

## Human Population and Environment

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### Abstract

The study of the human population is termed as demography. Human Population is the most widely spread than other living organisms on this earth, almost all the areas of the earth is occupied with the human population. Many policies and programmes have been launched to control population explosion. Family planning is one of the most effective methods to control population.

Awareness among people, controlling birth and death rate. So, this paper deals with Human Population and Environment.

**KEYWORDS:** Demography, Population growth, Population Explosion, Reasons, Population Control, Population Policy and Human Health.

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### INTRODUCTION:

Population is a group of individuals of only one species or more than one species or population is permanent aggregation of interbreeding individuals of the same species present in a particular area at a time. The study of the human population is termed as demography. Human population is most widely spread than other living organisms on this earth, almost all the areas of the earth are occupied with the human population.

### II. BODY OF ARTICLE:

Population growth means the increase in the size of the population. It is determined by the number of individuals added to the population and the number of individuals lost from the population. This addition may be due to immigration and birth and loss may be due to emigrating and deaths. If the numbers of individuals added are more than number of lost it is termed as positive growth because it increases growth of the population.

If the number of the lost are more than number of individuals added it is termed as negative growth. If they both added and subtracted are same in number then it is called zero growth or balanced population. The modern man apperd about 25,000

years ago. The human population remained in a lag phase(having very slow rate of populations/c was just 0.25 billion and it became double in 1600 years i.e. 0.5 billion but exponential growth of human population took place in after 1750. Since then, population became double per year and it become double in 200 years, then 130 years, then 45 years. Now rate of population growth is 2 percent per year and it become double in every 35 years and it has crossed the 7 billion marks in year 2000. about 200,000 people the added every day. At present world population has crossed approx. 10 billion mark.

### **Population Explosion:**

This high growth rate of population is called **Population Explosion**. It is difficult to predict the future of man and if the carrying capacity of nature overgrows, nature will act and human population may decline due to some natural calamities.

### **Reasons of Population Explosion:**

Population increases only when there is a huge gap between the morality and natality rate. Decreased morality rate and increased natality rate grows the population at a faster rate. Some of the reasons for decreased morality raete are as under :

#### **Habitation area :**

Man lived in forest in early times and slowly he became food gatherer and lived in society. This gives protection to man from wild beasts and habitat like houses, huts protect him from natural calamities like rain, hot summers, cold winters ,flood, stoms.

This led to less morality rate and increased natality rate.

#### **Agricultural practices :**

About 10,000 years back agricultural revolution took place and with the development of new techniques in agricultural practices there is increased output of food which support large population.

#### **Medical facilities :**

Improved medication can control communicable diseases. Discovery of antibiotics and their large scale manufacturing and use decreases the death rate and increases the average life span of humans.

#### **Illiteracy :**

Most of the people living in far places and rural areas are illiterate and they can't understand the problems arising from the population explosion.

### **Child Marriages :**

Child marriage is one of the curses in population increase as this increases the fertility age of the male and female producing more individuals. People believe that producing children is a boon, more the children, more happy is God with the individuals and to use methods for planning of family leads to a curse for the individuals. Poverty-ridden people have more and more children so as to earn their two-time meal.

### **Consequences of over population:**

- Unemployment and poverty:- it is difficult to provide employment to such a large population. Due to unemployment opportunities and large size of families result in poverty.
- Fuel and energy problem:- population explosion has led to greater demand for fuel, wood and electricity. So energy crisis has been increased due to rapid industrialization and urbanization.
- Housing problem:- There is a great shortage of residential accommodation for increasing population.
- Health and Education:- it has become very difficult to provide health care facilities to the increasing population. Big families with limited resources are not able to care the health of their sick members properly. Most of the rural people do not get proper education due to lack of schools and colleges.
- Sanitation:- There is a great problem in big cities and towns for the collection of garbage and water. Their transportation and disposal has become a great problem.
- Traffic Problems:- Overcrowding and rising number of vehicles lead to traffic problems at the peak hour that is at the timing of office, school, college-going children and factory workers.

### **Population control:**

Many policies and programmes have been launched to control population explosion. Family planning is one of the most effective methods to control population – Awareness among people, educating people, attitude of people, controlling birth and death rate, freedom for abortion, population education policies & sex education.

### **Family Welfare Programme:**

Various Programmes enacted at national and international level by Government and non- Governmental Organizations for the health and the welfare of the family is considered to be family welfare Programmes. From last 30 years efforts are being made in india to reduce the birth rate by voluntary family planning by Governmental and non- Governmental organizations. Indian Government made a tentative programme of compulsory sterilization in 1976 because of high rate of births in our country and later it was replaced by voluntary approach. World Health Organization (WHO) has prepared guidelines and considered reproductive health as fundamental human right. The family planning Programmes of the Government has taken enough steps to create awareness among people and provide information about reproductive health. Two main policies National population policy and national health policy of India provide all information's to the public for their right for good health and covered other aspects like population explosion and its effects on man and environment.

### **Human Health:**

According to WHO Health is defined as “complete state of physical, mental and social well being and not merely an absence of disease,” Healthy means an all round development of an individual so that it functions optimally without any disease. Man is considered physically healthy when he is normal in appearance, size structure and function where as mentally healthy person feels satisfied with himself, accepts criticism, understands emotional needs of others. Helpful, considerate and courteous, good self control, faces problems and solve them rather than tries to forget them by taking alcohol or drugs, moral and spiritual values. Physical health and mental healthy are interrelated any problem in physical or mental health leads to sickness. To maintain human health, health centers, national health Programmes, universal immunization Programmes and blood bank have been enacted. It includes the environmental sanitation, proper waste disposal, control of air pollution, water contamination, prevention of breeding of insect vectors, supply of safe-drinking water, prevention and control of communicable diseases, maternity and child health and family planning Programmes, community health, school health, education about health hazards, medical care centers. There are national programmes launched by government of India to eradicate major communicable diseases.

1. National Malaria Eradication Programme(NMEP)
2. National Filaria Control Programme (NFCP)
3. National Leprosy Control Programme (NLCP)
4. National Polio Eradication Programme(NPEP)
5. National Small Pox Eradication Programme(NSEP)
6. National Cholera Control Programme
7. National Family Welfare Programme
8. International Immunisation Programme for Children launched by WHO
9. National Family Planning and child health programme.

### **III.CONCLUSION:**

In this scenario of population explosion, it is difficult to predict the future of humanity. Now it's time to save our Earth, to save our Environment and the save Human beings. Now its time of hours to come together not only to think over it but to take the required action.

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