

It is Important to Empower Women to Control Population Growth

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Available online at
<http://sunshineagriculture.vitalbiotech.org/>

Article History

Received: 15. 04.2024

Revised: 17. 04.2024

Accepted: 21. 04.2024

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INTRODUCTION

"Empowering women is equivalent to empowering the nation"

"Empowering women involves ensuring they have the autonomy to chart their own paths in lives spanning health, careers, education and personal choices. To advance equality in the society, it is necessary to promote women empowerment, thereby promoting development in economic, social and political fields.

Population rise is the long-term expansion in the worldwide population of humans. Throughout much of history, our population has been rather steady. However, as creativity, industrialization, and energy and food supply have advanced, accessibility and dependability have improved. Empower is a means of enhancing a person or group's ability to make choices and translate those decisions into resultant actions and consequences. Women's empowerment involves access to schooling, medical services, and financial possibilities. It empowers women to make informed choices regarding their own life, including their sexual and reproductive health.

India is the second most populous country in the world and after independence population blooms and is sought to be controlled through various means, of which women empowerment is considered to be the most important.

Women empowerment is an important tool to limit population growth because:

Decision-making process = Women should have opinions rather than spouses, partners and mothers-in-law about family size. Even today, most women depend on the consent of the elders of the family for the use of contraceptives

Financial independence= Women need to be financially empowered to pay for essential family planning and health services. A financially empowered woman is free to make better decisions for herself and her family.

Better social status = When women's status is further advanced, population growth slows, and the quality of life for all improves. The low social status of women in many places prevents them from taking control of their lives and bodies. Unemployed women in most societies are relatively powerless to refuse sex or negotiate safe sex, especially in the context of marriage. This makes women vulnerable to sexually transmitted diseases and unwanted pregnancies.

Political empowerment= Increasing participation of women in political processes will help raise issues in Parliament such as unavailability of contraceptives, schemes to assist family planning and birth control etc. Educated women are more likely to have smaller families and make informed decisions about their reproductive health. According to studies, women with less

education and more son preference have slightly higher fertility irrespective of their social background. Early age in marriage is also a key factor for higher fertility. Empowering women also leads to better maternal and child health, which can help reduce the number of children a woman will have, as the risk of losing a child is reduced. Other methods of population control are less effective. Coercive efforts to reduce fertility will worsen the decline in child sex ratio at birth. For example, the 'law-based population control policy' is responsible for the elimination of millions of girls, and it has brought more gender inequalities in Chinese societies.

CONCLUSION

Women empowerment is not only important for population stabilization but also important to reap the demographic dividend. When population growth slows, governments and families can more easily invest in opportunities for themselves and their families.