

## An Outlook of Youth vs Health Security in Asia: A Sociological Appraisal

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### Abstract

Sociologically speaking, study of youth in terms of demography gives us an apparent sight on population groups with special reference to the youth. It is sad to say that many sociologists do not have good expertise in demography. Population is a phenomenon ever prone to change, and if we undermine it, problems of all kinds may emerge. Earlier, and for thousands of years the size of population worldwide was low mainly because of high death rates for all age groups. Later and especially since 1650, population started to increase more in developed world, and to a lesser extent in developing world. Such a gap created the problem of health security especially in countries with unbalanced age groups. Currently, many Asian and African countries are facing health security with special reference to their youth whose number is huge too. Such youth are at the brink of economic and health poverty. Many of the young girls and boys needing medical treatment cannot access it. Many females needing hospital services for their delivery, cannot easily get it. Similarly, increasing number of male youth affected by drugs and narcotics known as neurological patients cannot easily be treated and looked after. However, demographic study of population plays an important role in the health security of youth in Asian countries.

**Keywords:** Demography; Health Security; The Youth; Sociology; Age Groups

### Introduction

Youth are constantly increasing in developing world due to high birth rate. But, the emerging youth are not compatible with the health and care requirements. Many youths need medical treatments and therapies in different forms but cannot easily access the necessary medical institutions. Likewise, due to complicated and controversial life today, many youths are trapped in neurological diseases with the least possible means to treat in many Asian and African countries as a whole. The world Health Organization in 2006 estimated that neurological disorders affect as many as one billion people worldwide and identified health inequalities and social discriminations as major factors contributing to the associated sufferings [1]. Those affected by nervous system are much subject to Parkinson's Disease (PD). The symptoms of Parkinson's being slow at first, worsens later. Seizure disorders are also the problems

that affect some youth [2]. Neurological disorders are many and variant with special reference to the youth in Asia. Psychological and neurological disorders are highly connected with each other which need to be examined by the experts concerned. Such inter-linked disorders are mostly examined by psychologists in Asia [3]. However, as the world population is increasing to over 10 billion by the year 2050, the youth will also increase by the same rate by then [4].

Youth Demography examines the young population, mainly from a demographic perspective, in which different demographic indicators for different age and sex groups, mainly between the ages of 15-29, are examined and evaluated. Fertility in a period, marriage index, control of child mortality, better health facilities, literacy and parental education, etc. are among the indicators that affect the young population. Less developed societies, including

Iran, have had high fertility rates over the past five decades, especially up to two decades ago, and this has led to a slight increase in the young population; That is, a large volume of the population that must meet its natural and legal needs. Needs such as employment, income, housing and the like. Therefore, demographic assessment of the age groups of 15-29 years is very important. Access to various treatments, vaccines, water sanitation (plumbing), etc., provided the means to prevent child mortality. This gave the born population a better chance of survival, and that became the basis of the young population.

### Demographic indicators

Major indicators of young population, amount or total number of young populations; That is, people aged 15-24 or aged 15-29 are themselves a turning point in any society; In a way that other programs should be adjusted based on this demographic index. Young people are the age groups that need more and comprehensive investment. The young population also has its own dynamism, production capacity and creations. Therefore, from different angles, this population needs different and wide investments. Because the population is so large today, especially in developing societies, one would expect a larger adult population in the coming decades. Consequently, such population groups of 15-29 years old will create more population in the coming years. Therefore, the planning system in any society must evaluate and study the phenomenon in a futuristic way. Therefore, due to the sensitivity of the young community, proper planning and research should be done around this population, otherwise the community will face many disorders in later periods and years.

The ratio of the ratio of the population aged 15-29, or the young population to the total population, is of particular importance in determining investment policies, for example in the higher education, health and other sectors. By focusing on the population aged 15-24 and also according to the needs of this population such as educational facilities, health, treatment, employment and the like, the young population should always be on the agenda of socio-economic and demographic planners and policy makers. Take; In a way that sufficient facilities provided investment for this population in different sectors. Otherwise, the young population will face a multitude of socio-economic challenges and disorders; In a way, he inevitably remains dependent on his family even at the age of 20 and above. Meanwhile, industrialized and developed countries,

which are already familiar with the population policies related to youth, today easily meet the needs of this population in the form of employment, housing, etc.

The age characteristics of the young population itself indicate that the graduate population is looking for work and employment, wants an independent life and must start a family. Indicators of this type and the like are among the goals of the age analysis of the young population. Developed countries that have already prioritized their population planning have achieved many of the goals of their young population. Following the acquisition of population statistics and information, the planning system in countries must respond to many demographic results and findings, especially the young population. For example, the latest census in China in late 2010 found that between 2000 and 2010, some 200 million people in the country's young population migrated from rural to urban areas. Following these findings, the Chinese government has recently begun to build small, affordable housing in urban areas to meet the housing needs of its young immigrant population. The age index of 15-24 years also shows how the family structure of the young population in each community. Countries with a large proportion of the population in the 15-24 age group should generally expect more young families as well. Following the emergence of such families, many social, cultural, and economic needs arise between them that must be met in their place.

Comparison of this index; That is, young people in different years and periods reflect the trend of delay in the age of marriage, which in itself can help social planners. Delay in marriage age Although pleasing to demographers, many sociologists believe in age-appropriate marriage; That is, after entering the age of physical maturity, the grounds for marriage between young people must be provided. Many developing countries today face this dilemma (delay in marriage age); That is, following the increase in the young population, which is itself the result of high population growth in recent years, employment and livelihood opportunities are not provided for young people at the right time, and this has ultimately led to delays in the age of marriage in those communities; That is, a phenomenon that entails many potential harms.

### Indicators of population education

The literacy rates of the young population indicate the level of education and consequently the necessary investments for educa-

tion. The Literacy and Education Index itself has been introduced as part of the Millennium Development Goals. At the same time, while this index is defined in different ways in different countries, it is a major part of census data collection in countries. Educating young people about how they will be productive in the future is a point that employers are also paying close attention to [5].

Population Education Index: That is, appropriate investment for different age groups, including adolescents and young people, is itself a prerequisite for development in different societies; So that itself is known as a major target in the third millennium. In addition, the supervisory role of their parents has a great impact on how well young people succeed in education [6]. The statistical and census system in the countries itself has assigned many questions to the (young) population education sector. In this way, the quality of the education system among the young population is evaluated and determined. Hence, any development planning in a given society depends on the development of education with an emphasis on youth.

One of the goals of demography is to study demographic indicators. Demographic indicators in each country such as age, number of households, urban population, rural population, economic status, place of residence, etc. In addition, demographic indicators can be changed or modified. In general, one of the tools to show the low level of education is the ratio of teenagers and young people enrolled in educational centers. Over the last half century, this index has been increasing; That is, children who have reached the required schooling age (6 years old) have generally entered the education system. This is also an indicator of development among different nations. It should be noted that after accepting the necessary population of education in educational centers, other platforms such as employment facilities should be provided in the following years. Under such circumstances, and if economic and industrial investments are made to the proper extent, educated and skilled young people will play a vital role as supporters and nurturers of industry and the economy. During the twentieth century, this situation first emerged and was realized in the industrialized countries of Western Europe and gradually in the countries of East Asia. In this index, the ratio of those enrolled in high school is measured regardless of age groups. Although the literacy index starts at the age of 6, at the same time, the education system as well as the global recommendations, including UNESCO, are mainly based on the principle that the school population should pursue their education

at least until the age of 17. N. For this reason, developed countries have generally instituted compulsory and free education in their communities until at least the age of 17. Following the experiences gained from developed societies, children who live in school with their original parents achieve greater academic achievement [7]. This, in addition to the other benefits it entails, also prevents the emergence of working children and street children. Similarly, the net proportion of young enrollees at the high school level refers to this population according to their age groups. This index provides a clearer picture of the educated and employed young population. Therefore, the net ratio of young enrollees at the high school level is the student population by age groups of this population.

### Indicators of youth employment and unemployment

Unemployment rate as a population indicator is the number of unemployed in an age group divided by the labor force in the same age group ]100' [. While employment is a priority of many government programs, at the same time seeks to distance young people from the plan Employment companies do not find a significant share of the growing young population in search of employment. As a result, the phenomenon of unemployment is gradually appearing among this population. Demographers emphasize the need to pursue demographic policies in which the birth rate is reasonably adjusted and reduced; In such a way that subsequently the age groups that gradually enter the working age can easily access employment facilities (job opportunities).

The index of youth age at working age is a major factor in facing the health of the labor market situation. This threatens the health of the labor market if a large population enters the labor market continuously. As far as wages, job stability, quality of work, and so on are concerned, the health of the labor market is thus endangered by the large number of job-seekers. Therefore, according to this theory, the job-seeking population should always be kept quantitatively and qualitatively proportional in any society. It is noteworthy that the disproportion in this area has led to employment crises in many developing societies; As a result, inevitably part of the young job-seeking population in many countries today migrates to other countries to find work and employment.

The Youth Unemployment Index also measures youth unemployment among adults and provides an accurate picture of the age groups of the unemployed youth population by age and gender. It

measures the unemployment rate in different provinces and places, as well as in different periods. As the young population in the present age, especially in developing countries has an increasing trend, their employment is also very important by age and gender, and their urban and rural areas. One of the main goals of youth demography is to adapt the age groups of the young population to employment sources. It is noteworthy that today many less developed countries are facing an increase in young people in the face of limited employment opportunities. This scenario has created many social problems and challenges. The employment ratios of the young population to the total population help the economy and the planning system to create employment opportunities. Therefore, creating a balance between these two indicators includes more opportunities for development, economic prosperity, social health, social order, and guarantees of this kind. More developed societies and countries have generally been able to improve the quality of their limited young population by restricting their young age groups, thereby improving production capacity as well as production quality; That is, the current that has led to socio-economic development in those societies.

Labor force participation rate itself reflects the proportion of the working age population that is actively entering the labor market. One of the main goals of demography is to monitor the young population that actively participates in various sectors as a labor force. In the conditions of increasing young population, the labor market cannot easily meet the employment needs of this population. Therefore, and in such circumstances, the supply-demand equation is greatly disturbed; That is what ultimately leads to unemployment. Therefore, social and economic policy in different societies should always pay attention to the young population in a forward-looking way. It is only in such circumstances that the young population will be able to easily enter the labor market. The Young Labor Force Index shows the supply of labor in the production of goods and services. In the presence of a large labor force, the expansion of production in various sectors must be done extensively, the labor force must be trained, etc., in order to provide employment opportunities for this labor force. Workforce employment planning for the young population should always be on the agenda of economic and social planners and policy makers. In such cases, social security is generally provided for the 15-24 age group. The unhealthy phenomenon of the employment situation is evident today in most developing societies in various parts of Asia, Africa and

Latin America. In such a situation, the mentioned areas should give more priorities to their population planning.

### Youth health and fertility indicators

Having children and fertility under the age of 18 often poses a threat to the physical and social health of mothers and children, and in it, the risk of physical health is directed at mothers at this age. Many less developed countries in Africa, Asia and South America face the phenomenon of underage marriage. Such conditions not only endanger the health of mothers and children, but also the social health to a great extent; This means that many children of such mothers will not have enough education and literacy in the future. Likewise, such women themselves are illiterate due to their early marriage. Such conditions lead to the emergence of working children, street children, criminal and anti-social groups, and the like; That is, a scenario that endangers social health as a whole. Such a situation can be seen in most African countries today. Therefore, the World Health Organization places great emphasis on raising the age of marriage in developing countries. At the same time, the negative socio-economic effects of having children at an early age are felt by mothers in the 15-19 age group. Many Asian and African countries are still in this situation; That is, a situation that itself causes a rapid increase in population. Countries like Bangladesh and Pakistan are among the communities in Asia where about half of girls marry under the age of 20 or 20. This situation has caused many social, economic and physical harms to such communities and their families. This causes the fertility rate of young women aged 15-19 to be high, which in turn has a significant effect on the total fertility rate in a given community, and ultimately becomes a problem. Marriage between the ages of 15 and 19 for women generally results in an average fertility of more than 5 children per woman.

It should be noted that fertility index or rates are calculated based on the number of live births, not cases of pregnancy that in some cases lead to abortion, especially among young age groups. Fertility rates are based on live births that commonly occur in any society. Today, following the expansion of health services, fertility generally leads to live births. Therefore, and as far as the young generation is concerned, the reproductive system must be controlled in its regular and desirable form in accordance with the culture of the communities. Proper control of it also prevents the increase of abortions, which in some cases lead to problems for

women. Also, how to use contraceptives and tools helps young women's health, and how they control their lives. Therefore, adequate and necessary education should be provided to the young women population; In this way, women's health can be guaranteed as much as possible.

Cases of pregnancy and childbirth at a young age and adolescence have negative consequences; For example, it hinders continuing education. Likewise, the economic stability of the family is greatly disturbed. One of the problems of the young generation, especially in more developed countries, is the birth rate among this population under the age of 18. However, in industrialized countries, marriages under the age of 20 are generally less common. Hence, the emergence of such children in industrialized societies has created problems for young people under the age of 20 for both governments and families. On the other hand, in less developed countries, where legal marriages often occur between the ages of 15 and 19, this in itself leads to high fertility; Like what is happening in Bangladesh and Maternal mortality rates are also high in many developing societies; For every 100,000 babies born in less developed countries, about 500 mothers die of pregnancy-related problems, according to official figures. In developed countries, where girls are generally married for more than 20 years, the maternal mortality rate is about 10 per 100,000 births.

### Indicators of migration among young people

Technological advances in communications and transportation have ensured that those who intend to move today can move easily and quickly. Most people who migrate during this movement are generally young people. Many of the constraints and barriers to transportation, technological constraints, cultural and social barriers, and the like that were once considered barriers to migration have now been largely removed, resulting in more young people migrating than ever before. The past is facilitated. Under such circumstances, governments and planning systems must make the necessary predictions and effective arrangements to meet the different needs of such young immigrants. Although migration was previously attributed to industrialized countries, with the advent of industry and technology in less developed countries, such countries are also facing the phenomenon of youth migration in an unprecedented way today.

Global communication networks have narrowed the gap between cultures as knowledge, conditions and opportunities in-

crease, and as far as young people are concerned. Over the last three decades, the expansion of communication networks has greatly reduced cultural differences while increasing the tendency to migrate; In a way that even today many migrations take place in its international and global form. Therefore, the problems of the young population today are not evaluated at the national level, but at the level of the international community and at the international level, its consequences should be evaluated. In any case, even as the population of countries grows at a slower pace, the spread of new types of communication has widened the field of migration, especially among young people.

Improving and facilitating transportation has also reduced migration costs, thus paving the way for more young people to migrate [8]. Immigrants today are able to move to an industrialized society through international networks by spending their average monthly income, even if the worker is unskilled [9]. More young people are migrating than at any other time in the past to facilitate transportation and access to destination land information. As a result, the number of international migrants increased from 75.4 million to 190.6 million between 1960 and 2005 (United Nations: 2006). Such a quantitative change in the figures related to the young immigrant population has various qualitative social, cultural, etc. consequences.

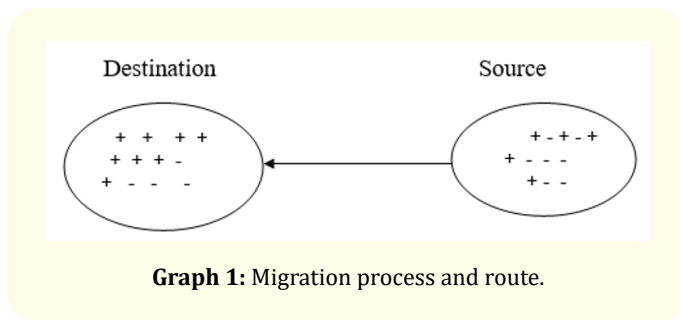
The problem is not that migration flows are increasing today, but that the composition of their migration flows has changed. This means that in the past, migration took place mainly by men and in certain age groups, while today migration takes place by both sexes (women and men), and its age range has also increased. Historically, Europe has previously ranked higher in international migration than in other parts of the world [10]. Following the development of industry and the expansion of communications, today migration, especially by young people, occurs even more than in Europe; Many young people in Asia and Africa are migrating more than ever in the past in search of education, employment, and livelihood. The migration targets for this population are mainly First World or Developed Countries. Today, the majority of these migrations (63%) are to developing countries. This means that most migration occurs by young people from developing to developed countries (International Organization for Migration: 2005). New statistics show that in 2011 more than 3% of the world's population lived in places where it is not their birth. Therefore, countries of origin and destination should expect more migration by young people in the



coming years. The alignment of the world’s population in terms of knowledge and awareness, technical skills, rising expectations and the like, has caused the migration index to increase compared to any other time in the past.

Population aging and labor shortages in developed countries, along with rapid population growth and labor surpluses in developing countries, have motivated such widespread movements [11]. This process will accelerate in the coming years. Such conditions themselves require proper monitoring, further sociological and demographic studies, and necessary coordination. It is also worth noting that in the coming years more migrations will occur by the female population [12]. Literacy factors, communication, changing patterns and values, and so on, provide the conditions. Whereas once the Asian region itself was a destination for immigrants, today it has become a region of first migration. Similarly, while Europe has become a destination for many immigrants, North America is attracting the most immigrants today.

[13] point out that there are differences at different points in the rate and levels of disease, and that in itself has played a role in increasing migration between different territories. In other words, the existence of security, health, advantages and positive aspects in one region, and its lack in another region, ultimately activates the attraction of immigration.



Graph 1: Migration process and route.

**Conclusion**

The two variables of youth and health security mutually affect each other. Yet, it is worth noting that in developing world where the youth are much more than their needs, they are kept under a sort of strain/pressure in order to meet their needs. Asia-wise, an increasing number of youth cannot easily meet their health requirements at age groups 15-24 when/where they are biologically and physically changing. There are not sufficient hospital facilities

for many, especially for those residing in rural areas. In Asia, many parts suffer from such shortages. Only China is widely secure on health services due to the availability of bare-footed doctors who serve the rural patients in need. Such a provision has raised many health standards including life expectancy. Many of the South and West Asian countries are in short of health facilities. Therefore, demographic measures are necessary to be taken into account in Asia.

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