

Population Change vs Medical Growth in Asia: A Sociological Appraisal

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Abstract

As the article indicates, population change is quite ahead of medical growth. In the past 7 centuries world population has increased more than seven times. Such a huge raise of population prevented medical growth to grow. It is easily noticed as we compare the demographic and medical indicators of the industrial world with those of Asia. However, population planners and policy makers need to be more active to bring about a wise balance between the two indicators with special reference to Asia. Asian countries being traditional, and widely insisting on traditions including early marriage, son preference and lineage, received increasing unwanted births during the twentieth century. Illiteracy of families highly enhanced the issue which is still being followed in some Asian countries with special reference to rural areas.

Keywords: Healthy aging; Aging factors; Proportion of marriage age; Environment and aging; Sociology

Introduction

Sociologically speaking, Asia as the largest continent of the world with over 4.6 billion population is having a small portion of people covered by medical insurance. Yet, many countries by their economic growth status differ having different positions. On the other hand, China declares having 95% of its population under the coverage of "national basic health insurance program" (National Healthcare Security Administration, 2020) [1]. So, some countries are really not forwarded as far as their health insurance coverage is concerned. Asia, including over fifty independent countries, most of which do not have health insurances to cover their citizens. Such a failure causes shorter life expectancy among them. Only those with lower population growth rate and higher economic growth rate, have access to health insurance facilities. It is expected that the Asian countries could make a balance between their population change and raise vs. their medical growth insurance. However, Asia needs more investment on its health insurance system. Population growth is the increase in the number of people in a population or a dispersed group. Population growth amounts to around 83 million annually, or 1.1% (World population prospects, 2017) [2]. However, the global population with more pressure from China and India has grown from 1 billion in 1800 to 7.9 billion in 2020 (World population 2017, Retrieved 01-04-2020) [3]. As the figures indicate, population growth is faster moving on, that is why increasing poverty is easily observed in Asia.

The three dimensions of demographic change, economic growth and social welfare are closely related. For example, social change affects economic growth and, consequently, economic growth affects social welfare. The effects of

demographic progress and change on social welfare are felt gradually and in the long run; 2 in this way, societies with high population growth face challenges and problems of social welfare. Social welfare mainly leads to an increase in life expectancy; That is, people in the community have an average chance of living longer. Social welfare also gradually changes the age structure of the population; That is, it leads the population to old age. This situation or social welfare affects advocacy policies for fertility and childbearing over time. Communities with progressive demographic policies have gradually reduced their fertility rates. Many industrialized countries today face this scenario; That is, the lack of fertility *versus* the aging of the population. This phenomenon or the aging of the population itself requires more investment, provision of services and the like. Industrial societies today are generally in such a situation; That is, the aging stage of the population.

Method of Research

Methodology used in the present article is of qualitative type. In that, various paradigms have been used to find out about the facts regarding pandemics during the history. Qualitative research usually studies people, events or areas in their natural settings. In finding facts for the research, the researcher engaged in careful data collection and thoughtful analysis of what was relevant. In the documentary research applied for the present research, printed and written materials were widely regarded. The research was performed as a qualitative library-type in which the researcher had to refer to the relevant and related sources. In the current research, various documents were thoroughly investigated, and the needful inferences were made. The data fed by the investigator in the present article is hopefully reliable. Though literature on pandemics is very limited, yet the author tried to investigate many different

resources in order to elicit the necessary information to build up the text.

Healthy Aging

During the 20th century, life expectancy increased first in industrial societies and then in non-industrial societies, for example, the United States in 1940 had a life expectancy of 47 years, and in 2016 this index increased to 79 years. Industrialized countries that have already provided the necessary infrastructure in the form of health care, general vaccination, healthy nutrition, water sanitation, etc., have already achieved higher life expectancy. As a result, such countries are facing an aging population. Less developed countries, on the other hand, have reached the high life expectancy index later due to infrastructure constraints. These conditions have caused industrialized countries, including Japan, to have a high aging index; So that country (Japan) today has a life expectancy index of 86 years or more for women. African countries, meanwhile, face a life expectancy index of about 50 for women.

In contrast to countries with smaller elderly populations, there are more young populations in such communities. It is noteworthy that civilized countries today have a greater chance of aging; it is a phenomenon that itself requires more planning and more investment. Healthy food provides the calories needed by the body and ultimately leads to longer life for the person. Healthy eating is not a complex issue, and it includes less processed or unprocessed vegetables, legumes and ingredients [4]. A vegetable-based diet, in addition to daily exercise, prevents unexpected obesity, and such a lifestyle leads to longer life expectancy (WHO, 2003); (Lean, 2015). Maintaining a healthy weight as much as the calories that the human body uses, itself plays an important role in a person's health and longer life.

Today, even as more products and services grow faster in industrialized societies, including the United States, 65 year olds have a better chance of living 19 years longer. Because industry and technology consistently provide health care, nutrition, various cares, and the like to people 65 and older, such a population is always on the agenda, despite the amenities available. Otherwise, the elderly population will face many challenges and disorders. Increasing one's life expectancy is a result of public health success; That is, what keeps people alive in industrial societies until the 1980s or 1990s. The development of public health, public welfare, nutritional facilities, maintaining a healthy economic system, literacy and education, and so on, all play a role in improving life expectancy.

The life expectancy index depends to a large extent on adult literacy, education and living standards. It also includes access to health services (International Human Development Indicator, 2009) [5]. Life expectancy index changes unexpectedly after childhood, even in the pre-industrial period, Rome's life expectancy chart showed 25 years at birth, but after 25 years, 53 years [6,7]. However, according to the use of services, human life is always increasing, and is very different from 2000 years ago [8]. That is why the world today is always getting older. According to this hypothesis, governments should always adopt policies to provide more assistance and welfare services to their elderly. While the result of a higher life expectancy index, which is older, is institutionalized in industrialized countries, developing societies face a kind of vacuum in this regard; That is, a situation in which the elderly population has not found a suitable economic and welfare position.

Scientists hope to slow down the aging process so that people can live longer, and make the years they live healthy and free from disability; That is what is called a period of health. If the

longevity index increases slowly, the health of this period will be more guaranteed. Hence, there is considerable disagreement among demographers today about the aging of the population. What is certain is that the acceleration of the life expectancy index can be seen in most societies today; That is, a situation that requires cautious foresight. Today, most people, especially in developed societies, have realized the importance of eating healthy and eating a healthy diet; they exercise, maintain a healthy weight, and avoid smoking to prevent illness or disease, thereby extending their life expectancy. Due to the observance of such cases, the chances of longer life expectancy for the elderly have increased. The increase in this trend is also significantly correlated with the literacy of the population. This means that literate people generally use calculated and more advanced models of life; And in this way, they guarantee their health more. Such cases, as well as access to safe water, have all played a role in maintaining the health of people in the community; a set of interactions that has helped to increase aging in different communities. Such a move will increase even more in the coming years.

Aging Factors

Researchers have identified and introduced factors that are involved throughout life, including genetic factors, social relationships, life experiences, and even some personality traits, each of which in turn plays a role in how life is rising. In addition to genetic factors, acquired factors such as how social relationships, how parents treat children, children's contact with educational institutions, art tools and tools, etc., each play a decisive role in increasing the health of the elderly. Thus, and considering the current conditions of societies, many tools and technologies, the improvement of new types of communication and the like, each in its own way contribute to the health of the elderly as much as possible.

Therefore, and in view of the above, in the coming years, human societies in the form of the concept of globalization will face a higher proportion of aging; a phenomenon that itself requires more capital, more care and health facilities. At the same time, in the conditions of providing welfare facilities, the elderly in their 90s, in organizational conditions and with flexibility, move forward in a positive way up to the age of 100. This is in comparison with the counterparts that have been less compatible in the past.

Industrialized nations have adapted through the development of welfare, health care, the rights and pensions of the elderly, nutrition and care, and the like, thus putting the male and female populations in a position to enjoy life expectancy beyond the age of 90. They turn. Aging itself indicates the approach or passing of human life expectancy [9]. Old age is associated with such limitations, diseases, and syndromes. Many auxiliary (welfare) tools have made the elderly self-reliant and empowered. Such aids generally make the elderly more resilient. A study conducted in Sweden states that 46% of 76 year olds use a medical warning university, a washing chair, and so on. At the age of 86, this use reaches 69% [6].

However, less developed countries have not been able to easily provide a chance for a longer life expectancy for their elderly population due to poor infrastructure. While in most African countries, the life expectancy index is estimated to be up to the age of 53, it is estimated between industrialized countries up to the age of 85. The relationship between social ties and health is also somewhat preserved; Elderly people who are socially isolated are at greater risk of dying prematurely; they are exposed to health and well-being risks. Therefore, according to the demographic recommendations of the elderly in the third period of life should always continue to live together or in connection with others. As a result, industrialized nations today have established many care

centers to accommodate more elderly people. Old age usually leads to isolation and loneliness. Therefore, such created spaces compensate for the weaknesses of isolation and loneliness.

One of the advancing issues for the elderly today is dementia, which requires comprehensive support, including family care. Following population aging, dementia or burnout inevitably occurs for a portion of the population. Such a population cannot easily make decisions, plan their lives, and gradually face widespread forgetfulness in their daily lives. Such a situation for the elderly initially requires the support of families, following the aging of the population, the care of the elderly is increasingly known, and it happens formally and informally. Formal care services, which usually take place through the outside community, are in contrast to informal care provided by the family. The above set of services provides the welfare of the elderly with dementia or dementia [10]. At the same time, governments must provide welfare, care or medical services to such individuals.

Many developed countries, where the aging rate is high, as well as people with high dementia, have provided many services for such elderly people. In less developed countries, however, the care and maintenance of such individuals is generally the responsibility of the family. It is noteworthy that this phenomenon (dementia) will increase significantly in the coming years in developing countries. While the elderly population is on the rise, and they generally live with chronic disabilities, especially dementia, meeting their needs has become a major challenge for families. Many families today face such elderly people; they gradually enter the stage of Alzheimer's or high level forgetfulness. Such people at the age of 75 and above are usually alone and in a state of isolation. Countries like Japan today, by adopting designs such as special robots, talk robots to help such people with dementia.

However, economically weak countries do not have such capacities and support facilities. Therefore, given the increase in life expectancy, developing countries should always pay more attention to the phenomenon of dementia and possible Alzheimer's [11].

On average, men are healthier than women among older people, and in places like the United States, whites are healthier than non whites. Also, people with higher education have better diagnostic performance compared to their less educated counterparts. Welfare itself is considered as government support by the government to the citizens of that society. Welfare-sponsored welfare services take the form of free or urban support, in the form of educational facilities, medical facilities and other educational facilities [12]. Historically, in the Roman Empire, the first emperor, Augustus, set a monthly grain quota for his poor citizens [13]. These differences also lead to different levels of well-being between the mentioned population groups. On the other hand, factors such as education and training create different discernment in citizens; That is, through which they can lay the groundwork for more welfare. At the same time, their higher financial power and economic conditions contribute to the greater well-being of that population. Wealthy whites, for example, end up living longer on average, which in turn affects future generations of that group or minority. As far as men and women are concerned, women in its historical form, due to their greater hardships throughout life, are much less healthy in old age than men. Lack of activity restrictions among adults aged 55 to 64 poses health challenges in old age. Health-related recommendations emphasize that adults 55 years of age or older should always engage in appropriate physical activity and exercise at this age. However, such age groups have paid less attention to it or, in other words, the necessary facilities have not been provided for them in this

field; That is, a set of currents that gradually endanger the health of this population. It is noteworthy that industrial societies, in order to have the necessary infrastructure such as education, parks and sports facilities for the elderly, in those communities, the elderly have more health compared to less developed societies.

As a new culture today, it is passed down from generation to generation in those societies. Less developed countries, meanwhile, have compromised the quality of their environment in various ways by ignoring population size. Therefore, population monitoring and population planning contribute to the health of the workforce and the conservation of resources. Monitoring population education, population health plans and programs, controlling unwanted births, monitoring the age of marriage, etc., each in turn contribute to the health of the workforce and the proper use of resources. Therefore, population planning should always be on the agenda of governments. In this way, healthier environmental conditions can be established for future generations. Population planning is considered as a way to adapt to the environment. Today, many global organizations, such as the World Health Organization, UNESCO, and the like, provide extensive technical assistance and services to less developed countries; So that eventually such countries can keep their environment as healthy and sustainable as possible. Education plays an effective role in this process as an effective measure. In the absence of this relationship, disasters, unemployment, unhealthy nutrition, welfare and the like are very likely. Therefore, its environmental health contributes to the health of the elderly and their greater life expectancy. Countries must always put health and well-being on their agenda so that they can subsequently create a healthy population and environment.

Proportion of marriage age and old age

This relationship can be evaluated in the following ways:

1. Correction of marriage age and the like paves the way to old age. Communities in which the age of marriage has gradually increased have a greater chance of survival following this trend, which in turn has led to an increase in the elderly population in those communities. Witness such a situation is the industrialized countries of Western Europe. However, in the context of the low age of marriage and the subsequent increase in births, the chances of reaching old age are greatly affected or not achieved (Table 1).

Table 1: List of different countries by age of first marriage.

Country	Age Male	Age Female	Average	Year
Germany	33.4	30.9	32.2	2014
Ukraine	27	25	26	2013
Italy	24.2	31.3	32.8	2014
Russia	27.4	24.9	26.2	2011
Iran	27.4	23.8	25.6	2015
Thailand	24.4	21	22.7	2010
Malaysia	28	25.7	26.9	2010
United States	29.2	27.1	28.2	2015
Canada	31	29.6	30.3	2018
Egypt	33.6	27.9	30.8	1996

The Nations of Europe by the Average Age at First Marriage, 2018 [11].

2. Marriage under the age of 18 has many consequences for girls and their families. This situation, which is seen in less developed countries, has many consequences. This situation, which is seen in less developed countries, has many births, and in many cases, women or mothers in these societies face deaths due to high birth rates. This has led to maternal mortality of about 500 deaths per 100,000 births in less developed countries, while in advanced societies the figure is only 10 deaths per 100,000 births.

3. While in African countries a high proportion of girls marry under the age of 18, Egypt is determined to end this phenomenon, which accounts for one-sixth of all marriages of girls. East African countries today seek to improve the age of marriage for their daughters in order to improve their race and demographics. The mentioned situation itself leads to the improvement of welfare in different societies.

4. Putting the young age of marriage on the agenda in Africa can help with the indicators of population and well-being on that continent and in other parts of the world. Otherwise, unemployment and migration will be widespread. Hence, many African countries today are considering raising the marriage age of their daughters by increasing literacy opportunities; In a way that subsequently other demographic indicators in those communities are modified.

While many newborns today are in their 65s, they are prone to many disabilities, including dementia; That is, a phenomenon that needs more amenities, more support, and so on. Following the increase in the aging ratio and changes in the age structure of the population, the proportion of the population with dementia has increased in recent years. While the industrialized countries have realized the dimensions of this issue (phenomenon) to a great extent, and are investing in it. Less developed societies do not realize the depth of this phenomenon and invest less in it. Industrial societies today have established many centers to care for the elderly, and thus are always seeking to improve and treat the elderly (people with dementia). Therefore, and given the increasing trend of the elderly in less developed countries, such countries should allocate more budget to their elderly population. Such seniors are increasingly in need of nursing homes. The figure for the United States in 2010 was 1.3 million people aged 65+. While

in 2030 this figure will increase to 2.3 million elderly people with "dementia". Due to this increasing trend in the mentally retarded elderly, North American countries have always invested heavily in the care of the elderly. It is noteworthy that the medical expenses of such elderly people also need to be provided and more medical centers have been established to meet them. Cases of recession, which have a significant impact on social welfare, make the situation of the elderly with dementia worse. This means that following the weaknesses of the recession, the situation to address the elderly, especially those with dementia; the more it is weakened. Under such circumstances, governments and service organizations largely lose the opportunity to address such individuals. However, cases such as smoking, unhealthy diet, lack of exercise and mobility lead to premature death in the elderly. Therefore, governments should always be able to eliminate these weaknesses as much as possible. In this way, the elderly community can find a better position and more hope. While industrial societies have achieved such a relationship in a positive way, less developed countries need a lot of plans, executive programs and investments in this area. Issues such as healthy old age and retirement social security, etc., are still relevant for countries with half a century of medical care and 80 years of social security. In such a situation, countries with high aging rates should always consider adequate plans and budgets to support the elderly. While this phenomenon is a new experience for developing countries; these countries should benefit from the experiences and patterns of industrial societies as much as possible.

Environment and Aging

Following climate change, the relationship between population and such changes has become significant. Global warming, followed by a reduction in water resources during the 21st century, has led to more people migrating from their birth

places to new geographical locations. These conditions have largely jeopardized the agricultural situation and resulted in widespread migration within developing countries. At the same time, the population's chances of aging have increased following a decline in the birth rate. The combination of these conditions and overcrowding, especially in urban areas, has increasingly endangered the health of the environment. The phenomenon itself needs more monitoring and implementation of specialized projects in this field. Therefore, the relationship between population size, population growth and population composition with climate change is of considerable importance. The relationship between the three contexts of population, health and environment has been considered by many researchers today. As a result, environmental degradation is now physically and chemically visible in most developing societies due to their high population growth.

The relationship between the three elements of population, health and environment makes it possible to adapt to the environment. Having a suitable population, healthy environment and human health have an effective role in maintaining and sustainability of the environment. Industrial societies largely controlled their population growth during the 20th century, and subsequently prevented the physical growth of their cities. This has greatly contributed to their environmental health.

Conclusion

The article reaches the conclusion that population change as a result of high birth rates is not compatible with medical growth everywhere in Asia. Many countries such as Afghanistan with very high birth rate are in short of medical services leading to high mortality rates within different age groups. Some countries in East Asia are in a different position. What Asia in general needs is to create a balance between the population growth and medical growth in all parts including

rural and urban areas regardless of caste, class and creed. The infrastructure needed being educational development should begin from now. The difference between female and male development needs to be eradicated. This by itself prevents early marriage in Asia as the main root of population growth and baby-boom.

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