### Chapter - 13

## India: Population Distribution, Density and Growth

Development of a nation depends on its natural and human resources. Development of our country depends on proper balance between natural and human resources. India occupies only around 2.4 percent of world's total land area and 17.5 percent population of the world. India with a population of 121.01 crore in 2011 is the most populous country in the world after china.

If the density of population of a country is more than its resources then its economic growth rate becomes slow. In comparison to geo-regional resources, the population of India has crossed the optimum population limit and reached to explosive stage. The ever increasing population is responsible for nationwide problems like unemployment, famine, lower standards of living in a developing country like India. In this chapter, we will analyses India's population distribution, density and growth.

#### **Distribution of Population**

A striking feature of India's population is its uneven distribution. 50 percent of India's population lives on 30 percent of total land area covering five states namely Uttar Pradesh, Maharashtra, West Bengal and Andhra Pradesh. On the other hand, 10 Northern and North-eastern mountainous states have less than 4 percent of population on 16 percent of land area.

In fact, the distribution of population in a country is controlled by a number of geographical

factors present there. Normally, people need employment for a living that is why, plains as compare to plateau and mountainous areas, are densly populated and attract more population. According to 2011 census, plains of northern India composing the states of Uttar Pradesh (19.96 crore), Bihar (10.38 crore), West Bengal (9.13 crore), Rajasthan (6.86 crore), Punjab (2.77 crore) and Haryana (2.54 crore) have high concentration of population and ranks first. 42.7 percent population of our country lives in this region.

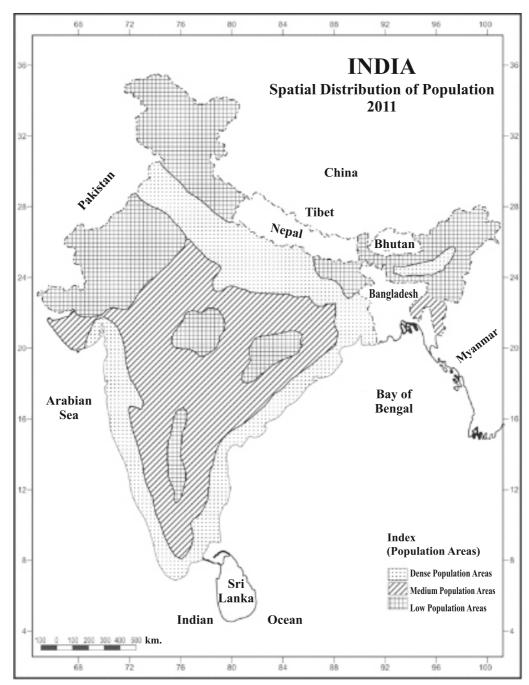
The southern plateau states have second place in terms of population distribution. In this area states of Maharashtra (11.24 crore), Madhya Pradesh (7.26 crore), Karnataka (6.11 crore) and Andhra Pradesh (8.47 crore) have maximum distribution of population in urban areas.

All the coastal areas of India, North-eastern hill states and western desertic part of Rajasthan comes under third group. It is a sparsely populated area because of lack of transport facilities and rugged terrain.

The distribution of population in India is uneven and have regional differences. In fact, the distribution of population is controlled by many natural, social, economic, demographic, political and historical factors. Table 13.1 shows latest data on population distribution, density and growth whereas Map 13.1 shows the spatial distribution of

Table 13.1: Distribution and Density of Population in India 2011

	1	Population  Population						
S.	States &	Decade Growth   Por Of Total						
No.	Union Territories	Total	Male	Female	(2001-11) (%)	Population	Density	
1	Andhra Pradesh	84665533	42509881	42155652	11.10	7.00	308	
2	Arunachal Pradesh	1382611	720232	662379	25.92	0.11	17	
3	Assam	31169272	15954927	15214345	16.93	2.58	397	
4	Bihar	103804637	54185347	49619290	25.07	8.58	1102	
5	Chhattisgarh	25540196	12827915	12712281	22.59	2,11	189	
6	Goa	1457723	740711	717012	8.17	0.12	394	
7	Gujarat	60383628	31482282	28901346	19.17	4.99	308	
8	Haryana	25353081	13505130	11847951	19.90	2.09	573	
9	Himachal Pradesh	6856509	3473892	3382617	12.81	0.57	123	
10	Jammu-Kashmir	12548926	6665561	5883365	23.71	1.04	124	
11	Jharkhand	32966238	16931688	16034550	22.34	2.72	414	
12	Karnataka	61130704	31057742	30072962	15.67	5.05	319	
13	Kerala	33387677	16021290	17366387	4.86	2.76	859	
14	Madhya Pradesh	72597565	37612920	34984645	20.30	6.00	236	
15	Maharashtra	112372972	58361397	54011575	15.99	9.29	365	
16	Manipur	2721756	1369764	1351992	18.65	0.22	122	
17	Meghalya	2964007	1492668	1471339	27.82	0.24	132	
18	Mizoram	1091014	552339	538675	22.78	0.09	52	
19	Nagaland	1980602	1025707	954895	0.47	0.16	119	
20	Odisha	41947358	21201678	20745680	13.97	3.47	269	
21	Punjab	27704236	14634819	13069417	13.73	2.29	550	
22	Rajasthan	68621012	35620086	33000926	21.44	5.67	201	
23	Sikkim	607688	321661	286027	12.36	0.05	86	
24	Tamilnadu	72138958	36158871	35980087	15.60	5.96	555	
25	Tripura	3671032	1871867	1799165	14.75	0.30	350	
26	Uttar Pradesh	199581477	104596415	94985062	20.09	16.49	828	
27	Uttrakhand	10116752	5154178	4962574	19.17	0.84	189	
28	West Bengal	91347736	46927389	44420347	13.93	7.55	1029	
			Union	Territories	ı	ı		
1	Andaman & Nicobar Islands	379944	202330	177614	6.68	0.03	46	
2	Chandigarh	1054686	580282	474404	17.10	0.09	9252	
3	Dadar-Nagar Haveli	342853	193178	149675	55.50	0.03	698	
4	Daman Diu	242911	150100	92811	53.54	0.02	2169	
5	National Capital Reg. Delhi	16753235	8976410	7776825	20.96	1.38	11297	
6	Lakshadweep	64429	33106	31323	6.23	0.01	2013	
7	Puducherry	1244464	610485	633979	27.72	0.10	2598	
	INDIA	1210193422	623724248	586469174	17.64	100.0	382	



Map 13.1: India: Spatial distribution of population 2011

population in India.

These factors change with reference to time and place. No single factor has isolated effect but these factors have combined effect on distribution of population. Indian economy is mainly based on agriculture based, So, the factors responsible for good agricultural growth also control the

distribution of population.

#### Factors Affecting the Distribution of Population

In an area, many factors affect the distribution of population. Some scientists believe that natural factors are more important. According to Clarke, economy, government policies etc play a major role in population distribution. The following are some of the factors affecting population distribution.

- 1. Climate: Climate is a most important factor affecting human habitat. The regions of extreme cold, extreme hot, very dry and very wet climate are not suitable for human habitation and human activities. It is because of this, mountainous regions of Himalayas are sparsely populated. Due to unhealthy climatic conditions, Terai region is also very sparely populated.
- **2. Terrain**: The areas of rugged terrain have low concentration of population because of less availability of cultivable land, difficulties in agricultural activities, under developed transport system and inaccessibility make these regions sparsely populated.
- 3. Availability of Water: Water is the basis of human life and all his activities. As we go from east to west, the population density in the northern India decreases with the decreasing rainfall. Due to availability of water through canal, the north western part of Rajasthan is comparatively densely populated. From the ancient times, the river valleys and deltaic areas are densely populated e.g. Indus valley civilization.
- **4. Mineral Resources :** Human beings are always attracted to the mineral rich areas because due to the availability of minerals, industrial and economic development is possible. That is why the mineral rich regions like Chhota Nagpur plateau, Damodar Valley and Kolar regions are densely populated.
- **5.** Transport Facility: The plains have better developed transport facilities compared to plateaus and mountainous region, as a result, plains are densely population.
- **6.** Socio-Psychological Factors: Social, Psychological, religious and cultural factors also play an important role in the distribution of population.

Social Organization, social structure, educational facilities, medical and health facilities, casteism, religious composition, social and religions value system are included in these factors. These factors directly or indirectly affect the distribution of population.

7. Political and Economic Factors: Political factors like political instability, unrest, insecurity etc. and economic factors like industrialization, urbanization etc are responsible for the regional disparities in the distribution of population. For example, from some states of India like Jammu and Kashmir, Punjab and Assam which lies on international border, people migrated to other areas due to increase in terrorist activities in these states.

#### **Density of Population:**

Density of population means a definite ratio between population and area. The amount of population concentration is measured in it. It is measured as the number of persons per unit area. It is useful to analyse differential spatial distribution of population. Density of population is helpful in understanding the population data. It shows pressure of population on land.

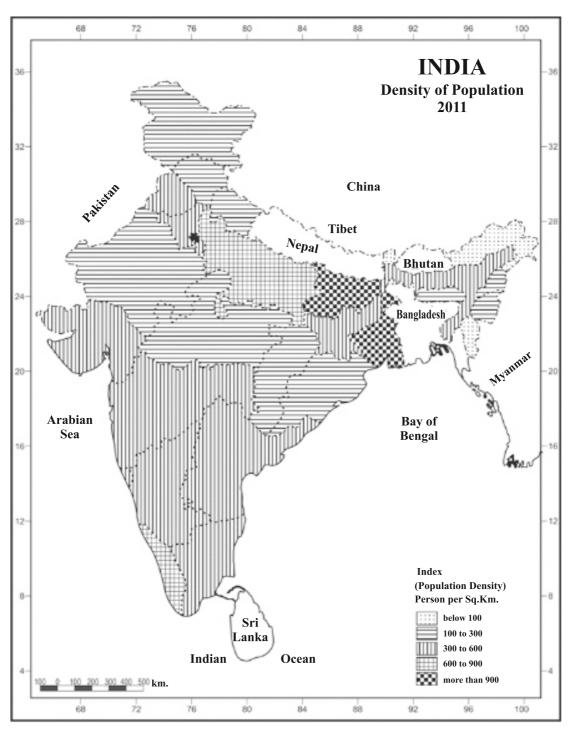
The ratio of total population and total geographical area is known as arithmetic density.

 $\frac{\text{Arithmetic}}{\text{Density}} = \frac{\text{Total population of the region}}{\text{Total area of that region}}$ 

The population growth and distribution can be understood with the help of population density of a region. There is relative increase in population density with population growth.

In 1901 the density of population of India was 77 persons per sq. km. which increased to 117 in 1951, 216 in 1981, 325 in 2001 and 38 2 persons per sq.km. in 2011.

From the table 13.1 and map 13.2 it is clear that in 2011, Bihar (1102 person per sq. km.) has the highest density of population whereas Arunachal Pradesh (17 person per sq.km) has the lowest



Map 13.2: India: Density of population 2011

density of population among states.

Among Union Territories, Delhi (11297) has the highest and Andaman and Nicobar Islands(46) recorded the lowest density of population.

Presently (2011) India's population density is

382 persons per sq km. The states of Bihar (1102) West Bengal (1029), Kerala (859), Uttar Pradesh (828), Haryana (573), Tamilnadu (555), Punjab (550), Jharkhand (414), Assam (397), Goa (394) and Union Territories of Delhi (11297), Chandigarh

(9252), Pudecherry (2598), Daman and Diu (2169) and Lakshadweep (2013) have more population density than the national average.

The state of Maharashtra (365), Karnataka (319), Andhra Pradesh (308), Rajasthan (201), Meghalaya (132), Manipur (122), Sikkim (86), Mizoram (52) and Arunachal Pradesh (17) and Union Territory of Andaman & Nicobar, Islands (17), have less than the national average density of population. On the basis of the density of population, India can be divided into three regions:-

#### 1. Areas of High Density:

This region is spread over West Bengal, Bihar, Uttar Pradesh and Haryana. Density of population here is more than 500 person per sq km. This region is predominantly agricultural and rural. Here, the density of population is high due to the availability of fertile plains, alluvial soil, availability of water for irrigation and drinking purposes. In southern India, the population density is high in the coastal regions of Malabar and Uplands of Tamilnadu. Due to the development of plantation agriculture in upland of Tamilnadu and intensive agriculture with development of small scale and household industries in the Cauvery delta, this region has high density of population.

#### 2. Areas of Medium Density:

The density of population in these areas is between 300 to 500 persons per sq. km. These areas are located between areas of low and high density of population. The medium density is found in Maharashtra, major parts of Gujarat, Telangana, coastal areas of Andhra Pradesh and Chhota Nagpur plateau. Due to rugged terrain and low availability of water, agriculture is not well developed here.

#### 3. Areas of Low Density:

The density of population in this region is less than 300 person per sq. km. Due to mountainous terrain in North Eastern Himalayas and desertic conditions in Western Rajasthan, this region has low density of population.

The plateau and tribal areas of Madhya Pradesh, Chhattisgarh and Odisha, eastern part of Karnataka and middle part of Andhra Pradesh are agriculturally underdeveloped due to adverse physical conditions, have low density of population.

#### **Population Growth**

In India, availability of population data before 1871 cannot be accepted as reliable. The first census of India was held in 1872 but it was conducted on experimental basis only in few states of undivided India. It did not cover the whole country. Most widely accepted data on population of India is from 1881 onwards as before this year no census was conducted for the whole country. The first census, which was synchronous, covered the whole country and was more modern in nature was undertaken in 1881. Since then, once in every ten years a new census has been taken in India. According to Moreland, in the begining of the 17<sup>th</sup> century the estimated population of India was 10 crores. By the year 1850, the estimated population of India was about 15 crore.

In an parliamentary paper, India's population was written as 23.8 crore in 1874-75. According to the census of India 1881, the population of undivided India was 25 crores. The table 13.2 shows the population growth in India from 1901-2011. The population growth between 1901-2011 can be divided into four stages.

Table 13.3 and Diagram 13.1 shows the natural growth rate of the population of India from 1911 to 2011

#### 1. Period of low growth (1901-1921)

In this period, the population grew at a very slow pace (0.27 percent per annum), it increased from 23.84 crore to 25.13 crores. During the decade 1911-21 due to famines, epidemics and shortage of food, death rate was very high, leading to negative growth rate of population.

Table 13.2 Decadal population growth rate in India (1901-2011)

Year	Total Population	Total Decadal difference	Growth Rate (%)	Average Annual Exponential Growth%
1901	238396327	-	_	-
1911	252093390	(+) 13697063	5.75	0.56
1921	251321213	(-) 772117	-0.31	-0.03
1931	278977238	(+) 27656025	11.60	1.64
1941	318660580	(+) 39683342	14.22	1.33
1951	361088090	(+) 42420485	13.31	1.25
1961	439234771	(+) 77682873	21.51	1.96
1971	548159652	(+) 108924881	24.80	2.22
1981	683329097	(+) 135169445	24.66	2.20
1991	846302688	(+) 162973591	23.85	2.14
2001	1028610328	(+) 182 307640	21.54	1.95
2011	1210193422	(+) 181 583094	17.64	1.64

Table 13.3 : Birth and Death rate in India and Natural Growth

Year	Birth Rate (per 1000)	Death Rate (per 1000)	Natural Growth Rate
1911	49	43	6
1921	48	47	1
1931	46	36	10
1941	45	31	14
1951	40	27	13
1961	42	23	19
1971	41	19	22
1981	38	15	23
1991	30	10	20
2001	25	8	17
2011	23	7	16

#### **2.** Period of stable growth (1921-1951)

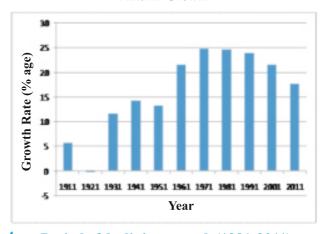
In the history of population growth of India, the year 1921 is known as great demographic divide. After this, population growth has an increasing trend, during 1921-51, India's population increased from 25.13 crores to 86.11 crores with average

growth rate of 1.45 percent per annum. During these three decades only 11 crore persons are added to our population. The ill effects of severe famines have been considerably reduced and epidemics were brought under control, this lead to decline in death rates and a virtual maintenance of the birth rates, thus increase in the population growth rate.

#### 3. Period of high growth rate (1951-1981)

The year 1951 is called the second demographic divide because after this country's population growth rate was 2.2 percent per annum during 1951 and 1981, adding another 32 crores to the population of our country. 1961-71 recorded highest population growth rate of 2.2 percent this was because of fast economic development and better medical facilities. The death rate which was 27 per thousand decreased to 15 per thousand during this period whereas decline in birth rate was only 4 per thousand. Thus, a very high growth rate of population.

Diagram 13.1 : Birth and Death rate and Natural Growth



#### 4. Period of declining growth (1981-2011)

The declining growth rate of population can be seen with the trend of high growth rate of population since 1981. The birth rate declined during 1981-1991. The birth rate declined from 38 per thousand (1981) to 30 per thousand (1991) during the decade. During 1981-1991, exponential growth rate of population was 2.14 percent which

Table 13.4 Decadal population growth in India

No         Union Territories         1991–2001         2001–2011         Gr           1         Andhra Pradesh         14.59         11.1            2         Arunachal Pradesh         27.00         25.92            3         Assam         18.92         16.93            4         Bihar         28.62         25.07            5         Chhattisgarh         18.27         22.59            6         Goa         15.21         8.17            7         Gujarat         22.66         19.17            8         Haryana         28.43         19.90         .8           9         Himachal Pradesh         17.54         12.81            10         Jammu-Kashmir         29.43         23.70	2cade rowth (%) 3.49 1.08 1.99 3.55 4.32 7.04 3.49 8.53 4.23
1 Andhra Pradesh 14.59 11.1 2 Arunachal Pradesh 27.00 25.92 3 Assam 18.92 16.93 4 Bihar 28.62 25.07 5 Chhattisgarh 18.27 22.59 4 6 Goa 15.21 8.17 7 Gujarat 22.66 19.17 8 Haryana 28.43 19.90 9 Himachal Pradesh 17.54 12.81 10 Jammu-Kashmir 29.43 23.70	(%) 3.49 1.08 1.99 3.55 4.32 7.04 3.49 8.53
2       Arunachal Pradesh       27.00       25.92          3       Assam       18.92       16.93          4       Bihar       28.62       25.07          5       Chhattisgarh       18.27       22.59          6       Goa       15.21       8.17          7       Gujarat       22.66       19.17          8       Haryana       28.43       19.90       .8         9       Himachal Pradesh       17.54       12.81          10       Jammu-Kashmir       29.43       23.70	1.08 1.99 3.55 4.32 7.04 3.49 8.53
3       Assam       18.92       16.93          4       Bihar       28.62       25.07          5       Chhattisgarh       18.27       22.59       4         6       Goa       15.21       8.17          7       Gujarat       22.66       19.17          8       Haryana       28.43       19.90       .8         9       Himachal Pradesh       17.54       12.81          10       Jammu-Kashmir       29.43       23.70	1.99 3.55 4.32 7.04 3.49 8.53
4       Bihar       28.62       25.07          5       Chhattisgarh       18.27       22.59       4         6       Goa       15.21       8.17          7       Gujarat       22.66       19.17          8       Haryana       28.43       19.90          9       Himachal Pradesh       17.54       12.81          10       Jammu-Kashmir       29.43       23.70	3.55 4.32 7.04 3.49 8.53
5       Chhattisgarh       18.27       22.59       2         6       Goa       15.21       8.17       3         7       Gujarat       22.66       19.17       3         8       Haryana       28.43       19.90       3         9       Himachal Pradesh       17.54       12.81       4         10       Jammu-Kashmir       29.43       23.70       3	4.32 7.04 3.49 8.53
6       Goa       15.21       8.17       3.17         7       Gujarat       22.66       19.17       3.17         8       Haryana       28.43       19.90       3.17         9       Himachal Pradesh       17.54       12.81       3.27         10       Jammu-Kashmir       29.43       23.70       3.27	7.04 3.49 8.53
7 Gujarat 22.66 19.17 8 Haryana 28.43 19.90 9 Himachal Pradesh 17.54 12.81 10 Jammu-Kashmir 29.43 23.70	3.49 8.53
8       Haryana       28.43       19.90       .8         9       Himachal Pradesh       17.54       12.81       .4         10       Jammu-Kashmir       29.43       23.70       .5	8.53
9     Himachal Pradesh     17.54     12.81     .4       10     Jammu-Kashmir     29.43     23.70     .5	
10 Jammu-Kashmir 29.43 23.70	4 22
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11	5.73
11 Ullarkilariu 23.30 22.34 .	1.02
12 Karnataka 17.51 15.67	1.84
13 Kerala 9.43 4.86 .4	4.57
14 Madhya Pradesh 24.26 20.30	3.96
15 Maharashtra 22.73 15.99 .6	6.74
16 Manipur 24.86 18.65 .6	6.21
17 Meghalya 30.65 27.82 .2	2.83
18 Mizoram 28.82 22.78 .6	6.04
19 Nagaland 64.53 .0.47 .6	35.00
20 Odisha 16.25 13.97 .2	2.28
21 Punjab 20.1 13.73 .6	6.37
22 Rajasthan 28.41 21.44 .6	6.97
23 Sikkim 33.06 12.36 .2	20.70
24 Tamilnadu 11.72 15.06 3	3.34
25 Tripura 16.03 14.70 .	1.33
26 Uttar Pradesh 25.85 20.09 .5	5.76
27 Uttrakhand 20.41 19.17 .	1.24
28 West Bengal 17.77 13.93	3.84
Union Territories	
1 Andaman & Nicobar 1slands 26.9 6.68 .2	20.22
2 Chandigarh 40.28 17.10 .2	23.18
3 Dadar-Nagar Haveli 59.22 55.50	3.72
4 Daman Diu 55.73 53.542	2.19
5 NationalCapital Reg. 47.02 20.96 .2	26.06
6 Lakshadweep 17.3 6.23 .1	11.07
7 Puducherry 20.62 27.72 7	7.10
India 21.54 17.64	3.90

decreased to 1.95 percent during 1991-2001 and 1.64 percent during 2001-2011. During this period birth rate declined from 38 per thousand (1981) to 26 per thousand in 2001 and death rate declined from 15 per thousand to 8 per thousand.

This declining trend of population growth is due to the success of family welfare programme and adoption of small family norm.

#### Spatial patterns of population growth:

A comparative study of decadal growth rates of population of 1991-2001 and 2001-2011 shows that almost all the states and union territories of India showed a decline.

The six most populated states (Uttar Pradesh, Maharashtra, Bihar, West Bengal, Andhra Pradesh and Madhya Pradesh) showed a decline in the decadal growth rate of population during 2001-2011 compared to 1991-2001. The maximum decline was recorded in Maharashtra (6.74 basis point) and least decline was recorded in Andhra Pradesh (3.49 Basis Point). But Tamil Nadu (3.34 basis point) and Pondicherry (7.10 basis point) recorded a increase during this period (Table 13.4)

During decade 2001-2011, all states and union territories except Chhattisgarh, Tamilnadu and Puducherry recorded a decline in the decadal growth of population. The maximum decline was recorded in the states and U.T. respectively of Nagaland (-65 percent) Sikkim (-26.70 percent) Chandigarh (-23.18 percent) and Andaman & Nicobar islands (-20.22 percent) in decreasing order. By analyzing the data on growth rate of population of 2001-2011 three types of regions are clearly visible in India.

1. Areas of High Population Growth: The Union Territories of Dadra Nagar Haveli and Daman Diu fall under this category. During this period more than 30% population growth rate was recorded in these union territories.

#### 2. Areas of Medium Population Growth:

The states of Bihar, Jammu And Kashmir, Jharkhand, Madhya Pradesh, Meghalaya, Mizoram, Rajasthan, Uttar Pradesh and UT's of Delhi and Puducherry recorded a decadal population growth rate between 20% to 30% during the period.

3. Areas of Low Population Growth: The states and UT's which recorded decadal growth rate of population less than 20% are Andhra Pradesh, Assam, Goa, Gujarat, Haryana, Himachal Pradesh, Karnataka, Kerala, Maharashtra, Manipur, Nagaland, Odisha, Punjab, Sikkim, Tamilnadu, Tripura Uttrakhand, West Bengal, Andaman Nicobar Islands, Chandigarh and Lakshadweep.

#### Consequences of population growth:

The population of India is growing at a very rapid rate. In 1901, the population of India was 23.8 crore, which increased to 84.64 crores in 1991, 102.87 crores in 2001 and 121.05 crores in 2011.

Every sixth person on earth is an Indian. All the effort of planned economic growth are failing due to this population growth.

The levels of education is still very low in India. About 27 percent of population of India is still lacking education. According to census 2011, the literacy rate in India is 73.0 percent. The female literacy rate is much lower than that of males.

Most people in India are influenced by the rudiments and old traditions. These type of people have difficulty in adopting new ideas. It is natural to maintain birth rates at high level, if under the influence of customs and traditions, people do not adopt measures for birth control and do not make any effort against child birth.

The Indian rural population can be said to be under the influence of religious customs and superstitious beliefs. It is very difficult to convince people against religious customs. Due to traditions and customs, people do not consider any effort made against nature still good. This same sense also works

in relation to reproduction.

Joint family system exists in India. The responsibility of the new born child in the joint family is not on the parents but on the whole family, so these is no factor against child birth. Joint family practice also encourages marriage at an early age.

The low respect of women in society also lead to large size of the family. In society, women are considered to be a machine to bear child and her comforts and welfare are not taken care of.

Indian society is a very much rural society. Urbanization here is still less than other countries. According to 2011 census, 68.84 percent population of the country lives in rural areas and remaining 31.16 percent population lives in towns. People in village live simple life, do farming, keep their tradition and customs. Due to their affiliation with a joint family, they get married at an early age. They do not show any interest in adopting family planning methods. For this reason, the birth rate in villages remains high.

# Socio- economic consequences of population growth:

The rapid population growth remains the biggest challenge for developing economy. This is bent upon proving the country's developmental activities to be consistently limited and inadequate. The problems like migration of people from rural to urban, housing shortage, shortage of food grains and drinking water supply, ecological imbalance etc are the result of growing population.

- Population growth has caused environmental problems.
- Due to materialistic approach to life, natural resources have been ruthlessly and illegitimately exploited, this lead to imbalance in nature.
- Pesticides and chemical fertilizers are being used in the name of modern farming. This has

- brought adverse effect on people's health.
- To solve the housing problem, houses have been unsystematically constructed on arable land. If this situation persists, then after some time, the problem of food grains will raise its head.
- The existence of many animals and wildlife is in danger, which are very helpful in balancing our environment.
- 70% of the available water in the country has become polluted and out of this 30% water has reached toxicity level. This is very helpful in spreading infectious diseases, due to this, 15 lakh children die every year.
- The water levels has gone down. If population growth continues at this rate, then the problem of water scarcity will raise its head in future.
- Due to the development of tourist spots at many places, people come and gather there.
   They spread dirt and garbage and tamper with nature which leads to the extinction of many medicinal plants.
- Unnecessary manipulation of nature, directly or indirectly, leads to climate change, which has an adverse impact on ocean and wildlife. Due to global warming, rate of melting of glaciers have increased. Also the greenhouse gases like carbon dioxide have increased, which have adverse impact on human life.
- Due to deforestation, drought and floods are common is some areas. And due to drought there are frequent fires in the forests.
- There is a increase in the number of vehicles, which results in increase in road accidents, air pollution due to vehicular smoke and noise pollution which have adverse impact on human health.
- Due to population growth, government is not able to implement the developmental schemes.

- Under nutrition and starvation deaths are also reported.
- It is a barrier for the economic development and growth of the country
- Promotion of conflict in society, casteism, religious fundamentalism, regionalism etc influences the law and order.
- It leads to problem of unemployment.
- The risk of infection of deadly diseases like AIDS, venereal diseases, polio, measles, chickenpox etc. is increasing.

#### Measures to control population growth

- 1. Raising the age at Marriage: It is necessary to raise the age at marriage from 21 years for males and 18 years for females. If the age at marriage for females increases then they will not only get educated but also get interested in social and cultural activities. Due to this control on child birth will be possible.
- **2.** Increase in production: When there is increase in production, a person gets interested in raising his physical standards of life. Due to the raised standards of living, he makes plan for better future. This also have an effect on controlling population.
- 3. Expansion of Family welfare programmes: At national and international levels, government and Non-governmental organizations should make efforts to educate people about the benefits of family welfare programmes. They should also make efforts to make it a people's programme.
- **4. Education :** Education can have solution to socio- cultural problems. In order to implement the family welfare programmes in the right way, maximum people should get education. Through education, people will not only keep the size of their family small and make efforts to raise the standards of living and but also develop an intelligent

approach towards life.

#### **IMPORTANT POINTS**

- 1. India is the second most populated country in the world after China.
- 2. India encompasses 2.4 percent of word's total area.
- 3. The total population of India is 1210193422 (2011) with 623724248 males and 586469174 females.
- 4. Distribution and density of population in India in uneven.
- 5. India recorded a negative growth rate of population in 1921.
- 6. According to census of India 2011, the average density of population in India is 382 persons per sq. km.
- 7. In India the state of West Bengal and UT of Delhi had the highest population density, 1029 persons per sq. km and 11297persons per sq km respectively.
- 8. During the decade 2001-2011, the growth rate of population is 17.64 percent in India.

#### **EXERCISE**

#### **Multiple Choice Type Questions**

- 1. The census decade recorded the highest decline in sex Ratio in India is -
  - (A) 1911-21

(B) 1921-31

(C) 1951-61

- (D) 1961-71
- 2. The census year recording the least sex ratio in the last ten censuses is-

(A) 1991

(|B) 2001

(C) 1901

- (D) 1951
- 3. The crop whose distribution pattern almost corresponds to the patterns of distribution of population in India is-

(A) Rice

(B) Maize

(C) Wheat

- (D) Cotton
- 4. The state having the lowest density of population in 2011 is -

(A) Kerala

(B) Arunachal Pradesh

(C) Nagaland

(D) Goa

5. The first census took place in India in the year-

(A) 1945

(B) 1851

(C) 1872

(D) 1951

6. In the history of Indian demography, this year is known as "The great demographic divide" after which Indian population recorded a very high growth rate is-

(A) 1911

(B) 1921

(C) 1941

- (D) 1951
- 7. The fourth last census was conducted in India in the year-

(A) 1981

(B) 1991

(C)2011

(D) 2001

8. The density of population (persons per sq. km) of India in 2011 census is -

(A) 294

(B) 321

(C) 382

(D) 390

9. The state having the highest density of population in India is-

(A) West Bengal

(B) Maharashtra

(C)Uttar Pradesh

(D) Bihar

10. The State recording the highest growth rate of population in India is-

(A) Uttar Pradesh

(B) Bihar

(C) Meghalaya

(D) Madhya Pradesh

#### **Very Short Answer Type Questions**

11. What is the population of India according to census 2011?

- 12. Which state of India has the lowest density of population according to census 2011?
- 13. Which Indian state is having the largest population according to census 2011?
- 14. Which Indian state recorded the highest population growth during 2001-2011?
- 15. What is the density of population in India (2011)?
- 16. According the census 2011, which is the place of India in terms of population in the world?

#### **Short Answer Type Questions**

- 17. Which are the geographical factors that affect the distribution of India's population?
- 18. Differentiate between population distribution and density?
- 19. What is population growth?
- 20. What is the average growth rate of population in India during 2001-2011?
- 21. Which Indian state has the highest population density according census 2011?

#### **Essay Type Questions**

- 22. Explain in detail the factors responsible for the unequal distribution of population in India.
- 23. Discuss the types of population density.
- 24. Discuss the population growth in India.

#### Map/Skill Based Questions

- 25. On a map of India, show the population distribution (2011) using a suitable method.
- 26. On a map of India, show the distribution of population density.