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NCERT Geography for Class 9th Chapter 6

Notes: Population

Population Size And Distribution

India's Population Size and Distribution by Numbers

1. Population Size (2011 Census):

- India's population (March 2011) = 1,210.6 million (1.21 billion).
- India accounts for more than 17% of the world's population.
- India's total area = 3.28 million sq. km (only 2.4% of the world's area).
- India has 17% of the world's people on 2.4% of the world's area – indicates high population pressure.

2. Population Distribution (2011 Census):

- Uttar Pradesh – most populous state: 199 million people.
- UP alone accounts for 16% of India's population.
- Sikkim – population: 0.6 million (least populous state).
- Lakshadweep – population: 64,429 people (least populous Union Territory).
- Almost half of India's population lives in just 5 states:
 - a.** Uttar Pradesh
 - b.** Maharashtra

- c. Bihar
- d. West Bengal
- e. Andhra Pradesh
- Rajasthan – India's largest state by area, but has only 5.5% of India's total population.

3. Census in India:

- Definition – A census is an official enumeration (counting) of population done periodically.
- First census in India – 1872 (not complete).
- First complete census – 1881.
- Since 1881, census is conducted regularly every 10 years.
- The Indian Census is the most comprehensive source of demographic, social, and economic data.

India's Population Distribution by Density

1. Concept & Definition:

- Population density = number of persons per unit area.
- It gives a clearer picture of uneven population distribution than total numbers.

2. Population Density of India (2011 Census):

- India = one of the most densely populated countries of the world.
- Average density (2011) = 382 persons per sq. km.
- Only Bangladesh and Japan have higher average population densities than India.

3. State-wise Variation (2011 Census):

- Bihar – highest density = 1,102 persons per sq. km.
- Arunachal Pradesh – lowest density = 17 persons per sq. km.
- States with density below 250 persons per sq. km: Sparse population due to rugged terrain and unfavourable climate.
- Assam + most of the Peninsular states – moderate densities.
 - α. Reasons: hilly, dissected, rocky terrain; moderate/low rainfall; shallow and less fertile soils.
- Northern Plains + Kerala (South) – high to very high densities.
 - α. Reasons: flat plains, fertile soils, abundant rainfall.
- Three states of the Northern Plains with high population density (to be identified by students, but from map/study: Bihar, Uttar Pradesh, West Bengal).

4. Important Notes:

- Telangana became the 29th State of India in June 2014.
- Jammu and Kashmir was bifurcated into two Union Territories – Jammu & Kashmir, and Ladakh on 5 August 2019.

MCQs on NCERT Geography Class 9 Chapter 6

Topic – Population Size And Distribution

Here are the top exam-oriented MCQ-type questions on “*Population Size And Distribution*” that you should prepare for your CBSE or state board exams:

Question 1. What was India’s population as per the 2011 Census?

- a) 1,000.6 million
- b) 1,150.6 million

- c) 1,210.6 million
- d) 1,300 million

Answer: c) 1,210.6 million

Question 2. India's population accounts for what percentage of the world's population?

- a) 15%
- b) 16%
- c) 17%
- d) 20%

Answer: c) 17%

Question 3. What is the total area of India?

- a) 2.8 million sq km
- b) 3.28 million sq km
- c) 4.2 million sq km
- d) 3.5 million sq km

Answer: b) 3.28 million sq km

Question 4. India accounts for what percentage of the world's area?

- a) 2%
- b) 2.4%
- c) 3%
- d) 3.4%

Answer: b) 2.4%

Question 5. Which state is the most populous in India as per 2011 Census?

- a) Maharashtra
- b) Bihar
- c) Uttar Pradesh
- d) West Bengal

Answer: c) Uttar Pradesh

Question 6. What was the population of Uttar Pradesh in 2011?

- a) 150 million
- b) 175 million
- c) 199 million
- d) 210 million

Answer: c) 199 million

Question 7. Uttar Pradesh accounts for about what percentage of India's population?

- a) 10%
- b) 12%
- c) 16%
- d) 18%

Answer: c) 16%

Question 8. Which state had the least population in 2011?

- a) Goa
- b) Nagaland

- c) Sikkim
- d) Manipur

Answer: c) Sikkim

Question 9. What was the population of Sikkim in 2011?

- a) 0.2 million
- b) 0.4 million
- c) 0.6 million
- d) 1 million

Answer: c) 0.6 million

Question 10. The Union Territory with only 64,429 people as per 2011 was:

- a) Andaman and Nicobar
- b) Lakshadweep
- c) Daman and Diu
- d) Puducherry

Answer: b) Lakshadweep

Question 11. Almost half of India's population lives in which five states?

- a) UP, Maharashtra, Bihar, West Bengal, Andhra Pradesh
- b) UP, Rajasthan, Punjab, Kerala, Odisha
- c) Bihar, MP, Karnataka, Gujarat, Assam
- d) Maharashtra, Kerala, Punjab, Haryana, Tamil Nadu

Answer: a) UP, Maharashtra, Bihar, West Bengal, Andhra Pradesh

Question 12. Rajasthan accounts for what percent of India's total population?

- a) 5.5%
- b) 6%
- c) 7%
- d) 10%

Answer: a) 5.5%

Question 13. What is a census?

- a) Estimation of animals
- b) Enumeration of population done periodically
- c) Collection of rainfall data
- d) Economic growth calculation

Answer: b) Enumeration of population done periodically

Question 14. In which year was the first census held in India?

- a) 1857
- b) 1861
- c) 1872
- d) 1881

Answer: c) 1872

Question 15. The first complete census in India was taken in:

- a) 1872
- b) 1881

- c) 1891
- d) 1901

Answer: b) 1881

Question 16. How frequently is the Indian Census held?

- a) Every 5 years
- b) Every 7 years
- c) Every 10 years
- d) Every 12 years

Answer: c) Every 10 years

Question 17. Which is the most comprehensive source of demographic, social and economic data in India?

- a) National Sample Survey
- b) NITI Aayog Report
- c) Census
- d) Economic Survey

Answer: c) Census

Question 18. What was India's population density in 2011?

- a) 250 persons per sq km
- b) 300 persons per sq km
- c) 382 persons per sq km
- d) 400 persons per sq km

Answer: c) 382 persons per sq km

Question 19. Which state had the highest population density in 2011?

- a) West Bengal
- b) Kerala
- c) Uttar Pradesh
- d) Bihar

Answer: d) Bihar

Question 20. What was the population density of Bihar in 2011?

- a) 850 persons/sq km
- b) 1,102 persons/sq km
- c) 950 persons/sq km
- d) 1,000 persons/sq km

Answer: b) 1,102 persons/sq km

Question 21. Which state had the lowest population density in 2011?

- a) Mizoram
- b) Sikkim
- c) Arunachal Pradesh
- d) Nagaland

Answer: c) Arunachal Pradesh

Question 22. What was the population density of Arunachal Pradesh in 2011?

- a) 17 persons/sq km
- b) 25 persons/sq km
- c) 50 persons/sq km
- d) 100 persons/sq km

Answer: a) 17 persons/sq km

Question 23. States with population densities below 250 persons/sq km usually have:

- a) Fertile soils and abundant rainfall
- b) Rugged terrain and unfavourable climate
- c) Dense forests and mineral wealth
- d) Advanced industries

Answer: b) Rugged terrain and unfavourable climate

Question 24. Assam and most Peninsular states have what kind of population density?

- a) Very high
- b) High
- c) Moderate
- d) Low

Answer: c) Moderate

Question 25. What factors influence moderate densities in Peninsular states?

- a) Flat plains and heavy rainfall
- b) Hilly terrain, low rainfall, less fertile soils

- c) Desert climate
- d) Dense forest cover

Answer: b) Hilly terrain, low rainfall, less fertile soils

Question 26. Which regions have high to very high population densities in India?

- a) Rajasthan desert and Himalayan belt
- b) Northern Plains and Kerala
- c) Ladakh and Arunachal Pradesh
- d) Central plateau and coastal Odisha

Answer: b) Northern Plains and Kerala

Question 27. Why do Northern Plains have very high densities?

- a) Desert land with minerals
- b) Flat plains, fertile soils, abundant rainfall
- c) Mountain ranges with rivers
- d) Industrial hubs only

Answer: b) Flat plains, fertile soils, abundant rainfall

Question 28. Which two countries have higher average population density than India?

- a) China and Japan
- b) Bangladesh and Japan
- c) Nepal and Sri Lanka
- d) Pakistan and Myanmar

Answer: b) Bangladesh and Japan

Question 29. Telangana became the 29th state of India in:

- a) 2012
- b) 2013
- c) 2014
- d) 2015

Answer: c) 2014

Question 30. The State of Jammu and Kashmir was bifurcated into two Union Territories in:

- a) 2016
- b) 2018
- c) 2019
- d) 2020

Answer: c) 2019

Question 31. The two UTs formed after bifurcation of J&K are:

- a) Jammu & Kashmir and Ladakh
- b) Jammu & Kashmir and Chandigarh
- c) Ladakh and Puducherry
- d) Jammu & Kashmir and Daman & Diu

Answer: a) Jammu & Kashmir and Ladakh

Population Growth And Processes Of Population Change

1. Concept of Population:

- Population is a dynamic phenomenon – it is always changing.
- The changes occur in three aspects:
 - a. Numbers (total size of population)
 - b. Distribution (spread over different areas)
 - c. Composition (structure in terms of age, sex, literacy, occupation, etc.).

2. Processes of Change:

- Three main processes of population change:
 - a. Births – increase the population.
 - b. Deaths – decrease the population.
 - c. Migrations – affect both number and distribution of population.
- Interaction of these three processes = population growth and variation in a country.

Population Growth

1. Meaning of Population Growth:

- Growth of population – change in the number of inhabitants of a country/territory during a specific time (e.g., 10 years).
- Expressed in two ways:
 - a. Absolute numbers – difference between population at two points in time.
 - b. Percentage change per year – rate of increase.
- Absolute increase = later population – earlier population (e.g., 2011 – 2001).
- Annual Growth Rate = percentage increase per year (e.g., 2% means 2 persons added per 100 per year).

2. Population Trends in India:

- India's population increased from 361 million (1951) to 1210 million (2011).
- 1951–1981 – annual growth rate steadily increased – rapid rise in population (361m – 683m).
- Since 1981 – growth rate declining due to declining birth rates.
- Despite decline, absolute increase large: e.g., 182 million added in the 1990s alone.
- Reason: when applied to very large base population, even low growth rate – very high absolute increase.
- Large annual increase neutralises efforts to conserve resources and environment.
- Declining growth rate = positive indicator of birth control efforts.
- But total additions continue, leading India to overtake China in 2023 as the most populous country.

3. Processes of Population Growth:

- Three main processes: Birth rates, Death rates, Migration.
- Natural increase = Birth rate – Death rate.

4. Birth Rate:

- Birth rate = number of live births per 1,000 persons per year.
- In India, birth rate has always been higher than death rate – major factor of population growth.
- Since 1981, birth rates have started declining gradually.

5. Death Rate:

- Death rate = number of deaths per 1,000 persons per year.
- Main cause of population growth in India = rapid decline in death rates.
- Till 1980 – high birth rate + declining death rate = rapid growth.

- After 1981 – both birth and death rates declined – slower population growth.

6. Migration:

- Migration = movement of people across regions/territories.
- Types:
 - a.** Internal (within the country) – does not change total size, only distribution.
 - b.** International (between countries) – changes size.
- Effects of migration:
 - a.** Influences distribution of population.
 - b.** Changes composition (age, sex ratio).
- In India – most migration is rural – urban.
- Push factors in rural areas: poverty, unemployment.
- Pull factors of cities: jobs, better living conditions.
- Migration – rise in urban population.
- Urban population – increased from 17.29% (1951) to 31.80% (2011).
- Million-plus cities:
 - a.** 35 (2001) – 53 (2011).
 - b.** 59 (2023).

Adolescent Population

- Adolescent population = most significant feature of Indian population.
- They constitute one-fifth (20%) of India's total population.
- Adolescents = age group of 10 to 19 years.
- They are considered the most important resource for the future.
- Nutrition requirements of adolescents are higher than those of children or adults.
- Poor nutrition – deficiency and stunted growth.

- In India, diet available to adolescents is inadequate in all nutrients.
- A large number of adolescent girls suffer from anaemia.
- Adolescent problems have not received adequate attention in development policies.
- Adolescent girls need to be sensitised to their problems.
- Awareness among adolescents can be improved through literacy and education.

National Population Policy (NPP 2000)

- India's Family Planning Programme was initiated in 1952.
- It was the first comprehensive family planning programme in the world.
- Aim – improve individual health and welfare through family planning.
- Later renamed as Family Welfare Programme.
- It promotes responsible and planned parenthood.
- Parenthood is to be adopted on a voluntary basis, not forced.
- National Population Policy (NPP) 2000 = culmination of years of family planning efforts.
- NPP 2000 provides a policy framework for multiple goals:
 - a. Free and compulsory education up to 14 years of age.
 - b. Reduce infant mortality rate (IMR) to below 30 per 1000 live births.
 - c. Achieve universal immunisation of children against all vaccine-preventable diseases.
 - d. Promote delayed marriage for girls.
 - e. Make family welfare a people-centred programme.

MCQs on NCERT Geography Class 9 Chapter 6

Topic – Population Growth And Processes Of Population Change

Here are the top exam-oriented MCQ-type questions on “Population Growth And Processes Of Population Change” that you should prepare for your CBSE or state board exams:

Question 1. Population is a dynamic phenomenon because:

- a) It changes only in numbers
- b) It remains constant over time
- c) It changes in numbers, distribution and composition
- d) It is not influenced by migration

Answer: c) It changes in numbers, distribution and composition

Question 2. The three processes that influence population change are:

- a) Births, deaths, migrations
- b) Births, literacy, deaths
- c) Deaths, urbanisation, employment
- d) Education, health, family planning

Answer: a) Births, deaths, migrations

Question 3. Population growth refers to:

- a) Change in population over 100 years
- b) Change in population during a specific period of time
- c) Only increase in population per year
- d) Only migration in and out of a country

Answer: b) Change in population during a specific period of time

Question 4. The change in population expressed in absolute numbers is called:

- a) Growth rate
- b) Natural increase
- c) Absolute increase
- d) Annual growth rate

Answer: c) Absolute increase

Question 5. The rate of population increase studied in percent per annum is called:

- a) Annual growth rate
- b) Absolute increase
- c) Natural growth rate
- d) Death rate

Answer: a) Annual growth rate

Question 6. If the annual growth rate is 2%, it means:

- a) 2 persons increase every year in the country
- b) 2 persons increase every 100 persons in the base population per year
- c) Population doubles every 2 years
- d) Only 2 families increase per year

Answer: b) 2 persons increase every 100 persons in the base population per year

Question 7. India's population in 1951 was:

- a) 683 million
- b) 361 million

- c) 1210 million
- d) 182 million

Answer: b) 361 million

Question 8. India's population in 2011 was:

- a) 1020 million
- b) 361 million
- c) 1210 million
- d) 999 million

Answer: c) 1210 million

Question 9. Between 1951 and 1981, India's population increased from:

- a) 361 million to 1210 million
- b) 361 million to 683 million
- c) 500 million to 900 million
- d) 600 million to 1200 million

Answer: b) 361 million to 683 million

Question 10. Since 1981, India's annual population growth rate:

- a) Increased steadily
- b) Declined gradually
- c) Stagnated completely
- d) Rose sharply again

Answer: b) Declined gradually

Question 11. In the 1990s alone, how many people were added to India's population?

- a) 121 million
- b) 182 million
- c) 200 million
- d) 150 million

Answer: b) 182 million

Question 12. India became the most populous country in the world, overtaking China, in:

- a) 2011
- b) 2018
- c) 2020
- d) 2023

Answer: d) 2023

Question 13. The natural increase of population is the difference between:

- a) Birth rate and death rate
- b) Birth rate and migration
- c) Birth rate and growth rate
- d) Growth rate and migration

Answer: a) Birth rate and death rate

Question 14. Birth rate means:

- a) Total number of children born in a country
- b) Number of live births per thousand persons per year
- c) Number of live births per family
- d) Number of females giving birth per year

Answer: b) Number of live births per thousand persons per year

Question 15. Death rate means:

- a) Deaths per family in a year
- b) Number of deaths per thousand persons in a year
- c) Infant deaths only
- d) Deaths caused by disease only

Answer: b) Number of deaths per thousand persons in a year

Question 16. Till 1980, high birth rates and declining death rates resulted in:

- a) Low growth of population
- b) Negative population growth
- c) High growth of population
- d) Decline in natural increase

Answer: c) High growth of population

Question 17. Since 1981, birth rates in India:

- a) Increased
- b) Declined gradually
- c) Stagnated
- d) Doubled

Answer: b) Declined gradually

Question 18. Migration can be:

- a) Internal only
- b) International only
- c) Both internal and international
- d) Seasonal only

Answer: c) Both internal and international

Question 19. Which of the following does NOT change the size of the population?

- a) Births
- b) Deaths
- c) Internal migration
- d) International migration

Answer: c) Internal migration

Question 20. The major push factor for migration in India is:

- a) Better health facilities in cities
- b) Poverty and unemployment in rural areas
- c) Education opportunities in cities
- d) Adventure and tourism

Answer: b) Poverty and unemployment in rural areas

Question 21. The pull factor of migration to cities is:

- a) Lack of land
- b) Increased employment opportunities and better living conditions
- c) Harsh climate
- d) Political instability

Answer: b) Increased employment opportunities and better living conditions

Question 22. In 1951, the urban population of India was:

- a) 20%
- b) 17.29%
- c) 25%
- d) 30%

Answer: b) 17.29%

Question 23. In 2011, the urban population of India was:

- a) 25%
- b) 29%
- c) 31.80%
- d) 35%

Answer: c) 31.80%

Question 24. The number of “million plus cities” in India increased from 35 to 53 between:

- a) 1951–1961
- b) 1971–1981
- c) 2001–2011
- d) 2011–2021

Answer: c) 2001–2011

Question 25. The number of million plus cities in India in 2023 was:

- a) 35
- b) 53
- c) 59
- d) 61

Answer: c) 59

Question 26. Adolescents in India are generally grouped in the age group:

- a) 0–6 years
- b) 7–14 years
- c) 10–19 years
- d) 15–25 years

Answer: c) 10–19 years

Question 27. The adolescent population constitutes about what fraction of India's total population?

- a) One-fourth
- b) One-fifth
- c) One-third
- d) One-sixth

Answer: b) One-fifth

Question 28. A major health problem faced by adolescent girls in India is:

- a) Obesity
- b) Anaemia
- c) Diabetes
- d) Malaria

Answer: b) Anaemia

Question 29. The Family Planning Programme in India was initiated in:

- a) 1947
- b) 1950
- c) 1952
- d) 1961

Answer: c) 1952

Question 30. The NPP 2000 provides for:

- a) Free and compulsory education up to 14 years
- b) Reducing infant mortality rate below 30 per 1000 live births
- c) Achieving universal immunisation of children
- d) All of the above

Answer: d) All of the above

Question 31. The NPP 2000 also promotes:

- a) Early marriage for girls
- b) Delayed marriage for girls

- c) Ban on marriages
- d) Compulsory sterilisation

Answer: b) Delayed marriage for girls

Question 32. The approach of Family Welfare Programme is:

- a) Forced sterilisation
- b) Voluntary and people-centred
- c) Government imposed
- d) Compulsory

Answer: b) Voluntary and people-centred

Thank You



