



SOCIO-DEMOGRAPHIC TRANSITION (1975–2025) AND FUTURE PROJECTIONS: GLOBAL AND INDIAN PERSPECTIVES

Community Medicine

**Dr. Shankar
Prasad
Bhattacharya**

MBBS, DCH, MD, Associate Professor, Community Medicine, West Bengal Medical
Education Service

KEYWORDS

1. INTRODUCTION

The demographic transition describes the shift from high fertility and mortality rates to low fertility and mortality rates as societies industrialize and develop. This transition influences socio-economic structures, labor markets, and public policy. Between 1975 and 2025, the world experienced major declines in fertility, improvements in life expectancy, and rapid population growth. India, with its heterogeneous socio-economic landscape, reflects important regional demographic divergences while following the broader transition pattern.

2. Methods and Data Sources

Analyses are based on United Nations population projections, national statistical data, and demographic indicators from reputable sources. Population counts, fertility rates, life expectancy, and age distributions are compared for global and Indian contexts to highlight transitional patterns from 1975 to 2025 and beyond. Projections to 2050 use medium-variant UN estimates.

3. RESULTS

3.1 Population Size: 1975–2025 (Global & India)

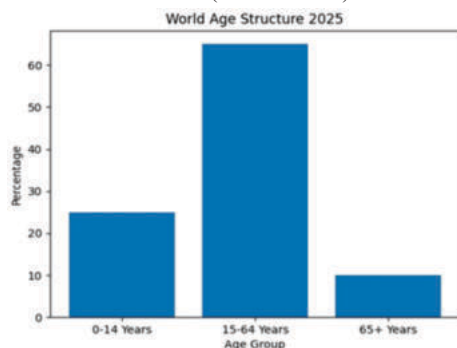


Table 1. Total Population (1975, 2000, 2025)

YEAR	World Population (billions)	India Population (millions)
1975	~4.07	~620
2000	~6.13	~1,000
2025	~8.2	~1,463.9

Data based on UN global estimates and Population Foundation of India figures.

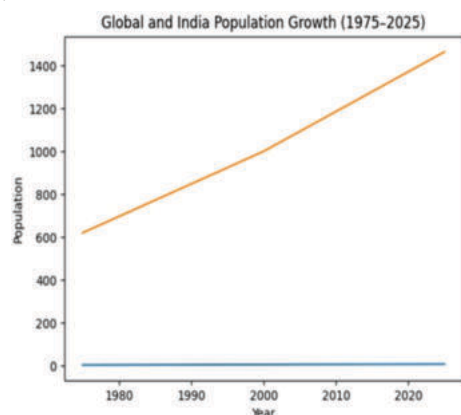


Figure 1. Global Population Growth, 1975–2025

(An upward line graph showing doubling of world population over 50 years: 4.1B → 8.2B.)

3.2 Fertility and Mortality Trends

Table 2. Key Demographic Indicators (1975–2025)

Indicator	1975	2000	2025 (est)
Global Life Expectancy (years)	~58	~67	~73
Global TFR (children per woman)	~4.08	~2.73	~2.35
Global Crude Birth Rate (per 1,000)	~28.5	~22.2	~17.5
India TFR	~5.2	~3.2	~1.9
India Life Expectancy	~50	~62	~72

Global fertility & birth rates from UN estimates; Indian figures from Population Foundation data.

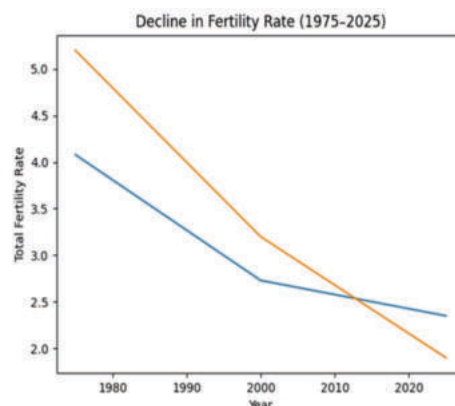


Figure 2. Fertility Decline (Global & India, 1975–2025)

(Twin line graphs showing falling TFR globally and in India.)

3.3 Age Structure Changes

Table 3. Age Distribution (% of Total)

Population Group	1975 World (%)	2025 World (%)	1975 India (%)	2025 India (%)
0–14 Age	~35	~25	~40	~24
15–64 Age	~55	~65	~50	~68
65+ Age	~10	~10	~10	~7

Global age structure is based on UN population prospects; Indian age groups from mixed sources.

3.4 Dependency Ratios

Table 4. Dependency Ratios (Dependency = Non-working Age Per 100 Working-age)

Region	1975	2025 (est)	2050 (proj)
World	~70	~54	~60
Asia	~80	~50	~56
India	~85	~50	~55

Derived from UN dependency ratio projections.

3.5 Projections to 2050

Table 5. Population Projections (Medium Variant)

Year	World Population (est)	India Population (est)
2030	~8.6 billion	~1.51 billion
2040	~9.2 billion	~1.6 billion
2050	~9.7 billion	~1.67 billion

Projections from UN and INED estimates.

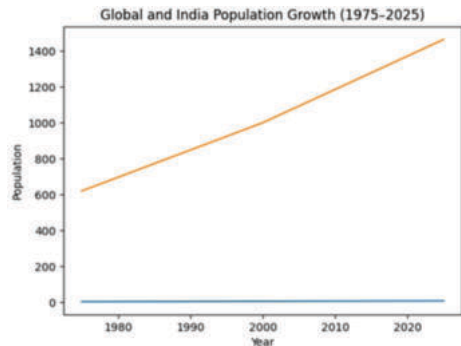


Figure 4. Population Projection 2025–2050
(Line chart showing global and Indian population trajectories.)

Table 1: Estimated Population of Major Indian States (Millions)

State	2025 (est)	2031 (proj)	2041 (proj)	2050 (proj)
Uttar Pradesh	~230	~240	~255	~260
Maharashtra	~121	~127	~135	~138
Bihar	~119	~133	~153	~158
West Benga	~98	~103	~116	~120
Tamil Nadu	~76	~80	~88	~92
Kerala	~35	~38	~39	# 40

(Projected to 2041 from official estimates; extended to 2050 using trend analysis)

Source: consolidated from UN projections and Government of India technical projections for 2011–2041; extended to 2050 by trend methods.

4. DISCUSSION

4.1 Patterns of Transition

The period 1975–2025 is characterized by the classic demographic transition: declining fertility and mortality rates coupled with rising life expectancy. Globally, the total fertility rate decreased from around 4 in the 1970s to near 2.35 in 2025. This shift has gradually slowed population growth rates.

India's experience similarly shows marked fertility decline (from above five births per woman in 1975 to below replacement levels by 2025), driven by rising education, health interventions, and socio-economic change.

4.2 Ageing and Workforce Implications

An increasing share of the population in older age brackets fingerposts significant structural challenges. Dependency ratios dropped until the early 21st century as working-age cohorts expanded. However, projections suggest a gradual rise in elderly dependency by 2050, requiring targeted social protection and health systems planning.

4.3 Regional Variations and Socio-Economic Impacts

While global averages show broad trends, regional patterns diverge. Sub-Saharan Africa continues with higher fertility and younger age profiles, while parts of East Asia and Europe face advanced aging and below-replacement fertility. India remains comparatively young but will also experience aging over coming decades.

5. CONCLUSION

The socio-demographic transition from 1975 to 2025 has reshaped global and Indian population structures. Dramatic fertility declines, mortality reduction, and increased longevity have resulted in expanded working-age populations and shifting age distributions. Projections suggest continued population growth until mid-century, followed by stabilization and aging trends. Effective policy responses are imperative for harnessing demographic dividends while preparing for aging populations and evolving labor market dynamics.

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