

# ENGLISH ESSAY

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## “GROWING AGING POPULATION: Challenges & Remedies”

### Outline:

#### ① Introduction

Thesis statement: World is facing an increasing challenges of ~~g~~ aging population. There are several issues <sup>prevailing</sup> in the process of its mitigation. But, stern remedial measures can be taken to solve the lessen the effects.

#### ② Growing old population: issues and measures

- ③ <sup>Main</sup> Causes for growing aging population
- Declining fertility rates as a major cause
  - Increasing longevity and life expectancy of the population
  - Migrations altering population age structures

#### ④ Challenges caused by growing age population

- Increasing expenditure on health and long-term care.

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- b) Shortage of workforce increased
  - c) Unsuitable institutional & Social arrangements
  - d) Strain on economy and public finances
  - e) Increasing dependency ratio of population.
  - f) ~~Pressure on governments to address the issue~~
  - g) Risk for widespread health issues
  - h) Faster Cognitive decline in result of ageing
- ⑤ Remedies to be taken for mitigation of <sup>issues regarding</sup> a growing age population
- a) Educating the adults about active participation in their own health
  - b) Creating new models of community based care
  - c) Encouraging people to remain longer in labor
  - d) Using population health data to identify health risks beforehand
  - e) Promote psychological wellbeing through social interactions
  - f) Rewarding volunteering activities among older society members
  - g) Adapting institutional frameworks to enhance fiscal sustainability

⑥ Conclusion

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The year was 1945 when United States bombed the two major cities of Japan. ~~Even~~ Although the bombs were dropped in two cities, the whole state of Japan had to suffer for decades. One of the sufferings was low fertility rate, that led to an increasing old age population dilemma. ~~This was not~~ the Anne Allison in her essay Japan: The Precarious Future, calls it the number one reason for economic insecurity. ~~looming~~ This is not only the case for Japan, but the whole world is under the looming shadow of this issue. The causes for the problem mainly include low fertility rates, high life expectancy and migrations altering the population structures. As a result, old age population creates challenges regarding health expenditures, workforce decrease, institutional lackings and fiscal instability. Also, it causes high dependency ratio, pressure on governments as well as risk for pandemics. That is why it is needed to take remedial measures such as health education, community based facilitation, institutional frameworking, longer-labor idea, and social as well as psychological wellbeing.

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Therefore, in other words, world is facing an increasing challenge of aging population. There are several issues prevailing in the process of its mitigation. But, stern remedial measures can be taken to lessen the effects.

Over a broader view, the growing aging population has not started from today. It is a slow but gradual process that has been continuously moving forward. But, like every other issue, no one turned an ear until the tsunami reached our doorsteps. Although Japan had been a living sufferer of the issue but he is not the only sufferer. Many of the states are now encountering the challenges of more old people in their societies that need greater care and lesser burden to be loaded. The Globe is now concerned about the issue and wants to address it as early as possible. That is the reason, they are finding the root causes of the problem for a permanent removal.

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While looking into the root causes, one of main cause found is low fertility rates. It is the major issue prevailing throughout the world. These declining fertility rates lead to lesser young population, increasing the old population in number. ~~The count~~ For example, the country with lowest annual fertility rate was China with 0.7709 births per woman, increasing the risk of growing age population. (www.database.earth.com, Database. Earth, 2023). This shows that decline in fertility rates is a major cause for growing age population.

Another root cause may be higher life expectancy rate. This means increasing longevity of the population. When the life expectancy is higher than the mortality rate, the number of age population increases. According to Statistica, "Monaco had the highest life expectancy of 84 and 89 years worldwide as of 2023." The statistics show that old age population <sup>will increase</sup> ~~is~~ ~~age~~ in number in Monaco. Therefore, high life expectancy is regarded as one of the root causes for aging population growth.

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Third main cause for age population increase may be migrations all over the world. When people migrate these migrations increase the contribute in the growing age population. When people migrate from one state to another, they alter the population age structures of both the countries. This leads to an increase in age population of one state and decline in the other. That is why, migration may also be considered as an important causing agent for growing age population.

After discussing the causes, challenges are a major concern. One of them is increasing expenditure on health and long-term care. People with old-age suffer from higher health issues and therefore, require a long-term care as well as more expenditures than normal. According to National Library of Medicine, "Monthly health care expenditures for elderly people increase substantially with age." This means that a major challenge coming across addressing the age population is higher expenditures on health and long-term care.

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Another challenge <sup>caused</sup> by age population is ~~emanating~~ shortage of workforce. This means an increased inability to contribute in the state economy. The reason is that old people have lower productivity rate than young people, ~~and also get pensions at a particular age~~ and hence, cannot contribute equally with the youth. According to Academy to Innovate HR, "Older workers are less flexible, less motivated, too slow, and they take more sick days." ~~Resultantly~~, ageing population becomes a reason for work labor shortage.

~~And~~ Unsuitable institutional and social arrangements <sup>in developing countries</sup> are another challenge against mitigation of growing ageing population. This involves carelessness of the institutions about the old-age people. Lack of institutional frameworks, as a result, causes an ignorant population with lesser rights and feeling burdened. The first ever national-level research on 'Moving from the Margins: Promoting and Protecting the Rights of Older Persons in Pakistan' says, "Few care about elderly i.e. 25% senior citizens struggle <sup>with</sup> everyday basic needs."

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This shows that lack of <sup>proper</sup> institutional and social arrangements appears as a challenge for addressing ageing population issue.

Fourth challenge to be discussed is strain on economy and public finances. Old age people have ~~to~~ <sup>face</sup> the ability to work less and consume more. Mainly, ageing people get pensions early and therefore, become consumers instead of contributors. More consumers, as a result, leads to more burden over economy. According to International Monetary Fund (IMF), "In advanced economies, both private and public savings are projected to decline as a result of more pension spending during next 30 years." Thus, ageing population becomes a challenge for economy and public finances of the states.

Dependency ratio also increases as a result of ageing population. More old people means more dependency. Ageing people are perceived as lean and weak people that are unable to take care of themselves let alone the contribution in the productivity of



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states. This perception makes the old people feeble and unable to utilize their strengths, making them dependent over others. For example, Finland's ageing population is increasing the dependency ratio of the population upto 62.46% in 2022, says World Bank collection of development indicators. Therefore, dependency ratio is increased because of growing ageing population.

Another challenge posed by ageing population is risk of pandemics. Widespread health issues may prevail easily through old age people. Ageing population ~~is~~ possesses weak immune system and has lesser fighting ability against diseases. As a result, if one of such people ~~suffer~~ gets a contagious disease, ~~every~~ ~~if~~ he will spread it as frequently as possible, making it a pandemic. According to National Institute of Health (NIH), "Vulnerability and fragility exposes older adults to the potential dangers of pandemics, making them a major cause of spread." This

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shows that risk of widespread health issues is also a challenge for ageing population.

As a psychological ageing factor, cognitive decline is another challenge to be faced. Ageing leads to faster cognitive decline than normal. In other words, more people with old age will have to face more cognitive decline in number and this becomes a greater threat for the concerned state. For example, ageing societies experience a more rapid decline in the quality and the stock of certain cognitive skills.

([www.sciencedirect.com](http://www.sciencedirect.com), ScienceDirect, 2016). As a result, faster cognitive decline proves to be a major challenge ahead of growing ageing population.

In order to cope with the challenges, certain remedial measures are required to be taken. One of them is educating the adults about their active participation in their own health. People should be informed about their common

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health problems and tools to address them. Important measures may include creating community support groups, providing material online, and handing out brochures and flyers with key facts incorporating all the essential information in them. In other words, ~~an~~ necessary awareness is a crucial step to be taken in order to address the ageing population issues.

Second measure to be taken is community based models for facilitation. Such models are designed for care of ageing people. Community based models are suggested to be created for out-home monitoring and access to treatment through community-based facilities. On a higher level, community-based healthcare centers are also advised to be created for in-depth diagnosis and treatment. This strategy helps to promote closely monitoring on an outpatient basis, putting lesser pressure on hospitals. Therefore, community based model

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can be employed as an effective remedial measure for ageing population challenges.

Also, People should be encouraged to ~~go~~ remain longer in labor in order to improve the productivity level of the states. The awareness can be inculcated through several methods. Ageing people should be introduced with delayed-pension method, where they can work with relaxed timings. This can ~~be~~ prove to be an important step to address pension-schemes of the states as well. As a result, old age people can be made productive through encouragement and lessening the schema of ~~p~~ early pensions.

The risk of widespread health issues can be addressed through population health data. This can be employed to identify health risks before hand, by keeping a constant eye on the regular reports. If one is identified as a serious issue, it can be mitigated before getting a worsen form. Such

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reports are also an important way to experience a decline in prevailing diseases that are present in majority, through timely identification and taking precautionary measures. So, using population health data in order to address health risks beforehand can be taken as a remedial measure.

Old age people suffer from loneliness and feelings of being abandoned. This leads to psychological issues that can be addressed through social interactions. Promotion of psychological well-being also reduces sense of dependency, making the population independent and productive at the same time. Societal interaction helps in making the life of old people more meaningful as well as joyful. More interaction with the society, more the sense of happiness in the people prevails. Therefore, it is very important to promote psychological well-being among ageing population through social interactions.

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Cognitive decline's faster pace can be addressed through rewarding volunteering activities. Older society members when incorporate themselves in productive activities, their cognition becomes active again. Usually, older people sit aside and perceive their age as a relaxing one. It makes their cognition to do lesser than normal which results in a faster decline. When indulged in activities, it slows down its decline and starts to work productively. That is why, rewarding activities among older society members can prove to be an effective remedy for ageing population issues.

Instead of being ignored, old age population deserves to be treated with proper institutional frameworks. For this purpose, governments need to adapt specific institutional frameworks. The fiscal sustainability can be achieved as well as enhanced only when governments take important steps for

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the population in majority. The healthcare and living standards of ageing people are needed to be enhanced. Only then they will be able to contribute in the economy of the states. That is why, governments and concerned authorities are advised to prioritize the ageing population and adapt institutional frameworks to enhance fiscal sustainability of the states.

In a nutshell, growing ageing population is an important concern for the world. Its ~~pose~~<sup>major</sup> causing factors involve high life expectancy and low birth rates. The issue poses many challenges that involve economic, social, biological, psychological and institutional concerns. ~~Whether it is~~ Despite the fact that it is a greater threat for the world, it can ~~also~~ still be controlled through particular remedial measures. Reforming the society, through educating people, providing basic needs, encouraging them to keep moving, and improving

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their psychological wellbeing can help to address the problem. Other than that, the ageing population can be encouraged to indulge in societal activities, along with stern steps taken by governments to provide them basic needs of life. Summing up the discussion, old age population growth can be a bane at present but taking certain steps in its favour can turn it into a ~~bane~~ boom.