

Ageing Alleviation Through Increasing Fertility and Migration

Runjia Miao^{1,a,*}

¹*Kede College of Capital Normal University, Beijing, 100000, China*

a. miao020410@163.com

**corresponding author*

Abstract: Population aging is a global problem. This article will research the problem of population aging in China. How to alleviate the aging problem from two aspects, the first aspect is to improve the fertility rate, and the second is from the immigration analysis. The fertility problem is mainly alleviated by improving women's happiness and reducing the pressure. The immigration problem should mainly consider the elderly's understanding and acceptance of overseas pensions, the expected overseas pension, etc. It's can help us to better understand the needs of the elderly and actively build pension services overseas. It should be noted that the problem of the aging population is already a problem of globalization, so immigration cannot fundamentally solve the problem but play a mitigation role. Therefore, the strategy to solve the problem of population aging should focus on increasing the fertility rate. This article will mainly discuss the causes and solutions of the low fertility rate from the perspective of women's happiness.

Keywords: aging problem, fertility rate, immigration, China

1. Introduction

Populations are aging at a rate that is without precedent because not only are there fewer children, but the decline in mortality rates at age >60 years has also increased the number of older people [1]. China's population aging is increasingly severe, significantly when the fertility rate has fallen sharply in recent years. The decrease in fertility rate is mainly due to the change in the fertility of women of childbearing age. Therefore, we should actively solve the factors that lead to the concept of the fertility of women of childbearing age. In addition, it is pointed out that the problem of aging can be solved by immigration.

Aging changes can be attributed to development, genetic defects, the environment, disease, and an inborn process—the aging process [2]. Aging is caused by the decrease in the fertility rate and the increase in life expectancy. Its most prominent problem is to increase the pressure on social pensions and the decrease in the working-age population, which leads to the slowing of social development and hinders the development of the economy [3]. At present, it is mainly alleviated by immigration. The aging population brings so many problems. It has been achieved to alleviate the aging problem through immigration to other countries, which can inspire China. Immigration's alleviation of aging may be one of the fastest ways. U.S. population growth and changing composition have three sources—fertility, mortality, and immigration [4]. Of course, immigration is just one strategy, and other measures are needed, such as raising the fertility rate. The two methods of increasing fertility

rate and immigration can better alleviate the social problems caused by aging and realize the construction of an aging civilized society.

In this work, many kinds of literature show that immigration can solve the problem of aging. Still, there are few kinds of literature to analyze and study the problems caused by immigration. This article will analyze the problems that lead to changing the childbearing concept of women of childbearing age and actively put forward adjustment countermeasures. And enumerate the problems that immigration may bring, and actively put forward countermeasures.

2. Research Background

Population aging is a severe problem that is very serious in all countries, especially developed ones. This article will discuss how to alleviate the aging problem from the two aspects of increasing the fertility rate and immigration and to what extent it is possible to alleviate the problem of an aging population.

2.1. The Present Situation of the Research on Aging in China

China is encountering formidable healthcare challenges brought about by the problem of aging [5]. It is pointed out in the literature that the aging of the population is the result of a previous decline in the fertility rate, which has been going on for decades, resulting in a decline in the ratio of children to the working-age population. As a result, the “demographic dividend” in many countries has disappeared. Because there will be 400 million Chinese citizens aged 65+, 150 million of whom will be 80+ by 2050. The problem of population aging is already a global problem because, in the process of development of each country, it can be said that the problem of population aging must be experienced. Hence, the seriousness of the problem is still relatively large. The problem of the aging population in China is already severe worldwide. Some literature has pointed out that the speed of aging in China is so fast that it has aroused widespread concern worldwide. Still, China does not seem to have enough understanding of this situation and its consequences [6]. In 1999, China entered a society with an aging population and accelerated the process of aging in the 21st century. Aging has brought severe challenges to China.

We can know that the aging problem is severe. Population aging is a process that a country must go through in the process of development, and the social problems and pressures brought by aging are also pronounced: for example, the physical and mental health problems of the elderly, the pension problems given by children to the elderly, the pressure of social pension and so on. However, China is not ready to meet the aging, especially the medical problems for the elderly. Therefore, we need to actively think about countermeasures and their feasibility, to alleviate and solve the problem of aging, maintain the stability of human society, and let the elderly live in a friendly society.

2.2. Fertility Rate and Immigration

What is the fertility rate? The fertility rate is the ratio of live births to the number of women of childbearing age in a country or region within a certain period. So, the most effective way to increase the fertility rate is to increase the birth rate of babies in a certain period. In my opinion, the main reasons for the low birth rate are the change in the concept of childbearing among women of childbearing age and the excessive pressure on the life of the population of childbearing age.

The fundamental reason for the change in the childbearing concept of women of childbearing age is that women’s happiness index is decreasing. People who apply for jobs are more likely to hire men because there are no problems such as women’s pregnancy leave, and it is very easy for men to find other extramarital affairs during their partner’s pregnancy, and a series of problems such as women are afraid of getting pregnant and giving birth. Because pregnancy can mean losing a job, getting hurt,

etc., and giving birth to a child harms the woman's body. Therefore, it has changed the fertility view of women of childbearing age. Solving this problem requires a series of adjustments. For example, the company's hiring system should be changed to ensure that women can also take time off during pregnancy, and penalties should be increased for people of childbearing age after marriage, such as domestic violence, extramarital affairs, and so on.

Although the problem of population aging is a global problem, and the solution of immigration can only alleviate but not completely solve the problem of population aging, immigration can indeed play a very influential role in alleviating the problem of population aging. Through the role of publicity to promote the aging of the elderly population in countries with serious aging, emigration to countries with a relatively less aging population alleviates the aging problem in countries with serious aging. But there are problems with doing so. First of all, the wishes of the target countries should be taken into account, as the movement of the elderly population may aggravate the problem of aging in the target countries. Another problem is that the elderly may resist immigration, especially those who have never been abroad. In this situation, we must actively introduce immigrants through community speeches, community activities, and other ways to make the elderly know more about immigrants and eliminate resistance as much as possible. Third, the degree of adaptation of the elderly overseas. With the increase of age, the adaptability of the elderly is also declining, so overseas, as changes in various cultures and habits may make it difficult for the elderly to adapt, the location of immigration should be considered. For China's elderly population, Chinatown may be the best place to emigrate for the elderly.

2.3. Actively Solving the Problem of Population Aging

The main reasons for the aging of the population are the decline in fertility, the increase in life expectancy, and the decline in mortality. The decline in fertility is mainly related to marriage and gender, and the "Family Planning Policy" implemented in China in 1982 aggravated the problem of China's aging population through the adjustment of the policy, in recent years, China's "second child" and "third child" and other policies to encourage multiple eugenics have been issued one after another, but due to various reasons, there is a significant difference in the concept of fertility among women of childbearing age. So, the fertility rate has not been effectively improved. Therefore, it is essential to change the factors that lead to the change of fertility concept of women of childbearing age.

There is literature that it is possible to alleviate the aging problem through immigration. From the perspective of the population policy of the 16 European countries, on the one hand, they all encourage people to have children, so the birth of their citizens will be regarded as a kind of rich "welfare"; on the other hand, they all adopt immigration to change the problem of the aging population. However, for China, a developing country with a large population base and rapid aging, can it also be enlightened in a certain sense [7]? To alleviate the problem of population aging using immigration, more "transnational pension" related services can be built to provide more ways and conditions for the elderly.

The pension service industry. We need to pay attention to the quality of the pension service industry, as well as the happiness, health status, living comfort, and other issues of the elderly, pay attention to the population mobility of the relevant personnel in the pension service industry, and ensure the adequacy of human resources. Ensure the physical and mental health of the elderly and alleviate the social pressure of providing for the aged. Low fertility is an important reason to promote the aging process, so we should actively study the causes of low fertility. As mentioned earlier, the fertility concept of women of childbearing age has changed a lot, so we should actively study the reasons for the change in women's fertility concept to fundamentally alleviate the problem of aging. Second, because some countries have alleviated the aging problem through immigration, China may

also be able to alleviate the aging problem through immigration. Through the current examples of other countries, this approach is feasible.

3. Methods

The paper's main idea improves women's happiness, will it change the concept of the fertility of women of childbearing age, and thus increase the fertility rate. Therefore, to some extent, improving women's happiness is vital in alleviating the aging problem. Second, immigration may ease aging. Therefore, we must actively promote the benefits of overseas pensions and invest time and energy in overseas pension. This article mainly uses the literature research method and observation method to discuss the solution to the problem of aging. I looked up the data on Google Scholar and read about 40 articles using keywords such as "aging", "immigration," and "fertility". Among them, the information obtained by using the keywords "aging" and "immigration" is relatively limited, and I have found a more meaningful article-the enlightenment given to China by Britain through Immigration (2012). Britain's experience dealing with population aging and its implications for China (Doctoral dissertation). There are many articles related to Britain's experience in dealing with population aging and its implications for China (Doctoral dissertation) and the keywords "fertility" and "aging".

4. Results

Some elderly people are very resistant to an overseas pension because of environmental, cultural, and even language differences, they feel very uncomfortable, and this kind of elderly people account for the majority. This kind of elderly people can be roughly divided into two categories: first, they are unfamiliar with the overseas environment but have some stereotypes about these environments. Given this kind of elderly, we should do more to promote overseas pensions so that the elderly can understand overseas pensions and then make a comprehensive evaluation in light of their own conditions. Second, they understand overseas pensions, but due to various differences, the elderly resist providing for the aged overseas. This situation should take into account the situation of the elderly themselves and constantly adjust overseas pension strategies to improve the sense of the experience of the elderly. Therefore, we should give more consideration to the wishes of the elderly. When the pressure on individuals to provide for the aged is vast, we can consider places with local solid flavor overseas. For example, the elderly in China can consider going to Chinatown for retirement. In this way, the problem of environmental differences can be relatively alleviated.

Second, increase the fertility rate to alleviate the problem of aging. The main problem with the low fertility rate is that people are under tremendous pressure in life and cannot consider the problem of giving birth before solving the stress of their own life. Secondly, because women have a lower sense of happiness in life, married women have a lower sense of happiness, so if we want to alleviate the problem of aging, we should appropriately reduce people's work pressure, housing pressure, and life pressure. Society should pay more attention to the problem of women's well-being, especially pregnancy, and women who give birth should receive more attention.

5. Discussion

Population aging is a global phenomenon that will continue to affect all regions of the world [8]. Therefore, immigration cannot fundamentally solve the problem of aging; it only plays a role in alleviating the problem, the elderly population in areas with serious population aging emigrates to overseas countries with less severe population aging, to provide for the aged overseas.

The United States has long been perceived as a land of opportunity for immigrants [9]. Raising the fertility rate is the fundamental solution to the problem. Approximately half the world's population

has replacement-level fertility or below [10]. But immigration cannot fundamentally solve the problem, so we should also raise our fertility rate to alleviate the problem of an aging population. Because raising the fertility rate is the way to solve the problem of aging in the world today. The low fertility rate is mainly due to a change in the fertility concept of people of childbearing age. People used to think they would have offspring after marriage. Still, now there are more and more dink families, too much pressure, and the considerable cost of raising children makes it impossible for people to raise the fertility rate, including women's happiness index is not high. Women's lives in the United States have improved over the past 35 years by many objective measures. Yet, we show that measures of subjective well-being indicate that women's happiness has declined both absolutely and relative to men [11]. Most women are always in a weak position in marriage, so they should improve their happiness. For example: provide the sale of female hygiene products in public areas, and care for pregnant women. And increase the punishment of all sexual molesters. In addition, the huge pressure of life is also the reason for the fertility rate, marriage rate, and low fertility rate of people of childbearing age in today's society.

In the process of national development, population aging seems inevitable, but in some poor countries, the problem of population aging may be more profound [12]. And the aging of the population also seems to bring some benefits to society [13], so we don't have to worry too much. Although the aging of the population has brought tremendous pressure to society, the aging of the population is indeed the only way for every country in the development process. The aging of the population has also brought us some advantages, for example: as the life expectancy of the elderly has increased, the elderly have also accumulated a certain amount of wealth. Or because of the increase in the elderly, our pension facilities have become significantly developed. Therefore, population aging is a double-edged sword with disadvantages and advantages.

6. Conclusion

A lot of literature on immigration talks about immigrants from other countries, such as Japan, Britain, and so on. There is little literature on the issue of Chinese immigration. This document mainly makes a detailed explanation of Chinese immigration abroad, including raising the fertility rate. There is also much literature on the degree of female happiness, but few of them point out the influence of the female happiness index on the fertility rate. This paper analyzes the reasons for declining the female happiness index and proposes some solutions. On the one hand, it is not difficult to increase the fertility rate by improving women's happiness and reducing people's life pressure on the other hand. However, the number of human beings the earth can hold is limited. Now that the world's population of 7 billion is already very high, it is hard to imagine the consequences of continuing to increase the fertility rate. The main limitation of this article is that a large number of data in this article are based on China, which may be less applicable to some areas of other countries. Still, there are also a large number of literature on aging in other countries. For example, Japan's research on aging has been relatively mature; we might as well refer to other literature to actively solve the aging problem.

References

- [1] ESHRE Capri Workshop Group. (2005). *Fertility and ageing. Human reproduction update*, 11(3), 261-276. <https://doi.org/006.<>/humupd/dmi<>>
- [2] Harman, D. (2001). *Aging: overview. Annals of the New York Academy of Sciences*, 928(1), 1-21.
- [3] Weil, D. N. (2006). *Population aging. DOI 10.3386/w12147.*
- [4] Espenshade, T. J. (1994). *Can immigration slow US population aging? Journal of Policy Analysis and Management*, 13(4), 759-768. <https://doi.org/10.2307/3325496>
- [5] Fang, E. F., Scheibye-Knudsen, M., Jahn, H. J., Li, J., Ling, L., Guo, H., ... & Ng, T. B. (2015). *A research agenda for aging in China in the 21st century. Ageing research reviews*, 24, 197-205. <https://doi.org/10.1016/j.arr.2015.08.003>

- [6] Jiang, Quanbao, Shucui Yang, and Jesús J.Sánchez-Barricarte. "Can China afford rapid aging?." *Springerplus* 5 (2016): 1-8.
- [7] Wang Zengwen. (2014). *A study on population migration, fertility and aging in a steady state of population. China's population Resources and Environment*, 24 (10), 114-120.
- [8] Harper, S. (2014). *Economic and social implications of aging societies. Science*, 346(6209), 587-591.
- [9] Abramitzky, R., & Boustan, L. (2017). *Immigration in American economic history. Journal of economic literature*, 55(4), 1311-1345.
- [10] Turner, A. (2009). *Population ageing: what should we worry about? Philosophical Transactions of the Royal Society B: Biological Sciences*, 364(1532), 3009-3021.
- [11] Stevenson, B., & Wolfers, J. (2009). *The paradox of declining female happiness. American Economic Journal: Economic Policy*, 1(2), 190-225.
- [12] Bongaarts, J. (2015, January). *Global fertility and population trends. In Seminars in reproductive medicine (Vol. 33, No. 01, pp. 005-010). Thieme Medical Publishers.*
- [13] Yang, J., & Coughlin, J. F. (2014). *In-vehicle technology for self-driving cars: Advantages and challenges for aging drivers. International Journal of Automotive Technology*, 15, 333-340.