QuickNotes

FREE STUDY NOTES · PDF

UGC NET Paper 2

Population Studies (015)

Complete revision notes — all 10 units

10 units | Tables & formulas | Key revision points

01 Sources of Population Data
02 Population Theories
03 Fertility
04 Mortality
05 Migration
06 Population Composition
07 Urbanisation
08 Population and Development
09 Population Policy in India
10 Demographic Techniques

getquicknotes.com

Edition: November 2026

CONTENTS

What's inside

Ten units of focused revision notes. Each unit ends with a box of key revision points.

01 **Sources of Population Data** — Census, vital registration, sample surveys and their features. 3

02 **Population Theories** — Malthusian, optimum, Marxian and demographic transition theories. 4

03 **Fertility** — Measures of fertility and its determinants. 5

04 **Mortality** — Measures of mortality, life tables and the epidemiological transition. 6

05 **Migration** — Types, theories and measurement of migration. 7

06 **Population Composition** — Age–sex structure, sex ratio and dependency ratio. 8

07 **Urbanisation** — Concepts, measurement and trends of urbanisation. 9

08 **Population and Development** — Population, economic development and the demographic dividend. 10

09 **Population Policy in India** — Family planning programme and national population policies. 11

10 **Demographic Techniques** — Rates, ratios, standardisation and projections. 12

How to use these notes

- Read one unit at a time, then test yourself with its key revision points.
- Make your own short notes on topics you find difficult.
- Units follow the main areas of the official syllabus — the exact unit list can change between sessions.
- Always check the latest syllabus and notices on the official UGC NET portal: **ugcnet.nta.ac.in**.

UNIT 01

Sources of Population Data

Census, vital registration, sample surveys and their features.

- India's first synchronous census: 1881; held every 10 years.
- Civil Registration System (CRS) — births and deaths; Registration of Births and Deaths Act, 1969.
- **Sample Registration System (SRS)** — from the mid-1960s; estimates of birth and death rates.
- **National Family Health Survey (NFHS)** — first round 1992–93.

★ Key revision points

- First synchronous census: 1881.
- RBD Act: 1969.
- SRS gives vital rates.
- NFHS-1: 1992–93.

UNIT 02

Population Theories

Malthusian, optimum, Marxian and demographic transition theories.

Theory	Author / idea
Principle of Population (1798)	Malthus — geometric vs arithmetic growth; positive and preventive checks
Optimum population	Edwin Cannan — population maximising per capita income
Marxian	Relative surplus population under capitalism
Demographic transition	Warren Thompson (1929), Frank Notestein (1945)

★ Key revision points

- Malthus: 1798.
- Optimum population = Cannan.
- Demographic transition: Thompson, Notestein.
- Preventive checks lower births.

UNIT 03

Fertility

Measures of fertility and its determinants.

- **CBR** = births per 1,000 population; **GFR** = births per 1,000 women aged 15–49.
- **TFR** — average children per woman; replacement level ≈ 2.1.
- Determinants: Davis–Blake intermediate variables (1956); Bongaarts' proximate determinants (marriage, contraception, abortion, postpartum infecundability).

★ Key revision points

- Replacement TFR ≈ 2.1.
- GFR uses women aged 15–49.
- Intermediate variables = Davis and Blake.
- Proximate determinants = Bongaarts.

UNIT 04

Mortality

Measures of mortality, life tables and the epidemiological transition.

- **IMR** — infant deaths (under 1 year) per 1,000 live births; **MMR** — maternal deaths per 100,000 live births.
- Life table: life expectancy at birth (e_0); survivors (l_x).
- **Epidemiological transition** — Abdel Omran (1971): from infectious to chronic diseases.

★ Key revision points

- IMR per 1,000 live births.
- MMR per 100,000 live births.
- Epidemiological transition = Omran (1971).
- e_0 = life expectancy at birth.

UNIT 05

Migration

Types, theories and measurement of migration.

Theory	Author
Laws of migration	Ravenstein (1885)
Push–pull with intervening obstacles	Everett Lee (1966)
Expected income model	Michael Todaro
Mobility transition	Zelinsky

★ Key revision points

- Laws of migration = Ravenstein.
- Intervening obstacles = Lee.
- Rural–urban expected income = Todaro.
- Mobility transition = Zelinsky.

UNIT 06

Population Composition

Age–sex structure, sex ratio and dependency ratio.

- Age–sex pyramids: expansive, constrictive, stationary.
- India's sex ratio (Census 2011): 943 females per 1,000 males; child sex ratio 918.
- Dependency ratio = (0–14 + 65+) ÷ (15–64) × 100.

★ Key revision points

- Sex ratio 2011: 943.
- Child sex ratio 2011: 918.
- Dependency ratio uses ages 0–14 and 65+.
- Expansive pyramid = high births.

UNIT 07

Urbanisation

Concepts, measurement and trends of urbanisation.

- Census town in India: population ⩾ 5,000, ⩾ 75% of male workers in non-agricultural work, density ⩾ 400 per sq km.
- India's urban share (2011): about 31%.
- Over-urbanisation; urban primacy; counter-urbanisation.

★ Key revision points

- Census town: 5,000 people, 75% non-farm men, 400/sq km.
- Urban share 2011 ≈ 31%.
- Primate city dominates the urban system.
- Counter-urbanisation = movement out of cities.

UNIT 08

Population and Development

Population, economic development and the demographic dividend.

- Demographic dividend: a large working-age share can boost growth.
- Population ageing and its effects.
- ICPD Cairo (1994): shift to reproductive rights and health.

★ Key revision points

- ICPD: Cairo, 1994.
- Demographic dividend = large working-age share.
- Ageing raises old-age dependency.
- Cairo focused on reproductive rights.

UNIT 09

Population Policy in India

Family planning programme and national population policies.

- India launched the world's first national family planning programme in 1952.
- **National Population Policy 2000**: immediate — contraception and health infrastructure; medium-term — replacement TFR; long-term — stable population by 2045.
- National Health Mission; Mission Parivar Vikas (2016).

★ Key revision points

- First national FP programme: 1952.
- NPP 2000: stable population by 2045.
- Mission Parivar Vikas: 2016.
- Shift from targets to target-free approach (1996).

UNIT 10

Demographic Techniques

Rates, ratios, standardisation and projections.

- Rates vs ratios; crude vs specific rates.
- Direct and indirect standardisation.
- Projection methods: arithmetic, geometric, component (cohort-component) method.
- Growth rate: $r = \ln(P_2/P_1) \div t$ (exponential).

★ Key revision points

- Standardisation removes age-structure effects.
- Cohort-component method projects by age.
- Exponential growth: $r = \ln(P_2/P_1)/t$.
- Specific rates refer to a sub-group.

QuickNotes

Learn Quickly. Prepare Smartly.

More free study notes

Free PDFs for UGC NET Paper 1, every Paper 2 subject, IBPS RRB and SSC CHSL — no sign-up.

www.getquicknotes.com

Free for personal study — not for sale. You may share this PDF unchanged and free of charge.

QuickNotes is an independent educational platform. It is not affiliated with, endorsed by or connected to the University Grants Commission (UGC), the National Testing Agency (NTA) or any government examination authority. These are original revision notes; always refer to the official notification for exam dates, eligibility, pattern and syllabus.

Found a mistake? Email support@getquicknotes.com · Edition: November 2026