

Research on the Impact Mechanism and Response Strategy of Population Aging on Economic Growth

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Abstract: With the development of society, the problem of population aging is increasingly prominent. The impact mechanism of population aging on economic growth is complicated and diverse. In terms of the labor market, the increase in the proportion of the elderly population has led to a decrease in labor supply, increased labor costs, and affected the production efficiency of enterprises. In the field of consumption, changes in consumer demand and the structure of the elderly may lead to adjustment of some industrial markets. In terms of social security, the burden of pensions is increasing, and fiscal pressure has increased. To cope with population aging, a series of strategies are needed. First, improve the pension security system to ensure the quality of life of the elderly. Encourage people to choose the employment direction of the type of pension and give full play to their experience and skill advantages. Secondly, developing the elderly industries to meet the special needs of the elderly, while creating new economic growth points. Third, strengthen education and training, improve the quality of labor, strengthen the fertility system, and vigorously promote the country. Through these measures, the negative impact of population aging on economic growth is reduced, and sustainable development is achieved.

Keywords: Population aging, labor force, economy, family planning.

1. Introduction

The aging of the population refers to the decline in the global fertility rate, and the extension of people's average life expectancy has led to the decline in the proportion of young people in the total population. As the current medical technology progress has led to the prolonged life of the elderly and more and more young people are unwilling to have children, the proportion of the elderly in the total population is gradually increasing. Internationally, if an elderly person over 60 years old accounts for 10% of the total population of the population, the population of this country is in an aging society [1]. Now the proportion of the elderly population in the world is rising, and the population structure of the entire society is in an elderly state. The aging and development trends of different countries are different, but the proportion of the elderly population in various countries is constantly rising, while the proportion of young people is relatively decreasing [2]. According to relevant data from the United Nations, the proportion of the population 65 and above in 2024 is about 10.5%. It is expected that by 2050, this proportion will climb to 16%. This trend has become increasingly prominent globally and has become an important social and economic challenge facing countries.

In China, the aging population is always an important issue that has attracted much attention and continuous discussion [3]. China has entered "deep aging", and the degree of aging is also at the level of the world, and the trend of declining civilization and longevity has also increased the aging of the population [4]. China's economy and population and population distribution are inseparable. The influence of population aging on the economy, in the labor market, may cause some companies to not have enough personnel to mobilize recruitment workers. Consumption growth in health care, pension services, elderly tourism, and other fields [5]. As the elderly population increases, the government will also focus more on the development of elderly care and insurance and reduce the government's expenditures in other aspects. At the same time, more aging technology companies may focus on the development of senior technology products, rather than focusing on the development of cutting-edge technology, which may cause China's economic growth to be blocked.

This article mainly analyzes the impact mechanism and response strategy of population aging on economic growth. The first part of this article analyzes the direct impact of population aging on economic growth. The second part analyzes the indirect impact of population aging on economic growth.

2. The Direct Impact of Population Aging on Economic Growth

As the proportion of the elderly population rises, more and more people have reached the age of retirement. Under normal circumstances, retirees will leave their jobs and will not participate in market labor in the labor market, which will directly reduce the labor supply. For example, in some jobs, after the retirement of experienced old employees, it may be difficult to find the right successor for a while, resulting in insufficient human resources for this position. This job and engage in. At the same time, as the physical function of the elderly gradually decreases, their physical condition may be difficult to accept high-intensity work and the pressure on their superiors them, which also forces the elderly to give up their work [6]. In China, some elderly people need to bear the responsibility of taking care of their children, which makes it difficult for them to participate in the workplace and thus lowers the labor participation rate of the elderly. Today, more and more people choose not to marry infertile. This trend has led to a decrease in the number of young people, while the proportion of the elderly population in society has gradually increased. One of the consequences brought by this change is that when the elderly choose to retire, there are often not enough young people to fill the vacancy they left, which will cause the newcomers in the labor market to be insufficient.

This series of phenomena will restrict the supply side and limit the expansion of the production scale. Some industries may not be able to provide enough products due to the shortage of manpower, and production efficiency will also be affected. To recruit more labor, companies may have to increase salary levels and welfare benefits, which will undoubtedly increase production costs. This may be passed on to the price of the product, causing inflation. But at the same time, with the aging of the population, companies will also make different changes. Because the salary of the labor force has greatly increased, this can better improve the lives of some people. People will get better things. Development. The shortage of labor can introduce more advanced technology, which has promoted enterprises to increase investment in automation and artificial intelligence to improve production efficiency and promote industrial upgrading and transformation. At the same time, this has also greatly reduced the cost of increasing enterprises due to the decrease in the number of labors. At the same time, the increase in labor salary also makes each enterprise higher requirements for labor, and the demand for labor in the service industry is very large because increasing wages have different requirements for labor, which will make the labor force on service in terms of service The attitude will be better and more professional, which greatly improves people's needs for life and makes society more and more harmonious.

3. Indirect Effects of Population Aging on Economic Growth

The aging of the population has a profound impact on many industries, especially the field of medical care and pension services, which has prompted these industries to experience a series of important changes [7]. In terms of health care, the gradual decline of the physical function of the elderly has caused them to be more susceptible to chronic diseases, such as hypertension, diabetes, heart disease, etc., which greatly enhances the need for medical diagnosis, treatment, and drugs. This has continued to rise in demand for medical diagnosis, treatment, and drugs. The second is the need for rehabilitation care. The rehabilitation care needs after illness or after surgery are also increasingly prominent, including professional rehabilitation training, daily care, etc. At the same time, the physical quality of the elderly is far from young people. Their recovery progress is made to formulate plans, which also makes more and more young medical staff recognize the health of the elderly to make them better find their healthy body [8].

The reform of the pension service industry is also significant. As more and more elderly people choose to stay in the nursing home, the demand for fresh labor has increased significantly. Due to the decline in physical activity of the elderly, their daily living, diet, cleanliness hygiene, and other affairs must be completed. At the same time, the elderly who are sent to the nursing home will inevitably feel lost and lonely. Because the company's companionship is missing, the nursing home needs to greatly increase the emotional value of the elderly so that the elderly will not feel lonely. The demand for spiritual comfort services such as guidance, chatting, and cultural and entertainment is strong. You can also organize some activities to allow the relatives and partners of the elderly to interact for the old people to experience the warmth of the family and the company's company. These all require the labor force to have sufficient ability to organize and help the elderly to complete their instructions. This will also increase the standard of labor obtaining work and fully require their professional ability in this industry. The salary in the market will also be greatly improved. At the same time, more and more people will learn this skill and apply for a major to obtain a higher salary and better work.

For the stability of finance, people with more and more people will receive pensions because of the aging population. For example, in some aging countries, the number of pensions has continued to grow in the past few decades, and paying pensions pays pension payment in the past few decades and pay pension payment pensions. The system brings tremendous pressure. The increase in the elderly population means that the demand for pension payments has increased, the labor population is relatively reduced, the number of payers has decreased, and the income and expenditure are increasing. However, because of the advancement of science and technology, the per capita life expectancy is extended, which also means that the government needs a lot of expenditures on pensions, which further aggravates the pressure of finance. For example, pension expenditures in some countries have accounted for a large proportion of the total financial expenditure, which has limited the government's investment in other fields and affects the overall development of the economy and society. And because the pension puts too much pressure on finance, the government may increase the taxes of the country and the way of issuing bonds to fill the gaps brought by pensions. At the same time, this may also lead to the quality of public services and social stability. These measures may have long-term adverse effects on fiscal stability

4. Coping Strategies and Recommendations

Population aging is indeed a problem today, and society needs to implement some response strategies and suggestions. Optimizing fertility policies and optimizing fertility policies are one of the important measures. It helps improve the birth rate of the population, thereby optimizing the age structure of the population under the long-term perspective, increasing future labor supply, and effectively alleviating the pressure of population aging. The increase in new babies can not only promote the

vigorous development of related industries such as maternal and infant, education, and medical care but also expand the consumer market and inject new vitality into the global economy. With the increase in the national population, labor resources will be richer, and the per capita economic level is expected to gradually become reasonable. In this way, there is more and more labor for the country's population, and the per capita economy will gradually become reasonable. Therefore, the state needs to improve the fertility support policy, provide maternity allowances, extend maternity leave and maternity leave, increase childcare leave, etc., and reduce the burden on family fertility. This will make more young people not worry about raising their children because of insufficient funds. Because many parents are not afraid of educating their children's government cannot educate their childcare services, increase the construction and support of childcare institutions, improve the quality and availability of childcare services, and solve the worries of family parenting. At the same time, the supply of educational resources can be strengthened, ensuring that the newly born population can obtain high-quality educational resources, improve the quality of the population, and cultivate high-quality talents for the future labor market. To provide sufficient labor for future economic markets and bring fresh blood to society Essence In the end, it can be publicized and guided. Through a variety of channels to publicize the positive significance of fertility policies, change the concept of fertility, create a social atmosphere that is conducive to fertility, and encourage more people to give birth, thereby filling the gap between the elderly.

5. Conclusion

As a global problem, the aging of the population needs to cross generations and consolidate the power of everyone. Optimizing fertility policies and promoting labor participation efforts are essential for the sustainable development of the economy and society. Optimizing fertility policies can adjust the population structure for a long time and provide sufficient labor reserves for the future while driving the development of related industries and stimulating social vitality. Promoting labor participation can directly increase labor supply, increase labor productivity, and promote economic structure adjustment. The two complement each other and jointly laid the foundation for economic growth and social stability.

In the future, with the continuous optimization of fertility policies and the gradual improvement of fertility support measures, the birth rate of the population is expected to gradually rise, and the age structure of the population will be improved. The extensive development of childcare services will provide more convenience for families so that young parents can better balance work and families. The continuous investment of educational resources will cultivate more high-quality labor and inject new impetus into scientific and technological innovation and economic development, while promoting the participation of labor, with the continuous improvement of the employment environment, the efforts to eliminate employment discrimination, labor Those will get more fair employment opportunities. The continuous improvement of the vocational skills training system will enhance the competitiveness of workers and allow them to integrate into society more quickly. People can flexibly choose employment methods to make occupations more diverse and provide people with more work choices. Further improvement of the social security system will enhance the sense of security of workers and encourage more people to actively participate in the labor market. In short, through continuous optimization of fertility policies and vigorously promoting labor participation, people are confident to achieve stable economic growth and harmonious development of society and create a better future for people.

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