compared to 25 per cent in Western Countries) will find it increasingly difficult to do so. If population keeps growing rapidly, the major part of investment and national energy and effort may be used up for merely maintaining the existing low living standards. Population growth thus presents a very serious challenge. This fact was realised by planners at the time of formulating the 1st
Five Year and subsequent plans.

A Challenging Job:

In India, today there are more than 110 million eligible couples in the reproductive age group who should be motivated to accept small family norm. Few thousands of freedom fighters started the freedom movement and India got its independence by the sacrifices of few hundreds of them. If we see in terms of the total population, a very very small percentage of the population of our country actually actively participated in the freedom movement and still were able to achieve the independence but in comparison to this the task of birth control movement in India is more difficult and gigantic in nature. For the success of the family planning programme, all these 110 million eligible couples of our country have not only to be involved but will also have to take decisions to accept small family norm and act upon by themselves by accepting suitable family planning methods.

Before suggesting any approach or a method for accelerating the rate of acceptance of family planning method, it is necessary to know briefly about the
development of the programme and various important phases it has passed through during last 1 decade in general and during the emergency era in the recent past, in particular.

Development of Family Planning Programme:

Although Government of India was the first National Government in the world to adopt a comprehensive national family planning policy as an integral part of its developmental plans in 1952, the programme gathered real momentum from 1965 onwards.

The programme passed through different phases. It started with a clinical approach and shifted to extended approach during the Third Five Year Plan. In the Fourth Five Year, campaign approach and Mass Education Programme were introduced on a large scale. In the mid year of IV plan (1971-72 and 72-73) a strategy of offering higher incentives to the family planning acceptors was introduced and several campaigns with higher incentives, were launched in order to clear off the heavy backlog of the given targets. These campaigns achieved remarkable results in 1972 in sterilization. But during subsequent years, Government of India dropped the higher incentives and mass campaign approach and the figures of sterilization also went down specifically
during 1973-74 and 1974-75. Later, the Government of India again accepted graded incentives for sterilization acceptors in the new population policy announced on April 16, 1976. The new policy received maximum support from not only all sections of the society and voluntary organisations but also from the politicians. (Incentives can stimulate the process of decision making but cannot substitute the education).

There is a great need to emphasize and strengthen the education component of the present programme. Intensive use of extension education in family planning can help in achieving the objectives of the family planning programme. It can be considered as a process of extending educational situations to the people to enable them to change their knowledge, attitudes and practices in respect of family planning.

Extension education is based on the philosophy that all human beings have an inherent desire and need for dignity, self-reliance, freedom and moral responsibility and can learn and understand what is good for them. Faith and confidence of the people in the extension educator and in the programme provides the base for extension education.
Though the Indian performance of 8 million sterilization during 1976-77 has created an all-time record of highest number of sterilizations in the world, in the long run the pressure and coercion used in some parts of the country may not be helpful. It is essential that people themselves should realize the need to accept small family norm in their own interest and welfare. The change agents can at best help them to feel the need and make them realize the economic and health benefits (to the individuals and their families) through the educational approach. They can also be helped to decide for acceptance of any appropriate method of family planning. As per the new population policy (1977), coercion or compulsion is not at all to be used in the implementation of the programme in any case at any time. Therefore, the Indian family planning programme has to depend only on long term family planning education and motivation.

The state of emergency was declared from June 26, 1975 (in India). In February 1977, the emergency was lifted and Government announced elections in the country. People and press had reacted and expressed their anger and hostility against the pressure, coercion and compulsion used for sterilization. It is now known...
that the people of the largest democratic country like India, do not favour compulsion or coercion for family planning. Moreover, it is contrary to the philosophy and guiding principles of the programme.

Mitra, the well known economist of our country has recently made a critical analysis of the situation in respect to family planning during the emergency era as follows:

"The national population policy of April 16, 1976 proved to be a 'time bomb' with a gestation period of 270 days and added that the explosion of that time bomb, when it came, changed the very course of our history overnight".

He has further observed:

"It was the compulsory sterilization programme of the congress Government that took the emergency to the country-side. Apart from the terror that attended sterilization, particularly in rural India, it was the fearful, total conversion of the Government's administrative resources into an inhuman engine of oppression, corruption and annihilation that proved the last straw" (Mitra, 1977).
Thus, the recent happening in our country has shown that people do not appreciate nor favour any sort of compulsion or pressure in family planning. Taking into consideration, the philosophy and guiding principles of the national family planning programme based on democratic values and aspirations, it is easy to understand the need for educational and pursuasive approach.

The objective of family planning programme is to change knowledge, attitude and behaviour of the people in respect of family planning. For changing people's attitudes, values, beliefs etc. they must have a faith and confidence in democratic ways of life, educational methods, human dignity and ability of people to change by self help (Govt. of India, 1975).

Use of group approach in family planning:

Group work is a very important method of health education. It emphasizes on the individuals' dignity and prestige to a great extent. The very philosophy of health education is that each individual has a capacity to learn and change if proper educational opportunities are provided to him. The guiding principle
of health education is to help the people to help themselves. In the group approach we create a learning situation wherein the group members could share their ideas, beliefs and experiences, get scientific knowledge and remove their doubts and misconceptions. In order to bring positive change rapidly the group approach in family planning was employed on experimental basis. Small group sessions were conducted in a planned and systematic manner by enlisting the help of the trained change agents (here, the extension educators) and also by using effective educational aids.

Greatest challenge the family planning programme has to face is really how to transform national goals to individual goals by adoption.

Several approaches to motivate people have been tried but so far we have not been able to achieve desired results in family planning.

Mainly mass and individual approach have been used so far for popularising small family norm but group approach has not been used to the extent it should have been used for changing the knowledge, attitude and practice of the people in respect to family planning.
As already seen, in terms of the magnitude of the problem of over-population, the achievement so far, is very meagre. We shall therefore, have to search for newer and result oriented educational approaches for persuading about over 100 million eligible couples of our country. This is a gigantic task. Therefore, it was thought appropriate to find out effectiveness of group approach in the field of family planning education and motivation.

The researcher himself, being professionally trained in the fields of social work as well as Health Education in India and abroad and having 15 years' experience in the field of family planning education and research, naturally felt interested to take up the field experimental study. It was decided to undertake the study with a view to find a solution to a million dollar question: "How to educate and motivate the eligible couples to accept family planning methods in a short period of time?" The researcher also thought that it will be more appropriate and beneficial to take up the study in a scientific manner under the guidance and consultation of senior and professionally competent professor in sociology. Moreover since the researcher, was
State Mass Education and Communication Media Officer in the Family Planning Programme in Government Organisation, it was considered that if the approach was found really effective, it could easily be implemented in the state and the programme would be benefitted to a great extent.

The real problem is education and motivation of the eligible couples in order to accelerate the acceptance rates of family planning methods, especially the vasectomy operation. Vasectomy being simple, easy and terminal (permanent) method, it was felt necessary to popularise the same among eligible males considering the programme need. This is a study of usefulness or effectiveness of group approach complemented by an understanding of group dynamics in the field of family planning education and motivation especially in accelerating the rate of acceptance of vasectomy amongst the eligible males selected from the urban area of Ahmedabad City.

Thus the general objective of the study is to find out how far a group approach complemented by an understanding of group dynamics, is useful for making family planning education and motivation more effective.
Having studied the important aspects of the problem of population explosion, need for population control and need for the present study; we shall now discuss about planned social change and population control in the next chapter.