

## *Original Paper*

# Aging vs Development in Asia A Sociological Appraisal

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### **Abstract**

*Aging is widely affected by development with special reference to Asia. This part of the world has been changing quite fast in the 50 years. If we look at East Asia, it has drastically changed. Education has played a large part — bringing about change in other sectors. Aging was highly promoted in Asia because of access to industries, medical technology and many more. Moreover, many young women have avoided having children in time which has widely helped in the expansion of the elderly people in various parts of Asia. The phenomenon has transformed to a social, economic and cultural issue for the continent. It is even predicted that in the years to come, the number of aging people will be far more than active people.*

### **Keywords**

*Aging and development, Elderly population, Society's view of aging population, Aging process, Sociology*

### **1. 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.

## 2. General Purpose

Sociologically speaking, development has caused increasing change in a wide range all over Asia. Development brought education which was a reference point for other changes. It caused a great deal in other sectors such as communications, industries, agriculture, food, medications and many more. Development caused a revolution not only in Europe, but in Asia as well. Overall, development gradually caused more longevity in human life course. Currently, life expectancy is over 73 years for both key sex in Asia (WPDS, 2022). Due to longer life expectancy as a master, innumerable of changes were followed. The continuity followed is impacting all other sectors of human life. Through access to new medicines and medical possibilities longer life expectancy is continuing, and may even exceed 100 years to the end of 21 century. Recently, because of the dislike of women to have children in time, aging expansion is going on. Life expectancy at birth, total and by sex is ever changing annually (WPDS, 2022).

One of the important tasks of urban sociology is to respond to our needs in society and provide favorable conditions for people in society, such as developed societies that have kept their population limited to a certain extent and as a result have a higher and better standard of living. Improving economic and social indicators such as literacy, income, housing, production, etc. is one of the tasks of urban sociology and it creates the necessary utility. It has also created problems and issues. Urban sociology deals with ways that people can better establish the interaction that is necessary for social progress. The importance of this science is also because the urban population is increasing day by day and this increase itself brings problems. There are two views on life today:

- 1- The traditionalist or retrospect point of view that gives the most importance to past events.
- 2- A forward-looking perspective that needs to examine the city and urban sociology.

Immigrating to one's own city entails issues, including:

- 1- Congestion and population density
- 2 - Deviations
- 3- Biological issues
- 4- Traffic and transportation...

Urban society is an open society. The freedom of action of people in the city is much more than in the village, and it is in view of these issues that the need to investigate the city and the application of sociology is raised. One of the social needs of people is social action or performance. This action requires initial conditions. One of the realms by which problems can be solved is the conditions in which we have appropriate social action, and that itself is deferred to dealing with the city and its related issues. In fact, the city is the feeder of the whole society, because the main decisions in the city are related to the performance of development and urban planning. For example, educational centers and their development in the city will solve some of the needs of villages and small towns.

Urban society and urbanism are opposed to rural society and ruralism, but due to the changes that have taken place over the centuries and continue to exist now, ruralism is less common. The importance of

this field of sociology has also increased due to the conditions that societies are developing and following the increase of immigration in these societies. Social action takes place in its best form when there is job security, financial security, mental security, etc. among the activists. For example, the current villages of our country do not have the necessary production and efficiency because there are no residents there. Urban issues such as immigration deviations, unemployment, family conflicts, etc. have placed great importance on the field of urban sociology.

### **3. The Image of Urbanization in the World**

The reflective image of urbanization in different parts of the world under the influence of various industrial, economic, cultural and similar factors has appeared in a very different way from the past. The most important differences between the two urban and rural societies are manifested in the folklore, literature and social standards of the two societies. It should be noted that under the influence of the mentioned factors, the differences with the above criteria have become very weak. Likewise, as we get closer to the new era, this gap becomes more subtle, factors such as transportation, education and literacy have played an effective role in reducing this gap in societies where social, economic mobility and... Rural and urban areas have also been more. One of the main characteristics of the city and urbanization is the presence of dynamism in it. While the customary and traditional feature of the village has been static. Currently, under the influence of the aforementioned factors, a major change has occurred in the situation of the rural community; That is, the stability of stability, traditionalism, etc. has also changed in rural areas. In other words, the expansion of the dimensions of urban dynamism through means of communication has also affected the cultural factors of various social institutions and rural stability. Therefore, the extent of urbanization with its set of values is penetrating to the farthest parts of societies. The meaning is that the urbanization system along with all its values has taken a ubiquitous or universal form. The result of such a situation is the development of urbanization, a change in criteria, the increase of cities and the alienation or alienation of many rural strata. This situation has also affected the stratification of societies, that is, the new strata of urban social groups and, in general, new generations emerging and emerging in They are urban areas.

The age of urbanization in industrial societies is also that timely planning in those societies has made a suitable urban space with all the related necessities exist in those societies. This situation has made the urban order, the urban space of welfare, the urban environment, the places of leisure time, etc. to be in proper and timely conditions, while in the developing societies, following the weakness of urban planning, the weakness in foresight and urban management, the distance There is a lot between expectations and existing urban facilities; That is, the physical structure and construction of the city is related to three decades ago, while the expectations and standards related to the present era can be easily observed in many urban areas of the third world. There are low capacity, narrow, unequipped public streets and roads... There is a lot of traffic in front of a large population, a lot of vehicles, etc. Also, the lack of public systems such as sewage, public promenades and the like in these cities has

created problems and contradictions against the expectations of the society. The cities of the third world geographical locations have a problem that should be addressed as much as possible. Urban areas generally have a population of 2,000 people or more. In Iran, this criterion is considered to be 5,000 people or more, while in some countries, the minimum urban population is considered to be 2,000 people, and in some cases, 10,000 people or more. Such a standard, considering the growth of the population, especially in the third world, will soon turn these communities into urban areas. In the same way, dense cities are defined as geographical areas with 100,000 inhabitants or more. These types of cities are increasing in third world countries. The cities that have changed quantitatively (population) and are at a high level, but are at a low level in terms of quality of production and operation. These types of cities are largely dependent on economic aspects and meeting their needs and necessities. This situation as a turning point should be noticed by urban sociologists and socio-economic planners. That is, the subject of budget allocation evaluation.

Cultural forms are also constantly changing in urban areas under the influence of various factors. This has caused many observers and social analysts to reflect their opinion on environmental and cultural effects. The cultural perceptions and attitudes towards the city and urban life among the above scientists are raised to some extent with doubts. Likewise, although urban environments are known as the driving force of development, at the same time, folklore culture literature and such values that express the set of civilizations in an urban point, are influenced by factors such as industry, development, economic growth, and extensive communication. ... it changes. In general, the cultural complex of large urban areas is constantly evolving, micro and macro changes are also created in smaller areas. That's why Michelle Lipton, a British development economist, expressed her opinion as follows. had:

The most important factor of class clash in the developing countries of the world today is not between labor and capital or between foreign and domestic interests, but this clash and difference between urban and rural classes and classes, simply because the scope of poverty, low standard of living Lack of use of resources etc. in rural areas is very different from urban areas. It is worth mentioning that the set of poverty areas is more visible in rural areas, while the power of organization, elegance and accuracy and such characteristics are in cities. is more For this reason, urban dwellers generally have more chances to win in various fields, i.e. more successes as far as innovations, innovations and new patterns are concerned, most of these successes are from those cities (the urban population) while the villagers have a slower pace. They achieve development and transformation slowly. The mentioned characteristics and characteristics indicate rapid cultural changes in urban areas. Mrs. Lester Brown, head of the World Watch Research Institute 14, states that the urban dwellers who in the late 20th century are more They account for 43% of the world's population, have an imbalanced control over financial and natural resources in their communities. Similarly, they waste and destroy resources to an unreasonable extent. The lack of water and land is more or less specific. These are urban areas and most of the problems of urban dwellers. Excessive use of electrical energy, etc., waste generation, etc., etc., which have led to

environmental pollution, disruption of the ecological system and living conditions. It is caused by urban life and high percentage of urbanization.

All in all, such conditions create new cultural forms in urban societies. Ms. Brown and many others concerned about the social and environmental future look with regret at the state and development of urbanization, especially in developing societies.

#### **4. Cities of the World, Urban and Regional Development**

The development of the world's cities first started with industrial development, but even before that, according to the records, cities were expanding and the emergence of urbanization started around 4000 BC, one of the major factors that played a role in urban development and the expansion of cities. There has been an economic connection between the neighboring areas of the cities and nearby cities. This movement started around the industrial revolution and even before that and is still going on. Stanley has extensively analyzed this phenomenon in his book titled *World Cities*. In other words, economic communication plays a role as a factor and motivation in the expansion of cities. From the fall of the Roman Empire until the 17th century, many European cities grew very slowly, and in some cases even stagnated. This is simply because during this period the cities were completely separated from other places, that is, they continued to live in isolation. Such cities were generally self-sufficient and self-reliant. It is worth mentioning that the only way to continue the existence of such cities was their self-sufficiency. Iranian cities and many other cities of non-European societies continued to live in such a situation for centuries. have given. In such a situation, with the minimum production of economic, food, industrial and cultural needs, you turn to the side, while following the development of cities, which was caused by the expansion of communication networks, a revolution in the economy, behaviors, social patterns, cultural expectations, etc. also appeared. Came. In other words, a kind of dynamic appeared within the cities. This type of dynamic is still developing and evolving in different dimensions, that is, it has followed a cycle in different dimensions.

Therefore, in terms of sociology, this fact has been proven that in the conditions of interaction between different places or the city and nearby areas, urban growth inevitably takes place, and as mentioned, following urban growth, there are many emerging expectations. And the new patterns must be answered, that's why the urban society must be continuously studied and re-examined in terms of economic, social, cultural, political, etc., otherwise the urban society will face various deadlocks and crises.

Global communications or communication networks at the global level between cities were found following changes in the transportation system of railways, railway lines, etc., that is, these communications took the place of carriages and carrier pigeons. The set of these changes and developments has led to a huge urban expansion. Such developments have also affected smaller places and non-urban areas. In other words, first-class, second-class and third-class cities have been continuously affected by such material and spiritual changes. The manufactured goods were easily

exchanged between different urban strata and medium and large cities. Such a flow has affected the set of value system, the big cities of the world in America, England, Brazil, Mexico, Egypt, Iran, etc. have witnessed such changes. It is worth noting that this kind of impact has endangered the urban environment and the environment in general in these places.

Urban sociologists are of the opinion that the growth of urbanization and the development of cities should be scientifically monitored and controlled. In this regard, the balance of urban-rural ratio is of great importance; That is, a harmonious and justified balance should be created between these two societies. Also, the natural growth of the population should be restrained and controlled in the best way, otherwise we should expect various crises. Also, investment in cities for their development should be done in a balanced and fair way, away from bias and partiality. Only with such a move can we approach the ideal urban situation.

### **5. The Importance of Culture in Urban Development**

Today, they use the abilities, attractions and cultural facilities to develop cities, this movement under the title of “cultural tourism” has been widely used in many countries and big cities. The revival of historical buildings, the strengthening of tourist attractions and the increase of such centers have helped the development of many cities in terms of economic, social and cultural richness. This flow has caused the revival of many cities, the revival of museums and their opening to domestic and foreign nationals has provided the impetus for urban development. As far as it has been investigated, a city like St. Petersburg in Russia has provided the possibility of urban development by reviving more than a hundred museums within it. Today, this stream is even used as an industry.

The tourism industry provides the possibility of domestic investment, joint ventures, cultural exchanges and economic prosperity. The main occurrence and efficiency of this flow takes place in cities, especially big cities. Therefore, in the present era, many governments have given high priority to this industry and cultural development. It should be mentioned that “Cultural tourism, in addition to urban growth and development, also provides conditions for economic prosperity, brings nations closer together, and thus reduces the problems and cultural distance between the citizens of a country, races, minorities, and different nationalities to a minimum.” For this reason, urban sociologists have emphasized the strengthening and development of tourism as a means for the socio-economic development of cities.

### **6. Phenomenology of Transportation and Urban Pollution**

In the field of transportation and urban pollution in the present era, especially in larger urban areas, they have appeared as social and urban problems. Although in some ways transportation has played a role as a factor of economic prosperity in moving economic wheels and consequently activating urban areas, at the same time it has also brought negative points. In his recent book entitled *Fast Wheels and Slow Transport*, Charles L. Wright has examined this issue in a detailed and analytical manner and has

described it as a new phenomenon of the 20th century, especially in big cities and mainly in many areas of the third world. Has introduced.

The movement of different demographic groups and types of work in urban areas is a global issue today, therefore, different countries and related planning agencies use different methods (different models) of transportation according to their economic, social and cultural facilities and needs. have designed, but in many cases they have faced problems in terms of economic environment and proper use of these devices. The transportation system in today's era needs continuous planning and studies so that alternative and less problematic methods can be used. Seminars, conferences and meetings of this type of transportation and pollution

They have put it at the top of their agenda and thus they are constantly looking for solutions.

The international conference of Kashanado will pay attention to these two phenomena in detail in the strategic characteristics of transportation planning, both designers and the general public observe and evaluate the image of transportation in different ways. Economists, from their point of view, evaluate different reactions to the transportation system and provide solutions and alternatives as well. They also consider cost and benefit issues to a great extent.

Urban planners and transportation planners today strongly advocate public transportation over small, private transportation. For example, they recommend the use of buses and railways instead of cars, trucks, etc. with their own justifications. Similarly, they have recommended the use of walking bicycles and the like for short distances. At the same time, Charles Elle Wright believes that cities with high income and very active economy do not have a very efficient public transportation system, or in other words, it is not used, the author means most of the big cities in America. Charles Wright also adds that big cities should consider the needs of people who move around regularly during the day. Continuous urban studies and sociological studies in its various dimensions, taking into account population growth, control and immigration, distribution of employment opportunities, and economic production fairly in different parts of a country and the like, can solve the transportation problem to a large extent.

## **7. Urban Pollution and Prevention System**

The development of the city and urbanization, which leads to an increase in transportation, ultimately leads to urban pollution. This phenomenon has left adverse and destructive effects mainly in developing societies. That is, more than what has happened in industrial societies, the lack of preventive facilities, the density of vehicles, the wear and tear of such vehicles, the failure to equip transportation vehicles with the catalyst system, and such weaknesses have attracted the attention of urban sociologists and environmental experts. has attracted In this context, writers such as Midge and Oliver Zally 20 have investigated the phenomenon of urban pollution and ways to prevent it. It should be noted that these two authors mainly deal with issues of this type in the World Health Organization's environmental health department.

Cities all over the world in the current conditions are facing traffic congestion and serious air pollution

mainly caused by vehicles, or will soon face the wave of social and economic modernization, migration to cities. The creation of western industries and assembly around the cities and the prosperity and development of this kind have caused the use of vehicles more and more in these areas, or in other words, it considers their use as inevitable, increasing the levels of nitrogen dioxide. , “Green Monoxide”, lead particles in the air, etc. have endangered the health of different sections of the city dwellers. According to research carried out in Cairo, Egypt, despite the population of 15 million people and an increase of one million people every 8 months, children are known to be more vulnerable than other groups. It is estimated that they inhale more than 5 times more than the rural areas of the village children in that city.

Such an image and situation of Cairo as a third world mega city can represent the unfavorable conditions of urban pollution and environment as a representative of other big cities in the third world. People who live in cities in developing countries are generally more vulnerable than those who live in non-urban areas and small towns. That is, as far as polluting and toxic substances are concerned, city dwellers are exposed to more risks. Authors such as Mij and Zali are of the opinion that in order to eliminate urban congestion and pollution, the price of fuel and means of transportation should be increased to a certain extent, and in return, public vehicles should be provided at the lowest possible price. At the same time and at the same time, the control of the fuel system should also be taken into consideration so that CO<sub>2</sub> pollutants etc. are released less from the vehicles.

Therefore, sociologists and experts in environmental affairs emphasize as much as possible on reforming the transportation system, switching to public vehicles, and planning transportation and the environment in a persistent and continuous manner.

Industrial societies have followed this strategy to a large extent and as a result have controlled their transportation system and environment to a large extent, while third world societies due to poor planning and failure to follow previous plans, interference and collision of tastes, theories and... are facing a big problem and crisis in the transportation system and pollution.

## **8. Mobility and Transportation**

Since one of the direct and immediate achievements of urban development and urbanization is the indiscriminate expansion of the transportation system, many sociologists and social researchers, including Birk and Zigers, have emphasized the coordinated system and mobility and urban transportation. . Any disturbance in this system leads to problems related to energy, excessive use of energy, high cost of energy, and as a result problems related to the environment. Many developing societies should make a general revision of their transportation system with creativity and creating coherent methods to design a better transportation system.

One of the chronic and destructive problems of the urban areas of the developing societies, from the point of view of Birk and Zigers, is the inconsistency in transportation planning. If a coherent and thoughtful planning is not done in the transportation system of these societies, the mistakes of many

countries and cities of other developing societies will be repeated again. Many developing societies are devoting heavy budgets to their transportation system, expanding their roads and highways. In the short term, this movement may solve the needs and problems of urban transportation, but on the other hand, it will involve hidden costs, as well as high levels of pollution, congestion related to transportation, and similar things. It should be mentioned that governments have to bear high costs to maintain and maintain such a network.

Birk and Zigers are of the opinion that developing urban communities should use the car replacement system in urban transportation; That is, railways, subways and other electrical devices within the city. It is also worth mentioning that developed societies, i.e. large cities that do not have transportation problems, do not have population growth. This means that the decrease in population growth more or less means low The growth of the transportation system and the use of cars is coming. The transportation system in a particular society is directly influenced by the socio-economic structure of that society. The existence of a regular socio-economic structure and almost responsive to the needs (ideals), itself requires extensive, demographic, economic and social planning at a time in the past.

What developing societies and big cities in developing countries are facing today is the result of the socio-economic structure of the previous decades. The increase in migration to cities in search of different jobs, the entry of new generations into the economic and social cycle, and factors such as these have aggravated the problems of urban transportation. Therefore, in order to create urban order, control the environment, prevent the excessive growth of the transportation system, and finally achieve social order, development planning should be used in a constructive way and in different dimensions with follow-up. The designers and predictors of such programs are mainly social researchers, sociologists, environmental experts and the like. In this way and in this way, at least a guarantee can be created for future generations and future urban environments. Urban researchers and sociologists believe that by maintaining transportation discipline, the urban environment can be kept healthy and many dependencies related to fuel energy and ultimately economic debts can be prevented and avoided. Birk and Zigers have studied four sample cities in their research, namely Surabaya in Indonesia, Bangkok in Thailand, Varanasi in India and Islamabad in Pakistan.

## **9. The World Is moving Towards Urbanization**

Increasing urbanization and human settlement in terms of its importance were examined and evaluated in two global and international conferences under the auspices of the United Nations, and subsequently the necessary policies were presented in this field. The Conference on Kashana 241 in 1976 in Vancouver, Canada and the Kashana Conference 2 on June 25, 1996 in Istanbul, Turkey, in which the issues related to the environment of human settlement in urban areas, the consequences of urbanization and the phenomenon of urbanization in the developing world as a problem were widely discussed. And similar sociological evaluations were carried out. In general, during the second conference, policies were drawn for human settlement in urban areas on the threshold of the 21st century.

If the solution to the problem of urbanization, mainly in developing societies, does not take a revolutionary state, the statistics related to poverty, homelessness, loss of life and health in urban areas and threats of this type that currently include about 600 million people. It will increase to three times by 2025. Also, if this situation is not answered clearly, more calamities will await the developing societies. This warning advises the officials of big cities in developing countries to take serious principled and practical plans in this field, otherwise, many dangers will threaten future generations in the 21st century. Therefore, urban planners, demographic experts, urban sociologists, etc. have sensitive and heavy responsibilities in this field. One of the practical ways in this field to prevent the future crisis related to human settlement is good management and application of appropriate policies. According to many optimists in this field, cities also have the potential of healthy and hygienic life, and urban areas are also known as important cultural resources and environmental privileges, provided that these resources are used in a positive way, i.e. laws Urban development, population proportion, appropriate distribution of industrial centers, creation of appropriate transportation system, appropriate leisure time and the like should be predicted for urban areas. It is only in this way that according to the opinion of optimists and defenders of urban areas, large urban centers can be used well. Likewise, the optimists related to the urban society are of the opinion that the population density, the increase in the urban population, which is the main characteristic of big cities, can in some cases increase the costs of houses as well as the per capita costs related to the industry and technology used in water and pipes. Construction, garbage collection, advanced communications (telecommunications, etc.), educational and health services, etc., were brought down. The purpose is to divide the investments made among the entire population. Also, emergency services related to fire accidents, etc., at a higher level in terms of tariffs, during the Kashane 2 conference, one of the practical ways to settle the population in urban areas and reduce the homeless population is to give more power to the private sector and non-governmental organizations. A government introduced such plans today in the city of Manila in the Philippines and also in some parts of Pakistan; That is, plans through which slums and non-standard housing can be reduced to a minimum.

## **10. Women and Human Settlement**

Women, as half of the world's population, have gained many of their freedoms since the second half of the 20th century. Such movements and movements have started first in the industrial world and then in the developing societies during the last two decades. As far as the phenomenon of urbanization, the expansion of cities and human settlement is concerned, women have also made a significant contribution to this flow during the last two decades, and the Kashana 1 conference emphasized heavily on urban areas as centers of industrial activities, so that These centers can eliminate unemployment and many social disorders, but after two decades of the expression of this theory, thinking and theory generally failed, simply because, while urban areas address some of the issues and needs of people. They take sides and leave more disturbances. In the conference on human settlement known as

Kashane 2, there has been a global effort to correct the disintegration and confusion caused by the policy of the Vancouver conference. It means that it can create healthier urban environments to a large extent. This movement needs to control housing in urban areas, at the same time, with the changes that have occurred in the socio-economic, political and similar conditions of women in the last two decades, they also have the key to free themselves from poverty, backwardness, social deprivation, deprivation of Many rights and... have been found in housing in urban areas. For this reason, the continuous desire of female immigrants to urban areas has started in recent years, just to get work and employment, to provide their livelihood and generally provide for themselves.

Migration to cities and settlement in these places has also affected women, as mentioned, in some cases, their migration and settlement to urban areas takes place in unpleasant and unfavorable conditions. Although women are freed from the pressures caused by rural life, rural traditions, poverty and the like with this stream, and they achieve income and provide livelihood in urban areas or achieve a change in financial independence, but in the cases of inequalities caused by rights and income in Comparing with men, the pressure and heaviness of work in urban areas, the inappropriate dealings of employers with them and such conditions make their life in urban areas close to suffering and problems.

In such a situation, monitoring and control, social control, civil control, defense of women's rights and their all-round protection are necessary and necessary. This movement of equal rights for women and men has been emphasized during the last two World Conferences on Women in Nairobi in 1985 and Beijing in 1995. Since economic-social development and the application of population programs are recommended more and more by planners and development experts in this era, in such a situation, a higher proportion of women will inevitably move to urban areas in the not-so-distant future. brought, that is, to the centers where they can provide their livelihood. Likewise, the alphabet of development emphasizes that women should also participate in economic, social, industrial and cultural development. On the other hand, many thinkers of sociology and demography also consider the achievement of the desired population in women's socio-economic participation outside the home. They indirectly regulate the number of children and the distance between them. Therefore, based on many different theories and assumptions, women should be active outside the home.

Likewise, since rural areas and smaller cities do not have the ability to meet the needs of this population of female job seekers, they will inevitably find opportunities in big cities, so the form of migration is out of its traditional form, which means that only men will not participate in this movement. Was. Rather, women will move to urban areas more or less like men, as has happened extensively in the industrialized world. As far as the continent of Asia is concerned and according to the economic-industrial dominance it is achieving in the 21st century, seven of the ten largest economies in the world will be China, Japan, Korea, India, Indonesia, Taiwan and Thailand. . These communities will be faced with huge migration movements until 2020, and a significant share of these movements and settlements in economic industrial hubs and big cities will be related to women. It is noteworthy that such industrial and economic development in these places will also affect other parts of Asia, that

is, the rest of the places will also face large settlements by women in urban areas.

### **11. Strategies to Strengthen Urban Health and Social Development**

The destruction of urban environments and the increase of health and social inequalities can be seen on a large scale between quiet urban areas, especially in developing societies. Many third world cities or southern countries have faced urban poverty since the 1970s; That is, the problems related to income and economic balance have been followed by such problems in many third world cities. This has caused the standard of living and environmental standards to face problems. Some people even believe that urban poverty exists more than rural poverty in many third world cities. Hence, health risks among the urban poor exist as an acute social problem to a large extent in many such cities. The research institutes of municipal health departments, etc. have been investigating issues related to urban health since 1993. In general, such issues, i.e., health and environmental deficiencies related to cities, have been investigated under the title “Health network and the environment of cities”. The main task of this network has been to investigate and understand the impact of social, health and environmental issues on the urban poor with an emphasis on vulnerable groups such as women, children, youth and workers. This network started its activity with this goal to create integrated strategies to improve the living conditions of these groups. Experts and researchers related to the health network and the urban environment advocate the reintegration of theory and practice; That is, what is needed to quickly identify the facts related to the lives of the poor and thus improve their health. This itself requires practical research, the application of various strategies of using different fields of humanities and social sciences, and collaborative strategies; That is, in this integration of theory and practice, the theories and experiences of different researchers in different fields should be used. In this context, information plays a major role, that is, the needs of the society should be identified to a large extent, and then appropriate solutions should be provided. The programs related to the 27 cities’ environmental health network, which should benefit from various scientific fields and branches and all-round cooperation, investigate and research around the following axes:

- 1- Strengthening processes related to strategic planning for urban health and sanitation
- 2- Implementing collaborative research with the cooperation of environmental organizations, municipalities and research institutions
- 3- Strengthening public awareness about the issues related to the target society, as well as raising the level of awareness of key groups and decision-makers
- 4- Development of communication strategies at the local level
- 5- Establishment of information networks at the national and regional level to ensure that relevant information is widely and appropriately disseminated and developed.

## 12. Healthy Cities

In order to understand the situation of healthy cities, it is better to refer to the experiences of cities such as Toronto in Canada and Glasgow and Liverpool in England; That is, the cities that have participated in the “Healthy Cities” project. This project has started working with the support of the European office of the World Health Organization since 1986, and recently other offices of the World Health Organization have also developed such a project. A healthy city means an urban environment in which there are educational institutions, health institutions, legal institutions, transportation, waste collection system, sufficient green space, suitable density of population, keeping industrial centers away from the city, and the like in that city. Although the factors that determine the health of urban environments are complex, they can be classified in the form of four categories of factors, which are:

1- Poverty consisting of low income, low level of education and insufficient food that is available to the family, lack of food supply or its lack of supply, such characteristic disrupts the health of urban areas. It means that the various signs of poverty reduce the efficiency and performance of people to a great extent, and this itself endangers the structure of the urban society.

2- The physical environment, which includes overcrowding, lack or inadequacy of residential places, transportation pollution, and being exposed to contagious diseases. The physical structure of the city, which generally accommodates different strata and in many cases leads to population density, greatly endangers the health of the city, poverty, deviations of infectious diseases, environmental pollution and the like, especially among the weak strata. And the fringe dwellers are seen in abundance, which ultimately endangers the health of the city.

3- Social and cultural factors include cultural restrictions, age, sex, race, religion, psychological pressures and the use of violence. A combination of the mentioned factors and their inconsistency causes differences and in some cases tensions, violence, etc. within the cities, which endangers the socio-cultural health of the city.

4- The political factor including the fair distribution of wealth within the city, being committed to the system of freedom democracy (along with participation) and its optimal implementation as far as it has been investigated in many big cities, especially in third world countries, the distribution of income wealth and other cases. It is not fair. Also, different demographic groups are less involved in their destiny. This type of political factors reduces people’s loyalty to the structure of the society and the system and ultimately affects the efficiency of people, which leads to the loss of the health of the city. Therefore, in order to achieve a healthy city and a utopia, that is, what Plato and Aristotle also discussed about 2500 years ago, and today urban planners have paid attention to it and put it on their agenda, depends on the participation of two It is a mutual interaction between the planning apparatus and the people. Its realization is conditional on paying attention to the mentioned factors and indicators. Review of the successful city (creative)

The city of Cologne 30 in Germany was founded by the Romans as a European model city around 38 years BC and has always been famous as a business center and commercial city with a multi-racial and

cultural structure. The population at the end of the 13th century was estimated at 35,000 people, which means that between German cities and European cities, it was the largest city at that time, and the peak of economic development and its favorable economic and cultural position dates back to the 16th century. Since then, the position of Miri Colony has declined and the new face or situation related to its economic growth started again from the 19th century. Although the economic base of this city is trade, handicrafts, factory productions and the like, its functional and active specialization among other German cities is related to artistic fields in this city during the last century, urban industrial and academic development in that city. has been followed. As one of the big cities of Germany, the city of Cologne has been able to maintain its ecological, environmental and economic position well during the last few decades.

Bringing up this city according to its economic and social indicators gives us a comparative view. The Rhine River is located next to this city, and this has greatly contributed to its economic development.

**Table 4. Selected Demographic Indicators of the City of Cologne**

<b>Index</b>	<b>1980</b>	<b>1985</b>	<b>1990</b>	<b>1993</b>
Population	1018822	965274	998590	1004928
Born	9382	8339	10715	10120
Death	11363	10945	10628	0964
Natural population increase	-1881	-2606	+87	-845
Migration to the interior	48910	42412	48869	49236
Migration abroad	47330	40582	46152	46313
Migration balance	+1580	+1830	+2717	+2913
Percentage of foreigners	14.4	14.2	16.3	17
Number of households	436900	451360	481392	489902
Average number of people in the household	2.2	2.08	2.03	2

*Source:* European Planning Studies, Vol. 3, No. 4, 1995.

The indicators in Table 4 show the favorable demographic situation, the stability of the population, as well as the improvement of the standard of living, the high level of welfare for the citizens in this European city (for example. Due to the high proportion of foreigners living in this city, the natural increase of the population is still almost zero or negative. It has been estimated. Demographic indicators generally lead to the improvement of the urban situation, prevention of increase in pollution, crisis prevention, housing, price control and non-inflationary economic conditions, very low inflation and the like. Therefore, as far as the population is concerned, And the urban structure is related, other cities in developing countries should also adapt to the population patterns of this city. The population index,

which is considered one of the defining indicators of any society, has been preserved to a proportional extent in German cities, even up to Where it is related to the acceptance of foreigners and immigrants, in case of lack of capacity of the relevant institutions, any city has the right to reject the application of the acceptance of immigrants, while births also take place under the minimum conditions. Also, having a foreign population in that society is The title of a norm (semester) has been accepted since World War II In other words, the industrial economy of that society is supported by the efforts of many foreign forces such as Turkey, Yugoslavia, etc.

The unemployment index is officially and legally announced in different cities of this country (Germany). Usually, under the influence of the wide use of automatic electronic devices, robots.... on the one hand, and the economic growth and development of third world societies along with the loss of their traditional markets, on the other hand, this country has more or less faced the phenomenon of unemployment. In such a situation, public assistance and social security compensates for many inadequacies related to unemployment. One of the other characteristics of industrial societies is to rely on taxes. That is, the payment of taxes by the citizens and its style by the relevant institutions is considered as a norm today, therefore, by relying on this type of income, various cities have the power to maneuver, economic, welfare, social security, public urban facilities, support for the disability of old age, the injured and the like. has the While the tax system in developing societies is not yet recognized and accepted as a norm.

**Table 5. Selected Socio-Economic Indicators of 5 German Cities**

<b>Index</b>	<b>Cologne</b>	<b>Frankfurt</b>	<b>Hamburg</b>	<b>Munich</b>	<b>Stuttgart</b>
Population	956700	654100	1668800	1229100	591900
Percentage of foreigners	17.2	26	12.7	20.5	2.3
The unemployment rate	10.1	5.4	8.1	3.5	3.7
Public assistance, the number of people receiving assistance per 1000 people	29	67	85	42	48
Help Fred (mark)	299	314	464	113	189
Earning annual tax from each person (mark)	4050	5720	4546	4752	4703
loan amount (mark)	4342866	5223039	20347000	3006697	1768763
loan per capita (mark)	4554	8255	12253	2446	3050

*Source:* European Planning Studies, Vol. 3, No. 4, 1995.

The German society and the cities listed in Table No. 5 receive loans from various sources for their construction and development, and they openly declare the amount of their loans publicly and per capita. It identifies the mentioned cities. Such indicators can help developing societies as a model.

**Table 6. Administrative Budget and Expenses of the City of Cologne 1985 and 1991 (Mark Germany)**

Items	1985		1991	
	Budget and cost	percent	Budget and cost	percent
General administration	183311	6.9	291231	7
Public safety	125816	4.7	184774	4.3
Schools	203100	7.6	216823	5.8
Science, culture, research	210742	7.9	287652	6.6
Social security	742336	27.8	1053061	24.1
Health, sports, recreation	116720	4.4	145397	.6
Construction and Transportation	226755	8.5	339758	10.9
public facilities and transportation	176002	6.6	309592	13.1
Public companies	95337	3.6	90852	5.1
Public Finance	592815	22.2	87917	19.5
Whole	2672934	100.2	3796057	100

*Source:* European Planning Studies, Vol 3, No. 4, 1995.

Cologne, as a European creative city, has the health, well-being, development and effective construction based on the allocated budgets in different sectors. As an example and representative of many other cities in Germany and Europe, this city represents significant growth and prosperity. Allocation items in this table have covered different sectors during the years 1985 and 1991. Things like social security, expenses related to public finance, science, culture, research, sports and recreation are significant. Also, the cases related to construction and transportation, i.e. the development of various roads in the city, such as the construction of bridges, railways and water canals, which accounted for 9.10, 1.13 percent in 1991, are worthy of consideration. By spending such budgets, the problem of transportation and traffic in the city will be reduced to its minimum. Also, the dedicated budget for health, sports and facilities related to spending leisure time increases the vitality and general spirit of the citizens. The case related to social security, which accounts for nearly a quarter of the budget and total cost, prevents the spread of poverty, deviations of diseases and any other socio-economic damage.

Table number 5 is an example of other European cities. It should be mentioned that such a process and planning of budget allocation and expenses should be implemented in the growing cities of the third world countries as well. It is only through such economic, social and welfare planning that the health of the dynamic society and the possibilities of its progress and development are provided.

In general, the urban population in Germany is estimated at 87%, also, the rate of urbanization between 1995 and 2000 is estimated at only 0.3%, while urbanization in that country has reached the saturation

point, but the officials Various cities have minimized urban problems through necessary planning and adequate budget allocation. Women also account for a major share of human resources in this society as half of the population, that is, about 38% of the total human resources in that society are women. This flow makes the material pressures not heavy on the shoulders of men, the abilities of women are used in the production process, the public morale is improved, and also family planning and birth control are observed in that society in a spontaneous manner.

The existing economic-social conditions along with effective planning have made the appearance of the cities in the entire country of Germany to be very clean, beautiful and orderly. Also, the general culture has created conditions that all the people of the society can use appropriate, clean and satisfactory clothing. This flow strengthens the economic cycle related to clothing production in that society. In general, Germany has become famous as a symbol of progress and development among European countries. Based on the latest research, the birth rate and fertility rate in this society has decreased to its minimum, so that in 1996, out of every 4 German families, only one family had a child, and the average number of family members during this year was estimated at 2.2 people.

### 13. Measuring the Standard of Living

One of the other indicators that are relevant in different societies, both industrial and non-industrial, urban and non-urban, are the indicators related to the standard of living. The standard of living and its provision are closely related to the gross national product income. Table 5 shows such a relationship.

The gap between the above two pillars leads to factors such as inflation, socio-economic disorders, poverty and instability and economic instability, deviations of non-standard products, weak work conscience and similar conditions. Generally, developing countries are in such a situation, that is, there is no coordination between their income (GDP) and purchasing power, or in other words, how to meet their expectations. Therefore, developing societies, especially their urban areas, still have a long way to go to reach a balanced situation, i.e. a balanced relationship between income and expenditure.

**Table 7. Comparison of GDP per Capita and Purchasing Power Parity**

<b>Country</b>	<b>GDP capita(G.N.P) - 1993 dollars</b>	<b>per *Purchasing power parity - 1993 dollars</b>
Swiss	36410	23620
Japan	31450	21090
America	24750	24750
England	17970	17750
Greece	7390	8360
Mexico	3750	7100

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Brazil	3020	5470
Russia	2350	5240
Indonesia	730	3140
Egypt	660	2530
Nigeria	310	1480
India	290	1250
Mozambique	80	380

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\* Purchasing Power Parity (PPP).

Source: World Bank Atlas 1995.

#### **14. An example of Urban Transformation**

In this review, the analysis of the cultural, environmental and social trends of a typical city in the north of the United States named Jananooga is mentioned. Surveys conducted in this city in 1969 indicate that the city of Chattanooga continued to live in this year as a polluted city with poor social order and in inappropriate conditions. After about 20 years, that is, in 1990, this city was introduced as a model city with a protected environment, which shows that a comprehensive change has taken place in it. The success of this city is mostly due to its commitment to the development of the target society and the cooperation and sharing of efforts of various institutions. The progress of this city has been used as an experience and a lesson for other cities and municipalities.

In such a way that they have made the mentioned city as a city with a healthy environment, that is, an area whose ecological initiatives have brought the fields of economic development, social progress and healthy nature. All-round efforts, investment, sufficient political commitment and follow-up of various plans have caused this kind of environmental and structural change in that city. Also, problems related to housing, public education, transportation, urban design, conservation of natural resources, parks, green spaces, water pollution prevention, recycling systems, training centers (training funds) and the development and improvement of human relations in this city have been emphasized. The existing bottlenecks have been removed.

Therefore, civil development and environmental improvements have also provided the basis for economic-social development in this city. The mentioned cases can be used as models in other cities of the world. It is only with such plans that from an unhealthy environment in terms of climatic (environmental) conditions, it is possible to create a healthy, productive, self-reliant region with sustainable development. Low national gross, in addition to facing many socio-economic bottlenecks, they face urban problems, permanent migration of population to cities, environmental pollution, etc. Likewise, poor countries with a high total fertility rate, the number of children born to a woman during her reproductive period, face many urban problems, for example, Ethiopia compared to other countries, for example, with the highest total fertility index It also accounts for the highest amount of urbanization during the years 2000-1995. Therefore, a balanced relationship should be created between

economic-social indicators on one hand and demographic indicators on the other hand in order to achieve a favorable urbanization situation.

**Table 8. Comparison of Some Social and Economic Demographic Indicators in the Form of Urbanization in Some Selected Countries in 1996**

Country	Total population in 1996 million people	Total population in 2025 million people	Average annual population growth	Urbanization percentage in 1995	Urbanization growth rate 1995-2000	Total fertility rate	Gross national product 1993 (dollars)	*Gross national income in 1993 (dollars)
Ethiopia	56.7	126.9	2.9	13	5.4	6.51	118	620
Egypt	64.2	97.3	1.9	45	2.6	3.44	697	3460
South Africa	42.4	71	2.2	51	3	3.81	2882	8710
china	125.4	121.6	0.2	78	0.4	1.50	33667	25170
Japan	953	1.392	1.8	27	3	3.42	279	2230
India	68.7	123.5	2.1	59	3	4.52	1782	5520
Iran	63.1	90.9	1.8	69	3.5	3.04	3027	6440
Turkey	81.8	76.4	0.0	87	0.3	1.30	20237	23510
Germany America	265.8	331.2	0.9	76	1.2	2.08	24279	31910

\* Gross National Income, PPP per capita.

Sources: The State of World Population 1996.

The State of World Population 2001.

The above indicators are closely related to each other. The balanced relationship of the mentioned indicators can also create a favorable urban situation. The increase in GDP per capita also affects the total fertility rate and consequently the total population index in a society. Countries with lower GDP are facing a higher rate of urbanization, which ultimately leads to more social unrest for them.

## 15. Conclusion

The article broadly concludes that Asia going to industrialization is at the same time entering aging era as well. Many women and men are being added to the elderly people every year. As the people have more access to medicaments, hospitalization and healthy food, they get the chance of longer life. This number is unprecedented as compared with any time in the past. Currently, the absolute number of the elderly people is much higher than the active

and working people which is surprising! Not only Asia, but the world as a whole, is facing the present situation. What is needed to be done is to educate the younger generations to provide care and protection for the aging people.

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