

TEL Activity - Activity Plan

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Grade / Course: Individual Measures of Population Control (All adults of reproductive age – Adult Education)

Length of Activity: 60 minutes

Lesson Description: The following text will be presented to the students in print media form. It may also be presented in audio/video form.

It is interesting to take note of some important milestones in the world population growth. As per worldometer, by around 1800 the human population in the world reached one billion. But it reached the second billion in only 130 years (1930), the third billion in 30 years (1960), the fourth billion in 14 years (1974), the fifth billion in 13 years (1987), the sixth billion in 12 years only (1999), and the seventh billion again in 12 years (2011). The current world population is 7.8 billion as of April 2020. It is expected that it would reach eighth billion by 2023, ninth billion by 2037 and tenth billion by 2057 (<https://www.worldometers.info/world-population/>). In spite of the measures taken by the states, national governments and the international and global agencies there has been such phenomenal growth in the world population. It is ultimately the individuals and their families who can play effective role in controlling the population change in the desired direction.

Individual measures of population control can be categorised into two broad types. These are: pre-marriage measures and post-marriage measures.

- i) Pre-marriage measures:* These include: a) adhering to legal age of marriage, and b) delaying the marriage for some more years beyond legal age of marriage. These measures have their implications to individual health as well.
- ii) Post-marriage measures:* These can be categorised as follows.
 - Male methods and female methods of birth control or family planning.
 - Primitive methods of birth control and modern methods of family planning.
 - Birth-spacing methods and sterilization methods, or temporary methods and permanent methods of contraception.

The broad range of these methods and techniques of birth control or family planning as individual measures of population control include the following.

- a) Natural methods:* Celibacy, abstinence/continence, coitus interruptus, coitus reservatus, lactation or breast-feeding, safe period/rhythm (calendar and temperature methods);
- b) Chemical methods:* Douche, suppositories, tablets and powders, jellies, pastes and creams, foam powder, etc;
- c) Mechanical devices:* Sheath or condom, diaphragm, cervical caps, intra-uterine contraceptive devices (IUDs);
- d) Immunization against conception:* Spermatoxins and synthetic hormones -- oral pills, emergency contraceptives;
- e) Injectables and implants;* and

f) *Sterilization (Permanent methods)*: Exposure of sex glands to heat or X-rays, and male and female sterilization through surgery.

These measures provide a comprehensive view of the relevance, appropriateness, practicability and effectiveness of different measures of population control by individuals in various contexts of their individual and family life.

Intended Learning Outcomes: Students will:

- Understand the relative significance of the pre-marriage and post-marriage measures that the individuals can take to control population change in the desired direction;
- Analyse the relative merits and demerits of different temporary as well as permanent methods and techniques of contraception;
- Choose appropriate method(s) and technique(s) of contraception in the given context(s) as ideal contraceptive(s); and
- Promote awareness among others of appropriate methods and techniques of contraception with a view to enhance contribution of all the capable and eligible individuals to population control.

Resources/Technology

Student Laptop, access to the Internet, printer

STUDENT ACTIVITIES

Read, review, respond, explore and self-assessment activities are listed below.

READ

Individual measures of population control:

<http://egyankosh.ac.in/bitstream/123456789/43780/1/Unit-10.pdf>

Planned Parenthood: <https://www.plannedparenthood.org/learn/birth-control>

Birth Control Overview: <https://www.webmd.com/sex/birth-control/default.htm>

REVIEW

15 Birth Control Options (Types and Side Effects):

https://www.medicinenet.com/birth_control_methods/article.htm

Measures Used to Control Births:

https://www.google.com/search?q=methods+used+to+control+population&sa=X&biw=1440&bih=789&tbm=isch&source=iu&ictx=1&fir=I2ewWUU6RU-SSM%253A%252CS0jY-Npj5ymv-M%252C_&vet=1&usg=AI4_kQCHP4KFLE_AUyqJzvRyyc6N8y37w&ved=2ahUKEwio3rL8rYvpAhWqILcAHd93B2AQ9QEwAHoECAoQAw#imgsrc=1Znh1gEsNSQBRM

RESPOND

What do you think is the ideal contraceptive for you or for your spouse and why? Do you think ideal contraceptive varies from individual to individual and, if so, why?

EXPLORE

Use an online search engine (Google, Yahoo, Ask.com) and find additional resources that are useful in enhancing your understanding of individual measures of population control.

Here are a few:

<https://www.medicalnewstoday.com/articles/162762>

<http://www.yourarticlelibrary.com/population/3-important-methods-to-control-overpopulation/26950>

Here is a link where you can explore some videos too:

<https://www.webmd.com/sex/birth-control/video/birth-control-types-options>

ASSESS YOUR OWN LEARNING

Check your understanding of various methods and techniques of birth control and family planning. If you have any doubts with respect to the suitability and adaptability of any one or more of the contraceptive methods or techniques to you or to your spouse, then write down the specific questions you wish to consult the doctor about. While conceptualising the questions keep in mind your life style, marital status, physical health and sexual behaviour.

Student Assessment

Having understood individual measures of population control, you can now list out some important measures including contraceptives under various categories, which you consider are effective, easily adaptable and practicable. You submit the list to your teacher as an attachment to e-mail.

You can use the Table given in page 4 below as your Worksheet in this regard.

List Some Effective Measures of Population Control by Individuals

Sl. No.	Type of Measure	For Males	For Females
I)	Pre-marriage measures	1)	1)
		2)	2)
		3)	3)
II)	Post-marriage measures		
	A) Temporary Methods/ Techniques	1)	1)
		2)	2)
		3)	3)
		4)	4)
	B) Permanent Methods / Techniques	1)	1)
		2)	2)