

The Demographic Problem in Greece: Consequences and Solutions

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Abstract: Globally, population dynamics are shifting towards increased life expectancy, and many countries, including Greece, face significant demographic challenges. Greece is particularly impacted by one of the lowest birth rates in the world and a rapidly aging population. This demographic shift places unprecedented pressure on the nation's pension systems and economic stability, as more people retire than enter the workforce. This study aims to explore the historical factors contributing to Greece's demographic situation, analyze the consequences of current trends, and propose strategic solutions. The research utilizes a literature review approach and the case study of Greece to understand the depth and breadth of the demographic crisis. Key areas of focus include the declining birth rate, the economic implications of an aging population, and the potential of migration and policy reform to rejuvenate demographic dynamics. The study evaluates various policy interventions from other countries to propose a tailored, multi-faceted strategy for Greece. These strategies emphasize economic incentives for young families, improved childcare and parental support, healthcare investment, and inclusive migration policies to enhance workforce numbers. This comprehensive approach seeks to provide actionable insights that can help Greece mitigate the effects of demographic decline and foster a more sustainable future, aligning policy interventions with socio-economic and cultural realities.

Key words: Demographic problem, low birth rate, implications, policies, reforms.

1. Introduction

Greece is now grappling with a demographic challenge that has wide-ranging implications for the functioning of the state. By 2050 the proportion of Greeks aged 65 or older will exceed 32%. The presence of a substantial and increasingly older population coupled with a declining birth rate indicates a shortage of young individuals to aid and care for the elderly. What is the root cause of this crisis? Greeks prioritize strong familial bonds and early parenthood [1]. Nevertheless, the financial crisis of 2008 and the prevailing global economic conditions have posed significant challenges for young Greeks in securing employment which is a crucial determinant in their decision to raise a family. A significant number of

individuals choose to emigrate to foreign countries in search of employment prospects resulting in separation from their elderly parents. Simultaneously the nation's birth rate has been steadily decreasing for several decades as a result of increased availability of birth control knowledge and the growing number of women joining the workforce. The economic downturn and elevated unemployment rates particularly during the period from 2010 to 2018 worsened the situation. In periods of economic hardship individuals typically exhibit a decrease in procreation due to the presence of financial instability [2].

Consequently, an increasing number of elderly individuals imply a reduced workforce available to sustain the economy and social welfare initiatives. Additionally,

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there is an increase in healthcare expenses associated with providing care for the elderly. This exerts significant strain on public finances and hampers economic progress. Notwithstanding the repercussions and Greece's incapacity to address them, viable options are arising that the government may choose. Adopting a collective shift in attitudes and policies around work-life balance together with providing financial incentives for families can contribute to a significant transformation [3]. Greece has the potential to provide economic incentives to couples in order to encourage them to have children such as tax exemptions subsidies or advantages related to childcare. Enhancing economic prospects and stability can serve as a catalyst for young couples to initiate the formation of families. Implementing policies such as paid maternity leave or flexible working hours can significantly facilitate women in balancing their job and family responsibilities. The positive effects of these changes have become increasingly apparent over the past 2-3 years. Migration reform and refugee programs may serve as a dual-tier solution for Greece. The influx of new migrants and working-age refugees will bring about demographic diversification introducing younger families with greater fertility rates that will counterbalance the aging local population. It is important to acknowledge that migration and refugee policies necessitate resources to facilitate the integration of immigrants into Greek society [4].

2. Literature Review—Materials

2.1 *The Decline in the Birth Rate in Greece: The Diagnosis of the Problem*

In January 2023 Greece had a population of 10.36 million. The data indicates a population decline of 49 thousand individuals (-0.5%) from 2022 to 2023. Women make up 50.1 percent of the population while males make up 49.9 percent. In early 2023 80.5 percent of Greece's population resided in urban areas while 19.5 percent lived in rural regions. The mean age of the population in Greece is 45.4 years with the highest

proportion (23.0%) being individuals aged 65 years and older [5]. By 2050 Greece's population is expected to experience substantial shifts in its demographics. Specifically, it is forecasted that the population would persist in decreasing with a distinct rise in the age cohort of those aged 65 years and above. Simultaneously there is an anticipated decrease in the population of young individuals aged 0-19 and adults who are of working age. Consequently, the number of individuals in the active workforce, namely those aged 20-64, is likely to be lower than the current level. This reduction is associated with the demographic phenomenon of population ageing [6].

Although life expectancy is rising the number of fatalities is not anticipated to reduce considerably because of the expanding aging population. Projections indicate that the number of deaths will stay consistent at around 125-130 thousand each year until 2050 surpassing the number of births. This scenario will unavoidably result in a decrease in population [7]. The researchers have identified two primary variables that are responsible for the decrease in birthrates. Firstly, there is a fall in the population of women who are in the age range suitable for childbearing. Secondly younger couples are experiencing poor fertility rates resulting in them having fewer children. Enhancing fertility rates in the future has the potential to counteract the decrease in the number of women between the ages of 25 and 44 who are having children while also stabilizing birthrates at about 100,000 per year. However, policies aimed at achieving this objective are not anticipated to have an immediate effect but rather a gradual influence over the medium or long term [8].

Regarding births there is a notable decline which is a key component contributing to the demographic issue. The current fertility rate among Greek women is 1.5 children which falls far below the required replacement rate of 2.1 children per woman to ensure population stability [9]. Greece's population is now experiencing an annual decline of around 0.5%. Multiple causes have contributed to the decrease in the birth rate. Previously

the nation experienced economic instability in the last several decades as a result of the prolonged economic crisis in Greece. This crisis resulted in elevated levels of unemployment, financial insecurity and a negative outlook on the future. This caused Greeks to be reluctant to have children. However, the cost of living continued to climb steadily while salaries remained relatively stagnant. Greeks faced escalating challenges in meeting their fundamental requirements for food and housing as they focused primarily on ensuring their own survival [10].

In order to address the situation, the government of 2019-2024 implemented specific measures. These included raising the tax-free threshold by €1,000 per child providing financial support to young families by introducing an allowance of €2,000 for each newborn child reducing the Value-Added Tax (VAT) rate on baby and child food care items and personal protective items from 24% to 13% and implementing a policy to facilitate the integration of individuals into the labor market by offering them initial employment opportunities. Furthermore, additional 30,000 children were enrolled in kindergartens and Centers for the Creative Activities of Children and there was a notable rise of 40,000 in the provision of school lunches. The government has expanded the operating hours of kindergartens and enhanced the offerings of all-day schools which now run until 18:00. These schools provide a comprehensive program of activities and study ensuring that the children's schedule is more suited to the demands of working parents. The "My House" Program has been established to provide inexpensive housing options for those aged 39 and below.

The impact of change in urban planning might also be evaluated. The traditional multigenerational family structure has disintegrated as Greeks have migrated to urban areas. Parenting might become more challenging in the absence of assistance from extended family members. Fluctuating societal standards are an additional element that impacts birth rates [1]. The Greek culture has experienced a shift towards a more

secular and individualistic orientation. Contemporary Greek women frequently prioritize obtaining further education and establishing their professional jobs prior to commencing their own families. They typically delay parenthood and have a lower total number of offspring [11]. The Greek government needs to aid families through provisions such as childcare services, parental leave, tax benefits or other pro-natal measures that might stimulate Greeks to increase their offspring.

In order to counteract the decrease in birthrates the present administration must enact measures that facilitate and enhance the desirability for Greek citizens to procreate. This may encompass the implementation of subsidized daycare remunerated parental leave for both mothers and dads or fiscal incentives for childbearing and other strategies to bolster families [11]. Encouraging a more positive perspective and offering better economic prospects might also serve to persuade Greeks that the present moment is opportune for initiating a family. Greece's decreasing birth rate can be reversed by appropriate political and economic changes. However, it is imperative to act at this moment prior to the population undergoing more aging and the demographic concerns becoming increasingly difficult to tackle. In order to address this issue, it is necessary to implement additional measures such as augmenting the maternity allowance including provisions for self-employed individuals and farmers. Furthermore, it is crucial to enhance housing policy by constructing and refurbishing unoccupied government-owned houses. Additionally, increasing the capacity of childcare centers for infants and toddlers, extending their operating hours and establishing childcare facilities in large corporations are essential steps. Lastly, implementing measures to boost fertility and help with reproduction should also be considered. The majority of them are involved in the initiatives of the present administration which has introduced a new ministry, namely the Ministry of Social Cohesion and Family headed by Minister Sofia Zacharaki [12].

2.2 *The Economic Impact of an Ageing Population in Greece*

Greece's ageing population conceptually means that there is less labor to support social programs and an increasing number of retirees [8]. This imbalance has important economic consequences. With a falling birth rate and increased life expectancy Greece's population appears to be ageing. In the 1960s there were seven working-age Greeks for every elderly person over 65. Today this ratio is 3:1 and is projected to be 2:1 by 2030. This places a huge burden on Greece's pension and healthcare systems. More retirees mean higher costs at a time when tax revenues are falling due to fewer workers. Still an aging workforce reduces economic growth. Older workers tend to be less productive and flexible and their purchasing power decreases in retirement. This slows down consumption investment and tax levies.

Elderly care diverts resources from other priorities such as education infrastructure and support for younger families [13]. To remedy this Greece needs to find ways to boost its working-age population and make better use of older citizens. Options include:

Increase in birth rate to achieve these better benefits and social support is needed for families with children. It also needs to make it easier for young people to reconcile career and family, improving parental leave childcare and work-life balance.

Raising the retirement age. One option is to raise the age at which people can receive a full state pension and pension benefits to 67 or older. In Greece in particular this policy was passed and has been implemented but according to government statements it will not increase further in the coming years. At the same time, the state should create incentives for older workers to remain employed longer such as tax breaks, reduced working hours and workplace facilities [14].

Encouraging migration. Optimizing the migration process is needed to attract more working-age individuals and families. Immigrants can fill labor

shortages, set up businesses pay taxes and increase the birth rate [11]. The demographic problem continues in Greece but with comprehensive solutions the country can defuse the crisis and build a more sustainable future. Making the most of all its citizens regardless of age the Greek state can prosper again.

2.3 *Migration of Highly Educated Young Greeks*

Greece is now experiencing a decrease in the number of births and an increase in the proportion of elderly individuals leading to an imminent demographic catastrophe. In addition to the declining birth rate Greece also faces the challenge of high levels of immigration among young, educated Greeks referred to as the "brain drain" [15]. A significant number of Greeks particularly the younger generation emigrate from the nation in pursuit of employment prospects and financial security outside. Surveys indicate that over 400,000 Greek citizens have emigrated from the nation since the onset of the economic crisis in 2010. The predominant demographic consists of individuals aged 25 to 39 who possess advanced levels of education and work in professional occupations. The phenomenon of "brain drain" in Greece results in the loss of a crucial segment of the labor force and potential future parents. In order to address the issue of migration Greece should prioritize economic reforms and strive for growth in order to provide a greater number of well-paying job possibilities particularly for the younger population [16]. Allocating resources towards research innovation and start-ups has the potential to establish a dynamic corporate environment that can effectively retain and recruit highly skilled individuals. The allure of remaining in or returning to Greece is heightened by enhanced professional opportunities, higher income and improved living conditions.

Greece can proactively entice its diaspora to return by offering incentives such as tax exemptions, financial support for entrepreneurial ventures and employment assistance programs targeting highly trained migrants [17]. Diaspora Greeks frequently keep robust

connections to their own land and would readily come back if offered feasible prospects. Although migration is mostly influenced by economic concerns enhancing the quality of life in Greece can also contribute to addressing the issue. Enhancing infrastructure transportation education healthcare and work-life balance will heighten the appeal of remaining in or coming back to Greece. Encouraging an inclusive and forward-thinking culture will appeal to young well-educated individuals from Greece who prioritize these principles [18]. Greece may reverse the trend by making concentrated efforts to address migration and the phenomenon of “brain drain”. Ensuring that young talented Greeks stay in the country and return if they have left is crucial for tackling the demographic challenge fostering innovation and stimulating economic growth. Greece can persuade its most crucial resource—its youth—to remain by offering lucrative prospects and an enhanced quality of life [19].

2.4 Family-Friendly Policies: Good Practices from Countries with High Birth Rates

Several countries with previously low birth rates such as France, Sweden and Australia have turned things around through pro-birth policies [11]. Their successes show that combining financial incentives, financial opportunities and work-life balance is key. With comprehensive policy changes Greece may be able to emulate their demographic reversals but solutions will require time, resources and patience. To boost Greece’s declining birth rate, the government should consider implementing more family-friendly policies such as those in France, Sweden and Norway which have some of the highest birth rates in Europe [20].

In particular, these three countries offer generous paid parental leave for new mothers and fathers. Providing paid work leave to care for a baby or young child makes having children more attractive and feasible for couples. Greece currently offers relatively fewer months of paid maternity leave and less paternity

leave compared to the above-mentioned countries despite an increase over the last four years. Extending paid parental leave to 6-12 months for mothers and fathers would give new parents the time they need to care for an infant and the financial security they need to do so [21]. Affordable and accessible childcare may also be key to enabling women to return to work after having children. France, Sweden and Norway subsidize childcare and early childhood education making it free or low-cost for families. Greece should increase funding for public childcare centers and offer tax incentives or subsidies for private childcare and kindergartens to make them more affordable for families which is a social policy of the current government. With more support mothers will have easier reintegration into the workforce after parental leave [22].

State facilities for new parents, however, are not limited to the above. France, Sweden and Norway offer tax credits and deductions for families with children to offset the costs of raising children. China is recording its first population decline in more than six decades [23]. Specifically, the country’s cities announced new monetary incentives to encourage couples to have more children such as: (a) Couples who have a third child or more in Shenzhen will be eligible for an allowance of 19,000 yuan (US\$ 2800). (2) Other cities such as Jinan in Shandong province grant childcare subsidies and extend parental leave. Offering the Greek state more generous family tax credits in particular tax deductions for childcare expenses would provide financial relief and an incentive for Greeks to have more children. Overall, the implementation of more family-friendly policies such as paid parental leave, subsidized childcare and increased tax benefits for families has been shown to positively affect birth rates in other European countries. These kinds of support systems make it easier and more attractive for couples to have children which is exactly what Greece needs to fix its demographic problem. With the right policies Greece’s birth rate could start to rise again [11].

2.5 State Policies for Family Colonization

The global population is undergoing tremendous demographic changes. Approximately 66% of the global population lives in areas with low fertility rates. By 2050 the projected global population growth will be mainly driven by eight countries: the Democratic Republic of Congo, Egypt, Ethiopia, India, Nigeria, Pakistan, the Philippines, and the United Republic of Tanzania. These countries will collectively contribute to half of the global population growth causing a significant shift in the ranking of the most populous countries worldwide [24]. Simultaneously phenomena such as migration, population aging and low fertility rates have prompted some governments to establish settlement initiatives encouraging families and young individuals from foreign nations. The perks encompass housing incentives, monthly scholarships, company awards and other similar advantages [25].

One of these nations is Italy which includes the cities of Sicily, Candela and Santo Stefano di Sen ño. In response to its dwindling population the historic city of Sicily has implemented a settlement scheme wherein dwellings in two Sicilian cities, Troina and Sambuca, are being offered for a mere one euro. As a condition, the town of Troina requires the house to undergo renovation within a period of three years along with a payment of a \$6,000 security deposit. After the construction is finished the municipality repays the expenses. Young individuals relocating to Candela are granted a sum of US \$950 while couples are provided with US \$1,400 [26]. In order to appeal to younger age groups, families consisting of three members will be granted a sum of US \$2,100. On the other hand, families consisting of four or more members would get US \$2,300. Spain is providing financial incentives to young couples to relocate to Ponga, a rural community situated in the northern region of the country. Young couples are provided with a sum of around \$3,600 to relocate to the hamlet in addition to an extra \$3,600 for every child born there [27]. Switzerland implements

comparable measures to attract individuals to relocate to Albinen as a means to bolster its population. Individuals who are living abroad and are younger than 45 years old are provided with a sum of 20,000 Swiss francs equivalent to around \$21,000 as an incentive for relocation. Additionally, they are paid 10,000 Swiss francs approximately \$10,000 specifically for relocating their children [28]. Greece has acknowledged the repercussions of the population issue and is currently carrying out a settlement initiative on Antikythera. Several urban and rural areas rely on tourism as a crucial source of economic sustenance, particularly within a nation grappling with underlying structural economic challenges. As of September 2022, the island is home to just 20 permanent residents. The government has initiated a scheme to entice individuals to establish residence on the scenic Greek island of Antikythera. The incoming inhabitants will be provided with a dwelling and a parcel of land in addition to receiving a monthly stipend of 500 euros for the initial three-year period of their residency [17].

2.6 Reforms of the Retirement Age

Greece's ageing population is placing a heavy burden on pension and healthcare systems. As life expectancy rises and birth rates fall the ratio of workers to retirees has fallen drastically. One solution is to raise the retirement age requiring people to work longer before they can receive a pension. Currently the average retirement age in Greece is 65 after 35-40 years of work. Meanwhile life expectancy is over 81 years so pensioners receive pensions for 20-30 years. This system is not sustainable with Greece's low birth rate and ageing population. According to the EU (European Union) and OECD (Organization for Economic Cooperation and Development) "in Greece by 2050 due to an improvement in life expectancy the age limit should be raised by 2.8 years. That is from 67 years old to 69.8 while in 2070 the limit should reach 72"[29]. First, workers would contribute for more years before receiving pensions, increasing the funds available to

pay current retirees. Still pensioners would receive pensions for fewer years reducing the total payment. Older workers tend to earn higher wages so their contributions would increase. Finally late retirement keeps more people in the workforce boosting economic activity and tax revenues. Reforming the retirement age combined with policies to increase birthrates and make it easier for mothers to work can help stabilize the pension system for future generations. With life expectancy rising across the developed world, adjusting retirement ages to keep pace is crucial for the long-term sustainability of social programs. Although difficult Greece must insist on reforms to ensure pension benefits for its citizens in the coming decades [30].

2.7 Targeted Measures to Encourage Parenthood

To encourage Greeks to have more children the government should implement targeted initiatives designed to enhance the appeal and availability of motherhood. Monetary incentives such as tax exemptions, remunerated parental absence and financial aid for childcare can mitigate the substantial expenses associated with having children [11]. It is advisable for the Greek government to expand the child tax credit and make it eligible for a refund. Parents will receive a refund regardless of whether they have any tax liability. Extending the duration of paid maternity and paternity leave is vital. Increasing the length of paid parental leave for new parents to spend time with their baby has the potential to positively influence their desire to have another child [31]. Furthermore, offering financial assistance for childcare and schooling would serve as a significant incentive. The government needs to offer financial aid to parents for the purpose of covering the expenses associated with childcare, early childhood education, and other relevant services. This facilitates a more cost-effective approach to raising children and enables both parents to pursue employment if they so want. Currently, the National Strategic Reference Framework (NSRF) is providing financial assistance to cover the expenses of children's

pre-school education [32].

Conversely the contemporary individual's social identity encompasses not just job aspirations but also the ability to maintain a harmonious equilibrium between work and family life [33]. What measures may the government take to assist in achieving these objectives? Initially it is important to convince businesses to offer flexible working hours, enabling parents to engage in remote work and adopt flexible schedules or pursue part-time employment to facilitate childcare responsibilities. Employers should also be motivated to offer family-friendly policies. For instance, employers that offer enough paid leave on-site daycare and flexible work arrangements should be rewarded with tax credits or other forms of incentives. It is crucial to invest in community assistance programs [34]. The Greek government should allocate funds for initiatives aimed at supporting new parents including the provision of nurse-doctors who do home visits, parent training programs, play groups and support networks. This intervention aids in alleviating stress and facilitates the connection between parents and available resources [35]. In addition to economic incentives and labor reforms comprehensive cultural transformation is necessary. Facilitating a shift in cultural norms to foster favorable perspectives on children and parenting has the potential to gradually impact climate change [36]. By utilizing public campaigns and leveraging social media platforms individuals may disseminate narratives highlighting the pleasures of motherhood therefore serving as exemplars for parents who aspire to maintain flourishing professional trajectories and active social circles. This phenomenon can result in a shift in attitudes over a period of time, making the idea of having children appear more appealing and in line with contemporary ways of living.

3. Methodology

The research paper on Greece's demographic problem employs a mixed-method approach combining

an extensive literature review with a detailed case study analysis specific to Greece. The objective is to investigate the country's demographic challenges focusing on declining birth rates and an aging population and to propose viable solutions. The methodology consists of several key components. The literature review involves examining a wide range of sources including academic journals, governmental reports and credible online databases. This review aims to gather existing knowledge on demographic trends, the economic impacts of these trends and policy responses that have been effective in similar situations globally. The purpose of this is to establish a theoretical foundation and collect evidence on the effectiveness of various demographic policies. This methodology aims to provide a systematic and detailed understanding of Greece's demographic challenges offering grounded actionable solutions to mitigate these issues effectively [37].

4. Results and Discussion

The demographic trends in Greece indicate a severe and ongoing demographic crisis characterized by a low birth rate and an aging population. The study's findings highlight the critical factors contributing to these demographic changes and their implications for the nation's socio-economic stability. Key findings include:

Declining Birth Rate. Greece's birth rate has been steadily decreasing over the past few decades. The current fertility rate stands at approximately 1.5 children per woman, which is significantly below the replacement level of 2.1 children per woman necessary for a stable population. Economic instability, high unemployment rates, and financial insecurity, exacerbated by the economic crisis from 2010 to 2018, have discouraged young couples from having children.

Aging population. By 2050, it is projected that over 32% of Greece's population will be aged 65 or older. The increasing proportion of elderly individuals, coupled with the declining birth rate, suggests a shrinking workforce and increased pressure on the pension system and healthcare services.

Economic impact. The aging population poses significant economic challenges, including reduced labor force participation, increased healthcare costs, and higher pension expenditures. The dependency ratio, which indicates the number of working-age individuals supporting the elderly, has worsened, currently standing at 3:1 and projected to decline further to 2:1 by 2030.

Migration patterns. Greece has experienced significant emigration, particularly among young, educated individuals, leading to a "brain drain". Over 400,000 Greeks have emigrated since the economic crisis began in 2010, further depleting the country's working-age population and potential future parents.

Policy interventions. The Greek government has implemented several measures to address the demographic crisis, including financial incentives for families, tax exemptions, increased maternity and paternity leave, and subsidized childcare. However, these measures have not yet resulted in a significant reversal of the declining birth rate.

The results underscore the urgency of addressing Greece's demographic challenges through comprehensive and multi-faceted policy interventions. The discussion focuses on the implications of the findings and potential strategies for mitigating the demographic decline.

Enhancing economic stability. Economic stability is crucial for encouraging higher birth rates. Policies that promote job creation, reduce unemployment, and provide financial security for young families are essential. Initiatives such as tax relief, housing subsidies, and job opportunities in emerging sectors can make starting a family more financially viable.

Support for families. Comprehensive support for families through improved childcare services, extended parental leave, and flexible working arrangements can alleviate the burden on parents and encourage higher fertility rates. Learning from successful policies in countries like France, Sweden, and Norway, Greece can enhance its family-friendly policies to create a

more supportive environment for raising children.

Migration and integration policies. Encouraging immigration of young, working-age individuals can help offset the declining birth rate and aging population. Effective integration policies that provide education, employment opportunities, and social support are vital for ensuring that immigrants contribute positively to the economy and society.

Addressing the brain drain. Reversing the trend of emigration among young, educated Greeks requires creating attractive conditions for them to stay or return. This includes offering competitive salaries, career growth opportunities, and a high quality of life. Incentives for returning expatriates, such as tax breaks and financial support for business ventures, can help mitigate the loss of skilled labor.

Cultural and social shifts. Promoting a cultural shift that values family life and encourages childbearing is essential. Public campaigns that highlight the benefits of parenting and provide positive role models can help change societal attitudes towards having larger families. Additionally, fostering a work-life balance that allows individuals to pursue careers while raising families is crucial.

In conclusion, Greece's demographic problem requires a holistic approach that combines economic, social, and cultural policies to create a sustainable and supportive environment for families. By learning from successful international examples and tailoring strategies to fit its unique context, Greece can address its demographic challenges and ensure long-term socio-economic stability. Continuous monitoring and adaptation of policies will be necessary to respond to changing demographic and economic conditions effectively.

5. Conclusions-Limitations-Future Implications

Greece is now experiencing a critical situation in terms of its demographic trends. This includes the presence of an aging population and a decreasing birth rate both which provide significant challenges. These

developments exert significant strains on the pension system, healthcare services and general economic growth. The need for comprehensive policy reforms is essential in order to effectively address the issue at hand. This demands a multidimensional strategy which includes implementing economic incentives for families, enhancing childcare and parental leave regulations and devising measures to entice young, educated Greeks to either remain in the country or come back from outside. The role of migration policies is to improve and optimize the attraction of young workers in order to address the issue of declining demographics. Nevertheless, it is imperative to combine this with supporting policies aimed at facilitating integration and fostering economic engagement.

Greece also is now grappling with severe economic challenges that have a direct impact on its demography and the inclination of young individuals to establish households. Unemployment, particularly among the youth, is a significant deterrent to procreation. Facilitating job creation and enhancing economic conditions can provide young individuals with the chance and stability to initiate households. The proposal aims to enhance job prospects through the reinforcement of innovative technology and the establishment of emerging sectors. Implementing economic incentives such as providing tax relief specifically for families with children can effectively encourage young couples to make the decision to have children. Additionally, there are suggestions for expanding the duration of maternity and paternity leave along with provisions for assisting with the establishment of nurseries and the availability of inexpensive housing options for young families. The demand for enhanced care for elderly individuals is urgent due to the increasing median age of the population which exerts strain on healthcare and social welfare systems. The proposal aims to enhance the quality of healthcare services by establishing aged care centers and reinforce home care programs. These

methods can enhance the quality of life and autonomy of elderly individuals while simultaneously decreasing the financial burden of care on society.

The study may be constrained by the reliability and completeness of demographic and economic data. Some data, particularly concerning emigration statistics and birth rates can be challenging to track accurately over time. The effectiveness of proposed policies and their implementation may not be fully predictable. The actual impact could differ due to variations in policy enforcement and public reception. The research presupposes the continuation of specific economic and social circumstances. Nevertheless, unexpected worldwide and domestic economic downturns, technological progress or cultural shifts have the potential to substantially modify these circumstances. Furthermore, while the study suggests immigration as a solution to demographic challenges it may underestimate the complexities involved in integrating immigrants into the labor market and society including cultural differences and potential social tensions. By addressing the demographic challenge Greece could improve its economic prospects, increase labor force participation and stimulate growth which are critical for overcoming the longstanding economic stagnation. Improved demographic trends would relieve the pressure on public welfare systems potentially leading to better health care, enhanced social services and greater societal well-being. As conditions evolve continual assessment and adaptation of policies will be necessary to respond to new demographic and economic realities effectively.

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