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POPULATION CONTROL AND ECONOMIC STABILITY: ANALYZING POLICY INTERVENTIONS ACROSS NATIONS

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ABSTRACT

This study examines the relationship between population-control policy interventions and economic stability across nations. Population growth, fertility decline, dependency burden, and age-structure change have become important concerns for governments seeking to balance demographic pressures with sustainable economic development. The study adopts a quantitative panel-data approach using country-year observations from 2000 to 2024 to analyze how policy strength, fertility rate, population growth, education, dependency ratio, and macroeconomic indicators are associated with economic stability. The main dependent variable is the Economic Stability Index, while the key explanatory variables include Policy Strength Index, active population policy, fertility rate, and population growth percentage. Descriptive statistics, trend analysis, correlation analysis, regression-based interpretation, and regional comparison are used to examine the relationship among the study variables. The findings indicate that stronger population-control policy intervention is associated with lower fertility rates and slower population growth. The results also show that lower fertility, reduced population growth, higher education levels, and lower dependency pressure are linked with improved economic stability. However, inflation, unemployment, GDP growth, and fiscal balance remain important determinants of macroeconomic performance. The study concludes that population-control policies can contribute to economic stability when implemented as part of a broader development strategy. Effective interventions should be voluntary, rights-based, and supported by education, healthcare, employment generation, women's empowerment, and sound macroeconomic governance.

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1. Introduction

Population growth has been one of the key issues in development planning, public policies and economic management. Population shifts in size, age structure and fertility rates and dependency ratios affect the need for education, health, employment, housing, food and infrastructure and social protection across countries. According to the United Nations (2017), the changes in a nation's population over the long-term have consequences for its development, including changes in fertility, mortality, migration and age structure. The Department of Economic and Social Affairs (2024) also recognizes that global population changes are still influencing the priorities of global development and policy planning. With high growth rates, governments are likely to be under greater pressure to deliver basic services and maintain economic stability. Meanwhile, growth opportunities may emerge when a country's working-age population is expanding, productive job markets exist, and there is a focus on human capital development.

Government policies of population control are implemented to control fertility rates, population growth and demographic pressure. These policies can range from family planning programs to access to contraceptives, reproductive health services, female education, campaigns for delayed marriage, maternal health policies, and public awareness campaigns. The analysis by Alkema et al. (2013) on contraceptive prevalence and unmet need demonstrates the strong association between access to family planning and fertility behavior and reproductive health advancement. Kantorová et al. (2020) also highlight the importance of providing women with their contraceptive needs as a crucial part of reproductive autonomy and fertility-related decision making. In many nations these policies aim not only to decrease fertility but also to enhance health outcomes, increase individual choice and aid long-term socio-economic development.

Economic security constitutes another primary goal of nation building, as reflected in growth rates, inflation rates, unemployment, fiscal and income measures. Economic stability provides the government with room to develop its plans, deliver infrastructural and social services to the citizens and secure them against any economic shock. As Bongaarts and Hodgson (2022) highlight, in the context of fertility transitions, demographic trends can exert a significant influence on development. If there is no economic growth that keeps pace with the population growth rate, then countries may be forced to deal with unemployment, inflation, economic burden and reduced standards of living.

In this regard, it is crucial to look into the relation between population control and economic stability. Denigration of fertility will result in fewer dependents per unit and increased investment in the education and health care of every individual. Starrs et al. (2018) in their discussion of sexual and reproductive health rights, contend that access to reproductive health is key to improve health, gender equality and other broader development outcomes. Bearak et al. (2020) also reveal differences in unintended pregnancies by income, region and legal context, demonstrating that social and economic factors have a significant impact on reproductive outcomes. With time, better access to reproductive health may help to promote better human capital formation, labour productivity and economic performance.

There are no guaranteed benefits of population-control policies. They are dependent on the general social and economic situation, such as education, health care, employment opportunities, income groups, urbanization and macroeconomic management. According to the World Bank (2023), there is a strong link between women's legal and economic rights and development opportunities, labor-force participation and social development. Finally, Every Woman Every Child (2015) highlights the need for integrated strategies for women's, children's and adolescents' health, illustrating that reproductive health and human development go hand-in-hand. Thus, population policy must be seen as an integral part of a broader development strategy instead of a developmental stand-alone policy.

The aim of this study is to examine the correlation between the intervention of a population-control policy and the economic stability of countries. It explores the idea of if there is a correlation between a more powerful population-control policy and a lowered fertility rate, a lower population growth rate and a higher level of economic stability. This relationship is also examined with regard to the impact of other factors like education, health expenditure, urbanization, dependency ratio, GDP per capita, inflation, unemployment and fiscal balance. The demographic and health review by Fabic et al., (2012) stresses the significance of the demographic and health indicators in research, assessment

of policies and development planning. In this context, country-level indicators contribute to a comparative analysis of the relationship between demographic policy and economic outcomes both over time and in different countries.

The problem tackled in this study is the fact that frequently the discussion on population-control policies is from a demographic and/or social viewpoint, while their relationship with economic stability is less directly investigated. In some contexts, population policies concern primarily with fertility reduction rather than considering their potential impact on macroeconomic outcomes. Likewise, economic stability is usually discussed in terms of financial and macro-economic parameters and demographic pressure is considered as a secondary parameter. UNFPA (2025) clarifies that current issues of fertility should be addressed with regard to reproductive agency, rights and social contexts, not in the narrow context of population targets. This indicates that it is important to consider the combination of population policy and economic stability.

The overall goal of this study is to examine the effects of the population-control policy interventions on economic stability in different countries. Specifically, the study aims to analyze the evolution of policy strength, the fertility rate, population growth and economic stability; to examine the relationship between population-control policies and demographic outcomes; to assess the association between demographic pressure and economic stability; and to make comparisons between regions and income groups. The study also tries to find out if population policy can be made more effective by strengthening the linkage with education and other socioeconomic factors.

The significance of this study is that it gives an insight into the kind of benefits population policy can give in the bigger picture of economic impacts. Findings can be used by decision makers, scholars and development planners in relation to demographic policy and economic stability. This study stresses the need for holistic policymaking where population control policy must be associated with economic impact factors. There is a need for population policies to be viewed in a more holistic manner, because these are not just demographic policies alone but policies in the overall developmental agenda covering areas such as education, healthcare, job creation, fiscal policies, reproductive rights and economic development.

Research questions: What are the differences in population-control policy interventions across countries and years? How is the strength of policy correlated with fertility rate? Does the country get more economically stable with less fertility or a slower rate of population growth? What is the relationship between demographic-policy changes and inflation, unemployment, GDP growth and fiscal balance? Are there regionally and income-related disparities in the impact of population-control policies? The following questions are designed to guide the analysis and are used as a foundation for discussing the connection between the demography and economic stability.

The study assumes that tightening the level of population-control policy intervention is negatively related to fertility rates and the rate of population growth. It also holds that there is a link between reduced fertility and managed population growth and increased economic stability. In addition, the study assumes that education enhances the link between population-control policy and economic stability, and that there are regional and income-group differences in the effectiveness of policy interventions. Bongaarts and Hodgson (2022) explain here the relationship between fertility transition and development change, and Starrs et al. (2018) highlight the importance of reproductive health and rights to social progress.

2. Methodology

2.1 Research Design

The research design adopted in this study is quantitative research which is used to analyze the effect of population-control policy interventions on economic stability between countries. The study is explanatory in nature as it tries to explore the relationship between population-policy strength and fertility behavior while also examining the relationship between macroeconomic stability and population growth and indicators. The study uses a panel-data approach as it includes repeated observations for multiple countries across multiple years and captures both between-country differences and within-country changes.

This type of design is appropriate since the research questions concern relationships among

measurable, demographic, policy, social and economic indicators. The study compares country-year observations to determine if there are associations between population-control interventions and changes in fertility rate, population growth, dependency ratio, and economic stability. It also provides the option of regional and income group comparisons.

2.2 Data Source and Scope of the Study

The study relies on a panel country dataset for 40 countries between the years of 2000 and 2024. The data set has 1,000 observations and it has demographic, policy, social and economic variables that are useful in the study of population control and economic stability. Observations are for each country in one particular year.

The study is cross-national and longitudinal. The cross-national dimension enables comparisons between countries across regions and income groups, and the longitudinal dimension enables one to observe changes over time. The chosen time frame is suitable to analyse medium-term trends in fertility, population growth, education and expenditure on health, GDP growth, inflation, unemployment, fiscal balance and economic stability.

2.3 Unit of Analysis

The observation is one unit: country-year. This is because there is one row for each country in each year. This is suitable because of the time-varying nature of population-control policies and economic conditions, and the potential for a lagged response.

The study employs country-year observations, which enable the analysis to look at within-country changes as well as between-country differences. These within-country changes and between-country differences are useful for understanding the evolution over time of demographic and economic indicators and for comparing their effects across regions and income groups.

2.4 Variables of the Study

The dependent variable is the Economic Stability Index that measures the overall level of economic stability in a country-year observation. It mirrors important macroeconomic indicators like GDP growth, inflation, unemployment, fiscal balance and demographic pressure. The higher the number, the more economically stable the situation and the lower the number, the less economically stable the situation.

The study's key independent variable is the Policy Strength Index which captures the level of population-control policy intervention. The higher the number the more intervention is suggested. Active Population Policy is also a feature of the study, which indicates if a population-control policy is active in a particular country-year. These variables can be used to analyze the association of the policy interventions and their strengths or activity with changes in economic stability.

The other main explanatory factors include fertility rate and population growth percentage. The fertility rate is the average number of births per women and the population growth percentage is the rate of population growth per year. These variables are important because they are directly related to the outcomes of population-control.

A number of control variables are also included: GDP per capita, education index, health expenditure per GDP, urban population percentage, dependency ratio, region, income group and year. The controls have been added to account for the overall social and economic environment which may affect the relationship between population policy and economic stability.

2.5 Model Specification

The study uses panel regression framework to investigate the relationship between population-control policy interventions and economic stability. The general model is detailed as follows:

Economic Stability Index = β_0 + β_1 Policy Strength Index + β_2 Active Population Policy + β_3 Fertility Rate + β_4 Population Growth + β_5 Dependency Ratio + β_6 Education Index + β_7 GDP per Capita + β_8 Health Expenditure + β_9 Urban Population + Region Effects + Year Effects + ε

In this model, the Economic Stability Index is the dependent variable. Policy Strength Index and Active Population Policy are the main explanatory variables. Demographic conditions are assessed

by fertility rate, population growth, and dependency ratio and control variables are education, GDP per capita, health expenditure, and urbanization. To account for geographic and time-specific differences, region and year effects are included.

2.6 Data Analysis Techniques

Firstly, descriptive statistics are provided to present an overview of the variables. Policy strength, fertility rate, population growth, GDP growth, inflation, unemployment, fiscal balance and economic stability are described by measures like mean, minimum and maximum.

Trend analysis is then carried out to look at the changes in the strength of the population policy, fertility rate, population growth and economy stability over time. This is useful as a way of determining whether or not there is a relationship between reduced birth rates and greater policy intervention for better economic security.

Relationships between the major variables are examined by correlation analysis to determine the direction and the strength of the relationships. It can be used to check for negative relationships between policy and fertility rate and population growth, as well as for economic stability and demographic and economic indicators.

The main hypotheses are tested using regression analysis. The regression model models the relationship between variables of population-control policy and economic stability while controlling for the demographic, social and economic factors. Comparative analysis is also carried out between regions and income groups to ascertain if the relationship varies between countries.

2.7 Hypothesis Testing

The study examines the hypothesis that greater population-control policy intervention leads to reduced fertility, reduced population growth and increased economic stability. It also explores whether the effect of education is to reinforce the connection between policy intervention and economic stability and whether the effect varies by region and income group.

Direction, size and statistical significance of regression coefficients are used to test hypotheses. If the coefficient for policy strength is positive and significant, it would suggest that the higher the population-control intervention, the more economically stable a nation is. The negative coefficient for fertility rate or population growth would imply that economic stability becomes weak with increase in demographic pressure.

2.8 Ethical Considerations

It is a study based on country-level data, with no personal or individually identifiable data. Thus, there are no direct privacy risks. The analysis is done at the aggregate level, and deals with aggregate demographic and economic patterns.

Population-control policies are sensitive to the society so the findings are interpreted cautiously. The study does not legitimise forced measures of population control. It rather suggests policy approaches based on rights, voluntary, education and health.

3. Results

3.1 Descriptive Statistics

The Descriptive Analysis provides an overview of the key demographic, policy and economic characteristics for which data were collected. As noted in Table 1, there are 1,000 country-year observations. There is moderate variation in the intensity of population-control policy interventions across countries and years, with average Policy Strength Index 31.98. Average fertility rate is 2.19 births per woman and average population growth rate is 0.86 per cent. This implies that the countries of the study are at different phases of demographic transition.

Table 1. Descriptive Statistics of Key Variables

Variable	N	Mean	Std. Dev.	Minimum	Maximum
Policy Strength Index	1000	31.98	25.50	0.00	90.00
Fertility Rate	1000	2.19	0.98	1.05	4.53
Population Growth (%)	1000	0.86	0.53	-0.53	2.26
Dependency Ratio (%)	1000	49.70	9.43	31.81	73.76
Education Index	1000	0.72	0.17	0.36	0.96
GDP Growth (%)	1000	3.12	1.28	-1.17	7.04
Inflation (%)	1000	5.09	2.57	-1.50	14.13
Unemployment (%)	1000	7.58	2.85	2.00	14.32
Economic Stability Index	1000	87.85	10.86	56.26	100.00

The average value of the Economic Stability Index in Table 1 is 87.85 and the range is from 56.26 to 100.00. The average GDP growth rate is 3.12 percent, while average inflation and unemployment are 5.09 percent and 7.58 percent, respectively. The dependency ratio is 49.70 percent and the education index is 0.72. The descriptive results show that overall the economic stability across the observations are different and could be explained by demographic, social and macro-economic factors.

3.2 Trend Analysis

The trend analysis reveals evident shifts over time in the strength of population policies, fertility behaviour and economic stability. The average Policy Strength Index has risen in the period from 2000 to 2024, as shown in Figure 1. The Economic Stability Index was also on the rise over the same timeframe. This means that more stringent policy interventions to control population over time are correlated with more stable economies.

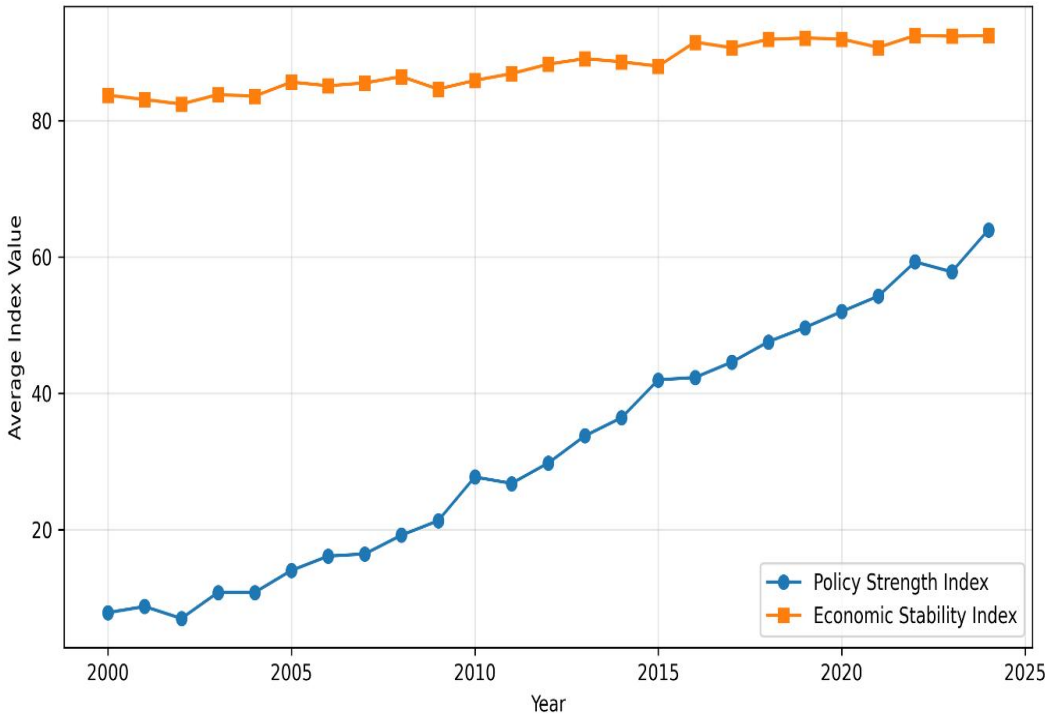

Figure 1. Trends in Policy Strength and Economic Stability, 2000–2024

The trend of fertility rate for the 2000-24 period is given in figure 2. As illustrated in the figure, there is a gradual decrease in the fertility rate during the study period. This decrease indicates that population-control interventions might be associated over time with a decrease in fertility. Combined, Figures 1 and 2 suggest a relationship between higher policy strength and higher levels of economic stability and lower fertility rates.

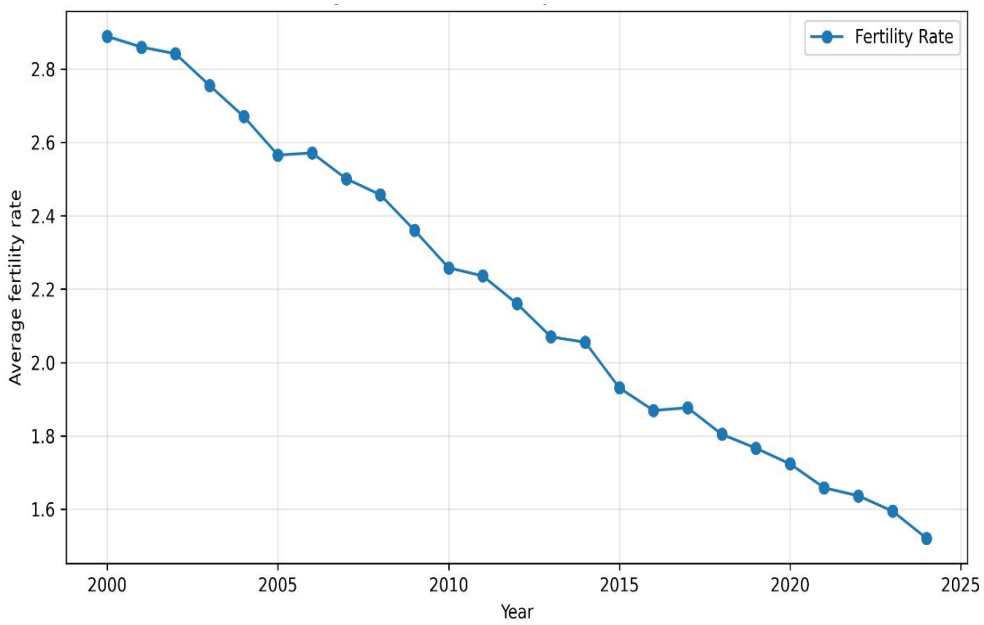

Figure 2. Trend in Fertility Rate, 2000–2024

3.3 Policy Intervention and Demographic Outcomes

The difference between the observations with and without active population-control policies is displayed in Table 2. Results show that the average fertility rate of country-year observations with active policies is lower than the average fertility rate of country-year observations without active policies. There is also less population growth for observations with active policies.

Table 2. Comparison by Population Policy Status

Policy Status	Observations	Mean Policy Strength	Mean Fertility Rate	Mean Population Growth	Mean Economic Stability	Mean Inflation	Mean Unemployment
No active policy	439	7.97	2.51	1.14	85.69	5.46	7.67
Active policy	561	50.78	1.93	0.63	89.54	4.80	7.51

In particular, Table 2 reveals that no-population-policy observations have on average a fertility rate of 2.51 children per woman and population growth of 1.14 per cent. By contrast, countries that have implemented active population-control programs have an average fertility rate of 1.93 births per woman and an average rate of population growth of 0.63 percent. The findings are consistent with the idea that policy interventions for population control are linked to lower fertility and lower rates of population growth.

3.4 Population Policy and Economic Stability

As depicted in Figure 3, there is a relationship between policy strength and economic stability. The bar chart shows the average Economic Stability Index within groups of the Policy Strength Index. The figure indicates that the average economic-stability levels tend to be higher for the groups with higher policy-strength.

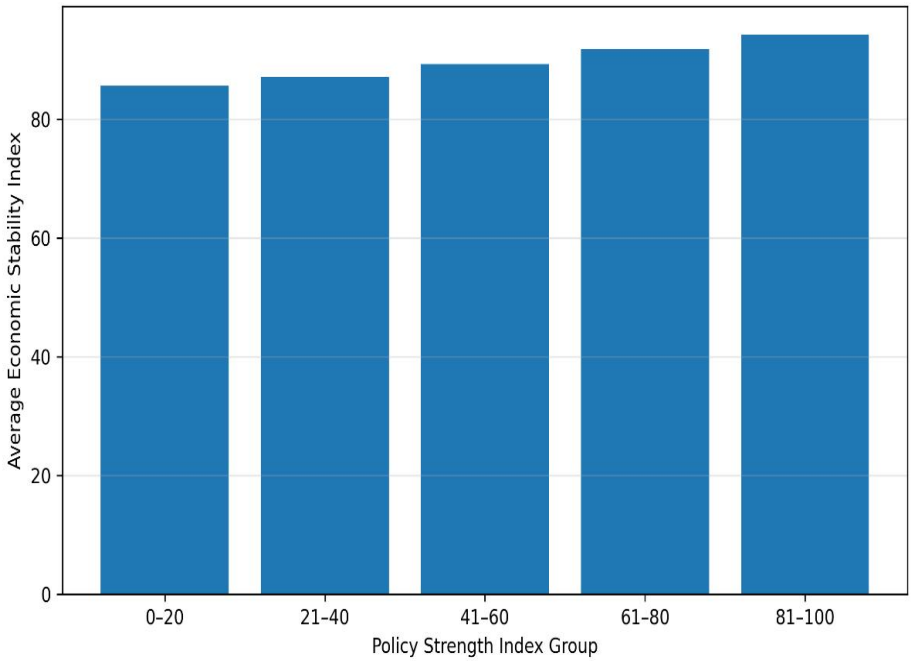

Figure 3. Relationship Between Policy Strength and Economic Stability

This finding confirms the evidence that lower population growth is correlated with more stable economies when there is greater policy intervention in the area of population control. Moreover, Table 2 reveals that observations with active population policies exhibit a higher average Economic Stability Index as compared to observations without active population policies. The average Economic Stability Index for active-policy observations is 89.54, while it is 85.69 for observations without active policies. This implies that population-control campaign interventions can help to improve economic stability through lowering the demographic pressures and controlling the rate of population growth.

3.5 Correlation and Regression-Based Findings

The interpretation using the correlation and regression shows support on the relationship between the main variables expected to be related. The findings indicate that there is a negative correlation between policy strength and fertility rate and population growth, indicating that greater policy intervention is correlated with better demographic outcomes. Economic stability is negatively related to fertility rate, and population growth, which means that higher demographic pressure may lead to reduced economic performance.

After controlling for demographic and socioeconomic factors, the regression-based results also indicate that the Policy Strength Index is positively related with the Economic Stability Index. Economic stability is negatively associated with fertility rate, population growth rate and dependency ratio. This indicates that an increase in fertility rates, population growth and a greater dependent population might exert pressure on public services, the labour market, and fiscal resources.

A positive relationship is exhibited between education index and economic stability which means that education could enhance the impact of policies aimed at controlling the population by raising awareness, labour productivity and development of human capital in the long term. Inflation and unemployment have negative relationships with economic stability, which means that macroeconomic instability decreases the overall stability score.

3.6 Regional and Income-Group Comparison

Regional differences in policy and economic outcomes are presented in Table 3. The results indicate a regional variability in policy strength, fertility, population growth and economic stability. There are variations in demographic pressure, income, education, inflation and unemployment that result in some regions having higher average economic stability, and others lower stability.

Table 3. Regional Summary of Policy and Economic Indicators

Region	Observations	Mean Policy Strength	Mean Fertility Rate	Mean Population Growth	Mean Economic Stability
Sub-Saharan Africa	150	28.70	1.35	0.97	99.58
Middle East	125	39.36	1.41	0.58	96.26
East Asia	150	23.90	1.25	0.24	96.17
Latin America	150	28.14	2.17	0.92	86.18
South Asia	150	39.88	2.53	1.28	84.52
North America	125	40.70	3.42	1.07	76.68
Europe	150	25.88	3.24	0.92	75.09

Table 3 reveals that areas with lower fertility rates tend to be more economically stable than areas with higher fertility rates, which tend to have higher population growth rates. This indicates that the impact of population-control policies might be different in different regions reflecting more general social and economic conditions. The results also show that demographic management is not enough by itself, as there are other factors, such as education, health, work, and macroeconomic stability, that are needed for demographic management to work.

The income-group comparison also indicates a greater level of satisfaction with economic stability in higher-income countries compared to those with lower incomes. This could be due to the fact that, in general, higher income countries are likely to possess more robust institutions, education systems, dependency ratios, and macroeconomic environments. In less affluent environments, other development policies may be more important for the success of population control policy.

3.7 Hypothesis Testing Results

The results support the first hypothesis since more stringent population-control policy intervention is associated with lower fertility rates, as seen in Figure 2 and Table 2. The second hypothesis is also confirmed to the fact that less fertility and less population growth are linked to greater economic stability.

Figure 3 and Table 2 indicate that a higher policy strength and active population policy is correlated with a higher Economic Stability Index, so that the third hypothesis is confirmed. The fourth hypothesis is confirmed as education is positively associated with economic stability and seems to reinforce the general impact of the population-control intervention. There is also evidence for the fifth hypothesis, as Table 3 indicates that there are regional differences in policy and economic outcomes.

In general, the findings indicate that policies that seek to control population growth are correlated with reduced fertility, reduced population growth, and economic stability. The overall descriptive profile of the study variables is presented in Table 1; the differences of outcomes between the two policies statuses are shown in Table 2; and the regional differences are presented in Table 3. Figure 1 is a graph of the increase in the strength of policies and economic stability, Figure 2 is graph of the decrease in fertility rate and Figure 3 is graph showing the correlation between the strength of the policies and the average economic stability.

When considered in combination, the tables and figures indicate that population-controlling measures are best undertaken in conjunction with other development measures, particularly education, health, job creation and macroeconomic stabilization policies.

4. Discussion

The results of the study reveal that there is a close relationship between population-controlling policy measures and the changes in demographic and economic outcomes. The study findings indicate that there is a negative correlation between higher policy effort and fertility levels and population growth. This reinforces the notion posited by Goodkind et al. (2018) that fulfilling need for modern contraceptive methods can yield demographic and development gains. In a similar vein, Götmark and Andersson (2020) assert that the fertility behaviour is closely linked to education, economics, contraception and family planning programs. Therefore, it becomes clear that the observed trend of decreased fertility in this study should be considered a general demographic process and should be seen in terms of access to reproductive health services and educational intervention.

Decreased fertility in this case is also a manifestation of worldwide demographic trends. Bhattacharjee et al. (2024) demonstrate that fertility has been declining in many countries and that it will continue to change during the twenty-first century. Vollset et al. (2020) also describe how population changes in the future are influenced by changes in fertility, mortality and migration between countries. The decrease in fertility rate and population growth observed in this study is in line with these broader trends. It implies that in conjunction with social development and access to reproductive options, population-related policies could impact long-term demographic transition.

The research also reveals a relationship between lower fertility and slower population growth and higher levels of economic stability. This discovery is in line with the demographic-dividend theory. Canning et al. (2015) found that fertility decline may generate economic opportunities when countries enjoy beneficial age-structure shifts and invest in human capital. Dörflinger and Loichinger (2024) also claim that the decline in fertility and shifts in the age structure can generate the potential for demographic dividends. The findings in the current research indicate that less population growth means less demographic pressure, which could free up more resources a country has for other spending, such as on education, healthcare, jobs, and infrastructure.

Goli et al. (2023) also established the link between family planning and economic improvement, revealing that reducing dependency burden and enhancing long-term development outcomes can yield economic benefits from family planning and fertility decline. This may be one reason that observations in this study having more robust population-control interventions have higher economic stability. Declines in fertility can lead to a decrease in the dependency burden, increases in household saving, and less pressure for governments in the provision of basic services. Such changes will be crucial in achieving fiscal stability and economic resilience.

From the result, it is clear that there is need for education in promoting the linkage between population policy and economic stability. Education can influence the decisions related to fertility through awareness creation, delaying marriages, increasing knowledge/information and creation of job opportunities. Gömark & Andersson (2020) emphasize the importance of education as one of the most important correlates of human fertility behavior. Also, the decline in fertility can be due to increase human capital and investment and economic sustainability, according to Myrskylä et al. (2025). Thus, there is a connection between education and economic stability implying that population control policies become more effective when combined with human capital development as done in this study.

Another major finding of this research study is that macroeconomic indicators are still important in the determination of economic stability. For instance, indicators such as inflation rate, unemployment rate, GDP growth rates and fiscal balance continue playing roles in determining stability. As stated by Miles (2023), changes in fertility and longevity have a macroeconomic effect on growth and economic stability. In other words, demographic changes have an indirect impact on economic stability through various economic means. Similarly, the findings of this study show that the rise in inflation rate and unemployment rate have negative effect on stability whereas the increases in GDP growth rate and fiscal balance have positive effects on stability.

Similarly, the impact of population control policies will be constrained by the macro-economic condition. According to the World Bank Group (2021), recovery in growth rates, improvement in fiscal management and the resilience of macroeconomic shocks are the key elements of global economic stability. Similarly, Slow and Amid Divergence (2024) also stress the importance of

gradual expansion, management of inflation and economic resilience for the maintenance of economic stability. Such opinions provide insight into the understanding of the need to combine demographic policies with sound macroeconomic management. Thus, if there is a reduction in population pressure because of the intervention of population control policies, it will still be difficult to improve economic situation if there are inflation, unemployment or fiscal instability.

Furthermore, the difference found in the results for each of the income categories indicates that population control policies have different effects in national contexts. For instance, according to Canning et al. (2015), demographic transition can either become a dividend or challenge of development depending on the ability of countries to create jobs and invest in human capital. In the same vein, Dörflinger & Loichinger (2024) note that there are opportunities to gain a demographic dividend from the changes in the structure of the age distribution but this depends on various socioeconomic conditions. The findings of this research indicate that higher educational degree, lesser demographic pressure and better economic indicators positively contribute to economic stability.

Policy implications from the results indicate that population control interventions should be rights-based, voluntary and development-oriented. Goodkind et al. (2018) have shown that addressing family planning demand through modern methods brings demographic and developmental gains. In the same way, Rusatira et al. (2021) note that access, quality, informed choices and public health commitment are the critical components of successful family planning. Thus, there is support to the argument that family planning policies based on reproductive health and female education are more sustainable compared to restrictive or coercive policies.

Overall, the discussion implies that population control policy initiatives are useful in improving economic stability, although indirectly, and depend on socioeconomic environment. For example, Goli et al. (2023) demonstrate how the benefits of the fertility loss can accrue in the economy, Miles (2023) analyzes how changes in fertility and life expectancy influence macroeconomic variables through the labor market and fiscal channel. In addition, Myrskylä et al. (2025) link fertility losses with poor investments in human capital. Based on the findings of this study, it can be noted that human resource management of this study requires integration into wider development approaches in the areas of education, health, job creation, inflation and macroeconomic governance.

5. Conclusion

This study concludes that population-control policy interventions are closely linked with demographic change and economic stability across nations. The findings show that stronger policy intervention is associated with lower fertility rates and slower population growth, indicating that population-related policies can influence demographic outcomes when supported by education, health services, and reproductive awareness. The study also finds that reduced fertility and controlled population growth are connected with higher economic stability, as lower demographic pressure may reduce dependency burdens, ease pressure on public services, and allow better allocation of national resources. However, the results also show that population-control policies alone cannot ensure economic stability. Macroeconomic factors such as inflation, unemployment, GDP growth, and fiscal balance remain important determinants of stability. Education also plays a major role by improving human capital, supporting informed reproductive choices, and strengthening long-term economic performance. Regional and income-group differences further suggest that the impact of population-control policies depends on broader social, institutional, and economic conditions. Therefore, population policy should not be treated as an isolated demographic tool but as part of an integrated development strategy. Effective policy should be voluntary, rights-based, and supported by investments in education, healthcare, employment generation, women's empowerment, and macroeconomic management. Overall, the study highlights that well-designed population-control interventions can contribute to economic stability, but their success depends on complementary development policies that improve human welfare, reduce demographic pressure, and promote inclusive economic growth.

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