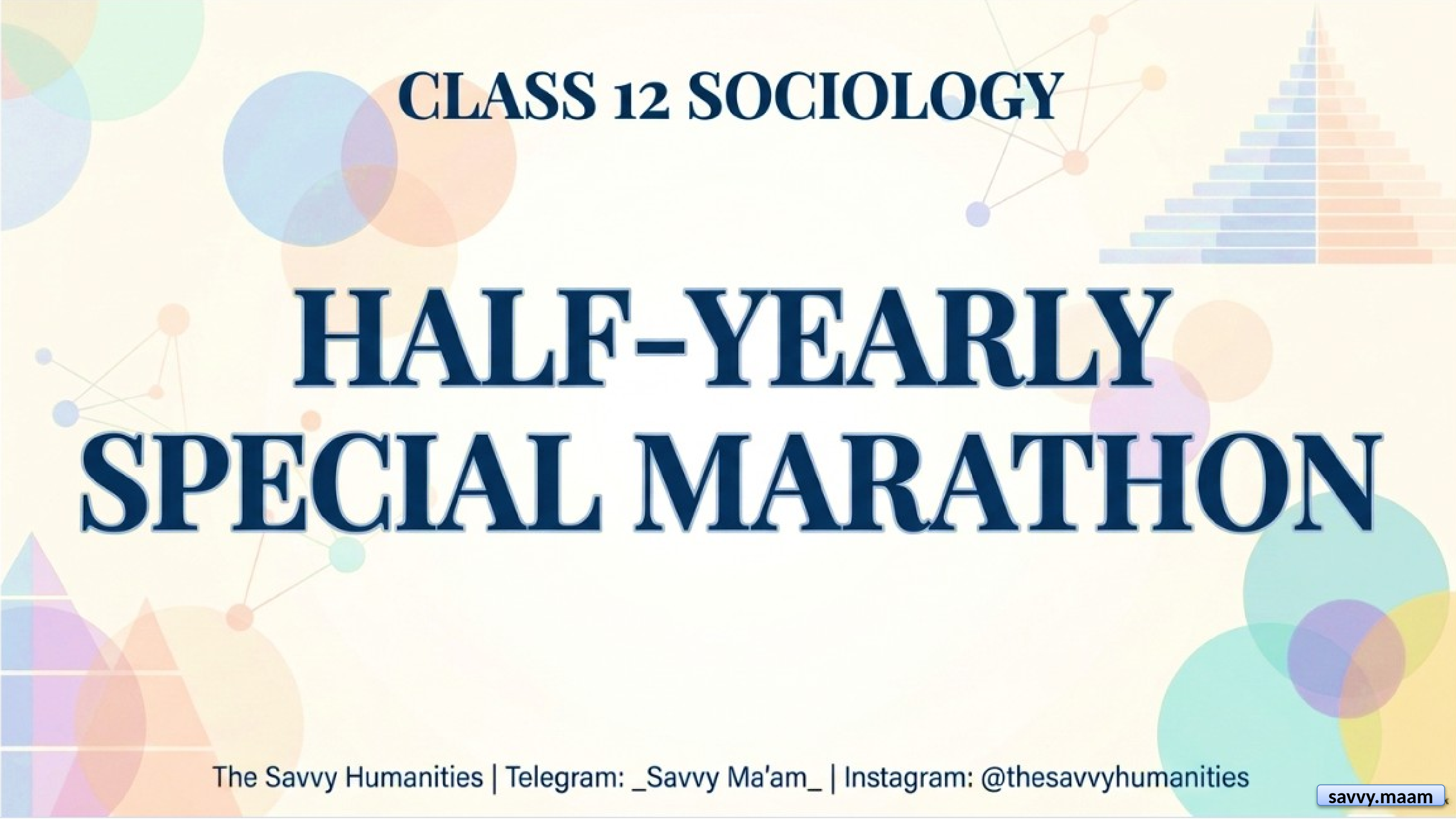




CLASS 12 SOCIOLOGY

HALF-YEARLY SPECIAL MARATHON

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The Demographic Structure of Indian Society.

1. DEMOGRAPHY Meaning

Demography is the systematic study of population. The term is derived from Greek:

Demos → people

Graphein → describe

- It studies:
 - changes in population size |
 - patterns of births, deaths and migration |
 - structure and composition of population |
 - proportions of women, men and different age groups.

2. TYPES OF DEMOGRAPHY

Formal Demography

A largely quantitative field. Concerned mainly with the measurement and statistical analysis of population. Studies population changes through numerical data.

Social Demography

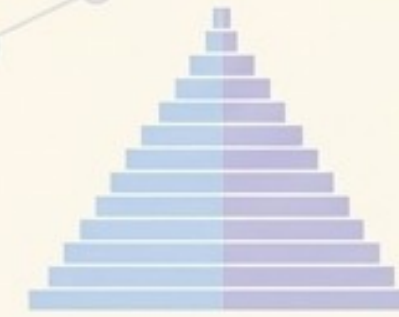
Focuses on the social, economic and political aspects of populations. Studies the causes and consequences of population changes.

Easy Difference

Formal Demography → Quantitative / measurement | Social Demography → Social, economic and political aspects

3. CENSUS & KEY POINTS

Census: Demographic studies involve counting or enumeration of population. Census and survey are important methods of collecting demographic data.



4. IMPORTANCE OF DEMOGRAPHY

Demographic information is important for understanding the population structure and population change of society. It helps in:

planning

understanding population growth

studying births, deaths and migration

understanding the composition of population.

Demography is of special importance to Sociology because the emergence and establishment of sociology owed a lot to demography.

5. MALTHUSIAN THEORY OF POPULATION GROWTH

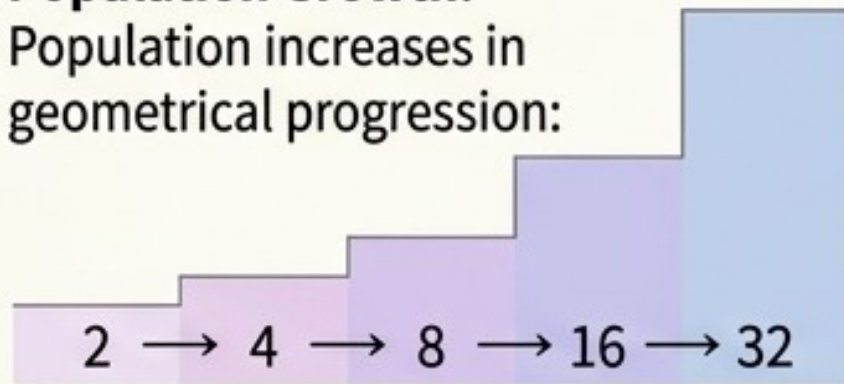
Thomas Robert Malthus (1766–1834).

Presented his argument in *An Essay on the Principle of Population* (1798).

Main Argument: Malthus argued that: Population increases faster than the means of subsistence, particularly food.

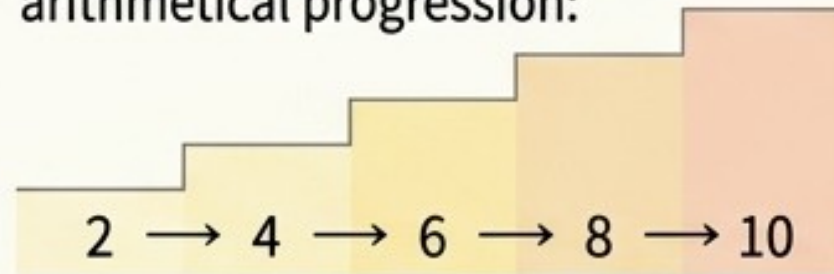
Population Growth:

Population increases in geometrical progression:



Food Production:

Food supply increases in arithmetical progression:



Therefore: Population ↑ faster than food supply → scarcity → poverty

Preventive Checks

Checks which prevent population growth.
Example: delaying marriage, restraint/abstinence

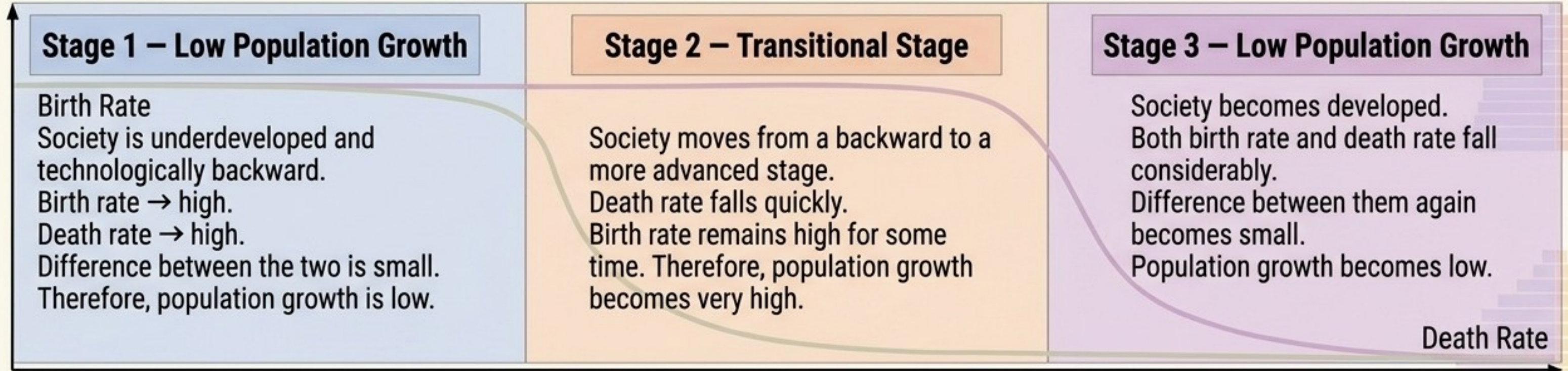
Positive Checks

Increase mortality and reduce population.
Examples: famine, epidemic disease.

Criticism of Malthus: Economic growth could outstrip population growth. European experience showed that birth rates declined and epidemic diseases came under control. Both food production and standards of living increased despite population growth. Liberal and Marxist scholars argued that poverty and starvation were linked to unequal distribution of economic resources, not simply population growth.

6. THEORY OF DEMOGRAPHIC TRANSITION

Meaning: The theory states that population growth is linked to the overall level of economic development. It identifies three stages:



Population explosion occurs during the **transition stage** because:

Death rate falls quickly + Birth rate takes longer to fall → very high population growth.

Death rates decline rapidly because of: better methods of disease control, improved public health, better nutrition.

But reproductive behaviour takes longer to change.

India: India's demographic transition is not yet complete in the NCERT discussion because mortality has been reduced but the birth rate had not fallen to the same extent.

7. COMMON DEMOGRAPHIC CONCEPTS & INDICATORS (Part 1)

Birth Rate: Number of live births per 1,000 population during a specified period, usually one year.

Death Rate: Number of deaths per 1,000 population during a given period.

Growth Rate / Rate of Natural Increase: Refers to the difference between birth rate and death rate. (Birth Rate – Death Rate = Natural Increase). When the difference is zero or very small, population is said to have stabilised or reached replacement level.

Replacement Level: The rate of growth required for new generations to replace older generations who are dying out.

Fertility Rate: Number of live births per 1,000 women in the child-bearing age group, usually 15–49 years.

Infant Mortality Rate: Number of deaths of babies before the age of one year per 1,000 live births. High Infant Mortality Rate indicates backwardness and poverty. Development is associated with a decline in infant mortality because of improved medical facilities, education, awareness and prosperity.

Maternal Mortality Rate: Number of women who die in childbirth per 1,00,000 live births.

Life Expectancy: Estimated number of years that an average person is expected to survive. Calculated using age-specific death rates.

7. COMMON DEMOGRAPHIC CONCEPTS (Part 2) &

8. DECLINING RATES

Sex Ratio

Number of females per 1,000 males in a given area at a specified time.

Age Structure

Proportion of persons in different age groups relative to the total population.

Ageing of Population

With development and increasing life expectancy, the proportion of people in the older age groups increases. This process is referred to as ageing of population.

Dependency Ratio

Compares the dependents with the working-age population.
Dependents include: children, elderly people. Working age is generally defined as 15–64 years.

Dependency Ratio = Population below 15 + Population above 64 ÷ Population aged 15–64

A rising dependency ratio can create a burden on the working-age population.
A falling dependency ratio can create a possibility of economic growth and prosperity.

8. WHY DOES THE DEATH RATE FALL FASTER THAN THE BIRTH RATE?

Death Rate falls faster because of:

better disease control,
improved public health,
better nutrition,
improved medical facilities.

Birth Rate falls more slowly because:

reproductive behaviour takes longer to change.
social attitudes and practices do not change as rapidly
as mortality conditions.

Key Line: Mortality declines relatively quickly, whereas fertility and reproductive behaviour take longer to adjust to changing social and economic conditions.

9. SIZE & GROWTH OF INDIAN POPULATION & 10. AGE STRUCTURE

1921 — Important Turning Point:

The year 1921 is an important turning point in India's demographic history. The decade 1911–1921 recorded a negative population growth rate.

Main Reasons for Decline in Population:

- Epidemic diseases.
- Influenza epidemic of 1918–19 (Also known as Spanish Flu. It killed around 170 lakh people, or about 5% of India's population at that time, according to the NCERT text).

After 1921: The death rate began to decline mainly because of:

- greater control over famines,
- greater control over epidemic diseases (fevers, plague, smallpox, cholera).

Population growth increased because the death rate declined faster than the birth rate.

Definition: Age structure refers to the proportion of persons in different age groups relative to the total population. India has a very young population. A large proportion of the population is in the younger and working-age groups.



The 2026 figures are projections given in the NCERT textbook.

Important Change:

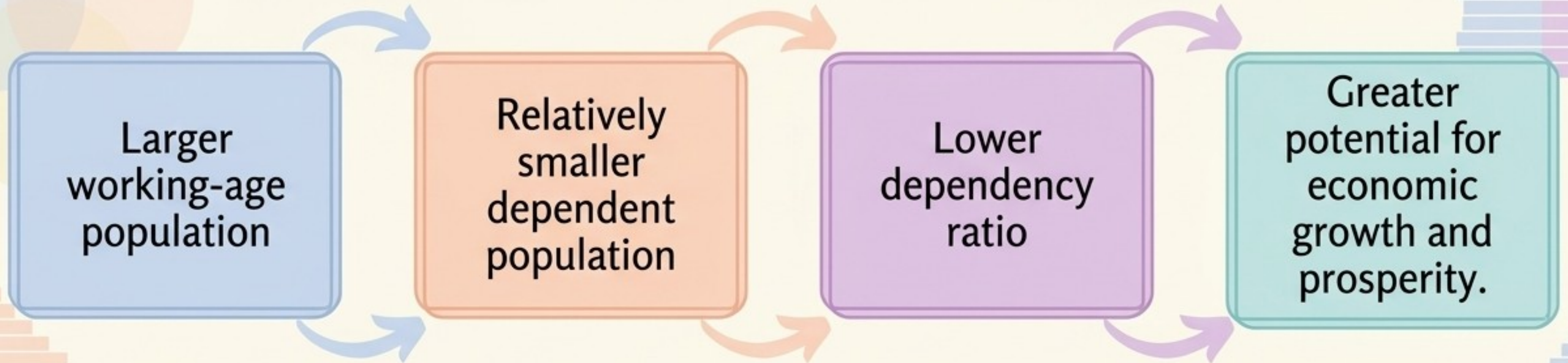
Share of younger population → declining.
Share of older population → increasing.
This reflects:

- decline in birth rate,
- rise in life expectancy,
- ageing of population.

11. DEMOGRAPHIC DIVIDEND

Meaning: A demographic dividend arises when the proportion of the working-age population becomes relatively large compared with the dependent population.

Why is it an advantage?



Important: Demographic dividend is not automatic.

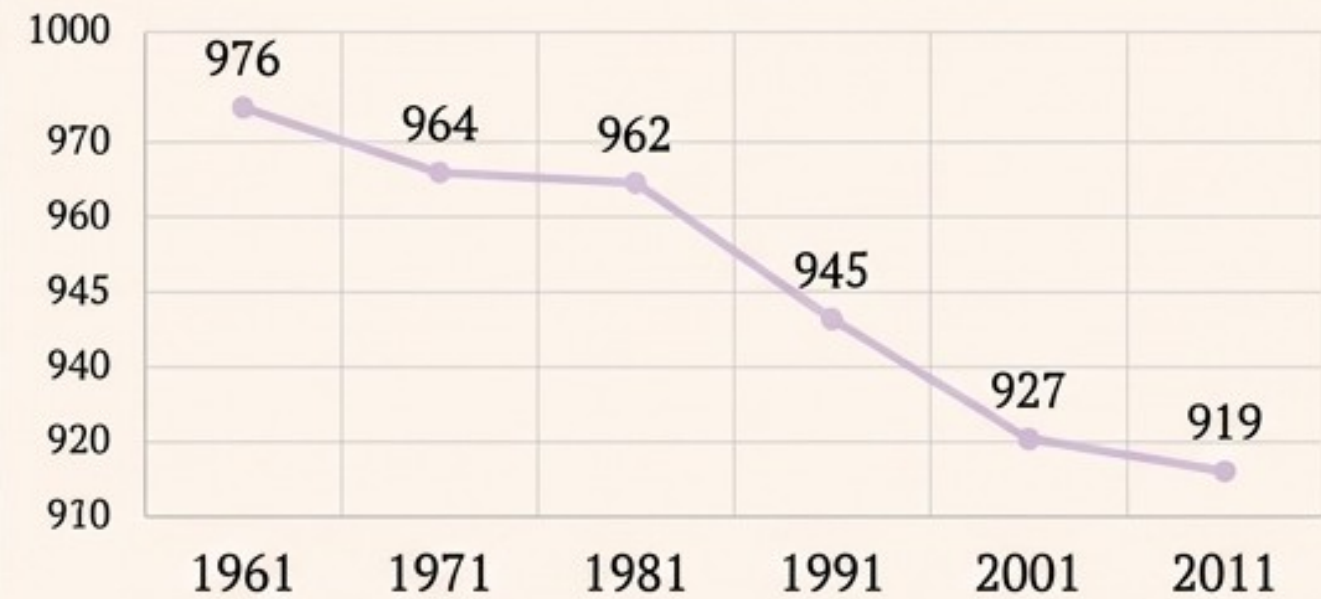
- It can be properly utilised only when the growing working-age population gets: education, employment.
- Otherwise, unemployment and low productivity may prevent the expected benefits.

12. DECLINING SEX RATIO & 13. CHILD SEX RATIO

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



Meaning: The sex ratio for the 0–6 years age group is called the **child or juvenile sex ratio**.



Why is declining sex ratio a concern?

It reflects the influence of social norms that value males more than females, leading to son preference and neglect of girl babies.

- **Neglect of girl babies:** Can lead to higher death rates among girls.

- **Sex-specific abortions:** Female foetuses may be selectively aborted.

- **Female infanticide:** Killing of girl babies because of religious or cultural beliefs.

- **Son preference:** Social norms may favour sons over daughters.

Important Point: The lowest child sex ratios are not necessarily found in the poorest areas. NCERT points out that several relatively prosperous regions also show low child sex ratios. Therefore, the problem cannot be explained simply by poverty or lack of resources.

14. GOVERNMENT MEASURES & 15. LITERACY

Pre-natal Diagnostic Techniques (Regulation and Prevention of Misuse) Act

In force since 1996, Strengthened in 2003.
Aimed at preventing the misuse of techniques for sex determination and sex-selective abortion.

Beti Bachao, Beti Padhao

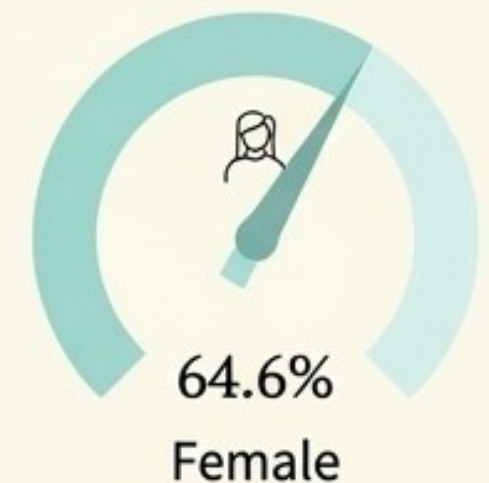
Introduced by the Government of India.
Intended to address the problem of discrimination against girl children and improve the child sex ratio.

Laws are important, but a long-term solution also depends upon changes in social attitudes towards girls.

Meaning / Importance: Literacy, as a prerequisite to education, is an instrument of empowerment.

- Greater literacy can increase: awareness of career options | participation in the knowledge economy | health awareness | participation in the cultural and economic well-being of the community.

Literacy Rate — India 2011



16. LITERACY ACROSS SOCIAL GROUPS & 17. RURAL-URBAN DIFFERENCES

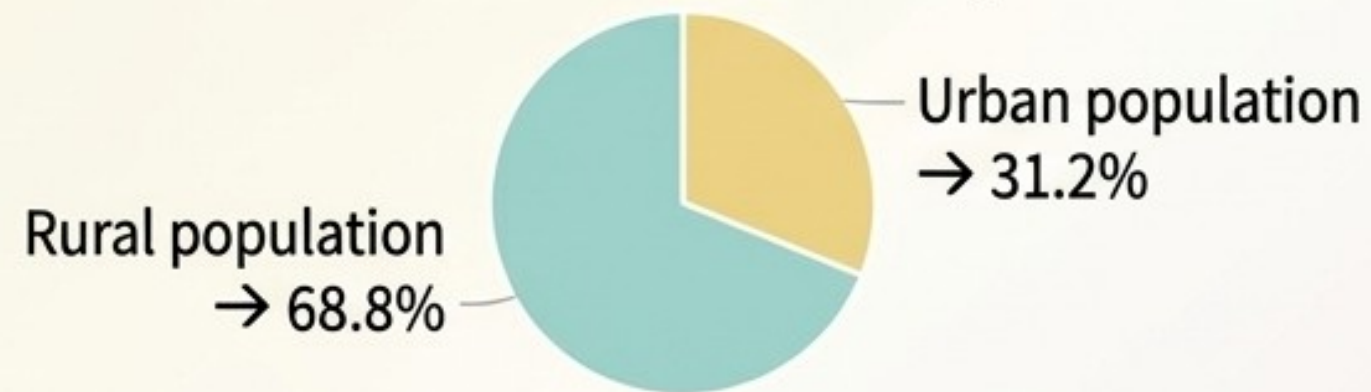
Literacy varies considerably across:

Gender:	Social Groups:	Regions / States:
Female literacy has historically been lower than male literacy. However, female literacy has been rising faster than male literacy.	Historically disadvantaged groups such as Scheduled Castes and Scheduled Tribes have lower literacy rates. Female literacy within these groups is lower still.	Wide regional variation exists. Kerala is close to universal literacy. Bihar lags far behind.

Important Sociological Point: Inequalities in literacy can reproduce inequality across generations, because illiterate parents are at a disadvantage in ensuring that their children are well educated.

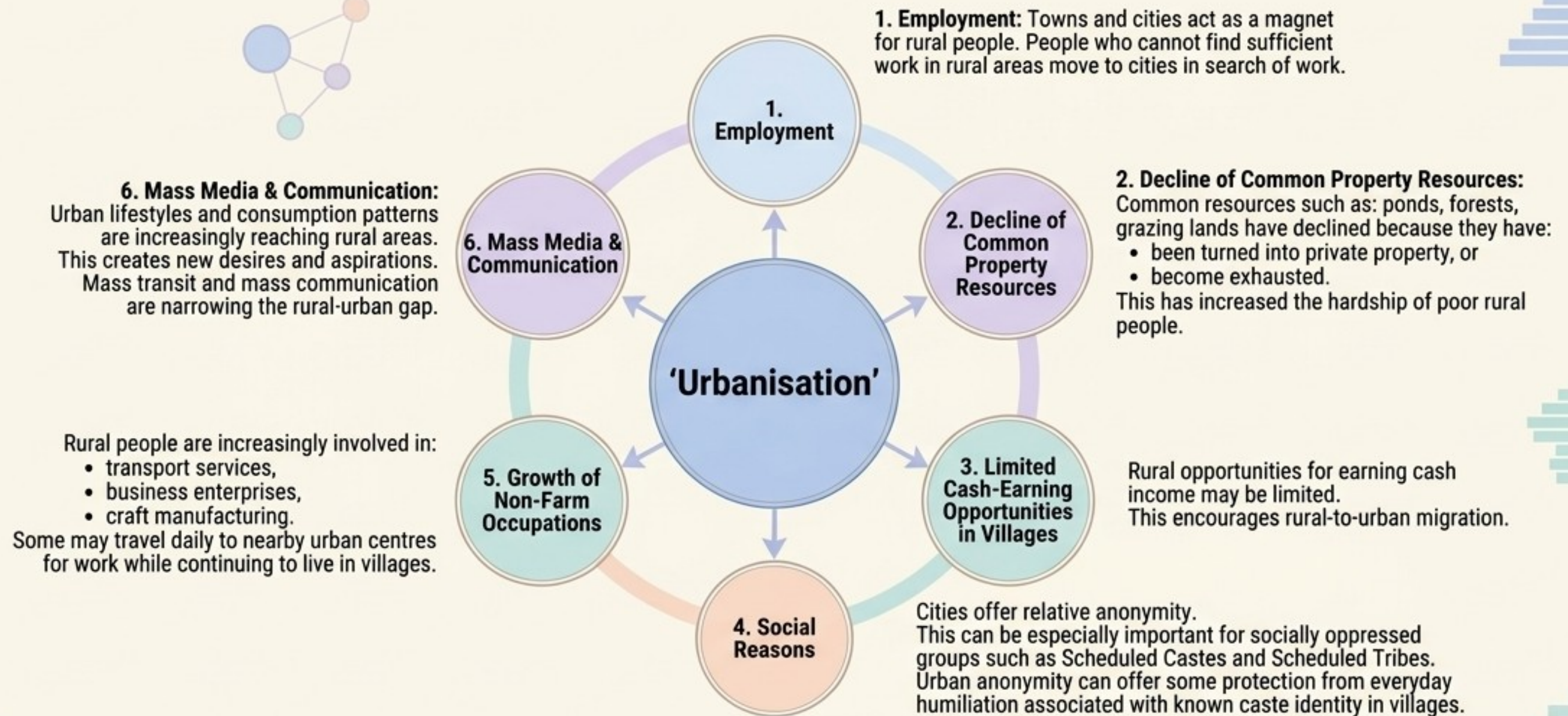
17. RURAL-URBAN DIFFERENCES

Census 2011: Rural vs. Urban Population



Important Change Highlight: The share of the urban population has steadily increased over time. Modern development has also increased the significance of the industrial-urban way of life relative to the agrarian-rural way of life.

18. REASONS BEHIND URBANISATION ★



Flow: Rural employment difficulties + decline of common resources + urban nonnemies + attraction of urban opportunities → Rural-to-urban migration → Urbanisation

19. POPULATION POLICY IN INDIA ★ & 20. EMERGENCY PERIOD

National Family Planning Programme — 1952

India was perhaps the first country to explicitly announce an official population policy in 1952. The policy took concrete form through the National Family Planning Programme.

Broad Objectives: Influence the rate and pattern of population growth in socially desirable directions.

In the early period: slow down population growth | promote birth-control methods | improve public health standards | increase public awareness about population and health issues.

20. EMERGENCY PERIOD — 1975–76

The Family Planning Programme suffered a major setback during the National Emergency.

What happened? Government intensified efforts to reduce population growth. A coercive programme of mass sterilisation was introduced. Large numbers of mostly poor and powerless people were forcibly sterilised. There was pressure on lower-level government officials to bring people to sterilisation camps.

Sterilisation: Vasectomy → for men | Tubectomy → for women. These are medical procedures that prevent conception and childbirth.

Result: There was widespread popular opposition. The government elected after the Emergency abandoned the coercive programme.

21. POST-EMERGENCY CHANGES

National Family Planning Programme: After the Emergency: National Family Planning Programme → National Family Welfare Programme

- Changes: Coercive methods were no longer used.
- The programme adopted a broad-based set of socio-demographic objectives.

National Population Policy, 2000:

A new set of guidelines was formulated under the National Population Policy of 2000.

National Health Policy, 2017:

In 2017, the Government of India introduced the National Health Policy 2017. Most of the socio-demographic goals were incorporated with new targets.

Important NCERT Conclusion:

The history of India's population policy shows that while the state can create conditions for demographic change, demographic variables—especially those related to human fertility—are ultimately influenced by economic, social and cultural change.

MCQs (Part 1)

1. Which of the following best describes formal demography?

- A Study of the cultural practices of different populations
- B Quantitative measurement and analysis of population change
- C Study of political institutions in different societies
- D Study of individual behaviour

2. According to Malthus, population tends to increase in:

- A Arithmetic progression
- B Geometric progression
- C Constant progression
- D Declining progression

3. In which stage of demographic transition does population growth become very high?

- A First stage
- B Second stage
- C Third stage
- D Post-transition stage

4. The demographic dividend is mainly associated with:

- A An increase in the proportion of dependents
- B A decline in the working-age population
- C An increase in the proportion of working-age people relative to dependents
- D An increase in infant mortality

MCQs (Part 2) & Answer Key

5. According to Census 2011, India's sex ratio was:

- A. 927 females per 1,000 males
- B. 933 females per 1,000 males
- C. 943 females per 1,000 males
- D. 972 females per 1,000 males

6. Which of the following was the major reason for the negative population growth rate during 1911–1921?

- A. Decline in fertility
- B. Migration to cities
- C. Influenza epidemic of 1918–19
- D. Decline in agricultural production

7. India announced its official population policy for the first time in:

- A. 1947
- B. 1950
- C. 1952
- D. 1961

ANSWER KEY: 1. B | 2. B | 3. B | 4. C | 5. C | 6. C | 7. C

LONG-ANSWER QUESTIONS (Part 1)

1. Explain the basic argument of the theory of demographic transition. Why is the transition period associated with a 'population explosion'?

Answer: The theory of demographic transition suggests that population growth is linked to the overall level of economic development. It describes three basic stages of population growth. In the first stage, both the birth rate and death rate are high, so the difference between them is that small and population growth remains low. In the second or transitional stage, the death rate falls rapidly while the birth rate remains high for some time. This creates a large difference between the two rates and results in very rapid population growth, known as population explosion. In the third stage, both birth and death rates become low and population growth again becomes low. The transition period therefore produces a population explosion because the death rate declines much faster than the birth rate.

2. Why did Malthus believe that catastrophic events like famines and epidemics that cause mass deaths were inevitable?

Answer: Thomas Robert Malthus argued that human population tends to grow in geometric progression, while the means of subsistence, particularly food production, can grow only in arithmetic progression. According to him, population would therefore continually grow faster than the available food supply.

Since people have only limited ability to voluntarily control population growth through preventive checks, Malthus believed that positive checks such as famines, epidemics and diseases would inevitably occur. He considered these catastrophic events to be nature's way of restoring the balance between population and food supply.

LONG-ANSWER QUESTIONS (Part 2)

3. What is meant by 'birth rate' and 'death rate'? Explain why the birth rate is relatively slow to fall while the death rate declines much faster.

Answer: The birth rate refers to the number of live births per 1,000 population during a specified period, usually one year. The death rate refers to the number of deaths per 1,000 population during a specified period.

The death rate can fall relatively quickly because improvements in public health, disease control, nutrition and medical facilities can reduce mortality. The birth rate, however, is a sociocultural phenomenon and is relatively slow to change. Fertility is influenced by social attitudes, family-size preferences, education, awareness and levels of prosperity. As infant mortality declines and education and awareness increase, family size tends to fall gradually. Therefore, the death rate generally declines faster than the birth rate.

4. Which states in India have reached or are very near the 'replacement levels' of population growth? Which ones still have very high rates of population growth? Explain some possible reasons for these regional differences.

Answer: According to the NCERT discussion, states such as Andhra Pradesh, Himachal Pradesh, Punjab, Tamil Nadu and West Bengal had reached a total fertility rate of 1.7 in 2016, which is below the replacement level. Kerala also had a fertility rate below the replacement level.

On the other hand, states such as Bihar, Madhya Pradesh, Rajasthan and Uttar Pradesh had relatively high total fertility rates.

These regional differences can be associated with differences in prosperity, infant mortality, education and awareness, as well as broader social and cultural conditions. The birth rate is a sociocultural phenomenon and therefore does not decline uniformly across all regions.

LONG-ANSWER QUESTIONS (Part 3)

5. What is meant by the 'age structure' of the population? Why is it relevant for economic development and growth?

Answer: The age structure of the population refers to the proportion of persons in different age groups relative to the total population. It is important for economic development because different age groups have different relationships to work and dependency. The working-age population generally supports itself as well as children and elderly people who are dependent. A relatively large working-age population and a smaller dependent population can reduce the dependency ratio and create the possibility of a demographic dividend. This can contribute to economic growth and prosperity. However, the demographic dividend is not automatic. It can be converted into actual economic growth only when the growing working-age population has adequate education and employment opportunities.

LONG-ANSWER QUESTIONS (Part 4)

6. What is meant by the 'sex ratio'? What are some of the implications of a declining sex ratio?

Answer: The sex ratio refers to the **number of females per 1,000 males**. India has experienced a declining sex ratio over a long period. According to Census 2011, the sex ratio was **943 females per 1,000 males**. A declining sex ratio is an important **indicator of gender imbalance**. The **particularly sharp decline in the child sex ratio** has raised serious concern. Social scientists have linked this to the **differential treatment of girl babies**, including son preference and **neglect of girls**. The problem reflects wider social attitudes that value males more highly than females. Therefore, the declining sex ratio is not merely a demographic issue but also an important indicator of gender inequality in society.