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Виконала студентка групи
МВСКма-21
М. Фалопе

Науковий керівник:
к.е.н., доцент, Н. І. Карпишин

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_____ **О. І. Тулай**

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CONTENT

INTRODUCTION.....	3
CHAPTER 1. CONCEPTUAL BASIS OF THE DEMOGRAPHIC DEVELOPMENT OF SOCIETY IN THE 21ST CENTURY.....	5
1.1. Demography and its impact on the development of society.....	5
1.2. Current demographic trends of birth, mortality and migration	9
CHAPTER 2. DEMOGRAPHIC SITUATION IN THE WORLD: MAIN TRENDS AND PROBLEMS.....	16
2.1. Population aging as a global demographic problem	16
2.2. Population Size and Growth as a Driver of Climate Change.....	21
2.3. Migration crisis in Europe and the USA: key issues and consequences.....	25
CHAPTER 3. FEATURES OF MODERN DEMOGRAPHIC POLICY IN DIFFERENT COUNTRIES OF THE WORLD.....	36
CONCLUSIONS.....	45
REFERENCES.....	48
APPENDIX.....	51

INTRODUCTION

The issue of “Demographic Problems of Modern Times: Global and Regional Dimensions” is extremely pertinent as it contains among other things very important issues which a given society faces today; these include elderly populace, lowered birth rates, relocations, and migrations. The aforementioned transformations in demographics have profound and extensive economic, social, and political impacts that influence and determine policies structures and public expenditure of nations and even the world at large. Demographic trends refer to the statistical changes that take place in populations over time and include such patterns as birth rates, death rates, migration, and aging of the population. All these combine to influence the size, structure, and distribution of the population and, in turn, remarkably affect the general pattern of social development.

In times of population growth, contraction, or redistribution, characteristics change that thereafter have an impact on resources, infrastructure, and the overall level of capacity required to meet citizen needs. Each of these demographic elements-from the number of births to the age of death, to border-crossing movement-interacts with economic, cultural, and political structures in ways that pose both challenges and opportunities.

Demographic trends, in other words, are much more than statistics; they constitute leading causes of social change in terms of how nations plan for the future, allocate resources, and govern their populations.

This study deals with demographic issues in the contemporary age, both in a global and local context. It highlights important tendencies such as population aging, migration, and changes in fertility in order to discern their wider implications for the society. The investigation intends to analyze social, economic and political systems in order to study how these processes affect them.

The objective of this research is to understand the demographic trends of the 21st Century focusing mainly on the global and regional factors such as population aging, migration, and fertility rates. The study seeks to understand how these developments are affecting the tendencies in the global, regional and local systems

and their consequences in relation to the distribution of power, resources, and policies.

The main objectives of this work are

- analysis of the literature on the conceptual foundations and changes in the demographic development of society;
- research into modern demographic trends in fertility, mortality and migration;
- assessment of the causes and consequences of migration crises in Europe and the USA;
- study of the demographic policies of countries around the world;
- development of proposals, policies and solutions on how to manage demographic problems at both the international and regional levels.

The object of the thesis is modern global and regional demographic problems.

The subject of the research is the factors of influence and policies for solving demographic problems at the global and local levels.

Using a complex **methodology**, this research is based not only on statistical processing and case studies but also on a comparative assessment of the demographics policy adhered to in different countries. The trends of birth death and migration rates are measured by the use of statistical data analysis and a comparative analysis evaluating the demographic policies of various countries is conducted. In addition, for instance, the global circumstance is broken down into a series of case studies that looks at the limitations posed by given regions, which enhances the knowledge about the situation across demography.

Practical significance of the results obtained. The research results are presented in theses: on the topic "Demographic problems of our time: global and regional dimensions" (Innovative approaches to the development of technologies and economics IADTE 2024. Svalyava. WUNU June 27) and theses on the topic "Migration crisis in Europe and the USA: key issues and consequences" (IV International Scientific Readings named after Bohdan Hawrylyshyn, Ternopil, November 28, 2024).

CHAPTER 1.

CONCEPTUAL BASIS OF THE DEMOGRAPHIC DEVELOPMENT OF SOCIETY IN THE 21ST CENTURY

1.1. Demography and its impact on the development of society

The analysis of changes in population characteristics is termed demography and is essential in understanding how populations behave over time. Demographic factors help in understanding the migratory behavior of the policymakers, governments and even international bodies who have to know the impacts of population growth and changes in composition on public policy and governance. For example, if in a certain area, a region accepts some higher birth rates, it would mean that there would be an increasing demand for schools and hospitals, which are educational and health facilities respectively. On the contrary, if there is a falling fertility rate in some regions, there will be prospects of a shrinking working population and adverse effects on pension sustainability. The most worrying of these issues, particularly to most developed countries today, is population aging, which includes the issue of pensions, medical care for the old, and labor shortages. In this way, demography not only is concerned with the statistically defined temporality in populations but also explains the socio-economic problems that may rise as a result of those trends.

In addition to this, the need for and supply of health care and health care resources is greatly influenced by the existing demographic trends. For instance, narrowing the focus on specific regions, population growth presents limitations on the existing healthcare facilities since there are difficulties in responding to the needs of a population that is growing and developing at such a fast rate.

In developing countries, there are high fertility rates making necessary additional funds, especially towards maternal and child care services that are already overstretched. In contrast, advanced countries where the population is aged must geriatric services which in turn will greatly increase the costs of care due to chronic diseases and long-term care institutions. In both of these instances, demographic

transition means effective planning in order to avert wastages in primary healthcare resources and services.

Lastly, demographic dynamics exert strong political forces regarding governance; international relations, and coherence of societies. It is possible that an increase or decrease in the population may realign political forces within a country or the world as some countries obsessed with growing population might seek to colonize less populated countries. Another factor that drives demographic changes, migration, is a cause of internal strife and animosity among countries and even between regions.

There are also problems with governments coping with the reduction of these areas as populations become more concentrated, with the result that overpopulation leads to the development of megacities. Whether within societies or across regions, migration tends to invite attention in the form of nationalistic sentiments and concerns about potential social or economic costs. As the socio-political ramifications of these trends requiring adaptation and change on the part of the government's policy activities are felt, nations will have more or less untouchable limitations on how they will be able successfully to govern their citizens in the foreseeable future.

It is known that at its core, **demography** is governed by three primary components: **fertility**, **mortality**, and **migration**. These three principles determine the natural growth or decline of populations, the redistribution of people across regions, and the resulting demographic structure, such as the proportion of working-age individuals versus the elderly or dependent population. Demographic trends vary widely across regions, driven by both endogenous factors, such as cultural norms, economic conditions, and political systems, and exogenous factors, including technological advancements, environmental changes, and global migration flows.

Fertility rates, which refer to the average number of expected children per woman over her lifetime, are perhaps one of the most important factors affecting population change. Generally, high fertility rates are associated with a high rate of growth in the size of a population, while low birth rates may be sufficiently low to

result in the stabilization or even the reduction of the size of the population. There are also distinct geographical features in the global fertility rates, since there are regions that are developing and are known to have many more births than regions that are developed. It is important to know the reasons for these variations, especially in population growth, natural resource distribution and economic development, in order to be able to select the best policies. Fertility patterns are also cultural, economic and political which is why they are usually addressed by all demographers.

In developing areas like Sub-Saharan Africa and certain parts of South Asia, the context is completely different where the rate of fertility is still high with the number of children per woman sometimes going beyond four. This tendency can be attributed to a variety of causes, such as the unavailability of family planning services, low levels of female education and cultural beliefs that encourage having many children. Also, in most of the villages, such children are regarded as economic assets since they do most of the household work in support of their parents or parents especially when they become old. More so due to the absence of proper health care and social security systems, children become a source of economic security hence families opt to bear more. However, in underdeveloped countries with high rates of reproduction where economic growth is possible, such as a high dependent population balance often referred to as the economic growth perspective – becoming a pesticide than a fertilized soil it stretches thin the very resources that are available, healthcare, education, infrastructure amongst others making it hard for the governments to provide for the ever-increasing populations.

In contrast, developed regions like Europe, East Asia and North America have been experiencing a decrease in their fertility rates, often falling below the replacement level of 2.1 children per woman. This decrease is attributed to a number of factors that are interrelated such as increased levels of education, especially for women, more women entering the workplace, urbanization and family dynamics. When more and more women go to college and also work or have careers, they also tend to postpone marriages and the delivery of their first babies, thus reducing the total number of births; furthermore, as the aspiration brings about, the forced

dwelling of urban areas indicates an expensive and cramped environment which brings up a low standard for child birth. The spatial element of society has altered encouraging individualistic and egalitarian principles over the traditional family values of marriage and childrearing within society, thereby affecting perceptions of such institutions. In many of the developed countries today, the total fertility rates have declined to such low proportions that population decline as well as aging issues are posing serious threats to the state.

In developing regions, high fertility rates present different challenges. Rapid population growth, coupled with limited resources and underdeveloped infrastructure, places immense pressure on governments to provide essential services such as education, healthcare, and employment. High fertility often exacerbates poverty, as families with more children struggle to provide adequate food, shelter, and education. Additionally, high fertility rates can impede gender equality, as women in these regions are more likely to experience early marriage and motherhood, limiting their access to education and employment opportunities. In response, many international organizations and governments have focused on promoting family planning, improving access to contraceptives, and expanding educational opportunities for women and girls as key strategies to reduce fertility rates. Countries like Rwanda and Bangladesh have seen notable declines in fertility rates following the implementation of comprehensive family planning programs, underscoring the potential for policy interventions to shape demographic outcomes.

In spite of these difficulties, fertility rates may rest unchanged as they change with varied economic, social, political factors. In some regions, fertility rates have started to level off as countries, which are undergoing the stages concentrating on the demographic transition, thresholds.

The demographic transition model contends that at first populations have high birth and death rates which when one turning point is reached death rates decline with the births remaining high until another turning point is reached where the births also fall as society becomes more developed. As an example, noteworthy changes in fertility levels have been experienced in high economic growth and liberalized

environment countries such as Brazil and Thailand which previously had high fertility rates. However, this geographical region is marked by wide divergences in the ratios of transition rates and there are even some developing countries that still experience high fertility ratios in the midst of economic development. Hence, it is important to note with regards to the contemporary demographic features of the world population, how and why it ought to change – with respect to fertility control, – such factors as education, healthcare, cultural and governmental styles influence fertility rates.

1.2. Current demographic trends of birth, mortality and migration

The ratio of the number of deaths occurring in a specific population during a specific period, expressed as a proportion of that population, is known as the mortality rate. It is one of the indicators reflecting the health and wellbeing of a population. Various factors such as access to healthcare, nutrition, health policies and socio-economic factors, tend to have an effect on mortality rates.

Over the last century, mortality rates have decreased in most parts of the world, and this can be ascribed to the development of medical practices, better living standards, and the global provision of vaccines. A more recent trend has also been observed in the advanced region where the standards of healthcare services, as well as the quality of life, have enhanced life expectancies. But in spite of the advancement in the world, social inequalities in health access and health results explain the high mortality rates remaining in some parts of the world, in particular the Global South. For instance, it is important to understand what would account for mortality and how the causes of death vary for which region of the world in order to reduce the world's population problems and improve health policies.

In the developed world, these trends are focused on healthcare, health education, and health services including preventive medicine; hence, it has resulted in a low mortality rate.

One of the most prominent trends is an increase in life expectancy which is a common situation above the age of majority in North America, Eastern Asia and

Europe where average life expectancies go beyond eighty years. The eradication of Common Infectious Diseases like tuberculosis or smallpox infections, thanks to efficient use of vaccination campaigns and promotion of health, has helped reduce death rates significantly. In addition, thanks to possible therapeutic measures of patients who suffer from elderly diseases such as cancer and heart ailments, the mortality rates in older age groups have also improved. Nevertheless, such decrease in mortality rates presents negative demographic consequences as well, especially concerning the fact that the populations of these areas are aging, which affects healthcare systems, the labor markets and social services in a more global manner.

Amidst the marked improvements in health status in the most advanced regions of the world, it is still the developing region that bears the brunt of the highest-mortality rates, especially in sub-Saharan Africa, South Asia, and Latin America. In these parts of the world, the leading mortalities are brought about by largely treatable/preventable infectious diseases, including Malaria, HIV/AIDS, and Diarrhea, together with their indications of poverty, such as ill-nutrition and maternal health. Despite improvement efforts, there are very limited developments in these regions, especially in the provision of health care services, where the level of access to basic quality healthcare is below the accepted standards. This explains the very high mortality rates within such regions consequent to neglect by health authorities. For example, countries like Nigeria and the Democratic Republic of Congo have considerable public health problems, including high infant and maternal death rates relative to other ages, which contributes to high overall mortality. Moreover, within such regions, urban-rural differentials in mortality rates equally indicate the level of health care services and infrastructure available, which are often lacking in rural populations resulting in poorer health outcomes.

There are also important consequences regarding demographic changes in relation to the distribution of age structures across different mortality regimes, whereby extreme differences can be observed between developed and developing regions. In those populations characterized by higher than average rates of natural increase, which do not include children and young adults, growth will tend to be

inhibited, even in the face of high levels of fertility. The negative consequences for population growth of mortality related to diseases, malnutrition and poor maternal health, will outweigh the positive effects of high birth rates. This dynamic is observed in the high “youth bulge” demographic in many developing countries, where large segments of the population are youth, but due to socio-political and economic factors, opportunities to progress in education, healthcare, and to get employment are nil. In These cases, when invasive measures such as assisted reproduction are readily available and mortality is not felt, even in developed regions, there occurs a demand for increasing birth rates, especially amongst the older population.

The reduction in global mortality rates, in addition to the advancement of medicine, has also been a function of international relations. Large scale vaccination programs, chiefly in the post-Second World War era, have helped in controlling the deaths of young children by previously endemic diseases like measles, polio, and diphtheria. Organizations like the World Health Organization (WHO) and UNICEF have made efforts in developing programs aimed at populations suffering due to very high mortality as a result of no clean water, inadequate food, and medicine. There remain, however, barriers in the region of disbursement that contribute to eliminating healthcare progress. As we witness almost every day with the COVID-19 pandemic, death rates depend highly on vaccination of healthcare access and government policy with described regions experiencing the worst outcomes due to late or no protective factors from health systems. This illustrates the need for global health equity and specific measures to reduce mortality rate in those that are in need the most.

To conclude, reduction of mortality rates from socio-economic perspective means additional challenges and responsibilities that are not limited to the healthcare system only, but also bear praise and blame on governance, economic progress and the order of society. In areas where mortality is high, the governments are more often placed in opportunistic scenarios where they must do triage of both curative service provision and long term challenges management like psychosocial and material

rehabilitation and tackling underdevelopment of services like health, education and social infrastructures. In Spite of the fact how the crude birth rate and poverty of the accruing population differs, it is evident that the level and provision of labor would decline due to high mortality rates, especially those of productive age. However, developed nations such as Parkinson's disease with higher standards of living and well-structured public health systems also experience low birth rates, prolonged health and life expectancy in the organic population.

Mobility, the migration of people from one nation to another, is a socially complex and active process that causes changes in the composition of the world population. This is associated with some mix of 'push' (conflict, poverty, climate change) and 'pull' (economic opportunity, political stability, social networks) factors. People may migrate for economic reasons within or outside the country to look for better opportunities, to flee from violence and persecution, or to enjoy a different and better standard of living. In this era characterized by globalization, however, the advantages and the disadvantages of migration cover the countries of emigration and immigration and alter the size of populations, the workforce, and the social order. With all this in mind, and because the increasing threats of climate change, political turmoil, and poverty will result in increased migration, the understanding of its demographic effects is crucial for any government and policy makers.

In many developed countries, the incoming labor force has serious consequences to demographic ideologies, especially with regard to overlapping age brackets and fertility decline. In places like Europe, North America and certain East Asian countries where birth rates have gone below the replacement levels, immigration is increasingly viewed as a viable solution to the problems such as the labor shortage and the attendant increase in the dependency ratio. Foreigners usually come in to fill the gaps left by the native population in industries such as healthcare, farming, and construction thus enabling economic development and preserving the welfare undertakings. For example, nations such as Germany and Canada have adopted proactive policies to encourage immigration to reduce the impact of an

aging population because a younger working population is the key to maintaining the economic vitality of such nations.

On the one hand, immigration can play a role in mitigating some of the demographic issues facing these regions. On the other hand, it poses enormous social and political issues, especially concerning issues of integration and national identity.

On the opposite side, areas facing an out-migration surplus tend to have demographic distortions and socio-economic issues. The Middle East and North Africa (MENA), Latin America, as well as some parts of South Asia are regions where large volumes of out-migration occur as most people are in search of employment opportunities. This emigration often leads to ‘brain drain’, where entire cohorts of young educated professionals leave the country undermining growth in their home countries. To illustrate this, some countries like Syria, Yemen, and Afghanistan as examples of conflict pockmarked states have seen mass exodus of their populations reducing labor supply pools within those states thereby hindering them in any efforts to draw in investments for the construction of their economies. Furthermore, even though the remittances that migrants send back home help support many caregivers and their families back home, they can also cause over-reliance, and these funds can never replace the loss of healthy human resources. High out-migration leads to an unbalanced age structure of the population in the sending countries and growing economic and social tensions within the given nations.

Reshaping the social and political landscape of the host country is another important effect of migration. Most societies have at one time or the other experienced the flow of a large number of migrants, leading to a change in the dynamics of how such societies conceptualize things like national identity, integration, and even social cohesion. In stable economies, especially in the Western world, migration has been the subject of great politicization, with the discussions usually revolving around the ability of public systems to support and shield the existing inhabitants from the inflow of new residents, the effects on the local workforce, and the issue of the extent of the integration of foreigners into the culture of the host community. In countries like the US, UK, and Italy, some segments of

the population politicized immigration issues quite considerably and as a result, managed to lobby for policies oriented toward the imposition of stricter controls on immigration. In those cases, people would experience the control of immigration as a rational response to the potential danger posed by the migration of people advocating such policies. There is also the issue of race, ethnicity, and religion which makes these discussions even more problematic, as people who come from different cultures do not always fit in with their new surroundings. Generally speaking, populism and nationalism have gained currency in recent years because of the proliferation of economic concerns about the need for more immigrants without the accommodating willingness to accept a multicultural society.

In as much as migration alters labor markets and social relations, it also exerts a considerable tug on the available resources of the society, both in the country of origin and in the host country. In host nations, mass migration can cause a strain on the infrastructural and social provisions such as housing, health care services, education and deconcentration services, especially where the authorities were caught off-guard by a crowd of people, for instance during a war or a refugee uprising. In the examples stated, countries like Lebanon and Jordan, which are found in regions of strife, have, in particular, felt the strain on their capacities extended to the number of refugee children and families crossing the borders and resulting in camps or in conflict with the locals – health facilities dockets. Likewise, both cities in Europe and North America confronted the difficulty of accommodating aliens in the social services and the youths within the cities, where the services lacked, due to the limited housing units, a few schools, and skewed unequal access to societies and economies. For these reasons, most countries are resource rich, but their productive youth and educated age groups tend to travel abroad and resort to using costly and unproductive remittance channels.

Lastly, The trends and patterns of migration and its demographic effects have also been transformed over the years with several challenges the world faces today, chief among them: climate change and geopolitical tensions. In many countries, the problem of climate displacement is rapidly growing, as environmental deterioration,

floods, and other extreme weather conditions are projected to create climate refugees numbering in hundreds of millions over the next few decades. Global warming is a key contributing factor for regions like the South Pacific islands, sub-Saharan Africa and in some parts of Southeast Asia, where agriculture has been the mainstay of the economy; because of unpredictable weather patterns, farming is no longer viable most hence leading to hunger and displacement. Furthermore, such adverse conditions and civil wars within regional blocks such as the Middle East and North Africa, and Central America provoke population movements as people run away from violence, oppression, and poverty respectively. The outcome of these forced migrations is not only the aggravation of demographic disparities but also the increased instability across the globe as countries close to the refugees try to integrate them and the global bodies nursing the refugees strive to control their movement. Dealing with the demographic realities pertaining to migration may only be successful when populations in developed countries are ready to work within a well designed and coordinated system in which integration of newcomers, allocation of resources as well as mitigating the impacts of climate change and civil wars in future features more significantly.

CHAPTER 2.

DEMOGRAPHIC SITUATION IN THE WORLD: MAIN TRENDS AND PROBLEMS

2.1. Population aging as a global demographic problem

The reduction in the average number of women's births, which is referred to as fertility decline, is a demographic change which has potent economic and social impacts. In many developed regions including Europe, East Asia and even parts of North America, fertility rates have dropped resolutely below replacement level and this has resulted in reduced labor force and older populations. This decline constitutes a serious threat to economic development since it means a smaller proportion of the working population is available to support a larger proportion of the elderly demographic. Bloom and Luca note that countries like Japan and Germany which are among the most fertile of nations are politically and economically stagnated, with shortage of labor and expensive healthcare systems imposing further constraints on the welfare policies. As a result, fertility decline proposes the risk of decreasing economic efficiency and increasing the burden of retirees and senior care on budgets [20].

Besides the economic dimensions, another justification for concern raised by the fall in fertility is the composition of the societies themselves. In recent years in many developed countries, due to the shift in family formations that take place, families have been having fewer children and having them much later in life than before. There are fewer extended families residing together with the aged population relying more on state services. This has social and psychological implications as the aged may be more predisposed to loneliness and less available social support. According to Lee, in cultures where the decline in fertility is very noticeable, the governments began taking measures to increase the countries' birth rates like paying benefits, parental leave, or childcare allowances. But these approaches worked poorly since there are reasons with higher priority such as exorbitant living expenses,

lack of sufficient housing space, and changing norms about having families which still prevent people from having many children [21].

The elderly population is a problem that will differ from one region to another because of the different economic, social and political environments. Aging populations in wealthy countries such as Japan, Germany, and the US are affecting labor supply, putting strains on averages pension age and health care increases. These countries face the additional dilemma of maintaining economic development and caring for the aging population. This change in structure is linked to a different set of causes in Sociopolitics, where countries are grappling with chronic shortages of labor and formulating regulations around movement. As for the geo-economic aspect of the issue concerned, it is likely that the ability of the developed world to cope with its elderly will greatly impact the flow of labour into and out of countries and the global economy.

In many developed regions, including North America and Europe, the downward trend of the population numbers as well as the way they are structured poses very little threat. However, many developing countries in Africa and Southeast Asia for instance face a starkly different challenge-a dual menace of youth who are exploding in numbers and older populations who are also on the increase, an aging society. Young populations have the advantage in that they can hardly be a burden on a given economy. However, such populations necessitate massive expenditure on health care, education, as well as job creation. At the same time, these countries are also starting to practicalize measures to modernize institutions to cater for the elderly population even though they hardly have the means to do so relative to older developed countries. This divergence in demographics is likely to widen the cleavages that exist between the rich and poor nations with respect to the balance of power, and the order of the international relations.

Within this demographic transition, mental health in older population appears to be a core issue. Prevalence of mental disorders, such as hopelessness and feelings of loneliness are likely to increase as life expectancy improves. In many cultures, the older population, particularly those who have no or limited family ties, are more

and more likely to feel excluded. Such problem is more visible in immigrant populations as older people may become cut off from their culture and network of relations. Health problems related to aging are not an issue that concerns only a particular country but the entire world. Considerable internal and external migration of people takes place which, in all its forms, creates a challenge in meeting the mental health needs of different groups of people.

Research conducted on Chinese elderly in the Greater Chicago Area has indicated that this population has the 2nd highest rates of suicide among racial groups in America. The results also speak to the general idea of worrying about the mental wellness of older immigrants, who might have limited linguistic capabilities, be lonely or unsocialized, and lack appropriate health care that understands their cultural differences. With the rise of global migration, and changes in the demographic structure, the question of the psychological issues of the elderly in diasporas becomes a challenge all over the world. These opportunities and many more will be addressed in the coordinated international action, including the sharing of experiences on efficient mental health means, and in addition, the healthcare system will need to be more inclusive.

Findings from research conducted in the Greater Chicago Area among older Chinese adults showed that, within the United States, this demographic has one of the highest incidences of suicide amongst other race groups. These findings relate to more general concerns about ageing immigrant populations who may be at risk as a result of, for example, not only language and cultural barriers, but social exclusion and lack of appropriate health care as well.

The perspectives of aging-migration are of global significance today as the tendencies of population aging in migrant groups transform into issues of great concern in various countries. While the advancing globalization calls for a re-examination of mental health issues among the elderly in immigrant populations, the resolution of such problems demands the attention of the world. In order to combat these problems, the strategies and protocols information of best practices shall be

shared among countries in addressing therapies for mental illnesses and enhancing the cultures' healthcare system.

The growing populations of older individuals in an international context in which migration is rife calls for a more complex response to policy challenges that embraces both the regional and global aspects. The phenomenon of aging in societies under the global paradigm of international relations is not, in fact, only a problem of domestic polity but also a labor markets overlap and migration policies. The two scenarios may mean that more help may be needed from the world body by developing countries in response to the ageing problem while the developed world has to adjust immigration rules in order to replace expatriated workers. The capacity of states to confront these problems will shape global order as we know it, establishing the parameters within which nations will be able to take care of their elderly citizens in a globalized context.

Lastly, it has been established that health deterioration is among the major causes of hopelessness in the aged. As observed in the Chicago study, bad general health and deterioration in health conditions in seven days was associated with heightened levels of hopelessness. This realization calls for integrated health systems in older adult patients so that the two aspects of health - mental and physical - are provided for in their treatment. As geriatric population is on the rise in the world today, the challenge of mental health should not only be the treatment of the older person's physical bodies but strategies to help them in stress issues as well. This problem is even more vexed by existing differences in healthcare systems adding to the fact that it has become one of the most urgent societal problems of this population.

The current examination of hopelessness in later life acknowledges the role of mental health as a highly salient yet frequently neglected component of aging populations and the associated demographic changes. This issue has both regional and global aspects that call for age care from policymakers, ensuring that the response is more mindful of the mental health of the elderly population.

The bar graph 2.1, which aims to show some global demographic trends and challenges, particularly focusing on the difference between the developed and developing world. Several points are worth stressing:

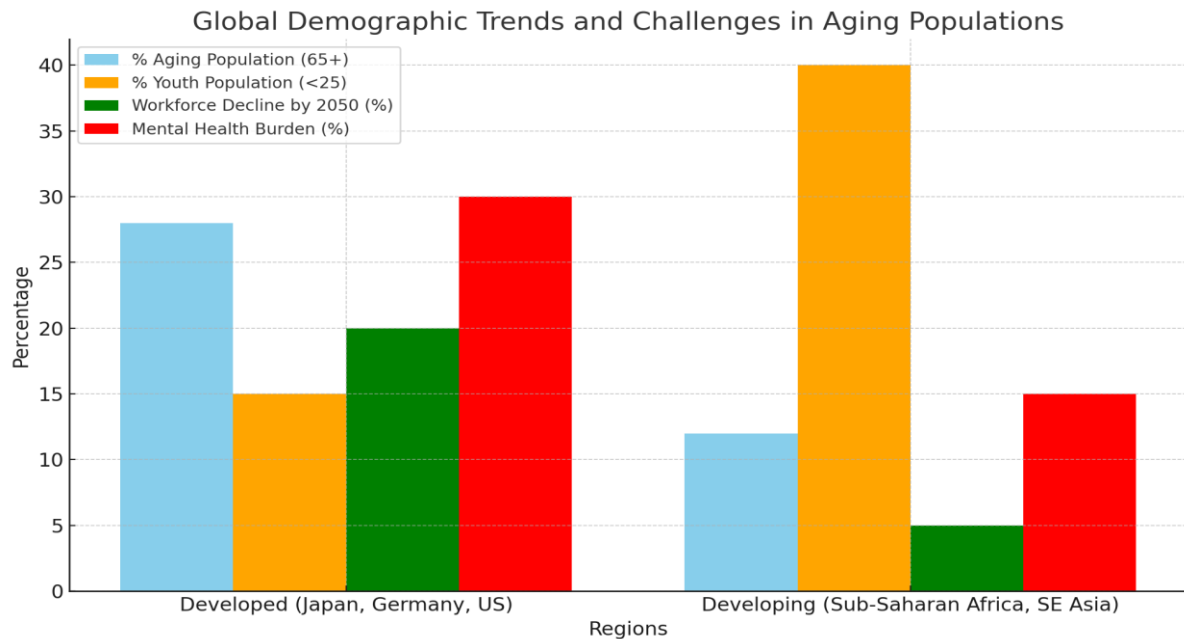


Figure 2.1. Global Demographic Trends and Challenges in Aging Populations

- 1) Aging Population (% of 65 plus): A greater part of the developed regions such as Japan, Germany and the U.S etc. has a higher elderly population.
- 2) Youth Population (% below 25): There is a much larger youth population in underdeveloped regions like Sub Saharan Africa or South East Asia.
- 3) Workforce Decline: There is a more pronounced decline in the workforce in the developed most region by the year 2050.
- 4) Mental Health Burden: There is the widely held perception of an overwhelming burden of mental illness such as despair among the elderly across populations but even greater in developed societies.

2.2. Population Size and Growth as a Driver of Climate Change

One of the most direct links between demographic factors and climate change is the relationship between population size and growth, which intensifies the demand for essential resources such as energy, food, and water. As the global population continues to increase, this demand escalates, resulting in higher levels of production, consumption, and ultimately, carbon emissions. The impact of population growth on environmental degradation is especially visible in developing regions, where rapid expansion often coincides with industrialization. As countries industrialize, energy use increases sharply, driving up greenhouse gas emissions and further exacerbating climate change. These regions face the dual challenge of managing demographic expansion while transitioning toward more sustainable energy sources.

In developed regions, where population growth has slowed significantly, the environmental impact is more closely tied to consumption patterns than population numbers alone. High-income countries tend to have higher per capita energy consumption, which compounds environmental pressures despite slower population growth. Urban centers, in particular, serve as focal points for this dynamic. With their dense populations and infrastructure needs, cities in developed regions often experience greater environmental stress due to the concentration of resource use. Even though the population growth rate is low, the strain on infrastructure, energy grids, and waste management systems continues to rise, further contributing to environmental degradation and carbon emissions.

The ability to forecast and manage human population growth has been dated back for centuries however its implications in the sustainability of the present day systems has hardly been stated. The overall growth of the human population is a major threat to the existence of the entire planet's ecosystem, agricultural systems, natural fresh water sources, and biodiversity in general. Without efficient strategies to manage population growth, the systems will further accelerate degradation of the forests, the loss of habitats as well, and the pollution of the environment which will be in addition to the existing climate change. Furthermore, population growth is more intense in areas that are already prone to climate change-related disasters,

mainly because of the high positive net migration level. This situation raises the possibility of climate change induced migration and even displacement of populations.

Therefore, in implementation of any climate change mitigation strategies, there should be an inclusion of strategies for population control so as to encourage sustainable development, especially for the areas with high population growth. Measures aimed at influencing the population especially in the traditional societies through education, family planning, and empowering women in society can such policies help to alleviate the population pressure as such slow down the rate of population growth. Also, measures to decrease the per capita consumption of populations, especially in rich countries, are very important for the environmental challenges posed by the affluent populations. If actions towards both of the aforementioned issues are not taken, the climate change will still be blamed on the growing population as a factor and such will continue to rise indefinitely.

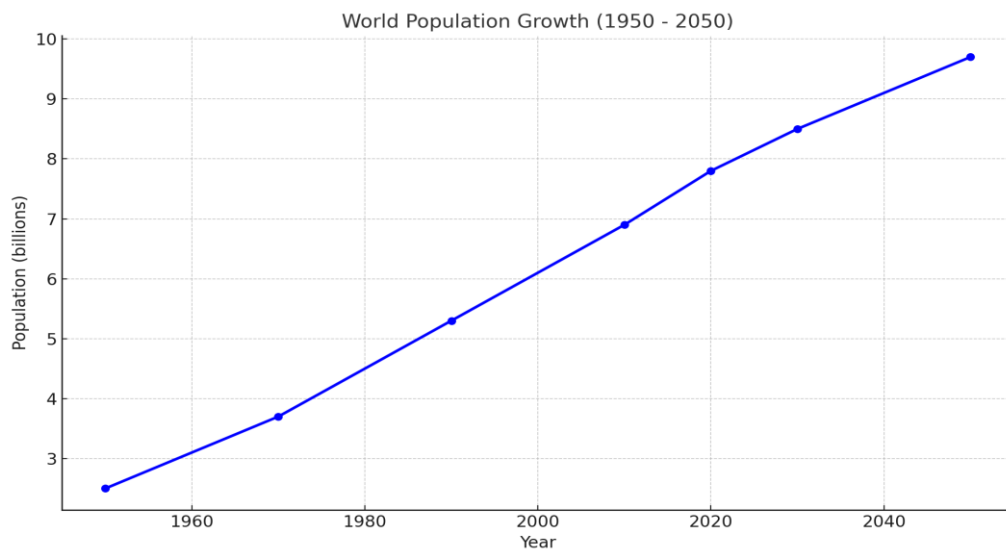
As the demand intensifies further due to the ever-increasing population, production, consumption, and most importantly, carbon emissions shoot up. As per the United Nations Population Division, it is expected that the world's population will be approximately over 9 billion by the year 2050, most of it occurring in Least Developed Countries.

This problem is more pronounced – especially concerning the environment – in certain regions, as high population growth rates are slumming areas and coinciding with industrialization and attendant energy needs. There's a study in Nature Climate Change that says population growth accounted for about 70 percent of the rise in carbon emissions since 1990, which all worsened the climate change.

In advanced economies for instance, the regions in which the population has grown grow slow this time or rather stop, environmental degradation is more influenced by consumption than numbers. Wealthy countries including the united states and countries in Europe have higher energy uses per capita, which makes them more culpable for the effects of climate change than areas where such growth is less aided by higher population density. A report published by the Global Carbon Project

revealed that the top 10 % wealthiest populations are responsible for over half of the emissions of carbon worldwide. This trend is particularly acute in these developed regions as the urban areas act as focal points for energy demanding such sectors as transport, industries as well as garbage disposal. Developed regions are characterized by a high demand for resources and factors of industrialization, thus contributing to environmental challenges, even in those urban centers with stabilized population.

All forecasts of the world's population show that by the year 2050 it will be close to 10 billion people leaving unsettled the issue of the environmental implications of this growth.



Source: United Nations Department of Economic and Social Affairs (UN DESA), 2022; World Bank Population Data, 2022

Figure 2.2. World Population Growth (1950-2025) [23]

In a “chilling” article appearing in *Science*, it was estimated that food production on a global level will have to rise by 60-70%, if the population grows that much. Extreme pressure will be posed upon agricultural systems, water resources and even biodiversity. This imbalance in the global ecosystems is most evident in poorer countries who have large populations and a strained system of infrastructure, causing more floods, deforestation, pollution and destruction. Climate change predictions suggest that without population control measures and sustainable

development strategies being put in place, there will be an increase in the rate of greenhouse gas emissions by 40% by the year 2050.

For effective global strategy for combating climate change, there is a need to take into consideration population management strategies while placing focus in areas which will grow sustainability, both economically and ecologically, especially the regions of high population growth. Family planning, empowerment of women and education are some of the policies aimed at decreasing the population growth. In a research article published by The Lancet Global Health, it was demonstrated that resources tackling health and education in developing countries lowers the level of fertility rates hence low rise in the population and consequentially, decreases in the environmental risks. At the same time, environmental sustainability aims to control the level of pressures per capita, especially in the high-income continents. Studies conducted in Stockholm Resilience Centre propose that the way forward in addressing the emission levels is through the implementation of policies that target consumption with no reduction in the quality of life generated from such levels. Such policies include the carbon pricing and measures for the improvement of energy efficiencies.

In the end, it's evident that global warming is created and influenced by the population characteristics of size and change but the degree at which these elements vary from region to region depends on the state of industrialization and consumption within the geography. If anything, the other thing that the continued increase in the world population does, particularly in the less developed countries, is to increase the demand for natural resources and the environment, thus threatening the more serious impacts of climate change.

In order to assist with the above issues, one of the approaches that should be taken is controlling population growth and resource use while promoting the more sustainable utilization of available resources. Or else with the advent of modernization and spread of populations into previously unoccupied regions, war and global climate change will remain interrelated issues posing a great threat in the

twenty first century. It is important to include demographic policies in climate change strategies for emission reductions and for a better society.

Additionally, urbanization offers daunting obstacles in terms of environmental sustainability. Cities grow in size from time to time resulting in uncontrolled land and resources. The above contributes to environmental hazards such as deforestation, pollution, and the destruction of ecosystems. Furthermore, the large populations occupying cities translates into increased waste generation, energy consumption and consequently climate change. **ACLU** (2020) warns that in the absence of proper urban management and sustainable urban planning, there is a risk that urbanization will contribute towards negative environmental impacts and increase the susceptibility of populations to extreme weather events. The problem is that cities should be built in a manner that will not be harmful to the environment and with plenty of green space, use of renewable energy and advanced public transport that does not cause pollution [23].

2.3. Migration Crisis in Europe and the USA: key issues and consequences

Migration has long been a potent factor in the formation of societies across the world. During the 19th century, the United States experienced an influx of immigrants, most from Europe. From 1820 to 1920, approximately 30 million immigrants entered the United States, driven to enter it by a combination of factors such as economic opportunity, famine, and political turbulence. For example, the Irish Potato Famine in the 1840s brought some 1.5 million Irish immigrants to the United States as they fled their native land in search of food and a better life. Likewise, the 1848 revolutions in Germany forced many Germans out and onto American soil in search of refuge and opportunity (Appendix A).

Socioeconomic factors, such as the Industrial Revolution, catalyzed rural-to-urban movements as many flocked to burgeoning industrial cities for better living and employment opportunities. Urban migration resulted in major demographic

changes and the growth of metropolitan areas across Europe, affecting the social structures and labor markets in profound ways.

The aftermath of World War II is another milestone period in the chronicles of migration. Europe was extensively devastated; millions were displaced. It gave birth to the 1951 Refugee Convention, which became an important tool for the protection of refugees by recognizing that countries were under obligation to grant asylum to the persecuted and victims of violence. This laid the bedrock for international refugee law, rallying the call for a concerted humanitarian response.

The post-war period also saw an increase in immigration in the United States, most of whom came from the European theatre of war. The Displaced Persons Act of 1948 allowed Europeans who were displaced by the war to resettle in the country, and by the early 1950s, over 400,000 refugees had arrived in the United States.

The late 20th century witnessed a sea change in the dynamics of migration. The Immigration and Nationality Act of 1965 revolutionized immigration flows into the USA by removing national origin quotas that had given preference to European immigrants. This legislation opened the floodgates to a new wave of immigrants coming from Asia, Latin America, and Africa. Thus, it turned the immigrant population of the United States into an estimated 34 million people in the year 2000.

Similar trends began to emerge in Europe. Large-scale migration, especially from former colonies, occurred in the late 20th century to the UK, France, and the Netherlands. Immigration coming from Africa, the Caribbean, and South Asia contributed to a multicultural European landscape. The collapse of the Berlin Wall in 1989 also contributed to a lot of movement within Eastern Europe, with many seeking out more favorable opportunities in Western nations. This was thought to reorder migration patterns within the continent.

By the dawn of the 21st century, many factors combined to create the migration crisis we see today. The world was changing rapidly with increased globalization, conflicts in the Middle East, and persistent economic disparities. The Arab Spring in 2011, for example, brought widespread unrest and civil wars in

countries like Syria, Libya, and Yemen that finally resulted in the displacement of millions of people and mass migrations toward Europe.

By the end of 2020, according to the United Nations High Commissioner for Refugees, there were more than 26 million refugees worldwide; the largest refugee-contributing countries in order were Syria, Afghanistan, and South Sudan. During the 2015 refugee crisis in Europe, over a million people came to its shores, with the majority of them fleeing conflict and persecution. This spurred intense debates around immigration policies, humanitarian responsibilities, and national security.

Immigration from Central America, however, spiked in response to the violence, poverty, and political instability in those countries. Asylum seekers from countries like Honduras and El Salvador saw an astronomical rise, setting a stage for what would be quite a humanitarian complication along the southern border of the United States. In 2019, asylum claims reached their highest level ever, with over 800,000 pending cases—a testimony to how hard the road is ahead for asylum seekers.

Migration is caused by a complex set of causes, often deeply interwoven into systemic issues. In broad terms, such causes can be segregated into economic factors, political instability and conflict, and finally environmental challenges. Each of these categories carries both short-term and long-term consequences on individuals and communities, thereby pushing waves of movement across borders with impacts on both migrants and the countries involved.

There are so many economic hardships, such as poverty, unemployment, and resource constraints. For so many migrants, home economic stagnation pushes them into moving in search of better job opportunities, wages, and quality of life elsewhere. Scarcity of jobs in much of Latin America, Africa, and Asia, for instance, places the painful decision to migrate from the home country onto individuals and families. According to the World Bank, nearly 1.3 billion people survive on less than \$1.25 a day.

The two countries that have suffered an extreme economy collapse in America are Venezuela and Haiti. About 7 million people so far have left Venezuela ever since the outbreak of its economic and political crisis around 2015. It has been

termed as one of the largest crises of displacement in the world according to UNHCR. The luckier ones have managed to flee to neighboring South American countries, while others embark on the long, dangerous road to the United States in an attempt to flee an almost endless circle of poverty and instability.

The United States and parts of Europe are also significant destinations for migrants emanating from sub-Saharan Africa. Forcibly, the limited employment opportunities and economic avenues in sub-Saharan Africa make migrants take to dangerous routes through the Mediterranean to European shores. More than 170,000 migrants attempted to cross the Mediterranean into Europe in 2020 at the risk of their lives, according to the International Organization for Migration, because of dire economic situations. The UN documented more than 20,000 deaths across the Mediterranean in the last decade.

Other leading drivers of migration are political instability, armed conflict, and human rights abuses—things that force persons to leave their countries in search of safety and freedom. Wars and conflicts create direct threats to life, security, and liberty, making relocation a question of survival. For instance, the civil war in Syria that started in 2011 contributed to one of the largest humanitarian crises of the 21st century. The civil war has displaced more than 13 million Syrians, with some having fled to foreign countries such as Germany, Turkey, and other parts of Europe, leaving several million internally displaced. In one way, it is overstressing the resources and capacities of the host countries, raising discussions related to immigration policies and humanitarian assistance.

In many regions, migration is also driven by political persecution and authoritarian regimes. History is riddled with instances of people fleeing oppressive governments imposing limits on freedoms and perpetrating human rights abuses. For example, Central American countries like El Salvador, Honduras, and Guatemala are embroiled in high levels of violence both from forces within and outside their governments—including criminal gangs. In 2021, nearly a quarter of a million migrants from those countries fled to the United States seeking asylum from some of the highest homicide rates in the world.

In more recent times, Europe has also been receiving a considerable number of political asylum seekers from Afghanistan, Iraq, and other countries embroiled in conflict. After the Taliban took over power in Afghanistan in 2021, thousands fled into European countries, fearing persecution at the hands of the new regime. More than 30,000 Afghan asylum applications were recorded in the EU by the end of 2021.

Environmental degradation, climate change, and natural disasters are emerging as strong push and pull factors in migration. Increased temperatures, sea-level rise, and extreme weather conditions lead to wide displacements whereby previously habitable regions become inhospitable or hazardous to livelihood. According to the Internal Displacement Monitoring Centre, at least 30.7 million were displaced in 2020 due to natural disasters; climate change tends to increase the frequency and intensity of such events.

Repeated episodes of drought, for instance, destroy crops and food security in Central America's "Dry Corridor," forcing the migration northward to the United States of thousands of rural farmers. This area includes parts of Honduras, Guatemala, and El Salvador that have suffered consecutive years of severe drought putting extreme pressure on communities depending on subsistence agriculture. Most locals have no alternative but to migrate. Events, such as Hurricane Eta and Hurricane Iota in Central America in 2020, have left tens of thousands homeless.

Other major environmental factors that have contributed to migration in Africa include desertification, the process by which fertile land becomes a desert, usually due to drought and deforestation. Climate change has particularly led to water scarcity, loss of agricultural productivity, and subsequent food insecurity within the Sahel region across Mali, Niger, and Chad. According to the United Nations, approximately 80% of the Sahel's farmland has degraded, resulting in increased migration rates within Africa and into Europe.

Setting this in context, rising sea levels also continue to affect island nations and communities along coastlines-particularly within Southeast Asia and the Pacific Islands-where houses and livelihood continue to be threatened. As an example, the Pacific island nation of Kiribati has been dealing with rising sea levels that threaten

to submerge parts of the island, hence forcing whole communities to consider their options for moving. For example, in the USA, Louisiana and Florida are usually flooded; this situation forces some of its inhabitants to migrate into the inner regions.

The migration crisis continued to deteriorate, and the United States and European nations developed various policies in response to the massive influx of migrants and asylum seekers. These have ranged from responses such as immigration policies, refugee status determination processes, and border security and enforcement measures. While these vary widely among various countries, the overall approach demonstrates a certain balance between humanitarian obligations and security concerns. This section considers these responses, discussing key policies and the implications thereof.

Immigration policies across the United States and Europe are multifarious and shaped by a blend of humanitarian considerations, security concerns, and political pressures. Traditionally, in the United States, immigration policy has represented duality-the economic needs and waves of migration-and the dynamics have changed in restrictive and lenient ways in recent years. The Immigration and Nationality Act of 1965 laid the basis for immigration policy in the U.S., which generally set up specific guidelines concerning family reunification, employment-based immigration, and diversity-based visas.

Over the last couple of years, there have been executive actions within immigration policy in the United States seeking either to increase or decrease the rate of immigration into the country, especially from asylum seekers in Latin America. The "Remain in Mexico" policy was implemented by the Trump administration, which made asylum seekers wait in Mexico while their claims were being processed, creating lengthy delays and putting asylum seekers in dangerous conditions. On the other hand, the Biden administration has tried to roll back some of those restrictive policies, such as expanding the US Refugee Admissions Programme and certain root causes of migration in Central America. Nevertheless, the policy of migration has remained politicized, with debates ranging from border security to asylum reforms and refugee admissions.

European countries, while united into the European Union, have diverging immigration policies due to national politics, economic capacity, and social attitudes. The European Union has established the Common European Asylum System, which attempts to standardize procedures for asylum and heighten protection for people fleeing their homelands into other member states. Yet, the policies on migration in Europe often reflect a north-south divide, where countries such as Germany and Sweden have been more open to accepting asylum seekers, while southern countries like Greece, Italy, and Spain-often the first entry points for migrants-endure huge pressures with the initial intake. The EU, following the refugee crisis in 2015, resorted to temporary "relocation quotas" to force member states to share responsibilities with respect to asylum claims and hosting refugees. However, it has imbalanced implementation, with some nations coming out absolutely resistant to such quotas.

The free movement across most of Europe provided for by the Schengen Area presents an additional set of challenges to managing migration, where migrants and asylum seekers, once initially admitted, are able to move freely across borders.

Border security is an exemplary attribute of modern migration policy on both sides of the United States and Europe, where governments are trying to cope with high numbers of undocumented migrants and simultaneously tend to security concerns. The central focus of American border enforcement has been the southern border with Mexico, overseen by CBP-a patrolling system focusing on entry points, patrols, and checkpoints. From 2021 to 2022, within one year, CBP recorded over 1.7 million encounters with migrants at the U.S.-Mexico border-that gives a fair measure of irregular migration. The U.S. has invested substantially in border infrastructure, including physical barriers, surveillance technology, and personnel. This included the invoking of a public health order, Title 42, during the COVID-19 pandemic under which migrants could be summarily expelled at the border without going through the normal asylum processing system-a rule highly decried by many human rights organizations.

The European Union's border enforcement is coordinated by the EU Frontex agency among member states, especially along the EU's external borders in the Mediterranean and Eastern Europe. Frontex provides support related to maritime patrols, border surveillance, and joint operations for the interception of unauthorized crossing. In 2021, Frontex reported over 200,000 irregular entries into the EU, driven mostly by migrants from North Africa and the Middle East. Mediterranean crossings continue to be one of the most treacherous routes, with several thousand migrant deaths every year due to overcrowded boats, poor weather conditions, and inadequate rescue resources.

Not surprisingly, alongside these difficulties, the European countries have also adopted "externalization" policies that are prepared with the collaboration of third non-EU countries to prevent migration before it reaches the European continent. For instance, agreements have been made among the EU with Turkey and Libya where financial and logistic support is exchanged with these countries in return for a tightened control over migration. The EU-Turkey deal, since it came into effect in 2016, has reduced the migration flows to Europe. It has, however, come under criticism for returning migrants into conditions where their safety and rights are not always guaranteed.

These policies and responses by both the United States and the European nations toward the migration crisis underscore the burden of balancing humanitarian obligations against security and resource limitations. It is immigration policy, refugee determination processes, and border enforcement measures that shape the migrants' and asylum seekers' experiences, who often face lengthy and arduous journeys just to be faced with protracted uncertainty in the country to which they have moved. While some policies aim at upholding the rights of refugees and providing avenues for legal migration, others are designed for deterrence and restrictive measures, and this has created criticism concerning the treatment and conditions of people seeking safety.

Migrants are important agents in the economies of their host countries; they often provide a labor force that is short in certain areas, such as agriculture, building,

healthcare, and hospitality. Immigrant labor in the United States makes up a large portion of the workforce in many key industries. A report by the American Immigration Council elaborated on how immigrants would constitute more than 16 percent of the U.S. workforce and contribute significantly to economic growth by filling very important niches. The same signs could be seen in Europe: countries like Germany find migrants particularly helpful for the engineering and manufacturing industries. According to a report by the European Commission, immigrant workers help address the demographic challenges posed by an aging European population by reinforcing the workforce and supporting pension systems.

On the other hand, migration also has some economic downsides. It is usually met with skepticism in cases of high unemployment due to beliefs about labor market competition and its contribution to wage depression. The inflow of unskilled labor could bring down the wages within those sectors and also for the uneducated native-born workers. According to the OECD, although general effects of migration to wages usually tend to be small, wage pressures for vulnerable groups might occur. To mitigate these issues, policies become necessary in the realm of skill development, equity labor practices, and workforce integration. By supporting migrants to get formal recognition of their skills and qualifications, host countries can reduce competition in the lower echelons of the job market and allow them to be more full contributors to their new communities.

Access to healthcare is one of the fundamental issues for many migrants and refugees. Several migrants cannot access healthcare services in need due to legal obstacles, linguistic barriers, and financial burdens. Generally, undocumented migrants in the United States are not covered under any public health insurance programs like Medicaid, which has limited their access to affordable care. The only usual option given is emergency services, wherein treatment has always been delayed and costs more for such preventable conditions. In fact, according to one report by the Migration Policy Institute in 2020, only 16% of undocumented immigrants in the U.S. have health insurance, while about 91% of the general population is covered, which illustrates significant health disparity.

The health access of migrants, however, is widely variable between countries in Europe. Some countries grant migrants access to health services like nationals, like Sweden and Germany, while others make it as limited as emergency services. Italy allows migrants to get partial access to healthcare, which is a partial solution, but infrastructure and resources cannot keep up with such high demand in regions that see large migrant populations. The European Commission has called for better access to health care, especially in light of migrant populations' increased vulnerability to physical and mental health due to trauma, harsh travel conditions, and poor living environments in migrant camps.

Migration processes, for refugees and asylum seekers in particular, have far-reaching and pervasive consequences in relation to mental health. Most of the migrants who have arrived in the United States and Europe report the most traumatic experiences: violence, persecution, and extreme hardship. One 2019 study published in *The Lancet* estimated that nearly a third of refugees—a consequence of events before, during, and after migration—develop PTSD, depression, or anxiety. Generally speaking, mental health services available for migrants are few and far between; in detention facilities and migrant camps, virtually no care exists.

It is enormously needed, yet mental health support for migrants can hardly take place due to a lot of logistical, cultural, and financial barriers. In Europe, humanitarian organizations have established trauma-informed care programs in reception centers, but demand significantly outstrips supply. In the United States, culturally sensitive mental health support remains beyond the reach of many; differences in language and stigma about mental health create further barriers. Increasing migrant access to mental health services and training healthcare professionals in trauma-informed care have been identified as critical elements in improving the health and well-being of migrants.

Cultural barriers are another significant issue, especially related to people migrating from specific regions where their traditions, religious upbringing, and social behaviors are at variance with those norms of their new host country. This may be difficult to adjust to, for instance, in secularized public spaces in Western

countries. Migrants are very often victims of discrimination or cultural prejudice, which affects their mental health, sense of belonging, and willingness to integrate into society. A 2021 study from the European Union Agency for Fundamental Rights showed that more than 40% of migrants reported discrimination because of their ethnic origin or nationality.

The migration crisis has significantly reshaped the political contours of both the United States and Europe, adding fuel to the rise of populist movements and significant fuel to anti-immigrant sentiment. Indeed, in Europe, the large inflows of migrants, particularly during the 2015-2016 refugee crisis, were a defining issue for many populist parties on the continent. Their leaders are Italy, Hungary, and Poland, among others, have tapped into anti-immigrant rhetoric as a way to get people on board, claiming that migrants are threats to national security, culture, and social cohesion. The likes of Hungary's Fidesz and Italy's League rose to power after campaigning on a vow of harder immigration controls, often couching migrants as either a cultural or economic threat.

In the United States, issues on migration also form the fuel for populist sentiment, mainly in the election cycles of 2016 and 2020. The campaign and presidency of former US President Donald Trump were Copyright marked by an unmistakable anti-immigration platform, with high-profile promises to build a wall across the US-Mexico border and pursue aggressive deportations. But his appeal lay with that segment of the population for whom national security and economic implications of immigration were most relevant, thereby fomenting an increasingly divisive political climate. In this regard, populist and anti-immigrant discourses would continue to shape the American political landscape, framing immigration as a persistent point of high visibility and contention in public debate and major legislative agendas.

The migration crisis has without a doubt tagged elections and political discourses in the U.S. and Europe. Migration-related issues, such as border security, cultural identity, and economic impact, have become defining factors in political campaigns.

CHAPTER 3.

FEATURES OF MODERN DEMOGRAPHIC POLICY IN DIFFERENT COUNTRIES OF THE WORLD

At the beginning of the 20th century, whenever there were concerns regarding overpopulation, as it was particularly in Asia, policies were directed towards increasing the availability of family planning services. However, the 21st century presents new problems in the sphere of population dynamics, including urbanized and developed countries becoming populated with old people and less birth rates, developed countries still facing very high ‘unmet need for family planning’ in their populations particularly in the sub Saharan Africa and some parts of Middle East and South Asia. This change has also made it necessary to extend the demographic policy to the issues of climate change, managed migration and global pandemics (MDPI).

Over the years, there have been radical changes to the demographic policy approaches. The initial ones like that of the 1974 Bucharest Conference were focused on economic growth and family planning. By the 1994 International Conference on Population and Development, however, reproductive rights as well as individual choices came to the fore. At present, such policies encourage the use of gender-oriented, the reproductive health care of especially women-centered, rather safety ensuring rather than coercive family planning methods. In this regard, the low-fertility transition in Iran, which was attained through family planning, only underlines these strategies, while sub-Saharan Africa’s strategies today emphasize women’s empowerment and a re-distribution of norms around high fertility.

Policymaking varies significantly among nations depending on their history, society and culture. Countries such as Japan, South Korea, and Germany have aging populations, leading to pro-natal policies and retirement reforms, whereas Canada and Australia prefer adopting high, controlled immigration measures due to labor shortages. There are, however, countries like Hungary that discourage immigration demonstrating how such policies are not only determined by geographic location.

The agenda for formulating family policies has evolved and calls for comprehensive, all-embracing responses which take into account economic and environmental and social factors. As a case in point, with regard to national development policies, the United Nations Sustainable Development Goals seek to promote such policies which are population and environmental conscious as opposed to one or the other. Demographic challenges are increasingly viewed by nations as part of the resource crisis, climate change or health equity challenges, and thus require integrated solutions.

In the end, all policies regional or global that address population issues have to be understood so as to develop proper mechanisms for handling demographic changes. It is essential to analyze the ways in which different nations are able to cope with the specific demographic problems, as this will allow the formulation of strategies that deal with population issues, but are also more sustainable and resilient. This strategy is particularly important given the need to respond to demographic transformations within and between countries in a fair and just way and in a manner that is not prejudicial to the environment.

A new demographic policy agenda is emerging, which underlines the need for integrated solutions that are multi-faceted in nature, varying from economic to environmental sustainability. As seen in the case of the UN Sustainable Development Goals, countries are prompted to formulate policies that include a consideration of population issues in relation to global concerns such as climate change or resource management. This approach tackles demographic challenges in a holistic manner by ensuring that the development strategies addressing those challenges, such as access to health care services or improvement of the social community infrastructure, are relevant to the different sections of the population.

Efforts to devise a new demographic policy agenda in the 21st century will have to include and incorporate elaborate strategies to tackle population-related problems in global and regional contexts. The contemporary policy frameworks understand that, for example, the issues of fertility, aging, migration or even sustainability of environment are, among other factors, dependent on the

demographic realities in each of the nations, and thus, they take an integrated perspective. Starting from the narrow objective of simple fertility decline achieved by family planning programs, modern policy should, rather, embrace a mix of other components such as gender empowerment, poverty eradication, environmental conservation and immigration control depending on the country's challenges and needs.

Most of the effective demographic policies rest on women, youth, older persons and migrants as these populations are pivotal to the economic development. In other words, philanthropy directed towards youth development will always pay dividends to any country as long as such necessity strategically addresses issues such as building homes for young families is emphasized. A bolder approach focused on the population remedial objectives poised to be targeted clearly identifies holes in structures to hence design policies that will work where it matters to offer more fair results.

Sustainable population policies should be underpinned by strong institutional support and appropriate funding. National Population Councils or their equivalents can be in charge of demographic policy implementation and the review of such policies when the situation changes. Wisely allocated resources also help sustain the provision of activities, while enabling the governments to focus on the longer 'outcomes' rather than the short 'outputs' strategy. This in turn explains why such assistance gives rise to the means to carry out the evolution of the policies over time in response to changes in the demographic situation.

Data-driven evidence-based policy is yet another important component of successful demographic intervention. Accurate collection of demographic data make it possible for the governments to implement policies which are based on needs and not guess work. This is particularly the case for areas such as migration, aging and fertility, where it is impossible to consider just one factor, the social or the economic or the environmental, without considering many others. Through analysis of information over time, policy entrepreneurs are able to make forecasts about population behavior and this makes their actions more interventionist and relevant.

Equally important is the demographic policy that provides a holistic view of various demographic elements. For example, if there is a need to address the aging feminine population, it is important to consider the issue of fertility decline as it is mostly prevalent among ageing women. This overall view checks the tendency for policies to be one-dimensional at the expense of relevant issues which are necessary for the inclusive and balanced growth of people in readiness for various situations like rapid urban growth or environmental concerns.

In addition, the introduction of integrated policy levers reinforces demographic policy even more because it creates interactions between different interventions. For instance, policy-oriented women's development programs, educational accessibility, reproductive health care, and legal reforms on women's rights can affect fertility and health developments positively. Integrated approaches are especially needed in the developing world in areas of high fertility where certain cultural practices may not allow for implementation of stand – alone programs. Such policies can encourage long-term progressive change which is not at odds with prevailing cultural and social norms as there are many aspects that are addressed together.

Complying demographic policies with such international frameworks as the United Nations Sustainable Development Goals (SDGs) strengthens these policies as part of the global priorities. SDGs go on to outline the aspects of sustainable development and their implementation by relating them to issues of population among other economic and environmental aspects. Appropriately framed population policies geared towards the global agendas tend to work better, as they address the issues in the context of the wider problems faced by humanity, and hence promote cooperation in policy implementation.

To sum up, today's demographic policy agenda has to be complex, flexible, and comprehensive geographical context of each country's demography. As explained, interventions can be prioritized, support for their implementation can be built around certain segments of the population and institutions, and such policies can be designed by the decision-makers to deal with the demographic challenges

faced. These policies encourage the alignment of domestic policies with international objectives, the use of evidence in the decision-making, and the layering of policies on top of each other to reinforce the results. This advanced undertaking enables the countries to respond to the demographic oriented challenges that the century present is with in a manner that encourages sustainability, equity and longevity.

The current demographic policies a country tends to adopt are seen as an effective tool in tackling the growing complexities of challenges posed by global population dynamics. Trends in demographics are quite different today, with some areas of the globe being characterized rapid growth while others are witnessing a spiraling population decline and an increase in aged individuals. The United Nations has indicated that in the next 40 years, the world populations is likely to hit 10 billion thus the need for policies that address both local as well as international demographic changes in a region. This development has led countries all over the world to begin adjusting their demographic policies geared towards achieving and promoting sustainable development, bearing in mind the problem of either a high fertility rate or a low birth and aging population.

Reform of entitlement policies is one of the most basic components of contemporary demographic policies in various countries. With the rise of older population, particularly in developed countries, governments particularly in developed countries are amending policies on retirement and health in order to be viable. In most countries, there is a gradual increase in the age of retirement with older persons being encouraged to work more years. For instance, in recent years, both Germany and Japan have increased the standard retirement ages and encouraged those who are of the age of retirement to work for even longer periods, helping to mitigate the burden on their respective government's pension schemes. Such measures are vital in making sure that a country's economic growth and its financial stability is not impacted by an increasing elderly population.

Contemporary perspectives on demographics underscore the importance of policy adjustments as well. Many Public finance institutions are expanding their tax

bases and are making efforts to enhance tax adherence in order to offset the fiscal pressures caused by the demographic revolutions, which have increased public spending demands. Raise in tax revenues perhaps addresses the costs associated with the provision of healthcare, social security and other related services. For example, as Scandinavian nations with aging population demographics are prone to, they have raised their tax compliance levels effectively to increase tax revenues to finance their economic welfare. Also, many factors are at play to this response where removal of subsidies, especially on energy, is one of them as it frees up resources for spending on elderly related issues including healthcare.

Apart from adjusting entitlement and fiscal policy, a number of countries have also taken initiatives in promoting labor force participation as a way to alleviate the problems associated with aging population. A common strategy is to advocate for increased female labor force participation. Sweden, France, and Canada have supportive measures with respect to work-family balance such as paid parental leaves and childcare subsidies enabling women to participate and remain in the labor market and family. Such an approach is expected to increase productivity while ensuring that there are sufficient numbers of workers to counterbalance the effects of aging populations, who may not be economically active, hence some resulting financial strains.

Another critical aspect of demographic policy is migration regulation, particularly for areas that are undergoing depopulation and are in need of labor. Much like Canada, Australia, and more recently, Germany, Italy has also moved toward easing immigration laws with an aim of bringing in skilled labor to counter the impact of the country's aging population. Canada, for example, has a point-based immigration policy that favors immigrants whose skills can be put to immediate use in the country and which serves to increase its population and reduce the shortage of labor in some industries. However, the issue of incorporating migrants still exists and requires very well thought out strategies to deal with the challenges presented by immigration on the economy and social relations.

Innovation and technologies also play an essential role in the contemporary demographic policy which, as it is supposed, would expand the economic capabilities of different states and their populations over a long term. Countries are more and more investing in research and development and creating conditions for development of science and technology. For instance, even in South Korea and Japan, considerable resources have been devoted towards the use of industrial and service robots to relieve the effect of labor shortages resulting from the old age of the workforce. These countries, which promote technology utilization, do not expect an increase in the workforce but hope to keep productivity figures unaffected, which is why they are exemplary for countries that share the same population outlook.

In many population policies, particular attention is given to education and skill development in order to prepare the coddling for the labor market. In case of high growing population such as in Sub-Saharan Africa where the majority of the population is young, leaning and adopting a productive investment in education and vocational training is very important for the young population towards sustainable economic development. For example, many countries, including Nigeria and Kenya, are actively promoting youth skills development as a means of utilizing the country's demographic dividend. Enhancing human capital with these policies aims to alleviate youth unemployment and take advantage of demographic dividends that can lead to economic development.

Some of the countries are moreover tackling demographics by factoring environmental concerns in their policies. This is because the increasing populations of regions such as South Asia and the sub-Saharan Africa exert more pressure on the available natural resources and therefore, it is imperative that policies aimed at sustainable use of resources be put in place. For instance, in India the water management policies and the renewable energy and emissions decline policies are interrelated in that they deal with the economic, social and environmental aspects of development and are population and resource management policies in nature. The coupling of population growth to environmental conservation means that the people

of such regions will be able to enhance their development without exhausting them or future generations.

In the contemporary context, the formulation of demographic policies on the international scale has been characterized by adherence to global standards including, but not limited to, the Sustainable Development Goals (SDGs). The SDGs call for promoting enhanced development which is not only equitable but also sustainable and many nations are working toward the integration of their demographic policies to these goals. For instance, eradication of hunger, provision of quality education, promotion of gender equality and development of resilient infrastructure are all targets of the SDGs that have demographic objectives. As such, the commitment in including population issues in national development plans ensures that all other issues that are conducive to both externally and internally reinforce peace and stability are addressed.

Modern policies on demography display how far understanding of the relationships between population growth and its economic, social or even environmental facets has advanced. From the reforms of entitlements to working permit policies, an array of solutions is under implementation by the nations to counter the existing demographic effects. Such policies do not merely aim at maintaining the existing age structures of populations but also look towards the possible future progress of demographic processes. By establishing policies that are workable and sustainable, countries across the globe can deal with the demographic issue of the 21st century and most importantly, formulate strategies for achieving sustainable development.

As discussed in Africa & Europe, demographic transitions are sharply different across regions. Europe has an increasingly declining and aged population, and studies project that there will be workforce shortages in about mid-century. On the contrary, Africa's population is youthful and rapidly growing. These trends require not only regional but also global solutions to manage the labor market and alleviate socio-economic imbalances [14, p. 12].

Cooperation between Africa and Europe will help integrate labor markets and address issues related to the age structure of the population. Creative idea is to set up training centres for African nationals with skills required by the labour market in Europe. Such a strategy has its advantages for both parties: it allows European countries to reinforce their labour forces while controlling migration from Africa [14, p. 61-63].

Harnessing Technological Innovations is a demographic strategies are also being transformed by technological innovations. Bounded by its continents, Africa's fast rising tech industry ranging from digital banking to clean energy enhances Europe's developments in artificial intelligence and robotics. By combining efforts and resources, the two areas can overcome the challenges of unemployment and shortages of labor [14, p. 80-83].

Increased population and urbanization create pressure on the environment. Some countries like Kenya and Germany have integrated eco-friendly technologies in their urban planning. Such initiatives help to preserve the environment on the one hand, while the practicalities of population growth are realized on the other [14, p. 88-90].

A smart partnership concept between Africa and Europe could be useful in correcting labor inequalities and promoting development on both continents.

CONCLUSIONS

The twenty-first century is characterized by demographic challenges, which have become a central issue affecting the economic, social, and political processes in both developed and developing countries. This thesis has taken a broad look at demographic challenges respectively studies of aging population, migration and fertility issues. The different regional experiences of these challenges demonstrate the necessity of managing demographic transitions through integrated and comprehensive management policies.

Aging of the population is also a global issue, but in less developed countries this problem is not as critical as in developed countries due to the low level of birth rate and the increase of longevity. The social welfare provision for the aged, which includes the pension system, health care and labor, needs urgent rethinking. At the same time, however, the eastern and southern parts of the globe, especially sub-Saharan Africa and South Asia, are suffering from high fertility – the growth of population is focused particularly on the young age groups, creating a burden in terms of education, health care and employment of a ‘working age’ population. Some of these involve nurturing women, improving human resource conditions and building facilities.

Highlighting both the challenges of migration and its prospects, the interconnectedness of these demographic situations is emphasized. The “migrant crisis” in the EU and USA exhibits the fine line between humanitarian concerns and national ones. On the other hand, for example, the EU and some African countries have worked together in a very efficient way to allow migration of labor and even enhance the skill development in those countries. Nevertheless, these initiatives must also deal with political opposition and public concerns worked to attain their objectives.

On the one hand, migration emerges as an enabling demographic policy and on the other hand, it remains a source of concern. Such a thesis focused on the productive dimensions of migration in the context of aging societies, and the other - on the negative aspects of migration for host countries. Let us take the example of

the European Union which is trying to resolve the labor market's geographical component by making partnerships with the African states. On the other hand, new waves of populism and hostility towards migrants make sound policies harder to deliver. It is important, therefore, to put institutional mechanisms in place where migration is optimized for development, with due consideration for both national and humanitarian imperatives.

Equally important to any current concept the demographic policy is environment sustainability. Overpopulation and increased urbanization in developing areas of the world result in increased environmental burden, and hence, there is a need for policies that link demographic policies with resource management policies. In countries such as Japan and Germany, for instance, the use of renewable energy and the design of cities has offered solutions to these problems. These policies reduce environmental damage as well as increasing the capacity to deal with climate change-induced population movements, for instance, natural disaster-related displacements.

In this case, this thesis additionally presents how innovation in technology and fiscal strategies is an ingenious solution to the demographic challenges. It is true that investing in automating processes, renewable energy and healthcare devices helps mitigate labor issues and improve productivity in societies that are aging. Likewise, certain aggressive fiscal measures including tax restructuring and prudent use of public resources may go a long way in ensuring that demographic transitions are effective.

A notable conclusion derived from this thesis is the embedding of global structures such as the Sustainable Development Goals (SDGs) within demographic policies. National strategies are geared toward the demographic challenges for such efforts would be carried out in a holistic way without seeking to achieve one objective in isolation. There are additional elements in the SDGs, such as access to education, gender, and climate change, which points towards crafting policies that are not only efficient, but also fair and equity-based.

the findings confirm the thesis that major demographic challenges are not self-standing; they are part of the global challenges of climate change, economic growth, and political governance. It is an issue that requires the need for all world's effort with scientific policy and inclusive policy frameworks such as the Sustainable Development Goals. The thesis ends by providing encouraging views on demographic transitions arguing that these challenges create space for every society to be more creative and work together to become better and more sustainable.

Lastly, there is an urgency to address the prevailing demographics of our present society with all the sides of interventions at all levels. Addressing them in the case of the elderly in developed countries, youth bulges in developing countries, or emigration in certain regions of the world will call for a flexible and evidence-based approach in formulating such policies. The capacity of this thesis has shown that demographic problems can be solved with the help of new approaches, international partnership, and caring for people's well-being is not just a slogan in the nations of respectful nations but the reality. The conclusions remind that demographic policy is not just a matter of national importance, it is a question of global necessity and future of humanity.

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Appendix A.

Immigration Trends and Impacts (1820-1920)

Category	Key facts/statistics	Details
Total Immigrants (1820-1920)	~30 million immigrants	Massive influx reshaped U.S. demographics and labor markets.
Irish Immigration	1.5 million (1840s to 1850s)	Fleeing the Irish Potato Famine, most settled in cities (e.g., Boston, NYC, Chicago)
German Immigration	~6 million (1820–1920)	Driven by 1848 revolutions and economic hardship.
Scandinavian Immigration	2 million (mid-19th century to early 20th century)	Attracted by agricultural opportunities in the Great Plains and Midwest.
Chinese Immigration	~300,000 (1850–1882, pre-Exclusion Act)	Initially drawn by the California Gold Rush and later worked on railroads and agriculture.
Pull Factors	Industrial jobs, Homestead Act (1862) freedom	Economic opportunities and political/religious freedoms attracted immigrants
Push Factors	Famine, revolutions, persecution, land scarcity	Key drivers included the Irish Famine, 1848 European revolutions, and Eastern European pogroms.
Push Factors	Famine, revolutions, persecution, land scarcity	Key drivers included the Irish Famine, 1848 European revolutions, and Eastern European pogroms
Urban Growth	Immigrant labor fueled rapid expansion	Cities like New York, Boston, and Chicago became densely populated immigrant hubs.
Legislation Impact	Chinese Exclusion Act (1882), Immigration Act (1917)	Restricted certain groups and marked the rise of immigration controls.