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## Impact of Family Planning A Way to Socio- Economic Upliftment

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### Abstract

“When the family is small whatever little they have they are able to share there is peace”

Family Planning is the planning of every individual and couples in their life to decide and attain their desired number to have children and the spacing and timing of their births. The utilization of birth control and different procedures to implement different strategies regularly include are to incorporate sex education, prevention and management. Family Planning is a highly important component of good preventive medicine. Since a nation's social and economic development is affected by rapid population growth, voluntary family planning plays an important role in helping developing the nation. It is well established that wealth is significantly affected by the Social and Economic setting of an individual, family and the society in which they live.

Key Word: Family Planning

### Introduction

The story goes that JRD Tata once warned Jawaharlal Nehru about the dangers of over population. The latter exclaimed. “What nonsense! Population is the strength of a country” but situation of today is very typical. India's Population has already reached 1.34 billion in the current year which holds second position in the world but approximately by 2028 our country's population will be more than China or first position in the world according to various reports. Though, various reports have clearly mentioned that the rate of population growth has slowed down in recent years, due to effective implementation of Family Planning Program. However the family planning program cannot be ignored. This article discusses how family planning and family welfare programs are playing a major role in uplifting the Socio-Economic environment in our life. India was the first country to evolve a government backed family planning

program in 1950's when the rest of the world was not aware of the problem. One of the idealistic socio-economic development program is family planning program for socio-economic changes. This was started with an objective to make people aware about the evils of population explosion in general and the benefit of better living standard through small family in particular. Family Planning (F.P.) means to have children by choice and not by chance.

### Definition of Family Planning

Family Planning means Planned Parenthood. According to Robert MC Namara, a former President of the World Bank. “Family Planning is not designed to destroy families; on the contrary it is designed to save them”

The National Family Planning Program, 1952 of India defines it as “Reducing birth rate to the extent necessary to stabilize the population at a level consistent with the requirement of the National Economy.”

According to Dr. Rodhinorton “Family Planning means activities of determining the time period between the birth of children and the number of required children for the couple themselves along with the health and family welfare.”

### **Why there is the Need of Family Planning in India?**

India is the second most populous country in the world after China and is the home of 17.86% of the world population. But it has not more than 2.4% of the global land. It is a resource-poor country with high population density of 452 per sq. k.m. High growth rate of population puts pressure on resources resulting in reduction in per capita income, there by retarding the development process.

Further, high population growth rate tends to retard social and economic development because it alters the age structure of the population, places a very heavy burden on education, employment, health services, food and natural resources and prevents the raising of the quality of life of Indians. The family planning is essential for an all round and sustained growth of the Indian economy.

Family planning is beneficial not only for an individual but also for our economy as a whole. Family planning leads to reduction in birth rate of children and therefore the number of dependents in a family. As a result, children will be better looked after, fed and educated with less number of children to support the standard of living. Thus family planning is necessary for better health and long life of mother, child and for overall prosperity and happiness of the family. When the standard of living of majority of families rises through family planning, the quality of life of the entire society improves. It is also necessary for rapid economic development. As the growth of population is reduced in absolute numbers, the per capita income will rise. Simultaneously, the growth rate of labour force will come down.

This will have effect of improving the employment situation in the country and the

unemployment problem will be solved to a considerable extent. A small family brings out a healthy workforce. This will in turn raise productivity and income levels in the country. High incomes will raise the rates of saving, investment and capital formation and ultimately the growth rate of the Indian economy.

Thus the need for family planning arises:-

- (A) For rapid and sustainable economic development of the economy,
- (B) For raising the living standard of the people,
- (C) For attaining and maintaining the optimum size of the population in keeping with our resources,
- (D) For improving the quality of population,
- (E) For maintaining the health of the mother and child,
- (F) For making the population aware of available facilities relation to reproductive a child care program and of small family norm.

### **Review of Literature**

*“Prevention is better than cure”*

Sinha (2008) deals with research, non-research literature, books, published, unpublished literatures, and journals related to the present study. The ramifications of population increase constitute a serious threat; a country with a population greater than its socio-economic resources would be faced with many problems, both cultural and socio-economic, which in turn would influence its independence. This increase in population affects many aspects of society, including living conditions, basic needs, employment status and the health system. In some places there is no drinking water. People start migrating to cities where they can get some work. People starts fighting for food, water and shelter because of its great effect. So it is essential to have a better understanding for this phenomenon in order to find out some solutions to govern the major factors. Resources are dying out because

human needs are increasing day by day. Exploitation of Nature results in global warming.

Chopra Seema & Dhaliwal Lakhbir (2009) conducted a study on "Knowledge, attitude and practice of contraception in urban population of North India", reported that 55.2% subjects were aware of contraceptive methods and majority of women had favourable attitude towards family planning but awareness of long-acting new methods is still not up to the expected level.

### Methodology

This paper is qualitative in nature. The information regarding family planning and their positive impact on socio economic upliftment has collected through secondary sources as books, journals, articles etc.

### Discussion

Family Planning is needed not only to raise the quality of life of the people but also for the level of economic development. Economic growth improves employment opportunities and raised incomes and family welfare improves the quality of life. With the majority of developing states facing population exploitation the study of family planning program has become very important in every sphere of an economy and society.

Drawing attention of the nation to the gravity of the problem Prof. S. Chandrashekhar said. "We are in great hurry, you cannot wait for a night, one exposure lasting 6 minutes leads to a baby and every year India adds one Australia to its population."

Prof. A. G. Kaul rather rightly said that, "A reduction in fertility would make the process of modernization a success."

### Meaning of Socio-Economic upliftment

In order to understand this concept, first we should try to understand the word upliftment. Upliftment is defined as a state in which things like standard of living, employment, developments of roads, bridges and facilities like hospitals, educational institutions are improving. Under this concept socio-economic upliftment

means the improvement of people's lifestyle, education, incomes, skill development, employment, per capita income etc through sustainable family planning program.

### Social impact of Family Planning:

Social upliftment is a process which results in the transformation of social institution in a manner which improves the capacity of the society to fulfill its aspirations. It implies a qualitative change in the way the society shapes itself. Family Planning use can affect numerous aspects of women's live, including their health, their work inside and outside the home, their roles within the family and their psychological well being. Contraceptive use can minimize women's concerns about unplanned pregnancies, allow them to space their children, reduce the time spend in child bearing and allow them to pursue work outside the home. However, many women find that taking on additional responsibilities outside the home adds to their work burden and creates stress, as they try to generate income and manage the household and children. Some social impact of family planning is as follows:

1. Raising the status of women: Every day a mass level of women die from causes related to pregnancy and childbirth, basically in poor family. F.P. improves the health of women children by reducing the proportion of pregnancies that are considered to be high risk. F.P. also reduces the numbers of women exposed to pregnancy related health risks, thus lowering the number of unintended pregnancies and births. Much research agrees that F.P. prevents maternal death. Even through a beginning has been made in women empowerment; the status of women is still low in the family and society, especially in rural areas and traditional families. Their role in the family has been largely confined to giving birth to children, rearing them and carrying out daily household work. Women are suffering as compared to men in literacy

rates, labour participation rates and earning. This paper has pointed out a close relation between high family planning practice and high level of status of women. It can explain as follows:

- A. Enables her to regain her health after delivery,
  - B. Gives enough time and opportunity to love and provide attention to her husband and children,
  - C. Gives more time for her family and own personal advancement,
  - D. When suffering from an illness, gives enough time for treatment and recovery.
2. Raising the status of children: A healthy mothers produces healthy children and will get all the attention, security, love and care they deserve.
  3. Raising the status of father: Some positive impact of family planning on a father can say in following words:
    - A. Lightens the burden and responsibility in supporting his family,
    - B. Enables him to give his children their basic needs as food, shelter, education etc,
    - C. Gives him time for his family and own personal advancement,
    - D. When suffering from an illness, gives enough time for treatment and recovery.
  4. Raising standard of living: A rapidly increasing population leads to an increased demand for food products, clothes, house etc. But their supply can't be increased in the short run due to the lack of co operant factors. This brings down further the already low standard of living. The use of family planning means low pressure on space and therefore, improvement in standard of living.
  5. Raising Social infrastructure: High rate of population growth and wide spread

poverty have serious implication for the region's social infrastructure. To achieve a teacher-student ratio of 1:40, so many classrooms would be required. Also Jeopardized by high fertility is access to health, service, safe water and sanitation. Thus Government must make gender equality a central focus of developing Family Planning and ensure that women are participants in this process. Early marriage should be eliminated and family planning program must be expanded.

6. Raising better Environment: Family planning will help women in all incomes control their fertility. They will provide better education, economic, resource-use and family planning rising opportunities. Family Planning will help prevent abortions and unwanted pregnancies. It plays a major role in balancing our supply and demand. Less demand for resources, as well as less impact on the air, land, water and habitats.
7. Reducing the burden of education, medical care and housing: It can help women and girls, especially those who become mothers, stay in school, become literate, learn a trade, start a business, or otherwise achieve their educational and job goals. Early and unintended pregnancies can be both a cause and consequence of dropping out of school. It is one of the best and most cost effective investments that can be made to ensure the education, medical care and housing in community. It will also support efforts to achieve a sustainable global population.
8. Reducing child labour: Despite hectic planning, welfare program, legislation and administrative action, a large majority of children continue to remain in distress. Though this problem of emotional, physical of children is increasing, it has failed to capture the attention of sociologists and psychiatrists. Government

believes that it is easy to wipe out child labour through family planning program only. Through this program family size will decrease so more parental time and resources can be invested in each child and problem of child labour will wipe out automatically.

9. Raising Health and Nutrition: Improving health and nutrition levels is an extremely important factor contributing to the social upliftment. Especially the people of the weaker sections of the society. Using oral contraceptives for five years or more reduces a woman's chances of getting ovarian cancer in the future. Family Planning program have a tremendous impact on the reduction of maternal mortality.
10. Reducing Dissolution of family: When people suffer from want and disease, they are unhappy, morose and bitter. This trends to assume proportions where divorces, suicides and other ills abound. All these leads to breakdown of family. Here F.P. effectual positive foe slums down. Planned Parenthood decreases the tension and bitterness.
11. Family Planning prevents HIV/AIDS Transmission: In present era a major adults and children are living with HIV or AIDS, and women of child bearing age account for the infected population, F.P. has a critical role to play in curbing the epidemic. Correct and consistent use of F.P. tools prevents transmission of the HIV virus. It also prevents unintended pregnancy in women with HIV, and thus potential transmission of the virus to the newborn, as well as maternal death due to HIV. HIV transmission from old generation to upcoming generation could be eliminated means AIDS free generation.
12. Family Planning and Human Right: F.P. affects people in many ways most

fundamentally, it advances human rights. Voluntary F.P. helps women and men secure their rights to decide freely, and for themselves, weather, when, and how many children they want to have-a basic human right. F.P. supports the rights of the girl child to remain unmarried the childless, until she is physically, psychologically and economically ready, and desires to bear children.

### **Economic Impact of Family Planning:**

Economic upliftment is the development of economic wealth of countries or regions for the well being of their inhabitants. It is often assumed to indicate the level of economic development. Economic upliftment means uplifting gross domestic product, per capita income or real national income potentialities of under-developed areas by using investment to effect those changes and to augment those productive resources which promise to raise real income per person. Family planning factors can operate singly or collectively and the process of development on the whole brings about several changes, like rise in the living standard, changes in food habits, attitudes towards women, caste system, social institutions, family life, health care, environment, economic, political, social well being of its people etc.

Family planning affects economic status in the following ways:

1. Raising Investment: Rapid population growth retards investment needed for the higher future consumption. A high population consumes a lot of amount in living. If family planning methods adopt by public, low birth will arise and low rate of birth creates high rate of investment.
2. Raising optimum use of resources: Family Planning program can raise optimum use of natural resources. This is particularly the case where the majority of people are dependent on agriculture for their livelihood. With rapidly rising population, agricultural holdings become smaller and



less remunerative to cultivate. In fact, population with planned family leads to the optimum use of land, roads, public services, drainage and other resources.

3. Raising Urbanization: Family Planning promotes urbanization also. With rapidly growing population, it becomes difficult to manage the adjustment that accompanies economic and social changes. As one of the least expensive, most cost effective interventions with the most lasting impact on health, family planning is often overlooked as an essential strategy to improve urbanization.
4. Raising per capita income: The growth of population tends to retard the per capita income as increase the pressure of population on land, leads to rise in cost of consumption goods and leads to a decline in the accumulation of capital.
5. Raising Employment: An important consequence of rapid rate of population growth without a corresponding increase in the level of economic development is that there is large scale unemployment. Family Planning will support us for reducing unnecessary birth and improve the chances of employment.
6. Reducing Poverty: One of the major burdens of the poor is the large number of children dependent on them. This paper provides those family planning programs are associated with a decrease in the share of children and adults living in poverty. This program could increase investments in children through both income and price channels. This program could also raise the family income of the average child as they disproportionately allow poorer households to delay or avoid additional child bearing. This program may help break the cycle of poverty. Parent's investment in children may also be complemented by decreases in children's cohort size.

7. Family Planning associates with the portfolio of household's assets: Parents may view their children as a partial substitute for the accumulation of physical assets over their life cycle, because both children and assets could meet their consumption requirements in old age and provide a form of precautionary insurance for their care, should their health and productivity fail. If this program helps parents avoid unwanted births, it may foster an increase in parent life cycle saving in the form of physical capital.

### Conclusion

Family Planning is a social movement which lays emphasis on the overall development of the family. As the basic aim of family planning is to limit the size of the family, married couples are convinced to adopt birth control methods and to have children by choice and not by chance. They are asked to follow small family norm and the slogan "Small family is happy family"

In India, family planning program has been converted into family welfare program which aims to providing material and child health care and contraceptive services. We should not forget what that 1951 census report said. "If we are not allowing ourselves to die naturally, we should not allow birth naturally."

The Family Planning program can go in success with promoting the features as-purely voluntary, fixing minimum age of marriage, using more sterilization, expansion of facilities of family welfare program in the villages, contribution of voluntary organizations, free medical aid, code of conduct for the Govt. employee, wide publicity, citizen's prestige, Group motivation, exemption for donation towards family planning population education in the curriculum etc.

To control population growth; both formal and informal education is essential for girls and women. As pointed out by Myron Weiner, "Put all the girls in school, India's problems are off." To

educate a male means to educate an individual, but to educate a female means to educate a whole family. So we can say education is the best contraceptive. Family planning is not a medical problem; it is a social and psychological problem. This program can play a vital role in poverty reduction and sustainable development. Thus family planning program could improve socio-economic outcomes over the longer term.

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