

Water and Food Outlook vs Quality of Life: A Sociological Appraisal

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Abstract

Sociologically speaking, water and food are the two basics of life affecting the quality of life, and being affected by the quality of life as well. During the past two centuries, world countries have witnessed changes in water and food availability and accessibility in various parts of the world; some have accessed to healthy water in pipe system, but many countries have not yet reached that goal. The result of such failure is health problems for many people, and shortage of food food production in those countries. On the other hand, accessing to healthy water resources in many countries through pipeline systems has provided the population with improved health, improved agricultural system, sufficiency of food stuff and a better guarantee to live-a process leading to improved quality of life. However, water and food availability are highly related with the population size in different countries of the world as well. Different accessibility to healthy water and food, has led to a gap between life expectancy in developed and developing countries. The increasing climate change has adverse consequences for water scarcity. Therefore, and according to the mentioned conditions, the current societies should pay adequate attention to the preservation, maintenance, repair and improvement of their water resources. If not, threats await them.

Keywords: Water and food resources; General warming; Life expectancy; Food production; Healthy water.

INTRODUCTION

Following the development of industry and technology, as well as the subsequent literacy of the population, the quality of life has been greatly affected. This has led to a different trend in reproductive behavior and the number of children in the family. In other words, changing attitudes within the family and society have led to changes in population growth and fertility. Whereas in the past, increasing fertility negatively affected the quality of life, today, by modifying this pattern, the way of life within families, and society in general, has changed greatly. Therefore, the quality of life can be improved by adopting new demographic policies and reforming the fertility process. This movement has already begun in industrial societies. The result of such a move is a higher quality of life, better public health, greater public welfare, greater socio-economic security, and so on in these communities. Less developed societies, on the other hand, need to follow suit, and be able to improve their quality of life.

METHOD OF RESEARCH

Methodology used in the present article is of qualitative type. In that, various paradigms have been used to find out about the facts regarding pandemics during the history. Qualitative research usually studies people, events or areas in their natural settings. In finding facts for the research, the researcher engaged in careful data collection and thoughtful analysis of what was relevant. In the documentary research applied for the present research, printed and written materials were widely regarded. The research was performed as a qualitative library-type in which the researcher had to refer to the relevant and related sources. In the current research, various documents were thoroughly investigated, and the needful inferences were made. The data fed by the investigator in the present article is hopefully reliable. Though literature on pandemics is very limited, yet the author tried to investigate many different resources in order to elicit the necessary information to build up the text.

The Flow of Having Children

Declining birth rates, especially in developed societies, even below the replacement level, have led to a reconsideration of parental fertility goals in these areas. Industrialized countries, where fertility has declined (declining) in recent decades, have led to fewer children (less than parents) appearing in families. In recent years, this has prompted planning officials in these communities to reconsider fertility; So that they can at least reach the level of succession.

Existing demographic-sociological literature suggests a relationship between intentional fertility, and known or revised fertility in many societies. Many demographers and sociologists have come to the conclusion that couples and families, although they initially decide to have a certain number of children, but social, economic, cultural and similar conditions, cause fertility to be revised between them and by them to take. This is why many new couples, very different from the previous generation or their parents, enter the realm of fertility, and in that, despite the wishes of parents and those around them, they plan fewer children for themselves. This new revision and planning are just to achieve a higher quality of life for the family and children. Factors such as “women’s employment, changing their views, expecting a higher standard of living, etc.” have provided such conditions; That is, it has reduced the fertility rate within families and many communities to a minimum. At the same time, little research has been done on why people change their way of thinking about fertility. Fields such as demography, sociology, family psychology, etc. should look for the cause of such changes in fertility. While in less developed countries such research is very limited, industrial societies in which quality of life studies have already begun have led to the search for the causes of reduced fertility in these societies.

Changing the Fertility Process

Government policies, social space, lifestyles, and similar motivations are leading to a revision of fertility. Today, many different populations, couples and families are normally less naturally involved in their fertility. This is at a time when government planning and policies, the social status and living standards of the families in which they live, each play a role in the fertility of the new generation (young generation). Hence, foreign interventions have directly and indirectly affected fertility to a large extent. How you have children, the number of children, the size of the family and such characteristics all have an impact on the quality of life. In other words, lowering its fertility rate

Table 1: The ideal number of children between men and women in several selected countries in 2012

Country	Year	Women's	Men's
Congo (Republic of the Democratic)	2007	6.8	8.2
Sierra Leone	2008	5.3	6.8
Madagascar	2008-2009	4.9	5.6
Ghana	2008	4.6	5.3
Kenya	2008-2009	4	4.6
Indonesia	2007	2.8	3
Bolivia	2008	2.6	3
Ukraine	2007	2	2.1

Source: Population and Economic Development, PRB, 2012

has directly improved the quality of life within families and between couples. Likewise, education, literacy, and improving the quality of education for men and women, while affecting their fertility, also affect their quality of life. This move has created a kind of competition between the young generation and young families.

The table above shows how the desired children in different countries are compared between men and women. Women want fewer children than men, as the table above shows. It is also worth noting that the less developed societies are, the more children they want. For example, there is a significant gap between the desired children for women in the Congo and Ukraine; Women in Ukraine are looking for less than a third of the number of children, which happens to women in the Congo. In general, in such societies (table above), men want more children than women, which has many social, cultural and biological reasons.

Some scientists state that couples are expected to change their fertility plans according to circumstances and information. Living conditions, geographical locations, how you work and work, factors such as education, etc. are all involved in changing the fertility process from its normal to a controlled state. Therefore, the modern industrial and urban age today includes a set of mentioned factors; And that in itself has reduced the fertility process between different social strata and groups. All these changes are aimed at achieving a better quality of life, and better living and welfare facilities. Therefore, external interventions (external interventions) do not have such an effect on the process of increasing fertility today.

Research shows that many people change their childbearing plans more or less during the first 5-6 years of cohabitation; And the quality of life itself plays an important role in that. The circumstances in which young couples find themselves in the first 5-6 years of their lives,

their status and quality of life, themselves play a role in providing or increasing their children [1]. Likewise, neighborhood location, neighborhood, communication, and a host of such factors change many predetermined fertility patterns. These changes themselves establish a different quality of life. Industrialized nations and societies were generally in such a state during the twentieth century, and consequently families changed their fertility rates as a result.

Fertility Wanted or Unwanted

There is always a difference between unwanted and desired children; In the first case, children are born unaccounted for; Whereas in the situation of desired children, a set of individuals, family, cultural and similar conditions is considered [2]. Today, following the development of societies, the expansion of literacy and education, the attainment of civic standards and standards, etc., a significant share of the population of childbearing age to achieve a higher quality of life in planning the number of children, pay more attention; In such a way that their children are the children of their choice. Factors such as literacy, improving the status of women, women's social participation, women's entry into the labor market, etc., have played a role in improving the fertility index and achieving the desired children, and thus the quality of life among such demographic groups to some extent. Much improved.

The greater the distance between the two, the more the quality-of-life declines. Therefore, in order to achieve a higher quality of life, the distance between wanted and unwanted children should be reduced as much as possible. Bringing these two indicators closer to each other requires demographic programs, the use of family counseling, the correction of the age of marriage, the prolongation of youth education, and so on. Therefore, various types of social, economic and cultural planning must be done so that the number of children in the families is the same as the desired children. Achieving this index guarantees the quality of life within a society, especially for young and middle-aged age groups. Therefore, improving natural fertility to desired fertility itself leads to improving the quality of life within families and society.

To achieve balanced development, improve social conditions, improve living standards within families, increase productivity within a community, and improve natural fertility to the desired fertility, has played an effective role, and is more or less inevitable. This trend

has occurred during the twentieth century, along with the trend of industrialization in industrialized and developed countries. Today, this trend has largely spread to less developed countries. Therefore, achieving a higher quality of life has its prerequisites, or in other words, the necessary infrastructure must be provided to improve the quality of life in a given society.

How the Distance Between Natural Fertility and Desired Fertility

According to research, the increase in the distance between children born and desired children is self-reflective and is caused by biological problems (young age of marriage), economic, social, etc., especially in developing countries [3-6]. While the gap between offspring born and desired offspring within families in industrialized societies has been minimized, developing societies still have a significant gap between natural and offspring fertility as far as fertility within societies is concerned. This means that a number of children within these families are considered unwanted due to lack of services, facilities, awareness, and the like; That is, what leads to an unreasonable increase in population, and ultimately to a low quality of life. Therefore, developing societies should focus their efforts on reducing the gap between natural births and desired births. In this way, individuals and families can achieve a higher quality of life. Better quality of life (improved quality of life) also positively affects the next generation. This trend has been experienced for different periods in industrialized and developed countries.

The size of the "gap" between "desired" and "unwanted" fertility varies according to living conditions; In a way, at a younger age when women are questioned, there is a greater distance between the two (children born and children of choice) [7]; That is, what leaves different well-being, health and quality of life for women and families. Hence, marriages at an early age are more likely to have more distance between the children born and the children of choice. Therefore, correcting your marriage age can greatly reduce this distance; That is, a flow that subsequently leads to a higher quality of life. This, in addition to providing more guarantees for the newborn, also guarantees the health of the mothers, and ultimately the life expectancy index experiences a further increase. The set of interactions mentioned leads to social health. Therefore, achieving the expected social health and quality of life is a self-made product of the citizens' own efforts in a society.

Considering Having Children

A person's view of having children depends on a set of beliefs, values, child enjoyment, the impact of having children on the way of life, the society in which the man lives, and so on. Hence, many factors related to having children affect people from the outside; Such as the culture of society, the environment in which people live, the perception of having children that is itself the result of family upbringing and the values that the person has inherited. Under the influence of such circumstances, people have different perceptions of having children from one society to another. For example, in rural communities, children are considered as values between individuals and within the family, while individuals' perceptions of having children in urban areas are influenced by the general culture of the community, people's beliefs, and so on. Factors such as literacy, education, race, social classes and the like affect people's perceptions of having children. Likewise, different generations living in different economic, social and cultural environments have different perceptions about having children and the number of their children. The sum of the mentioned conditions leads to a different quality of life for the people of a society. Many today believe that fewer children in families lead to higher facilities and quality of life.

Such perceptions change between women and men throughout their lives as they receive new information. Today's rapidly changing societies are greatly, and even unintentionally, changing people's perceptions of having children. As a result, today we see many new families that are very different from the previous generation and old families in terms of the number of children. Hence, new information, new communications, the entry of women into society and in various fields, the entry of men into the formal labor market with different laws and compositions than in the past, as well as the education and literacy of women and men who have affected marriage age, each in turn has influenced the perception of having children. Therefore, and based on such assumptions, the perception of having children in the coming years will see more changes, especially in industrial societies; That is, a scenario that requires further sociological study.

This means that people are affected by their observations of the world in which they live, by those around them and those who live in their age, and by their changing circumstances, and their fertility changes; That is, their quality and way of life is subsequently affected. Thus, individuals in a society are generally influenced by their age groups and the age in which they live, in terms of

fertility and marital life. A clear example of this claim is many rural people who have migrated to urban areas in recent years, both in Iran and in other countries. As a result of this phenomenon, the number of their children has also decreased to a great extent; That is, their fertility has been somehow improved. Many individuals and families reduce their fertility with the motivation to achieve a higher quality of life. Therefore, the perception of having children under the influence of these factors is always unstable. As mentioned before, educational factors, environment, etc. also affect this perception.

Because the younger generation is likely to be more willing to receive such new information than older age groups, it is hypothesized that faster learning among younger (younger) adults has more to do with their changing fertility expectations. Hence, younger age groups in society who are constantly exposed to more, newer communication networks, as well as training and receiving newer information, are more likely to have reduced fertility among them than older age groups. Therefore, the entry of young age groups, both girls and boys, into higher education centers, as well as their access to society and their greater social participation, have affected their fertility in all its forms. Following this trend affects the quality of life of these population groups. In general, pursuing higher education, more social participation, and so on, is mainly done to achieve a higher quality of life.

Norms of Having Children

Many socio-demographic researchers, especially in industrialized countries, have proposed the norm of families with two children, while the norm has extended to developing societies [8,9]. The factor of industrial development and socio-economic modernization during the twentieth century has generally established the norm of two children for one family. Following cultural and social development, the norm of two children for one family has also spread to developing countries in recent decades. This has largely improved the quality of life for families with two children in less developed countries. Hence, the population factor and limiting the number of children in the family has helped to improve the standard of living and make more use of resources. However, families with many children generally do not meet the economic, social, and cultural needs of their children, and as a result, the potential of such adolescents is underused; That is, from power to action.

This norm itself implies natural fertility and desired fertility. According to studies, many families have more

children than they want. This means that under the influence of limited services, health services, as well as special cultural values, the children of such families have exceeded the desired number. As a result of such conditions, there are many economic and livelihood constraints in such families. In other words, the quality of life within these families is low. Therefore, childbearing norms should always be on the agenda of demographic and social planners. In other words, the necessary cultural attitudes should be spread among the families as much as possible in proportion to the time, so that the number of children is the same as the desired number of children for the families. The current of social and cultural modernization during the second half of the twentieth century has brought about such a normative transition for some families and classes within less developed countries. As a result, there is a kind of class difference between families as far as socioeconomic status is concerned, which is largely due to the norm of the “value” of unwanted childbearing between them.

Families with two children themselves are the product of a normative system in which, on the one hand, concerns about raising a one-child system are not felt, and on the other hand, the normative system of “two children” is a model in which children do not feel alone [10]. Today, following the spread of various dimensions of modernity in many societies, urbanization, and the change of many rural patterns, as well as the development of literacy and education between different classes, the norm of two children within families and in different countries has spread.

At the same time, the norm of having children in many developed societies, such as Japan, has been reduced to less than two children per woman; That is, less than the replacement level. This means that in the absence of a replacement level, population growth takes a declining trend, and even after a while the absolute population takes a downward trend. For example, Japan’s population of 127 million in 2012 will shrink to about 90 million by 2050, following a decline in fertility and a lack of succession rates. This situation can also be seen in Western European societies today.

Declining fertility has led to rapid population aging for many communities, including Japan; That is, a situation that raises many concerns for Japan, for example [11-14]. One of the immediate (inevitable) consequences of declining birth rates is an aging population and an increase in the number of elderly people in a given society. Because Japan has always pursued its industrial

development after the 1960s, and the entry of women into the labor market, and also because women have always sought a higher quality of life in the family, the set of factors mentioned, and motivations of this kind, has reduced fertility among Japanese women. This situation has to some extent led to a shortage of manpower and a young population; It means a flow that will be felt and touched more and more in the coming years.

CONCLUSION

Though earlier, it was estimated that the world would be able to feed all its inhabitants, today, according to statistics about one billion people in the world suffer from food shortages. It should be noted that up to 50% of the food problems are associated with poor countries of the world. They are also exposed to unhealthy water resources. In poor countries, cycle of poverty also passes from one generation to another. Changes in consumption patterns and lifestyles in the present age, which have led to more demand and more turn to livestock products, has put more pressure on resources such as land, food and water. Sociologically speaking, water reuse is seriously recommended.

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