

The Impact of Foreign Birth Policies on Population Demographics

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Abstract: This paper aims to explore the impact of foreign birth policies on population structure. Changes in population structure have significant implications for a country's socio-economic development, and birth policies are important means of regulating population growth. This study selects several foreign birth policies as case studies to reveal their effects on population structure and the potential challenges and opportunities they bring. The research findings indicate that the implementation of foreign birth policies has significant impacts on birth rates, infant mortality rates, and population aging. Furthermore, policy adjustments and reforms are crucial for addressing the challenges posed by changes in population structure. Therefore, a comprehensive study on the impact of foreign birth policies on population structure has important implications for formulating and adjusting relevant policies in our country.

Keywords: Foreign Birth Policies; Population Structure; Birth Rate; Population Aging; Policy Adjustments

1. Introduction

1.1 Research Background

The dynamics of the global population structure have undergone significant shifts over the past decades, bringing to the fore critical issues such as population aging and declining fertility rates. These demographic trends pose profound challenges for socio-economic development across the world and place increasing demands on social security systems, labor markets, and healthcare services. In response, birth policies have emerged as crucial tools for governments aiming to steer population development in a direction that supports national goals and addresses these challenges effectively.

The scholarly investigation into the nuances of birth policies and their impacts on population dynamics has been substantial. Feng (2015) embarked on a comprehensive analysis through two large-scale surveys to understand the influence of birth policies on the potential population structure and the willingness among parents to have a second child. This study highlighted the complex interplay between policy interventions and individual choices, underscoring the nuanced impact of birth policies on demographic trends. Similarly, Zhou (2006) delved into the interactive dynamics between birth policies and population structure, revealing a symbiotic relationship where each influences and shapes the other. This study laid the groundwork for further exploration into how policies can be designed to harmoniously align with population structure for optimal outcomes. The intricate linkage between birth policies, population structure, and macroeconomics was the focus of Yang et al. (2015), which contributed to a deeper understanding of how demographic trends can influence and be influenced by economic conditions. This relationship is crucial for policymakers aiming to balance population growth with economic sustainability. Qin (2017) utilized econometric analysis to examine the population shifts and economic repercussions following the adjustment of China's birth policies. This research identified key issues and challenges arising from policy changes, providing a critical assessment of the outcomes of such adjustments. The implications of China's family planning policies, particularly in the context of population aging, were thoroughly analyzed by Ma (2010). This work forecasted the trends and challenges that lie ahead, offering a forward-looking perspective on the demographic shifts expected due to existing policies. Lv et al. (2017) evaluated the impact of China's comprehensive two-child policy on the nation's population structure, offering

insights that could guide the formulation of future population policies. This study underscored the significant influence of policy adjustments on demographic trends. Zheng (2024) explored the evolution of China's population birth policies and their impact on housing demand, providing valuable recommendations for policymakers. This research highlighted the broad socio-economic implications of birth policies beyond the immediate demographic effects. Liao (2013) undertook a comparative analysis of foreign population birth policies, furnishing references that could inform the development of future policies in other countries. This global perspective is critical for understanding the diverse approaches to managing population growth and their outcomes. Lastly, Han (2022) investigated the socio-economic impacts of foreign population birth policies on China's response strategies, offering insights and suggestions for addressing the challenges posed by open birth policies. This study contributes to a broader understanding of how different countries can learn from each other's experiences in managing population dynamics. [1-9]

The literature reviewed underscores a complex and multifaceted relationship between birth policies and population structure, highlighting the significant impact that policy adjustments can have on demographic trends and economic development. Despite the wealth of research, gaps remain in fully understanding the most effective population policy strategies. There is a need for more integrated theoretical and empirical research to explore the efficacy of various policy interventions.

The implementation and adjustment of foreign birth policies have had profound impacts on population structures across the globe. Understanding the mechanisms through which these policies influence demographic trends, and the potential challenges and opportunities they present, is of paramount importance. As countries continue to grapple with the implications of aging populations and low fertility rates, the study of birth policies and their outcomes offers valuable insights for crafting strategies that ensure sustainable demographic and economic futures.

1.2 Research Objectives and Significance

This study aims to explore the impact of

foreign birth policies on population structure. Through an analysis of the overview and development process of foreign birth policies, we can understand the classification, characteristics, and implementation status of different policies. Simultaneously, studying the impact of different birth policies on population structure can provide insights into the extent to which policies affect birth rates, population aging, and other factors, as well as reveal the challenges and opportunities brought about by changes in population structure.

By reviewing the development process and implementation of foreign birth policies, we can provide references for understanding the background and objectives of policy formulation in various countries. Understanding the classification and characteristics of policies in different countries and regions helps us better comprehend the impact mechanisms of birth policies on population structure.

Studying the impact of different birth policies on population structure helps us gain a deeper understanding of their effects on birth rates and population aging. Changes in population structure have significant implications for socio-economic development, and understanding the impact of birth policies on population structure can help us predict and address the challenges posed by changes in population structure.

The purpose of this study is to explore the impact of foreign birth policies on population structure, aiming to provide valuable research results for the formulation and adjustment of birth policies. Through in-depth analysis of the impact mechanisms of birth policies on population structure, theoretical and empirical foundations can be provided for governments to formulate population policies, and important reference bases can be established for the reform and development of population policies in our country.

2. Overview of Foreign Birth Policies

2.1 Classification and Characteristics of Foreign Birth Policies

Foreign birth policies exhibit significant variations across countries and regions, and can generally be classified into two distinct categories: policies that encourage births and policies that restrict births. These policies also

differ in terms of their implementation methods and objectives.

Policies that encourage births are designed to increase birth rates and address issues such as low fertility rates, population aging, and labor shortages. Many countries have employed a range of measures as part of their birth encouragement policies. These measures often include the provision of financial incentives, such as childcare subsidies, tax benefits, or free education, to support families in raising children. Additionally, governments may invest in the expansion of childcare facilities and services, as well as extend parental leave options, in order to alleviate the burden on parents and create a more supportive environment for child-rearing. In some cases, countries also undertake promotional campaigns to foster a shift in societal attitudes towards childbearing, aiming to cultivate a culture that values and supports larger families. On the other hand, policies that restrict births are implemented with the intention of controlling population growth and addressing concerns related to resource scarcity, environmental sustainability, and social stability. These policies often involve government intervention and the enforcement of regulations to limit family size. Common measures include family planning programs that enforce birth quotas, restrictions on the number of children allowed per couple, and regulations on the spacing between births. In more extreme cases, forced sterilization, contraception procedures, and even abortion may be employed as means to achieve population control.

It is important to note that the implementation methods and objectives of birth policies can vary significantly even within these categories. Each country tailors its approach based on its unique socio-economic and demographic context, as well as its specific objectives and challenges. Some countries may adopt a combination of both encouraging and restricting measures, while others may predominantly focus on one approach over the other. The effectiveness and outcomes of these policies can also be influenced by cultural and societal factors, as well as the level of compliance and acceptance within the population.

Overall, foreign birth policies reflect diverse approaches to address population dynamics

and related challenges. By implementing various measures to either encourage or restrict births, countries aim to shape their population structure in a manner that aligns with their socio-economic goals and priorities. However, the success and impact of these policies are contingent upon a multitude of factors, including the level of implementation, societal attitudes, cultural norms, and the broader demographic landscape.

2.2 Development Process of Foreign Birth Policies

The development process of foreign birth policies takes different paths depending on the unique circumstances and challenges faced by each country. Here, we will delve into the development processes of birth policies in China, Japan, Germany, India, and South Korea to illustrate the diverse approaches and outcomes.

In China, the family planning policy, commonly known as the "one-child policy," was implemented in the early 1970s as a response to concerns over rapid population growth and limited resources. This policy strictly restricted most couples to having only one child. The aim was to control population growth and alleviate the strain on resources and social infrastructure. The policy was effective in achieving its goals, as birth rates declined significantly in the following decades. However, as China grappled with the challenges of an aging population and a shrinking labor force, the government gradually relaxed the family planning policy. In 2016, the comprehensive two-child policy was introduced, allowing couples to have two children. This adjustment aimed to address the demographic challenges brought about by population aging and stimulate the birth rate.

In Japan, the government has been facing the issues of low birth rates and population aging for several decades. In response, a series of policies have been implemented to encourage births and support families. Measures such as childcare subsidies, the expansion of childcare facilities, and the extension of parental leave have been introduced to make it easier for families to raise children. The government has also launched promotional campaigns to change societal perceptions and encourage active participation in fertility. Despite these efforts, Japan continues to grapple with low

birth rates, indicating the complex nature of demographic change and the challenges associated with reversing declining fertility trends.

Germany, like many other European countries, faces the dual challenges of population aging and labor shortages. The German government has implemented birth encouragement policies to address these issues. Measures such as providing childcare subsidies, expanding the availability of childcare facilities, and promoting flexible working hours have been put in place to incentivize families to have more children. By enhancing the work-life balance and providing financial support, the government aims to create a more family-friendly environment that supports a higher birth rate. However, these policies have had limited success, and Germany continues to experience low birth rates and an aging population.

India, with its rapidly growing population, has implemented birth encouragement policies to tackle population growth issues. The government has introduced various economic incentives, such as cash rewards and welfare policies, to encourage families to embrace smaller family sizes and adopt family planning methods. The aim is to address concerns regarding overpopulation and its impact on resources, social infrastructure, and environmental sustainability. These policies have been met with varying degrees of success, with significant regional disparities in their implementation and outcomes.

In South Korea, the government has implemented birth restriction policies in an effort to control population growth. These policies were initially introduced to address concerns regarding overpopulation and resource scarcity. Measures such as contraception procedures and abortion services have been employed to limit family size and regulate population growth. These policies have effectively reduced the birth rate but have also contributed to issues such as a rapidly aging population and labor shortages.

The overview and development processes of foreign birth policies highlight the diverse approaches taken by different countries in response to population challenges. Each country tailors its policies based on its unique socio-economic, cultural, and demographic context, as well as specific objectives and

challenges. The success and impact of these policies are influenced by various factors, including societal attitudes, cultural norms, and the level of compliance and acceptance within the population. Furthermore, the long-term effects and consequences of birth policies are complex and can have wide-ranging implications for population dynamics, economic development, and social well-being.

3. Impact of Foreign Birth Policies on Birth Rates

3.1 Relationship between Birth Policies and Birth Rates

The relationship between birth policies and birth rates is complex and multifaceted. The formulation and implementation of birth policies have the potential to influence individuals' fertility decisions through various factors, including economic incentives, societal norms, and cultural values, thereby impacting birth rates.

Policies that encourage births often aim to create a supportive environment for families and alleviate the economic burden associated with raising children. Economic incentives, such as childcare subsidies, tax benefits, and free education, serve as powerful motivators for families to have more children. By providing financial support, these policies help to offset the costs of child-rearing and make it more financially viable for families to expand their size. Additionally, the availability of support measures such as childcare facilities, flexible working hours, and parental leave can contribute to higher birth rates. By enabling women to balance their work and family responsibilities, these policies promote increased workforce participation among women and create conditions that facilitate childbirth.

Moreover, policies that encourage births may also involve efforts to change societal attitudes and cultural norms surrounding childbearing. Public awareness campaigns and educational programs can play a crucial role in promoting a positive perception of larger families and emphasizing the social benefits of raising children. By challenging prevailing negative attitudes towards childbearing and fostering a cultural shift towards embracing parenthood, these policies seek to create a social environment that encourages active

participation in fertility choices.

Conversely, policies that restrict births are designed to control population growth and address concerns related to resource scarcity, environmental sustainability, and social stability. Family planning policies, for instance, aim to regulate fertility rates by imposing birth quotas and restrictions on the number of children allowed per couple. These policies often involve government intervention and may employ measures such as forced sterilization, contraception procedures, or even abortion to control population growth. The underlying objective is to maintain a sustainable population size that aligns with the available resources and social infrastructure.

It is important to note that the effectiveness of birth policies in influencing birth rates is not always straightforward. The impact of these policies can be influenced by various contextual factors, including societal attitudes towards family planning, cultural norms surrounding fertility and gender roles, and the level of implementation and enforcement. Additionally, individual preferences, economic circumstances, and other personal factors also play a significant role in fertility decisions. As a result, the outcomes of birth policies can vary across different societies and over time.

Overall, birth policies play a significant role in shaping birth rates by influencing individuals' fertility choices and creating an enabling environment for family planning. Whether through incentivizing or restricting births, these policies are designed to address specific demographic challenges and align population dynamics with broader socio-economic goals. However, successful implementation and effective outcomes depend on a holistic understanding of the social, economic, and cultural contexts, as well as a continuous evaluation and adaptation of these policies to changing circumstances.

3.2 Implementation Effects and Trends of Foreign Birth Policies

The implementation effects and trends of foreign birth policies vary by country and region. For policies that encourage births, some countries have achieved certain results, with an increase in birth rates. For example, Germany's implemented birth encouragement policies, such as providing childcare subsidies, increasing the number of childcare facilities,

and extending parental leave, have partially increased birth rates. However, in other countries, birth encouragement policies have not yielded the expected results, with birth rates remaining low.

In terms of policies that restrict births, some countries have successfully lowered birth rates through family planning policies. China's family planning policy effectively controlled population growth in its early stages, but later faced challenges such as population aging and labor shortages. Other countries have also implemented birth restriction policies, successfully controlling population growth through measures such as contraception procedures and abortion.

With social and economic development and changes in population structure, the birth policies of some countries have also undergone changes. For example, China implemented the comprehensive two-child policy in 2016, relaxing restrictions on the number of children couples can have. This policy adjustment aims to address challenges such as population aging and labor shortages. Other countries are also gradually adjusting their policies to accommodate changes in population structure. Foreign birth policies have a significant impact on birth rates. Policies that encourage births generally increase birth rates, while policies that restrict births lower birth rates. However, the implementation effects and trends of each country's policies vary, influenced by various factors such as economics, society, and culture. In-depth research on the implementation effects and trends of birth policies is important for understanding the impact of foreign birth policies on population structure, as well as predicting and addressing the challenges and opportunities brought about by changes in population structure.

4. Impact of Foreign Birth Policies on Population Aging

4.1 Relationship between Birth Policies and Population Aging

The relationship between birth policies and population aging is a complex and interdependent one. Population aging refers to the increasing proportion of the elderly population and changes in age structure, primarily caused by declining birth rates and increased life expectancy. The formulation and

implementation of birth policies have a significant impact on the dynamics of population aging.

Birth policies that encourage childbirth can play a crucial role in mitigating the trend of population aging. By providing economic incentives and welfare measures, these policies aim to motivate families to have more children, thereby increasing the number of young population members and reducing the relative proportion of the elderly population. For instance, the provision of childcare subsidies, tax benefits, and free education can alleviate the financial burden associated with raising children, making it more appealing for families to have larger families. By creating a supportive environment for families, these policies aim to boost birth rates and ensure a balance between different age groups within the population.

Furthermore, support measures such as the availability of childcare facilities and parental leave are crucial in creating favorable conditions for young couples to raise children. By alleviating the practical challenges associated with child-rearing, these policies promote higher birth rates and contribute to maintaining a balanced age structure within the population. Moreover, by enabling women to effectively balance their work and family responsibilities, these policies also help to address gender inequalities and enhance women's participation in the workforce.

On the other hand, policies that restrict births can exacerbate the trend of population aging. By limiting the number of children and spacing between births, these policies aim to control population growth and address concerns related to resource scarcity and social stability. However, a direct consequence of such policies is a decrease in the number of young population members and an increase in their relative proportion. As a result, the overall age structure of the population becomes skewed towards older age groups, leading to an aging population.

The impact of birth policies on population aging is influenced by various factors, including the level of implementation, societal attitudes towards family planning, cultural norms surrounding fertility, and economic conditions. Successful birth policies that effectively address population aging challenges require a comprehensive approach that takes

into account the multifaceted nature of demographic dynamics. It is crucial to consider not only the short-term goals of increasing birth rates but also the long-term implications and consequences of these policies on population structure, labor markets, healthcare systems, and social welfare.

In conclusion, birth policies have a profound impact on the dynamics of population aging. Policies that encourage childbirth aim to alleviate the trend of population aging by incentivizing families to have more children and creating a supportive environment for child-rearing. On the other hand, policies that restrict births can exacerbate population aging by reducing the number of young population members. The formulation and implementation of birth policies should be carefully designed, taking into account the unique socio-economic and cultural context of each country, in order to effectively address population aging challenges and ensure a sustainable demographic future.

4.2 Impact and Trends of Foreign Birth Policies on Population Aging

The impact and trends of foreign birth policies on population aging are as diverse as the countries that implement them. The degree of population aging, a phenomenon characterized by a growing proportion of elderly individuals within a society, is influenced by a myriad of factors, including birth rates, life expectancy, and migration patterns. Birth policies, whether they encourage or restrict childbirth, play a pivotal role in shaping these demographic trends.

Countries like Germany have implemented birth encouragement policies that have shown success in mitigating the trend of population aging. Through a combination of economic incentives such as child benefits, parental leave pay, and child-rearing subsidies, alongside welfare measures like improved childcare services and education, Germany has seen a gradual increase in birth rates. These policies have not only provided financial relief to parents but have also fostered a more family-friendly culture, encouraging younger couples to have children. As a result, the proportion of the young population has increased, which has helped to balance the demographic scales and alleviate some of the pressures associated with an aging population.

Japan, facing one of the most severe aging populations in the world, has also taken steps to encourage childbirth. The Japanese government has introduced a range of policies, including financial incentives for families with children, improved maternity and paternity leave, and enhanced childcare services. These measures aim to reverse the declining birth rate and to rejuvenate the aging demographic profile. While Japan's birth rates have not yet significantly rebounded, these policies have begun to address the challenges posed by an aging society.

Conversely, some countries have experienced less success with their birth policies, and in some cases, these policies have inadvertently accelerated population aging. China's one-child policy, which was in effect from 1979 to 2015, is a prime example. While the policy was successful in controlling the country's population growth, it has also led to a demographic imbalance with a shrinking workforce and a rapidly aging population. The repercussions of this policy have prompted the Chinese government to shift its approach, leading to the introduction of the two-child policy and subsequently a three-child policy, in an effort to rejuvenate the country's demographic structure.

Other countries with restrictive birth policies have faced similar challenges. These policies have often resulted in a lower number of young individuals entering the population, which, when combined with increasing life expectancy, has led to a higher proportion of elderly citizens. The consequences of such demographic shifts are profound, affecting economic growth, healthcare systems, and social security networks.

In response to these challenges, many countries are reevaluating and adjusting their birth policies. Relaxing restrictions on the number of children and implementing measures to encourage childbirth are becoming more common. These adjustments are often accompanied by efforts to create a more supportive environment for families, including investments in education, healthcare, and housing.

The impact of foreign birth policies on population aging is a subject of ongoing research and debate. It is clear that policies encouraging births can help to mitigate the effects of an aging population, but the success

of these policies is contingent upon a range of factors, including economic stability, cultural norms, and the effectiveness of policy implementation. Moreover, the long-term sustainability of such policies must be considered, as they may have unintended consequences on other aspects of society, such as resource allocation and environmental sustainability.

In-depth research into the impact and trends of birth policies on population aging is essential for informing policy decisions. Such research can provide valuable insights into the complex interplay between demographic trends and policy interventions, helping governments to craft strategies that balance the need for population control with the imperative to address the challenges of an aging society. As countries continue to grapple with these issues, the lessons learned from the diverse approaches to birth policies will be critical in shaping a sustainable and balanced demographic future.

5. Adjustments and Reforms of Foreign Birth Policies

5.1 Background and Reasons for Adjusting Foreign Birth Policies

The adjustments and reforms of foreign birth policies are usually based on various factors, including changes in population structure, economic development, and social demands. These adjustments aim to address the challenges posed by population aging, labor shortages, and social security pressures. In this section, we will delve deeper into the background and reasons behind the adjustments of foreign birth policies.

Firstly, changes in population structure serve as a significant background for adjusting birth policies. As the severity of population aging increases, many countries are confronted with labor shortages and an increased burden on social security systems. To mitigate the problems caused by population aging and to ensure a sustainable workforce, some countries have initiated adjustments to their birth policies. These adjustments are designed to encourage families to have more children and thereby increase the number of young population members. By doing so, countries hope to maintain a balanced population structure and tackle the challenges associated

with an aging society.

Secondly, economic development also serves as a catalyst for adjusting birth policies. As national economies grow and per capita income increases, countries may find it necessary to modify their population structure. This need arises from the desire to cultivate a larger labor force that can contribute to sustained economic growth. By adjusting birth policies to incentivize families to have more children, countries anticipate an increase in their working-age population, which in turn strengthens their economic foundations.

Furthermore, social demands play a crucial role in driving the adjustments and reforms of birth policies. With evolving societal attitudes and the growing presence of women in the workforce, countries have started to prioritize the balance between family and career. Recognizing the importance of supporting working parents, many countries have implemented measures such as providing childcare subsidies, increasing the number of childcare facilities, and extending parental leave. These initiatives aim to create a more family-friendly environment and empower individuals to make choices that align with their personal and professional aspirations.

5.2 Impact and Challenges of Policy Adjustments on Population Structure

The adjustments of foreign birth policies have significant impacts on population structure and give rise to certain challenges. In this section, we will explore the consequences of these policy adjustments and the obstacles that countries may encounter in their implementation.

Firstly, policy adjustments can directly influence birth rates. By implementing policies that encourage childbirth, countries have observed an increase in birth rates, thereby positively impacting the rejuvenation of their population structures. However, it is important to recognize that policy adjustments may face challenges in achieving the desired results. In some cases, birth rates may remain low despite the implementation of supportive measures. This could be due to various factors, such as cultural norms, economic constraints, or individual preferences regarding family planning.

Secondly, policy adjustments can lead to changes in population structure beyond the

immediate impact on birth rates. For example, adjusting birth policies may cause shifts in the age structure of the population. These changes have implications for social security systems, labor markets, and the provision of public services. The severity of population aging is closely linked to the success of policy adjustments, as a well-balanced population structure is essential for the sustainable functioning of society.

Additionally, policy adjustments may give rise to various challenges. On one hand, these adjustments may necessitate changes in social and economic structures to accommodate the new demands brought about by population changes. For instance, adjusting birth policies may require expanding the availability of childcare facilities, improving education and healthcare services, and implementing supportive measures for working parents. These changes are crucial for creating an environment that is conducive to raising children and supporting families.

On the other hand, policy adjustments may also need to overcome social and cultural barriers. Changing attitudes and behaviors towards childbearing can be a complex and multifaceted process. It requires addressing deeply ingrained societal norms, traditional gender roles, and cultural expectations. Countries may need to implement comprehensive strategies that involve educational campaigns, awareness programs, and the promotion of gender equality to foster a supportive environment for desired family sizes.

The adjustments and reforms of foreign birth policies are driven by factors such as changes in population structure, economic development, and social demands. These adjustments aim to address the challenges posed by population aging, labor shortages, and social security pressures. While policy adjustments can have a positive impact on population structure, they also bring about certain challenges. It is crucial for countries to carefully consider the implications of these adjustments and implement comprehensive strategies that not only promote childbirth but also create a supportive environment for families.

6. Conclusion

Foreign birth policies have significant impacts on population structure. Policies that

encourage births increase birth rates and alleviate the trend of population aging, while policies that restrict births may lower birth rates and exacerbate population aging issues. the purpose of policy adjustments and reforms is to adapt to changes in population structure and alleviate the pressures of population aging. Policy adjustments and reforms are crucial in addressing changes in population structure and population aging issues. To effectively tackle population aging, governments should formulate flexible and forward-looking birth policies that align with economic development and social demands to encourage family fertility. Additionally, governments should focus on adjusting social security, labor markets, and public services to create a favorable environment for population changes. Furthermore, policy adjustments need to consider the influences of social and cultural factors and actively guide and change people's attitudes and behaviors towards childbearing. Governments can promote family fertility by means such as educational campaigns, providing family support, and offering parenting services.

In conclusion, foreign birth policies have a significant impact on population structure. the purpose of policy adjustments and reforms is to address population changes and population aging issues, and promote balanced development of population structure. Governments should formulate targeted policies based on their own circumstances, taking into account multiple factors such as society, economy, and culture, in order to achieve sustainable development of population structure.

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