

Only a healthy population can be an asset for a country

### ① Introduction

"A population of every country is its greatest liability an asset, but only a healthy population is considered an asset. Healthy population's healthy activities enhance country's socio-economic development. On the other hand, un-healthy population is more prone to un-healthy activities and considered as a liability."

② Understanding the relationship of healthy population and country's development.

③ Why only a healthy population can be an asset?

a) Healthy mind being more analytically active and pursue development

b) Healthy mind and body show more progress in education.

c) Healthy population being more productive

d) Healthy population less likely to involve in crimes

e) Healthy population grabs more economic opportunities.

f) Healthy population more actively defend their country

g) Healthy population takes part in community development.

④ why un-healthy population is considered a liability.

- a) un-healthy population as a burden on health sector.
- b) poor performance in education and development.
- c) un-healthy/sick population more prone to crimes.
- d) Less participation in social activities.
- e) less productive in work

⑤ Remedies to make un-healthy population an asset.

- a) providing better and quick health facilities.
- b) promoting routine exercise.
- c) promoting their participation in social/community development programmes.
- d) providing psychological education

⑥ Conclusion.

After the emergence of nation states, every nation has a demarcated boundary, sovereignty and certain population. Population of each country is unique in its skill set, economic opportunities and productivity. It is the population that is known to be either a great asset or a liability. However, only a healthy population that is involved in healthy activities is considered as an asset for a country. Similarly, un-healthy population can be a burden or a liability for any country due to its low productivity, more involvement in drug abuse and less participation in civil activities. Due to involvement in and progress in healthy activities like: sports, social welfare, social development and political participation, and better performance in education analytical skills, and more economic opportunities, make the healthy population an asset for a country. However, more involvement in crimes, less productivity, poor educational performance and less social participation result in a liability for a country. As a result, through improving educational and improving health facilities of un-healthy population it can be overcome as a liability to asset. Similarly, by providing better economic opportunities, participation in social activities can also improve the condition. Hence, every country possess healthy population as an asset and by improving health conditions of un-healthy population, liability can

be converted into an asset.

A country with healthy population dominating every field of development secures in better growth. For example, Scandinavian countries with highest ratio of developed human resources perform outstanding in every field of life. Contrary to this, countries with poor human development are more involved in less productivity, higher crime incidence and lags behind in economic and social development. Similarly, healthy population in a country is better equipped with skills set to cope with any disease outbreak and lead the world in all spheres including developing vaccine, mitigating with diseased persons and proper preventive practices. Thus, there is a <sup>direct</sup> correlation among healthy population and country's socio-economic development.

To be an asset for a country, healthy population possess better analytical skills that helps in the development of country's socio-economic growth/well being. A person with better intellectual and cognitive abilities thinks out of the box to solve a problem and uses its analysis building skills to give the solution of any problem. Similarly, as a whole, healthy population of a country provides a better solution to country's surging crisis to get rid off from

them. By using their analytical skills to produce solutions, healthy population is taking part in country's development and thus considered as an asset for a country.

As far as analytical abilities, a healthy population exhibits better performance in education. A healthy mind in healthy body possess outstanding progress in learning new dimensions. According to some researches persons with good mental and physical health are quick learners than their counterparts. Similarly, healthy population with sound body and sound mind are better learners in any educational field either medical, information technology, Engineering or any social science. Thus, a sound and healthy person is considered a great asset for a country due to its better performance in education.

Similar to better performance in education, a healthy person is considered more productive in its activities. Productivity is a criteria to judge a person's work ability in given time and resources. If a healthy both physically and mentally perform a task it gives optimum results within due time frame by utilizing less resources. For examples, labor force in developed countries are considered more

productive as these countries possess healthy population. Thus, a healthy population and sound person exhibits more productive and helps their country in many ways to be known as a developed.

On the other hand, a healthy population is less likely to get involved in crimes. A healthy person prefers other healthy activities instead of getting involved in criminal acts. According to biological theories of crime, a person with any abnormality, physically or genetically are more involved in criminal behaviour. They claim it to a born criminal. On the other hand, a person with no such abnormality is less likely to involve in any criminal behaviour. Thus, a country with healthy population has less crime rates and its act due to its healthy act.

Beside this, healthy population of any country grabs more economic opportunities in the form of job, investment and scholarship. For the economic development of a country economic activities of its population matter a lot. So, healthy portion of population with better analytical and professional skills are easily grab an economic opportunity to take part in its country's economic growth. Every corporation, industry or research institution require healthy, intellectual with better analytical building persons and thus more likely to be hired by

such institutions. As a result, healthy portion of a country's population are more easily get an opportunity to country's growth.

Besides all qualities of a healthy population for a country, the most important one is its defensive skills than a hard body person exhibits. A country with youth that is more active in healthy activities are more likely to join defense forces to build a nation's defence unbreachable. That is the reason, to join army some areas are more progressive due to their involvement in healthy activities climate of their region and good of certain areas. In a nut shell, healthy persons are perform better in defensive activities starting from selection to practically performing their duties.

Similarly, healthy and well mannered persons are more actively take part in community development. A person with <sup>good</sup> social well being is more likely to engage in civic activities rather un-healthy or lazy person. For a true democratic process, civic engagement or community development is know to be a prerequisite for a country. So, a population with more actively participation in such activities help strengthen the democratic norms of a country. In a nut shell, healthy population with actively

taking part in social activities are a great asset for a country.

Contrary to this, un-healthy population of a country is considered a burden on a country.

As a result, unhealthy population is posing a threat to health sector of a country. A country in which population or a portion of its population that is adopting un-healthy activities frequently is a risk factor associated with its health sector.

By consuming a bunch of resources that can be utilized in other sectors for betterment of society.

Thus, population with un-healthy activities are a burden on a country's embroiler and every country tries to minimize this proportion by adopting a number of strategies.

One of the major impact of un-healthy population is its poor performance in education. These proportions not only perform poor in case of academic results but also in the form developing bad attitude and environment in educational institutions. According to criminological studies, persons with history of mental emotions or previous history of abuse are more likely to create violence in schools and colleges. Such incidents are common in U.S.A with violence behaviour of peers in class and endangering other students. Thus, un-healthy



or sick population is less performed portion of a population and considered as a burden.

Similar to poor performance in education, un-healthy population is more prone to criminality. A person with any genetic disorder, abused with violence or sex and any physical abnormality is more likely to commit a crime. Researches has found a relationship with abnormal behaviour due to physical, mental or genomic abnormality with criminal behaviours. So, a criminal population portion can never be a source of any economic, political and social development of a country. Thus, abnormal or un-healthy population could be more prone to adopt criminal attitude and is considered a liability for a country.

Apart from criminal behaviours of un-healthy population, they also exhibit less participation social activities. un-healthy or sick person is not willing to join any social gathering, sports competition, civic engagement or any community related activity. Due to their abnormal attitudes, they are less participatory, un-interested and inattentive. Keeping in mind, these activities, such a proportion of population is less likely to participate in political work and hindering democratic development of a country. Thus,

a proportion of un-healthy population by lacking participation, in social activities is posing a threat for a country's political development.

Similarly, un-healthy person with any skill set is less productive either he has relevant experience or practical expertise. A sick minded persons always try to take short-cut which makes him less productive in every form. Similarly, A person with any abnormality can never perform give its full attention to anything making it less productive. So, In a country with less productive population it can never be grow in true sense either in economic field or social development field. Hence, un-healthy population being less productive are considered as a burden on a country.

However, as far as the remedies are concerned to convert the un-healthy population into a healthy one, to make it an asset for a country instead of a liability, the country must take some solid steps to mitigate the situation.

One of the main thing that a country has to provide is providing better and quick health facilities to its sick population where necessary. The country must allocate some resources for this

portion of population on an emergency basis.

On the other hand, promoting routine exercise practices a country can make its population healthy. Every city must have community parks, play grounds and sports clubs to engage its population at a large to avoid indulging in un-healthy activities.

Similarly, special steps should be taken to participate/ensure participation of such marginalized portion of a population to mainstream it. Community education, social incentives should be given to children to mold them into more socialable in nature.

Education should be given to this marginalized proportion of population to keep away from criminal behaviours and country must focus on rehabilitation instead of punishment to engage offenders in community participation.

In conclusion, it's only a healthy portion of a population that could be a source of sustainable economic, social and political development of a country, by providing analytical solutions to country's issues and problems, grabbing more economic opportunities and

effective community and social participation. On the other hand, un-healthy population is considered as a liability due to its more involvement in criminal activities, less productivity and poor political and social participation. However, by taking proactive steps of improving healthy activities, social participation and providing better health and educational opportunities to un-healthy population it can be converted into a great asset.