

Modifications in Economic Standards and Urbanisation

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Perspective

The term "urbanisation" (or "urbanisation") refers to the population movement from rural to urban regions, the concomitant decline in the number of people living in rural areas, and the manner in which societies adjust to this transition. It is primarily the process by which towns and cities are developed and grow in size as more people begin to live and work in core locations. Urbanization is relevant to many fields, including urban planning, geography, sociology, architecture, economics, education, statistics, and public health. The phenomenon has been related to modernization, industrialization, and the sociological process of rationalisation. Urbanization can be viewed as a specific condition at a specific period (e.g., the proportion of total population or area in cities or towns) or as a growth in that condition.

Urbanization is more than just a modern occurrence; it is a rapid and historic transition of human social roots on a worldwide scale, in which primarily rural culture is rapidly being replaced by predominantly urban culture. Many thousand years ago, the first major change in settlement patterns was the consolidation of hunter-gatherers into settlements [1]. Common bloodlines, deep relationships, and communal behaviour characterise village culture, whereas distant bloodlines, unfamiliar relationships, and competitive behaviour characterise urban culture.

From the development of the earliest cities in the Indus Valley civilization, Mesopotamia, and Egypt until the 18th century, there was Cities are known to serve a variety of services in all societies. They are at the centre of many nations' technical advancement and economic prosperity, while also acting as a breeding ground for poverty, inequality, environmental risks, and contagious diseases. Many challenges arise when huge numbers of people cluster in cities, particularly for the poor. Many rural migrants, for example, who move in an urban slum area bring their families and domesticated animals (both pets and livestock) with them. This flood of humans and animals exposes all migrants to circulating infectious diseases and has the potential to create an urban transmission cycle.

Furthermore, the majority of the urban poor live in slums that are unregulated, congested, overcrowded, located near open sewage, and have limited access. Equilibrium between the vast majorities of the population engaged in subsistence agriculture in a rural context and small populations in towns where economic activity consisted. Inadequate nutrition, pollution-associated health disorders and communicable diseases, poor sanitation and housing conditions, and related health conditions are some of the major health concerns caused by urbanisation [2]. These have a direct impact on people's quality of life while putting a pressure on public health systems and resources. Poor people's nutritional health suffers greatly as a result of urbanisation. Because of their limited financial resources and the greater cost of food in

cities, the urban poor lack nutritious meals, which leads to disease, which adds to loss of appetite and poor nutrient absorption among those afflicted?

Furthermore, environmental contamination adds to undernutrition; street food is frequently prepared in unsanitary settings, resulting in epidemics of food-borne illnesses. Pollution is another key cause of bad health in metropolitan areas. For example, the World Health Organization projected that 6.5 million people died (11.6 percent of all global deaths) as a result of indoor and outdoor air pollution, with low- and middle-income nations accounting for roughly 90 percent of air-pollution-related deaths. Poor nutrition and pollution are both factors that lead to a third key concern for urban populations: communicable illnesses [3]. The poor live in overcrowding, amid open sewers and stagnant water, and are thus continually exposed to hazardous garbage. Inadequate sanitation can allow helminths and other intestinal parasites to spread. Pollution (e.g., CO₂ emissions) from congested metropolitan areas contributes to localised and worldwide climate change, as well as direct health issues such as respiratory disorders, cardiovascular diseases, and diabetes. The influence of inner-city transportation, such as road traffic, on health is developing as a critical issue.

According to statistics, at least ten people die on the trains in Mumbai, India, every day. Infrastructure improvements in the country have not been able to keep up with the rapid development of automotive and human traffic on the streets. Vietnam is said to have a population of 95 million people and more than 18 million motorcycles on the roadways [4]. To reduce accidents, a determined policy is required. Although urbanisation has become an irreversible phenomena, some suggest that in order to solve city problems, we must address the underlying reasons, such as improving the socioeconomic position of the urban poor. Populations will continue to relocate to metropolitan regions unless rural conditions improve [5]. Given the difficulties that rural development presents, it seems unlikely that the core issues will be addressed in the foreseeable future.

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