

# Study on the Influence of Population Aging on High-quality Economic Development in China

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**Abstract:** *With the gradual aggravation of population aging in China, the proportion of the elderly population continues to rise, which has a profound impact on China's social economy. By analyzing the causes and trends of population aging, this thesis discusses the influence of population aging on labor market, social security system, consumer market and medical and health services. What's more, this thesis puts forward some policy suggestions to deal with the challenge of population aging, aiming at promoting the high-quality development of China's economy.*

**Keywords:** *population aging, economic development, labor market, social security, consumer market*

## 1. Introduction

With the rapid development of economy and the improvement of living standards in China, the problem of population aging has become increasingly prominent. According to statistics, the proportion of the elderly population in China is increasing continuously, and the labor force population is decreasing gradually, which brings severe challenges to the high-quality economic development of China. Population aging involves not only the economic field, but also social security, medical health and many other aspects. Therefore, it is of great significance to study the influence of population aging on China's economy for formulating effective coping strategies.

## 2. Causes and trends of population aging

### 2.1 Demographic changes

Population aging refers to the phenomenon that the proportion of the elderly population in a country or region is increasing. The reasons mainly include two aspects: first, the long-term decline in fertility rate has led to a decrease in the young population; Second, the improvement of medical level and health security has greatly extended the life span of the elderly population. With the rapid development of social economy and the improvement of people's living standards, China has gradually stepped into an aging society. Data show that in the past decades, the fertility rate in China has steadily declined, resulting in a gradual decrease in the labor force population and an increase in the proportion of the elderly population. [1] This demographic change has a profound impact on the social economy, involving the labor market, social security system, consumer market and medical and health services. In order to meet the challenges brought by the aging population, China must actively take measures to promote high-quality economic development from multiple levels.

### 2.2 Decline in fertility rate and changes in family structure

With the advancement of urbanization and modernization, the fertility rate in China has been declining continuously. With the development of economy and the improvement of education level, people pay more attention to personal development and career, while the pressure and willingness to give birth gradually decrease. At the same time, the traditional concept of many children and many blessings has gradually faded, the family size has shrunk, and the number of nuclear families and single families has increased, which has led to changes in family structure. The decline of fertility rate and the change of family structure have an important impact on the aging process. The lower fertility rate means the relative decrease of the new generation population, which slows down the supply of labor, thus affecting economic growth and social stability. The change of family structure also affects the old-age security for the elderly. The traditional family old-age security model is no longer suitable for

the needs of modern society, and it is necessary to improve the social old-age security system to meet the needs of the elderly.

### ***2.3 Improvement of the medical level and health security***

The phenomenon of population aging is also closely related to the improvement of medical level and health security to a great extent. With the continuous progress of medical science and technology and the increase of investment in medical resources, the medical level in China has been significantly improved, which has enabled many chronic diseases to be effectively controlled and treated, thus prolonging the life span of the elderly. [2] At the same time, the improvement of health security system, such as the implementation of medical insurance policy and basic old-age insurance, has provided more stable social security for the elderly. However, the improvement of medical level and health security has also brought a series of challenges. With the increase of the elderly population, the health needs of the elderly are increasing, and the demand for medical services is also increasing, also, medical resources may be under pressure. At the same time, the medical expenses of the elderly are relatively high, which puts forward higher requirements for the medical security system.

### ***2.4 The influence of longevity culture***

Longevity culture refers to a country or region's admiration and respect for longevity, as well as the admiration and attention to longevity people. In China, longevity culture has been deeply rooted in folk traditions and values since ancient times and is regarded as a symbol of good luck and happiness. This kind of culture affects people's behavior, life attitude and social concept. Longevity culture has a positive impact on population aging. First of all, it encourages people to pay more attention to health and health preservation, and promotes the improvement of the overall health level of society, thus helping to prolong people's life. Secondly, longevity culture emphasizes respecting the elderly, which makes the elderly get more respect and care in the family and society, and enhances the harmonious relationship between generations. In addition, longevity culture also encourages people to pursue longevity and health, and promotes the development of pension industry and the provision of services for the elderly. [3]

## **3. The impact of population aging on the labor market**

### ***3.1 Decrease in labor supply***

The primary impact of population aging on the labor market is the reduction of labor supply. With the increase of the proportion of the elderly population, the working-age population gradually decreases, resulting in a decline in the overall supply of the labor market. This reduction has many effects on the economy. First of all, the reduction of labor supply will lead to the tension in the labor market. Especially in some industries and regions, there may be labor shortage, which affects the normal operation and development of enterprises. Lack of suitable labor force may make it difficult for enterprises to recruit suitable talents, thus reducing the production efficiency and competitiveness of enterprises. Secondly, the reduction of labor supply may lead to the increase of labor costs. The tight labor market makes enterprises have to raise wages to attract talents, which will increase the labor cost of enterprises and thus affect their profitability. At the same time, high labor costs may also make it difficult for enterprises to bear, thus inhibiting the willingness of enterprises to invest and expand. In addition, the reduction of labor supply will also affect the social security system. With the decrease of the labor force population, the number of people who pay pension insurance and social security funds decreases accordingly, which may lead to financial pressure on the social security system and affect the payment of pensions and the level of social security.

### ***3.2 Adjustment of skill structure and industrial structure***

With the increase of the proportion of the elderly population, the young labor force is gradually decreasing, which will have a profound impact on the skill structure and industrial structure of the labor market. First of all, the skill structure needs to adapt to the new labor market demand. With the development of science and technology and industrial upgrading, the demand for high-skilled and high-quality talents in the labor market is increasing. However, due to the low education level of most of the elderly population, they may not be able to meet the needs of emerging industries and technical

fields. Therefore, it is necessary to strengthen vocational education and skills training to improve the skills of the elderly to meet the new demand of the labor market. Secondly, the industrial structure also needs to be adjusted accordingly. With the increase of the proportion of the elderly population, some traditional industries may face recession, while industries related to the elderly, such as aged care services and medical and health industries, will usher in more development opportunities. Therefore, the government and enterprises should increase their support for emerging industries, encourage enterprises to transform and upgrade, and promote the optimization and adjustment of industrial structure. At the same time, the adjustment of skill structure and industrial structure also requires the government to provide corresponding policy support. [4] The government can increase investment in vocational education and skills training, and provide more training opportunities and subsidies to improve the skill level of the workforce. In addition, the government can also introduce industrial policies to encourage investment and entrepreneurship, promote the development of emerging industries, and provide more employment opportunities for the labor market.

### ***3.3 Challenges of delayed retirement and flexible employment***

With the increase of the proportion of the elderly population, the health level and quality of life of the elderly are constantly improving, and many elderly people are willing to continue to work and postpone retirement. Meanwhile, some young people may choose flexible employment because of economic pressure or the need of career planning, that is, freelance, part-time or remote work. These trends have brought many challenges to the labor market and society. First, delayed retirement and flexible employment may lead to intensified competition in the labor market. Delayed retirement of the elderly means that they continue to participate in the labor market and compete with young people for jobs. At the same time, flexible employment also makes the labor market supply more diversified, which increases people's flexibility in finding jobs, but it may also lead to fierce competition in some positions. Secondly, delayed retirement and flexible employment may also affect the social old-age security system. The delayed retirement of the elderly means that they need longer social security and pension payment, which increases the burden of social old-age security. Additionally, flexible employment may lead to the income instability of the labor force, thus affecting its social security payment. In addition, delayed retirement and flexible employment may also affect the employment strategy of enterprises. Some enterprises may prefer to hire elderly people because they usually have rich work experience and skills. However, some enterprises may prefer to hire flexible labor, because it can better meet the market demand and save labor costs.

## **4. The impact of population aging on social security system, consumer market and medical and health services**

### ***4.1 Increased social security pressure***

After retirement, the elderly need to rely on pensions and social assistance for a long time to maintain their lives, and the medical security expenditure will increase with the increase of the elderly. What's more, the elderly usually need more medical services and long-term care, which also puts higher demands on the social security system. The increase of social security pressure will put a lot of pressure on finance. The government needs to invest more funds to pay for social security expenditures such as pensions and medical insurance, which may lead to an increase in the fiscal deficit or a shortage of funds for other public projects. In addition, the increasing pressure on the social security system may also lead to a decline in the level of security, affecting the quality of life and well-being of the elderly. In order to cope with the increase of social security pressure, the government can take a series of measures. First of all, we can increase investment in the social security system to ensure that the basic living and medical needs of the elderly are met. Secondly, a flexible retirement policy can be implemented to encourage the elderly to continue to participate in the labor market and reduce the pressure on social security. At the same time, we can also strengthen the reform of social security system, improve the level and coverage of social security, and realize the sustainable development of social security. Furthermore, the society can also encourage individuals and families to strengthen pension reserves and increase the accumulation of funds in individual pension accounts in order to better meet the needs of old-age life after retirement. Through comprehensive measures, we can effectively cope with the impact of population aging on the social security system, safeguard the rights and interests of the elderly, and promote social stability and prosperity.

#### ***4.2 Changes in consumer market structure***

With the increase of the proportion of the elderly population, the consumption demand of the elderly is increasing, while the young population is decreasing, which makes the structure of the consumer market change obviously. First of all, the consumption demand of the elderly has gradually become an important consumption growth point. With the increase of the elderly population, their demand for medical care, old-age services, tourism and leisure is increasing. The demand of the elderly consumer groups for products and services such as the community for the aged, medical equipment and healthy food has continuously promoted the development of related industries and formed a new consumer market. Secondly, the relative decrease of the young population may lead to the shrinking of some traditional consumer markets. [5] For example, markets such as traditional household goods and children's toys may be affected. The decrease of young population may also lead to restrictions on some emerging industries, such as marriage and love market and real estate market. In addition, the consumption behavior of the elderly consumer groups also presents special characteristics. Old people usually pay attention to quality and service and are willing to pay more for high-quality products and services. At the same time, they may pay more attention to health, safety and convenience, which also affects product design and marketing strategy. In order to meet the challenges brought by the structural changes in the consumer market, enterprises and governments can take a series of measures. Enterprises can actively adjust the product structure, develop products and services that meet the consumption needs of the elderly, and explore the market for the elderly. At the same time, it can also strengthen the improvement of quality and service to meet the pursuit of quality and service for the elderly. The government can formulate corresponding policies to support the development of the elderly industry, encourage enterprises to innovate and invest, and promote the prosperity of the elderly market. In addition, the government and enterprises can pay more attention to and support young people, encourage young people to innovate and start businesses, promote the development of emerging industries, and provide strong support for the diversified and healthy development of the consumer market.

#### ***4.3 Medical and health needs and service expansion***

Elder people usually face more chronic diseases and health problems and need more frequent medical services and long-term care. Therefore, medical institutions and service providers need to make corresponding adjustments to meet the special needs of the elderly. First of all, medical institutions need to increase medical resources for the elderly. This includes increasing the number of beds, expanding the scale of diagnosis and treatment, and improving the old-age friendliness of medical facilities. Medical institutions also need to train more geriatric medical experts and nursing staff to improve the diagnosis and treatment level and nursing quality of medical staff for geriatric diseases. Secondly, we should strengthen the construction of community medical and health services. Community medical and health services can provide more convenient medical services for the elderly and lower the threshold of medical services. Community medical and health services can include family doctor contract service, day care center, health talks, etc., to meet the needs of daily life and health management of the elderly. Moreover, it is necessary to promote the development of digital medical services. Digital medical service can provide online medical consultation, health monitoring, remote diagnosis and other services to provide more convenient medical and health services for the elderly. Such a service model can effectively alleviate the shortage of medical resources and the difficulty of seeking medical treatment. In order to achieve the expansion of medical and health needs and services, the government can formulate corresponding policies to encourage and support medical institutions and enterprises to increase investment in medical and health services for the elderly. The government can also increase the support for community medical and health services, provide relevant policies and financial support, and encourage social forces to participate.

#### ***4.4 Development of pension industry and related services***

The old-age care industry includes old-age communities, nursing homes, institutions combining medical care with nursing care, and home-based care services, aiming at providing all-round old-age care and services for the elderly. First of all, the development of the pension industry needs to increase investment in infrastructure construction and service facilities. Old-age communities and nursing homes need to provide a comfortable and safe living environment with modern facilities and equipment. The combination of medical and nursing institutions needs to integrate medical and pension resources to provide more comprehensive nursing services for the elderly. Further more, the home care service

needs to establish a perfect service network to provide home care and family medical services for the elderly. Secondly, the pension industry needs to strengthen personnel training and professional construction. Providing high-quality old-age care and services requires professional medical staff and nursing staff, as well as understanding and caring for the special needs of the elderly. Therefore, the pension industry needs to increase the training of professionals such as the combination of medical care and rehabilitation nursing, and improve the professional quality of service personnel. At the same time, the pension industry also needs to actively introduce scientific and technological innovation to improve service efficiency and quality. For example, Internet of Things technology and smart home facilities can be applied to provide more convenient living environment and services for the elderly. Digital medical care and remote medicine technology can also be used for old-age services to meet the medical and health needs of the elderly.

## 5. Conclusion

In the research on the influence of population aging on the high-quality economic development of China, we deeply realize the multiple challenges and opportunities brought by population aging. To meet these challenges, the government and society should make joint efforts to increase investment in pension industry and medical and health services, promote the adjustment of industrial structure and skill structure, and improve labor productivity and economic growth. At the same time, we should optimize the social security system to meet the needs of the elderly. Only with the concerted efforts of the whole society can we realize the high-quality development of China's economy and let the elderly enjoy a better life in their later years.

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