

The current situation and countermeasures of China's population aging under the perspective of Chinese modernization

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Keywords: Population ageing; current situation analysis; countermeasures

Abstract: People are the most active of the factors of productivity. The demographic factor plays a positive role in promoting economic development and can stimulate great economic vitality. On China's road towards the comprehensive construction of a strong modern socialist country, it is of great significance to analyse the current situation of population aging, which not only has a great impact on improving the people's sense of access and satisfaction, but also drives the development of other industries through the elderly economy. Population aging is mainly manifested in the increasing proportion and speed of the elderly group, and there are regional differences in population aging. In the face of the current situation of population aging in China, we mainly start from the following points: firstly, formulate policies to encourage childbirth and improve the demographic structure; secondly, continuously improve the medical insurance system system and create aging-appropriate services; and thirdly, actively cope with the aging of the population and expand and strengthen the economy of the elderly.

1. Introduction

Now, our country is moving towards the goal of the second hundred years of struggle, and in this process, the demographic factor can accelerate our modernisation process. However, our demographic structure shows an ageing population. Population ageing is a risk and a challenge that we must face. Population ageing is the inevitable result of economic and social development and we cannot avoid it. The Seventh Population Census shows that the degree of aging in China has reached the medium aging level, and the problem of population aging in China is imminent. Therefore, a scientific solution to the problem of population ageing is of great significance to the comprehensive construction of a socialist country in China. We should fully develop the economy and industries of the elderly and encourage young people to have children through incentive policies, thereby promoting national economic development.

2. The current situation of our ageing population

The current situation of population ageing is mainly manifested in the following: firstly, the proportion of the elderly is increasing, secondly, the growth rate of the elderly is too fast, and thirdly, there are regional differences in ageing.

2.1 Increasing proportion of older persons

"According to the data of the fifth national census in 2000, the proportion of the population aged 60 and above was about 10.30 per cent, and the proportion of the population aged 65 and above was about 7 per cent, and China began to step into an aging society. 2020 data of the seventh national census showed that the proportion of the population aged 60 and above was about 18.70 per cent, and the proportion of the population aged 65 and above was about 13.50 per cent, and China's population aging is showing a rapid development trend, and the degree is higher than the world average, and is developing towards a deep aging society. The seventh national census in 2020 shows that the proportion of people aged 60 and above in China is about 18.70%, and the proportion of people aged 65 and above is about 13.50%, and China's population aging has shown a rapid trend of development, and the degree is higher than the world average level, and is developing towards a deep aging society."^[1] From the analysis of the above data, it can be seen that the proportion of elderly people is increasing, which further deepens the degree of population aging.

2.2 Excessive growth rate of the elderly

As a result of the rapid development of science and technology, the level of medical care and health care has also improved significantly, making it more convenient for the elderly to seek medical treatment and other aspects of their lives, and the continuous improvement of the social infrastructure has, to a certain extent, safeguarded their level of health. At the same time, as the economic level rises, there is a wide variety of nutritional products for the elderly, which enhances the physical fitness of the older population. These reasons have also contributed to the growth rate of the elderly, and China's population ageing has shown a rapid development trend. The rapid growth rate of the elderly has also aggravated the burden of old age in China, especially in terms of medical insurance. The rapid growth rate of the elderly has put too much pressure on the national finances, and has also affected the development of the country's economy. However, we should also face up to the phenomenon of population aging, and continuously adjust the demographic structure, so that the elderly economy will also be revitalised.

2.3 Regional differences in population ageing

With a large number of young people going to the cities to work, there has been a massive loss of labour in the countryside, which has led to an excess of elderly people in the countryside. The urban resident population is basically guaranteed a pension in old age, and there has not been a great deal of mobility. But for the rural elderly groups do not have a fixed source of income, before the migrant workers "return to their roots", basically stay in the rural life, thus leading to the rural elderly overcrowding. "In 2020, the number of elderly people in China's urban areas will exceed the number of elderly people in rural areas for the first time, a historic shift. 2020, China's urbanisation level will reach 63.90%, and the number of elderly people aged 60 years and above in urban areas will be 143 million, exceeding the number of elderly people in rural areas (121 million) for the first time."^[2] This shows that the aging of the rural population is more serious than the aging of the urban population. Rural areas should be treated as the top priority for coping with population ageing, and solving the problem of rural population ageing is of great significance in promoting the strategy of rural revitalisation. Therefore, only by making the ageing of the rural population an important breakthrough can we effectively solve the problem of population ageing.

3. Reasons for the ageing of our population

The reasons for the existence of an ageing population in China are mainly reflected in the following: firstly, the continuous decline in the fertility rate, secondly, the increasing per capita life expectancy, and thirdly, the differences in the level of medical care between urban and rural areas.

3.1 Continuing decline in fertility

One of the most important reasons for the ageing of the population is the persistently low fertility rate. The reasons for the persistently low fertility rate are mainly as follows: firstly, in today's fast-growing economy, the existing pressure is too great, the cost of marriage is too high, the phenomenon of "involution" in the education sector, the high cost of education and so on, and so on. This is a series of reasons why young people nowadays do not want to get married and have children, preferring to pursue a life of personal freedom. Secondly, with the awakening of women's consciousness, most women tend to concentrate on their careers, they can achieve wealth freedom by themselves and do not need to rely on men, therefore, their desire for marriage is reduced and they do not want to get married and have children. In addition, because young people are busy with their careers or work under too much pressure, which leads to the spouses get together more often or the body is always in a "sub-healthy" state, have no time to exercise, resulting in a decline in physical function, it is difficult to realise the desire to procreate. Finally, as the openness and tolerance of big cities are getting stronger and stronger nowadays, young people are given a lot of space to choose, and many of them choose to live alone. As a result, the phenomenon of "paedophilia" has emerged and the fertility rate has continued to drop.

3.2 Increasing life expectancy

With the continuous upgrading of science and technology, the level of medical and health care has also been significantly improved, and many difficult cases that were difficult to solve before have now been solved, and the cure rate of diseases has been greatly improved. In addition, people are now pursuing spiritual fulfilment on the basis of material needs and are keen on fitness activities, and many health care products and insurance for the elderly have come into being, enabling many elderly people to strengthen their immunity and prevent many diseases. In addition, the State has spent a great deal of effort on medical insurance for the elderly and on improving the system of insurance against major diseases, and has given the elderly certain welfare policies, arranging annual medical check-ups for the elderly and holding charitable activities such as visits to empty-nested elderly people. At the same time, the State has improved its infrastructure services and provided the elderly with a number of fitness and recreational centres in an effort to create a harmonious situation for the elderly. This series of initiatives has led to a steady increase in the average life expectancy of the elderly.

3.3 Differences in the level of medical care between urban and rural areas

Another prominent reason for the ageing of the population is the great difference in the level of medical care between urban and rural areas. There is a big difference in economic development and distribution of resources between towns and villages. Talent and medical resources are mostly concentrated in the cities, while medical and health facilities in the towns and villages are still lacking, and even some infrastructure is lacking. Elderly people in the townships have to travel to big cities for medical treatment, which creates many inconvenient factors. In addition, as the elderly in the townships do not want to follow their children to the big cities, they tend to stay in the

countryside. Compared with urban development, the economic development of the countryside is relatively slow, and it is not attractive enough for talents and medical resources. These reasons also further deepen the degree of rural population aging. In order to solve the problem of aging population in rural areas, we should sink medical resources to the grassroots level, so that the level of primary medical care can also achieve certain development, and continuously reduce the gap between urban and rural medical level, so as to ensure a quiet and peaceful external environment for the elderly in rural areas.

4. Countermeasures for the ageing of our population

Countermeasures to address population ageing are mainly in the following areas: firstly, formulating policies to encourage births and improving the demographic structure; secondly, continuously improving the medical insurance system system and creating ageing-friendly services; and finally, actively responding to population ageing and expanding and strengthening the economy for the elderly.

4.1 Policies to encourage fertility and improve the population structure

As mentioned above, one very important reason for the ageing of the population is the low fertility rate, and the reluctance of young people to get married and have children is mainly due to economic pressure. In today's world, where the cost of education is too high and the economic base is insufficient, young people are reluctant to have children because they cannot afford to pay the huge costs of education.

Therefore, we should encourage childbirth by formulating some incentive policies. Firstly, we can alleviate the financial pressure on young people by improving the incentive mechanism for childbearing and granting certain subsidies for childcare; for example, we can reward newborns with insurance and living allowances, which can be paid out in several instalments. Secondly, we can reduce the ineffective in-volume of education, stimulate children's unlimited potential and achieve a reasonable allocation of educational resources. Educational equity is an important way by which ordinary people can realise their life aspirations, and it is thus necessary to ensure a relative balance of educational resources, thereby stimulating fertility. In addition, a relative lowering of the threshold for schooling in other places can solve the schooling problems of the children of migrant workers. Finally, increasing the number of policies for the introduction of talents and strengthening the talent incentive system, especially for the western region, will attract more fresh blood to participate in the construction of the motherland and, at the same time, alleviate the phenomenon of population ageing in that region.

4.2 Continuously improve the health insurance system to create age-appropriate services

The Chinese-style modernisation path that our country is following is "modernisation with a huge population", and with a huge population comes unlimited potential for economic development. At the same time, one of the salient features of our population is that it is predominantly elderly. Therefore, "the first and foremost task in guaranteeing the quality of life in old age is to improve and optimise the health service system for the elderly, to integrate the whole process of medical care and recreation, and to improve the care service system for the elderly with the joint participation of diversified main bodies."^[3] The elderly population is a special group, and what they need is not a strong material foundation, but a quiet and comfortable environment for their old age. We should actively explore their needs and constantly adjust and optimise our programmes to precisely meet their needs. In addition, in terms of medical care, we should continue to improve the reform of the

medical system, so that some rare and chronic diseases are included in the scope of reimbursement by medical insurance, and continuously improve the bottom-up services, which to a certain extent can reduce the financial burden of the elderly.

In today's rapid technological development, we information technology convenient type of service to facilitate our life. However, for the elderly, mobile phone payment, electronic code and so on involve their blind spot. We can set up certain volunteers to guide them in the use of these devices. In addition, we can also retain some of the traditional methods unchanged, and leave professional staff to serve the elderly currently, to create an ageing-friendly service. In accordance with the basic requirements of "providing education for the young, education for the young, employment for the working poor, medical care for the sick, care for the elderly, housing for the elderly, and support for the weak", we should strive to build a basic welfare system covering the entire population, and to build an ageing society in which all people can share in the wealth of the elderly.^[4] This will enable the elderly to have dignity and a sense of achievement in their old age, continuously improve their happiness index, and endeavour to create a favourable environment in which society is stable and orderly and the elderly are at ease.

4.3 Actively responding to population ageing and strengthening the elderly care economy

"At present, our country is at a critical point where population growth is changing from positive to negative. In the face of new demographic dynamics, new problems and new challenges, we must firmly grasp the laws of population development, and it is all the more necessary to formulate a national long-term population development plan with a positive attitude and a forward-looking strategic vision."^[5] We should look at the emergence of the phenomenon of population ageing with a positive attitude and should not regard population ageing as a burden, but as a benefit. It could help vigorously develop the elderly economy and industrial proceedings as well as continuously improve elderly services. The elderly group can be used as a driving force to activate economic development, to create a comfortable nursing home, senior choir, the elderly characteristics of the commercial street and other economic.

The report of the twentieth CPC National Congress proposes to "implement a national strategy to actively respond to the ageing of the population, build a systematic, scientific, standardised, efficient and effective system of Party and State institutions and functions, and promote the Party's leadership of socialist modernisation to be more scientific in its institutional set-up, more optimal in its functional configuration, more complete in its institutional mechanism, and more efficient in its operation and management."^[6] In the face of the phenomenon of population ageing, we should hold a positive attitude. Continuously turn the pressure of population ageing into a driving force to boost economic development. By continuously developing the elderly tourism and service industry, together with improving the nursing home service system, the elderly economy would positively grow, and the legitimate interests of the elderly group could be effectively protected. At the same time, it is also necessary to do a good job of preventing fraud against the elderly and protecting their property.

5. Conclusion

Actively responding to the problem of population ageing not only improves the living standards of the elderly, but also promotes the development of the national economy. Based on the current situation of population aging in China, we should start from formulating policies to encourage childbirth and improving the demographic structure, and at the same time, we should rely on the continuous improvement of the medical insurance system and the creation of ageing-appropriate services to actively cope with the problem of population aging, and expand and strengthen the

economy of the elderly in order to solve the problem of population aging. Solving the problem of population aging is a matter of fundamental interests of the people and the overall operation of the national economy. Therefore, a proper solution to population ageing will help us achieve affluence in the midst of high-quality development.

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