EFFECTS OF MIGRANTS ON WELLBEING OF AGEING POPULATION IN RURAL NEPAL:
A CASE STUDY OF MAHANKAL CHAUR VDC OF KAVRE DISTRICT

A Research Dissertation
Submitted to the Faculty of Humanities and Social Science
Purbanchal University (PU)

For the Partial Fulfillment of the Academic Requirement
For the Degree of Bachelor of Social Work (BSW)

Submitted by:
Ashish Thapa Magar
Department of Social Work
Kadambari Memorial College of Science and Management
Kathmandu, Nepal
2012
APPROVAL SHEET

This Research Dissertation and Seminar (RDS 366) entitled “Effects of Migrants on Wellbeing of Ageing Population in Rural Nepal: A case study of Mahankal Chaur VDC of Kavre district.” written by Mr. Ashish Thapa Magar, a student of third year, second semester of Bachelor of Social Work (BSW) of Kadambari Memorial College of Science and Management, in partial fulfillment of the academic requirement of the Purbanchal University (PU) is hereby accepted.

RESEARCH EVALUATION COMMITTEE

Sabitri Shapit, PhD
(External Examiner)
Associate Professor
Department of Psychology
Tribhuvan University

Mr. Krishna M. Gautam
(Thesis Supervisor)
Chairperson
Ageing Nepal

Dilli Ram Adhikari, MSW, PhD
Principal

Ms. Subarna Pandey
Research Co-ordinator
LETTER OF RECOMMENDATION

This is to certify that this thesis entitled “Effects of Migrants on Wellbeing of Ageing Population in Rural Nepal: A case study of Mahankal Chaur VDC of Kavre District” prepared and submitted by Ashish Thapa Magar, in partial fulfillment of the academic requirements for the degree of Bachelor of Social Work (BSW), Purbanchal University (PU) has been completed under my supervision. I recommend the same for acceptance by Purbanchal University.

Mr. Krishna M. Gautam,
Chairperson,
Ageing Nepal
Acknowledgement

It would not have been possible to write this thesis without the help, support and patience of my principal supervisor, Mr. Krishna M. Gautam, not to mention his advice and unsurpassed knowledge. The good advice, support and friendship of my second supervisor, Mr. Mahadeva Bhatta, has been invaluable on both the academic and personal level, for which I am extremely grateful.

I would like to acknowledge the academic and technical support of the Kadambari Memorial College and its staff. Appreciation goes to Ms. Subarna Pandey, research coordinator for her support and encouragement in various stages of my study.

I would like to acknowledge Dr. Sara Parker, Liverpool John Moores University for providing necessary financial support for conducting this research.

I offer my gratitude to all the people of Mahangkal Chaur VDC, especially all elderly people who provided me with the required information for this study and supported me in every respect during the research.

I extend my special aspiration to Ms. Barsha Manandhar, my fellow graduate student in the Kadambari Memorial College, who encouraged, inspired and brought me up to this academic level by her great effort throughout the research process.

Last, but by no means least, I would like to thank my parents and all my friends for their support and encouragement throughout the research, some of whom have already been named.

For any errors or inadequacies that may remain in this work, of course, the responsibility is entirely my own.

Ashish Thapa Magar
Abstract

This paper considers whether the elderly people of Mahangkal Chaur VDC are adversely affected by the out migration of family member. The study is based on personal interview of 100 elderly people from households that have at least one migrant member that has migrated out. Eleven households from each of the 8 wards and 12 households from ward five were purposively selected to capture diversity among families. This study is explorative in nature done with an objective to assess the effects of migration of the family members on daily life of elderly in the family. The pretested questionnaire was used for interview of 60+ age member in the family. Mahankal Chaur VDC being close to the capital city, lots of people migrate to the city in search of employment opportunities and education facilities. Since, large numbers of working age population migrate away from village leaving their old parents behind, the responsibilities of all the household activities and agriculture comes upon them. The effects of migrants can be seen in various aspects of elderly people’s life. It affects their personal hygiene, availability of food, health, mobility and hence their social life. The elderly parents, who need their children to look after them during old age, instead have to look after their house, fields and other matters of the family; they are more vulnerable to loneliness. Apart from this, there have been various positive effects of migration of their family members including improvements in economic conditions and improvement in standard of living the elderly.
Table of Contents

Title ......................................................................................................................... i
Approval sheet ........................................................................................................ ii
Letter of recommendation .................................................................................. iii
Acknowledgement ................................................................................................ iv
Abstract ................................................................................................................ v
Table of contents .................................................................................................... vi
List of figures .......................................................................................................... x
List of tables ........................................................................................................... xii
List of abbreviations ............................................................................................. xiii
Chapter I ................................................................................................................ 1
INTRODUCTION ................................................................................................. 1
  1.1 Introduction .................................................................................................... 1
  1.2 Background ................................................................................................... 1
  1.3 Migration of working age population .......................................................... 2
  1.4 Statement of Problem ................................................................................ 3
  1.5 Research Objectives ................................................................................... 4
  1.6 Research Questions ...................................................................................... 4
  1.7 Rationale of the Study ................................................................................ 5
  1.8 Scope and Limitations of the Study ............................................................ 5
  1.9 Operational Definition ............................................................................... 6
  1.10 Brief introduction of the district .............................................................. 7
Chapter II ............................................................................................................... 9
LITERATURE REVIEW ..................................................................................... 9
  2.1 Migration ...................................................................................................... 9
    2.2.1 Definition and concept ......................................................................... 9
    2.2.2 Types of migration ............................................................................. 9
    2.2.3 Impacts of migration ......................................................................... 10
  2.2 Population ageing ....................................................................................... 11
    2.2.1 Definition and concept ....................................................................... 11
2.2.2 Demographic Changes .......................................................... 13
2.2.3 Social and economic implications of population ageing .............. 14
2.2.4 Socio-economic condition of elderly people in Nepal ..................... 15
2.2.5 Living Arrangements ............................................................... 16
2.2.6 Dependency Ratio ................................................................. 17
2.3 Migration and ageing ............................................................... 18
  2.3.1 Loneliness .............................................................................. 18
  2.3.2 Increased responsibilities ........................................................ 19
  2.3.3 Increasing number of older people .......................................... 19
Chapter III .................................................................................. 20
RESEARCH METHODOLOGY ......................................................... 20
  3.1. Study area .............................................................................. 20
  3.2 Research Design ...................................................................... 20
  3.3 Sample Selection/Identification .................................................. 20
  3.4 Universe/population of study ..................................................... 21
  3.5 Sample Design ........................................................................ 21
  3.6 Nature and sources of data ....................................................... 21
    3.6.1 Primary Data ....................................................................... 21
    3.6.2 Secondary Data .................................................................... 21
  3.7 Data Collection Tools and Techniques ........................................ 21
  3.8 Ethical Consideration ................................................................ 22
Chapter IV .................................................................................. 23
RESULTS AND DISCUSSION ...................................................... 23
  4.1 Socio-demographic characteristics of the respondents .................. 23
    4.1.1 Age of the respondents ........................................................ 23
    4.1.2 Ward wise selection of respondents ....................................... 24
    4.1.3 Ethnic group ....................................................................... 24
    4.1.4 Education Status of the respondents ....................................... 25
    4.1.5 Occupation of respondents during active life ......................... 26
    4.1.6 Current occupation .............................................................. 26
  4.2 Migration induce changes in the lifestyle of the respondents .......... 27
4.2.1 Living Arrangement of the respondents ........................................... 27
4.2.2 Cause for living alone ................................................................. 28
4.2.3 Responsibilities for doing household chores .................................... 28
4.2.4 Changes noticed in household chores ........................................... 29
4.2.5 Changes in performing agricultural works after migration of their family member ................................................................. 30
4.3 Effects of migration on the economic aspects of the respondents .......... 31
4.3.1 Source of income ................................................................. 31
4.3.2 Availability of cash ................................................................. 32
4.3.3 Respondents continuing their current profession ............................ 32
4.3.4 Members whom the elderly respondents depend on when they cannot work themselves ................................................................. 33
4.3.5 Manager for HH financial matters ............................................. 34
4.3.6 Availability of food ................................................................. 35
4.3.7 Money/goods sent to the migrant member ..................................... 36
4.3.8 Money/goods sent by the migrant member(s) ............................... 36
4.3.9 Reasons for sending money by the migrant member to the respondents ..... 37
4.3.10 Frequency of money and goods sent by the migrant member .......... 38
4.3.11 Person who uses the sent money/goods sent .................................. 39
4.3.12 Amount of sent money available to the respondents ....................... 40
4.3.13 Utilization of the sent money in the family ................................... 40
4.3.14 Family members benefited from the migration ............................. 41
4.3.15 How the members are benefited by the migration of family members ..... 42
4.3.16 Economic status .................................................................. 43
4.4 Effects on caring patterns ............................................................... 44
4.4.1 Time interval of returning home .................................................. 44
4.4.2 Duration of stay ................................................................ 44
4.4.3 Health problems ................................................................ 45
4.4.4 Personal hygiene ................................................................ 46
4.4.5 Access to health facilities ......................................................... 46
4.4.6 Members whom the respondents depend on when they are sick .......... 47
4.4.7 Family member caring the elderly ........................................... 48
4.5 Effects on family and social relations ......................................... 49
  4.5.1 Relationship with the other family members ......................... 49
  4.5.2 Occasions when elderly parents miss their migrant member ........ 49
  4.5.3 Loneliness felt by the elderly .............................................. 50
  4.5.4 Elderly wishing their migrant member were together ............... 51
  4.5.5 The situation of mobility .................................................. 52
  4.5.6 Social life ....................................................................... 53
  4.5.7 Social status of the respondents ........................................ 54
4.6 Elderly people’s perception on migration .................................... 55
  4.6.1 Change in the situation due to migration ............................... 55
  4.6.2 Encourages migration ....................................................... 56
  4.6.3 Elderly people’s views on effects of migration ....................... 58
Chapter V ................................................................................. 60
SUMMARY, CONCLUSION AND RECOMMENDATIONS ..................... 60
  5.1 Summary ........................................................................... 60
  5.2 Conclusion ......................................................................... 61
  5.3 Recommendations ............................................................. 62
References .................................................................................. 63
Appendix .................................................................................... 66
Questionnaire ............................................................................... 66
List of Figures

Figure 1: Age group of the respondents
Figure 2: Respondents according to ward
Figure 3: Ethnicity
Figure 4: Education status
Figure 5: Previous occupation
Figure 6: Current Occupation
Figure 7: Living Arrangements
Figure 8: Causes for elderly living alone
Figure 9: Responsibility for doing HH chores
Figure 10: Change in Intensity for performing HH chores after migration
Figure 11: Situation of respondents, working in field after migration
Figure 12: Source of money
Figure 13: Availability of cash to the respondents
Figure 14: Members whom the elderly respondents depend on when they cannot work themselves
Figure 15: Food available to the respondents
Figure 16: Frequency of money/goods sent per year to the migrant member
Figure 17: Money/goods sent by the migrant member to the respondents
Figure 18: Person who uses the sent money/goods sent
Figure 19: Amount of sent money available to the respondents
Figure 20: Economic status of the respondents before and after migration of member
Figure 21: Health problems among the respondents
Figure 22: Personal hygiene of the respondents
Figure 23: Situation of accessibility of health facilities to the respondents before and after migration
Figure 24: Members whom the respondents depend on when they are sick
Figure 25: Figure 25: Relation with family members
Figure 26: Occasions when the respondents miss their children
Figure 27: Loneliness felt by the respondents
Figure 28: Respondents wishing their migrant member were with them
Figure 29: Mobility of the respondents
Figure 30: Social life of the respondent
Figure 31: Social status of the respondents
Figure 32: Supports migration
Figure 33: Respondents encouraging migration
Figure 34: Don’t encourage migration
Figure 35: Positive effects of migration in general
Figure 36: Negative effects of migration in general
List of Tables

Table 1: Respondents continuing their current profession
Table 2: In-charge for all financial matter of the respondent’s family
Table 3: Reasons for sending money by the migrant member to the respondent
Table 4: Frequency of money and goods sent by the migrant member
Table 5: Utilization of the sent money in the family
Table 6: Members benefited by the migration
Table 7: How the member are benefited by the migration of family members
Table 8: Time interval of returning home
Table 9: Duration of stay
Table 10: Family member caring the elderly
Table 11: Change in situation due to migration
# List of Abbreviations

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADRA</td>
<td>Adventist Development and Relief Agency</td>
</tr>
<tr>
<td>CBS</td>
<td>Central Bureau Statistics</td>
</tr>
<tr>
<td>DIFID</td>
<td>Department For International Development</td>
</tr>
<tr>
<td>DLGSP</td>
<td>Decentralized Local Governance Support Programme</td>
</tr>
<tr>
<td>EDR</td>
<td>Elderly Dependency Ratio</td>
</tr>
<tr>
<td>GCN</td>
<td>Geriatric Center Nepal</td>
</tr>
<tr>
<td>HH</td>
<td>Household</td>
</tr>
<tr>
<td>ICIMOD</td>
<td>International Centre for Integrated Mountain Development</td>
</tr>
<tr>
<td>MEDEP</td>
<td>Micro-Enterprise Development Programme</td>
</tr>
<tr>
<td>MoPE</td>
<td>Ministry of Population and Environment</td>
</tr>
<tr>
<td>NEA</td>
<td>Nepal Electricity Authority</td>
</tr>
<tr>
<td>NEPAN</td>
<td>Nepal Participatory Action Network</td>
</tr>
<tr>
<td>OAA</td>
<td>Old Age Allowance</td>
</tr>
<tr>
<td>REDP</td>
<td>Rural Energy Development Programme</td>
</tr>
<tr>
<td>UN</td>
<td>United Nations</td>
</tr>
<tr>
<td>UNDP</td>
<td>United Nations Development Programme</td>
</tr>
<tr>
<td>UNICEF</td>
<td>United Nation International Children’s Emergency Fund</td>
</tr>
<tr>
<td>USAID-PRB</td>
<td>United States Aid for International Development-Population Reference Bureau</td>
</tr>
<tr>
<td>VDC</td>
<td>Village Development Committee</td>
</tr>
<tr>
<td>WATCH</td>
<td>Women Acting Together For Change</td>
</tr>
<tr>
<td>WHO</td>
<td>World Health Organization</td>
</tr>
</tbody>
</table>
Chapter I
INTRODUCTION

1.1 Introduction
This introductory chapter presents information on the background of the study, statement of the research problem, objectives, rational of the study, scope and limitations. The chapter ends with operational definitions of the basic terminologies used and the organization of the report.

1.2 Background
The 21st Century is also named as the Century of Old People because, in this century, the growth rate of 60+ global populations is exceeding the growth rate of total world population (K. Dychtwald, 1999), US Census Bureau). This is happening for the first time in human history and the trend is irreversible. This trend has multiple implications on societies across the globe. Therefore, wellbeing of this ever growing section of the population has become the global concern.

People need support from working age population as they advance in age because of decreasing physical and mental strength, economic dependence, changing social values, loosening family ties, illness, and various other changes that come with age. As population of ageing progresses in a society, the pressure on working age population to provide for the wellbeing of their elderly also increases. Working population find it increasingly difficult to face such challenge for reasons such as: (i) modern social trend of moving from joint to nuclear family system (ii) migration of youth in search of better opportunities leaving their elderly to face the old age in solitude (Antman, 2010), (iii) increasing economic pressure on working age population to meet their own personal aspirations and needs, and (iv) changes in elder friendly social norms and values.

Elderly support ratio is defined as the number of working age population divided by the number of old or "not-working age" population (USAID-PRB, 2010). A chronological age of 65 years is accepted as elderly or older person in most of the developed countries of the world (WHO, 2010). In Nepal, individuals over 60 years of age are considered
elderly. According to the 2001 census of Nepal, there were 1.5 million elderly inhabitants, which constitute 6.5 percent of the total population in the country (Chalise, 2006).

"In 1950, there were 12 working age people for every elderly person in the world. By 2010, this ratio had declined to 9. The elderly support ratio is projected to be below 5 in more than half of the world’s countries by 2050 (USAID-PRB, 2010). These are the net effect of increased life expectancy and decreased birth rate. Migration is yet another factor to decrease elderly support ratio which is the focus of this study.

1.3 Migration of working age population

Migration of working age population to foreign countries has been ongoing in Nepal since centuries, particularly to neighboring India as the main country of destination. However, a dramatic increase in the number of people migrating to many more countries was observed since 1990s. The driving force for migration include improved travel and transport facilities, access to global information on opportunities, poverty, encouraging government policies for employment abroad, increasing number of women joining the labor force, high unemployment and the armed conflict that lasted for more than ten years of 21st Century which was then followed by political instability (Bhattarai, 2005). (Kollimar, Manadhari, Subedi, & Thieme, 2006) estimated that 6.5 to 14.7 percent of Nepal's population migrated to Gulf countries and India. Such a broad range of estimate was due to conflicting data from different sources and lack of integrated data system for migrated population. They also found that government estimates are substantially lower than the findings of independent researchers. They have stated, "Overseas employment is an important alternative livelihood options for the Nepali population. It is recorded that 1.4 million Nepalese are living and working outside Nepal excluding India which is estimated to be almost same number living and working there. Around 600-800 migrants go for overseas employment every day. The majority of the migrants go to Malaysia and the Gulf countries. The outflow of migrants for 2008/2009 was 219,965; out of which 211,371 were male and 8,594 females".
(Williams, 2009) estimates that "more than 100,000 and perhaps as many as 200,000 Nepali migrants were living in Gulf countries in the early 21st century, including both men and women (Graner and Gurung, 2003; Seddon et al., 2002)".

Along with this trend of international migration, in-country migration from rural to urban centers has also substantially increased in the last decade mainly due to low security and employment opportunity in rural area. (Timalsina, 2007) has listed pulling and pushing factors for rural to urban migration in Nepal. Rural people are pushed out from villages and pulled in by urban areas as shown in the diagram below.

![Diagram of Pushing and Pulling Factors for Rural to Urban Migration](image)

Literature on Nepal show increasing trend for both internal and international migration. It is a common knowledge that those who migrate are of working age population. (Williams, 2009) in his study of Chitwan Valley found that people migrate out at as young as 15 years of age and 78% of the migration takes place before the age of 24. This fact coupled with increasing trend of ageing population, which is estimated to 1.7 times higher than the total population growth rate of about 2%, pose a serious concern on the availability of working age population to support elderly, particularly in rural Nepal where a majority of the elderly live (GCN, 2010).

1.4 Statement of Problem

Population ageing is relatively a new concern for Nepali Society as the country is till "young" with its 60+ age group being less that 10% of the total population. However, this percentage is ever increasing with decreasing trend of birth rate and increasing trend of life expectancy. The third factor to cause rapid decrease in elderly support ratio is the
migration. But, no systematic study has been done in Nepal to see how migration affects the wellbeing of ageing population. This total lack of scientifically generated information makes it difficult for policy makers and social workers alike to start evidence based planning for the welfare of ever growing population of senior citizens in the country.

Population ageing comes with many socio-economic and humanitarian concerns such as human rights, health and care, goods and services, social security, etc. Some of these are old-age specific concerns while others are cross cutting issues. It is important that these concerns and issues are properly understood before looking for practical solutions. Absence of any study on relationship between migration and wellbeing of ageing population in Nepal has remained a major impediment in preparing to deal with issues of ageing population at the national, community, family and personal levels.

1.5 Research Objectives
The overall objective of this study is to understand the relationship between migration and wellbeing of the ageing population. Specifically the study focuses on following objectives.

- To analyze demographic characteristics of rural families with elderly and migrated members.
- To understand the attitude of elderly towards migration of family members.
- To analyze effect of migration on daily life of elderly in the family.
- To identify migration induced changes in roles and responsibilities of family members.

1.6 Research Questions
The study is designed to answer the following questions.

- How migration is perceived by rural elderly?
- Does migration cause changes in roles and responsibilities of family members? If yes, what and how?
- How daily life of an elderly is affected by the migration of family members?
1.7 Rationale of the Study

Old age group of people have wide experience, wisdom and expertise. The problem of elderly people is the problem of family, society and nations. Elderly people are property of the nation (International, 2009). Therefore elderly issues should be taken into account sincerely. The healthier living and better health care should be the basic needs of the elderly in order to raise their quality of life. But most families in Mahankal Chaur VDC lack such basic needs. The working age population migrates to urban areas leaving their elderly parents behind. Hence, old age people of VDC are more prone to loneliness, insecurity, poor health and dissatisfaction with their life.

The trend of migration from Mahankal Chaur VDC to various other places has been seen since a very long time and the impact of this migration is seen in the lives of the elderly population. The rapid migration from the VDC has resulted in a situation where the village is left with more of old aged population and a few working age populations. It can be generally assumed that such change also has affected the life of ageing population left in the village. However, no research has been done in this issues and hence, this research would reflect the prevailing situation of the elderly left behind and give some important suggestions on the effects of migration on the well being of old people left behind in the village.

1.8 Scope and Limitations of the Study

The study has its inherent limitations and strengths. The fact that this study is based on the information collected from only 100 households of Mahankal Chaur VDC of Kavre district may not sufficiently represent the national scenario. However, the study has its own strength being the first study of this type in Nepal and may provide some guidelines for more elaborative studies in the future.
1.9 Operational Definition

**Elderly:** In this study, elderly or old people are taken as people of 60 years and above age.

**Migrant member:** For the purpose of this study “Migrant member” refers to any working age member of the family aged between 15-59 years staying away from HH environment for the purpose work and/study.

**Wellbeing:** Wellbeing in this study refers to the state of satisfactory condition in physical, mental, social and economic aspect.

**Migration:** Migration refers to the movement of people from Mahankal Chaur VDC to Kathmandu and others parts of Nepal as well as to others countries.

**Remittance:** Remittance in this study refers to money sent by the migrant member to the elderly respondents.
1.10 Brief Introduction of the District

Kavre district is 21 kilometers east of Kathmandu Valley and lies in the mid-hills Nepal. About 80% of the district is hilly and mountainous, while 20% are plains and plateaux. It is situated at the altitude of 300 meter to 3018 meter from the sea level. It borders Ramechap district in the east, Kathmandu, Lalitpur, and Bhaktapur districts in the west, Sindhupalchowk in the north and Sindhuli in the south. The district with Dhulikhel as its district headquarters, covers an area of 1,396 km and has a population (2001) of 385,672. 65.45% of the total populations are involved in agriculture. There are 3 municipalities and 87 VDCs in Kavre District. This district has Roshi and Sunkoshi rivers in its northern part and Bagmati and Kokhajor Rivers in the south. This district has a total area of 1, 40,486 ha. of which 2.8% are in the Siwalik region and the rest in Mahabharat region of the land area, 73,636 ha. (52.5%) are very steep land, 57,991 ha. (41.3%) are gentle slope land, 7,292 ha. (5.1%) are plateaux, river basins and valleys, and the remaining 1,565 ha. (1.1%) areas are covered with gravel and rivers. Agricultural land is 61,598 ha. (43.8% of the total area), 7,025 ha. (11.4% of total agricultural land) is feasible for irrigation, but only 4,950 ha. (8.0% of total agricultural land) is irrigated. Forest (more than 10% crown cover) covers 39,565 ha. (2,806 ha. in Siwalik and 36,759 ha. in Mahabharat) which is 28.2% of the total area (ADO, 2066).
History of education started from 1947 A.D. with the establishment of Chandeshowri Vidhalaya, Nala. By 2008 the literacy rate of Kavre district was 64%. The literacy rate of female was 52.8% and that of male was 75.7% (DoE, 2005). The health facilities in the district comprises of 4 private hospitals, 5 primary health centers, 9 health posts and 80 sub-health posts.

Panauti hydro power project was started in 2023 B.S. to provide electricity to Dhulikhel and Banepa. Currently 3 municipalities and 36 VDCs have been receiving electricity facilities (NEA, 2005). Till today 87.12% of the people have been benefited by the drinking water facilities that have provided since 2067/66 B.S. (WSD, 2005). 111.6 km concrete road, 61km graveled road and 740km non-graveled road along with 65 suspension bridges and 10 concrete bridges have been constructed till date.

Life expectancy rate of Kavre district is 60.8 years (DHO, 2005). It has 1 district post office, 12 area post offices and 69 other postal services.

Apart from the governmental organizations, there are various other non-governmental organizations working in this district. Organizations like The Asia Foundation, UNICEF, Save the Children, Norway, DIFID, ICIMOD, REDP, UNDP, DLGSP, WATCH., MEDEP and ADRA NEPAL.
2.1 Migration

2.1.1 Definition and concept
Migration is the movement of people from one place to another for the purpose of taking up permanent or semi permanent residence usually across the boundary. An example of “semi permanent” residence would be the seasonal movements of migrant farm laborers. People can either choose to move “voluntary migration” or forced to move “involuntary migration” (NGS, 2005).

2.1.2 Types of migration

Internal migration: When a people move to new home within a state, country, or continent it is known as Internal Migration.

External migration: When a people move to new home in a different state, country, or continent it is known as External Migration.

Emigration: Emigration is the act of leaving one country to move to another (e.g., Pilgrims emigrated from England).

Immigration: Immigration is the act of moving into a new country (e.g., Pilgrims immigrated into America).

Population Transfer: Population transfer is the movement of large groups of people from one region another, usually based on ethnicity or religion by state policy or international authority. This is also known as an involuntary of forced migration.

Impelled Migration (also called “reluctant” or “imposed” migration): When an individual leave country not because they are forced to leave but because of unfavorable situations such as warfare, political problems, or religious persecution is known as impelled migration.

Step Migration: Step migration is a series of shorter, less extreme migration from a person’s place of origin to final destination- such as moving from a farm, to a village, to a town, and a family to a city.
Chain Migration: Chain migration is a series of migrations within a family or defined group of people. A chain migration often begins with one family member who sends money to bring other family members to the new location. Chain migration results in migration fields- the clustering of people from a specific region into certain neighborhoods or small towns.

Return Migration: Return migration is the voluntary movements of immigrants back to their place of origin. This is also known as circular migration.

Seasonal Migration: Seasonal migration is the process of moving for a period of time in response to labor or climate conditions (e.g., farm workers following crop harvests or working in cities off-season; “snowbirds” moving to the southwestern United States during winter) (NGS, 2005).

2.1.3 Impacts of migration

Human migration affects the population patterns and characteristics, social and cultural patterns and processes, economics, and the physical environments. As people move, their cultural traits and ideas diffuse along with them, creating and modifying cultural landscapes.

Diffusion: Diffusion is the process through which certain characteristics (e.g., cultural traits, ideas, and diseases) spread over space and through time.

Relocation Diffusion: Relocation diffusion is the spread of an ideas, cultural traits, etc. that move with people from one place to another and do not remain in the point of origin.

Expansion Diffusion: The spread of an ideas, cultural traits, etc., that moves with the people from one place to another but are not lost at the point of origin is known as Expansion Diffusion, such as language.

Cultural Markets: Cultural Markets are those structures or artifacts (e.g., buildings, spiritual places, architectural style, signs, etc.) that reflect the cultures and histories of those who constructed or occupy them (NGS, 2005).
2.2 Population Ageing

2.2.1 Definition and concept

"The ageing process is of course a biological reality which has its own dynamic, largely beyond human control. However, it is also subject to the constructions by which each society makes sense of old age. In the developed world, chronological time plays a paramount role. The age of 60 or 65, roughly equivalent to retirement ages in most developed countries is said to be the beginning of old age. In many parts of the developing world, chronological time has little or no importance in the meaning of old age. Other socially constructed meanings of age are more significant such as the roles assigned to older people; in some cases it is the loss of roles accompanying physical decline which is significant in defining old age. Thus, in contrast to the chronological milestones which mark life stages in the developed world, old age in many developing countries is seen to begin at the point when active contribution is no longer possible" (Gorman, 2000).

Ageing of population (also known as demographic ageing, and population ageing) is a summary term for shifts in the age distribution (i.e., age structure) of a population toward older ages. A direct consequence of the ongoing global fertility transition (decline) and of mortality decline at older ages, population ageing is expected to be among the most prominent global demographic trends of the 21st century. Population ageing is progressing rapidly in many industrialized countries, but those developing countries whose fertility declines began relatively early also are experiencing rapid increases in their proportion of elderly people. This pattern is expected to continue over the next few decades, eventually affecting the entire world. Population ageing has many important socio-economic and health consequences, including the increase in the old-age dependency ratio. It presents challenges for public health (concerns over possible bankruptcy of Medicare and related programs) as well as for economic development (shrinking and ageing of labor force, possible bankruptcy of social security systems) (Gavrilov & Heuveline, 2003).
Age classification varied between countries and over time, reflecting in many instances the social class differences or functional ability related to the workforce, but more often than not was a reflection of the current political and economic situation. Many times the definition is linked to the retirement age, which in some instances, was lower for women than men. This transition in livelihood became the basis for the definition of old age which occurred between the ages of 45 and 55 years for women and between the ages of 55 and 75 years for men (Thane, 1978).

Global ageing is the success story of the 21st century. As a result of declining fertility, mortality as well as improved public health interventions, population ageing has been a world-wide phenomenon. People today are living longer and generally healthier lives. This represents the triumph of public health, medical advancement, and economic development over disease and injury which have constrained human life expectancy for thousands of years (GCN, 2010).

Population ageing is pervasive since it is affecting nearly all countries of the world. Nepal is also witnessing the expansion of life span and hence an enhancement in the population of the elderly. According to the 2001 census of Nepal, there were 1.5 million elderly inhabitants, which constitute 6.5 percent of the total population in the country. During the years 1991-2001, the annual elderly population growth rate was 3.39 percent, higher than the annual population growth rate of 2.3 percent. Nepal has a comparatively higher population growth rate and it is attempting curb it through family planning or population control programs. These programs have resulted in a lower birth rate which will subsequently result in an even greater proportion of elderly individuals (Chalise, 2006).

Migration phenomenon to Nepalese villages is not recent one. It has very long history and the pattern of migration is increasing these days. Increasing migration has not only positive implications but also many negative impacts. One of those problems is of old couple. The number of old couple living alone in the villages is increasing. These old couples are facing many new problems they did not have in the past (Gautam, 2005).
2.2.2 Demographic Changes

Population ageing is related to the demographic transition that is the processes that lead a society from a demographic regime characterized by high rates of fertility and mortality to another one with lower fertility and mortality rates. In the course of this transition, the age structure is subjected to different influences. In the typical sequence, the transition begins with successes in preventing infectious and parasitic diseases that benefit infants and young children most. The resulting improvement in life expectancy at birth occurs while fertility tends to remain unchanged, thereby producing large birth cohorts and an expanding proportion of children relative to adults. Other things being equal, this initial decline in mortality generates a younger population age structure (Gavrilov & Heuveline, 2003).

Population ageing has the following notable features:

1. The most rapid growth occurs in the oldest age groups – the oldest-old (80+ or 85+ years) and centenarians (100+ years) in particular. In other words, population ageing is becoming “deeper” with preferential accumulation of particularly old and frail people.

2. Population ageing is particularly rapid among women, resulting in “feminization” of population ageing (because of lower mortality rates among women). For example, in the United States, there were 20.6 million older women and 14.4 million older men in 2000, or a sex ratio of 143 women for every 100 men. The female to male ratio increases with age reaching 245 for persons 85 and over.

3. Another consequence of lower female mortality is the fact that almost half of older women (45%) in 2000 were widows, thus living without spousal support.

4. Population ageing also causes changes in living arrangements resulting in increasing number of older people living alone (about 30% of all non-institutionalized older persons in 2000 lived alone in the United States).

5. Since older persons have usually lower income and a higher proportion of them are living below the poverty line, population ageing is associated with poverty, particularly in developing countries.
Life expectancy in Nepal has increased from approximately 27 years in 1951 to 64 years in 2008 (CBS, Figures in Nepal, 2008). There has been a sharp rise in the relative and absolute size of the elderly population in the past four decades.

2.2.3 Social and economic implications of population ageing
Population ageing represents, in one sense, a success story for mankind (massive survival to old ages has become possible), it also poses profound challenges to public institutions that must adapt to a changing age structure. The first challenge is associated with dramatic increase in the older retired population relative to the shrinking population of working ages, which creates social and political pressures on social support systems. In most of the developed countries, rapid population ageing places a strong pressure on social security programs. Population ageing is also a great challenge for the health care systems. As nations age, the prevalence of disability, frailty, and chronic diseases (Alzheimer’s disease, cancer, cardiovascular and cerebrovascular diseases, etc.) are expected to increase dramatically. Some experts raise concerns that the mankind may become a “global nursing home” (Eberstadt, 1997).

The ageing of the population is indeed a global phenomenon that requires international coordination of national and local actions. The United Nations and other international organizations developed recommendations intended to mitigate the adverse consequences of population ageing. These recommendations include reorganization of social security systems, changes in labor, immigration and family policies, promotion active and healthy life styles, and more cooperation between the governments in resolving socio-economic and political problems posed by population ageing. On the positive side, the health status of older people of a given age is improving over time now, because more recent generations have a lower disease load. Older people can live vigorous and active lives until a much later age than in the past and if they are encouraged to be productive, they can be economic contributors as well. Also the possibility should not be excluded that current intensive biomedical anti-ageing studies may help to extend the healthy and productive period of human life in the future (Grey, et al., 2002).
2.2.4 Socio-economic condition of elderly people in Nepal

The majority of elderly in Nepal are living in rural areas (85 %+). They are usually active and productive in their advancing years doing things such as taking responsibilities for child care, cattle herding, handicrafts and many more. Among 65+ years aged persons, 47.12% are found economically active with sex differential of 59.7% for males and 34.3% for females. This could be because women’s contributions are generally not accounted for in market values (MoPE, 2002).

A majority of elders depend upon agriculture and are living under the poverty. They suffer from deprivation, illiteracy, poor health and nutrition, low social status, discrimination and restriction on mobility. Because of poverty, they enter into old age in a poor state of health and without saving or material assets. They lack means to fulfill their basic needs such as food, clothes, shelter, health care, and safe drinking water. Gender inequality and discrimination against women is a common social phenomenon that elderly widows suffer the most (Dahal, 2007).

The literacy rate (those who can read and write) for aged 65+ years is found as 27.0% for males and 4.07% for females and 47.12% are found economically active with sex differential of 59.7% for males and 34.30% for females. Among 65+ years aged person, 86.46% of males and 68.34% of females are currently married, 10.89% of males and 28.19% of females are widowers /widows; 1.43% of males and 1.22% of females are singles (CBS, Population Monographs , 2003).

There is dearth of adequate attention to care and support for elderly people from family, society and the country. There are apprehensions that the society has not played its role as far as the improvement in their situations is concerned. Though in rhetoric elderly people are respected for their knowledge and experience, there is no conducive environment for that on one hand due to health facilities and other reasons, their life expectancy (surviving age) is raising, on the other hand, the care, respect and love they deserve is dwindling. Statistics and studies show that elderly people contribute to the welfare of the family and the society in many tangible ways (Dahal, 2007).
2.2.5 Living Arrangements

In Nepali tradition, sons are morally obligated to provide care and support to their parents. It is estimated that more than 80% of elderly in Nepal live with their male children. Only 2.7% of the elderly in Nepal are living with their daughters which may be due to the cultural taboos that prevent parents from living with married daughters. Several studies in Nepal show that the long established culture and traditions of respecting elders are eroding day by day. Younger generations move away from their birthplace for employment opportunities elsewhere. Consequently, more elderly today are living alone and are vulnerable to mental problems like loneliness, depressions and many physical obstacles (Dahal, 2007).

Traditional patterns of living arrangements in Mexico reflect high levels of family care giving for the elderly and a high degree of continuity in parent-child co residence trends, such that a parent is likely to live with one or more children for a significant portion of his/her lifetime. This pattern is less commonly found in industrialized countries where parents expect to spend some portion of mid- to later-life without children at home. In contrast, parent-child co residence patterns in Mexico are much more similar to other developing country contexts, where living alone is uncommon due both to structural constraints, fed by economic instability and limited services or institutional coverage for the poor and the elderly, and to social norms that emphasize the importance of the family (Kanaiaupuni, 2000).

The concept of joint family may provide some guarantee that elderly parents will receive support from their adult children. However, several other studies show that joint family may not provide sufficient support for all needs. The living arrangement of the elderly in Nepal is contingent on their level of support. In particular, the availability of care from a spouse or child may be essential to the well-being of the very old or frail elderly. The elderly depend on their children, particularly sons, for support and security in their old age (Chalise, 2006).
An important issue to examine is whether the elderly who receive capital substitutes for co-residence are better off than they would have been if their children were available to meet their daily needs at home. The trade-offs between living alone and receiving remittances or more traditional forms of co-residing with adult children imply different types of support to the elderly. For example, one may have fewer reliable sources to call upon for daily assistance, errands, or to fill other emotional and physical needs if one’s grandchildren and children live elsewhere. However, one may also have greater financial resources to spend on medicine and medical care (Kanaiaupuni, 2000).

2.2.6 Dependency Ratio

As the study of population ageing is often driven by a concern over its burdening of retirement systems, the ageing of population is often measured by increases in the percentage of elderly people of retirement ages. The definition of retirement ages may vary but a typical cutoff is 65 years, and nowadays a society is considered relatively old when the fraction of the population aged 65 and over exceeds 8-10% (Gavrilov & Heuveline, 2003).

A related measure of population ageing is the elderly dependency ratio (EDR): the number of individuals of retirement ages compared to the number of those of working ages. For convenience, working ages may be assumed to start at age 15, although increasing proportions of individuals pursue their education beyond that age and remain, meanwhile, financially dependent, either on the state or, increasingly, on their parents or bank managers. The ratio of the elderly dependent population to the economically active (working) population is also known as old-age dependency ratio, age-dependency ratio or elderly dependency burden and is used to assess intergenerational transfers, taxation policies, and saving behavior (Gavrilov & Heuveline, 2003).

Another indicator of the age structure is the ageing index (sometimes referred to as the elder-child ratio), defined as the number of people aged 65 and over per 100 youths under age 15. In 2000, only a few countries (Germany, Greece, Italy, Bulgaria, and Japan) had more elderly than youth (ageing index above 100). By 2030, however, the
ageing index is projected to exceed 100 in all developed countries, and the index of several European countries and Japan are even expected to exceed 200. To date, ageing indexes are much lower in developing countries than in the developed world, but the proportional rise in the ageing index in developing countries is expected to be greater than in developed countries (Gavrilov & Heuveline, 2003).

The elderly dependency rate computed for different time periods shows increasing trend from 7.5% in 1911 to 12.01% in 2001. Considering the time span of 90 years; the rate is very slow with the magnitude of only 0.05% increase per year (Dahal, 2007).

2.3 Migration and ageing
Out-migration of adult children is often seen as having negative consequences for ageing rural parents, being accompanied by increased loneliness, isolation and loss of practical and economic support (UN, 2002). It is argued that older people may be more vulnerable to the depletion of social networks as a result of out migration, and that this may be poorly ameliorated by formal systems of support. Interestingly, however, amongst the sparse literature on older people ‘left behind’ in low income countries, several studies have found evidence that non-migrant family members benefit from migration through remittance, and that this offsets the loss of physical support (Grant, Falkingham, & Evandrou, 2009).

With respect to well-being of the elderly, however, it is likely that the decision of adult children to participate in migrant labor markets places greater pressure on the rural elderly to continue working. Once elders become infirm, however, it is likely that adult children will find a way to provide some type of care. Often this will mean that at least one adult child will either return to the village, or decide not to participate in the migrant labor market (John Giles, 2006).

2.3.1 Loneliness
The couples are not physically alone because they are in couples. But psychologically they are alone at home. They feel the environment alone because they could see no
young, adult and children around. They have no one to work and live together. There is no one to support them in various activities from morning to night. Sometimes they wonder whether they had children or not. Thus, are suffering from loneliness feeling. Major problems faced by the old couples are anxiety, helplessness, loneliness feeling, and increased social and cultural burdens including household ones. Their lives have become isolated. They, therefore, intended to go to better places having modern facilities. But they think it is better to live together with all family members rather than to move towards new places (Gautam, 2005).

2.3.2 Increased responsibilities
When younger people migrate, previous research has found that older people are often left ‘in charge’ and one of the responsibilities typically placed upon older people is the care of grandchildren, often ‘in loco parentis’ (Biao, 2007). After the migration of youth the old couples staying at home are now compelled to participate in all activities from kitchen to public meeting and birth to death rituals. Major burdens over them are kitchen works, animal husbandry in shed, compulsory labor contribution in social and public activities, member of wedding party, a mourner at a funeral, helping everyday activities to neighbor, participation and performance of cultural activities (Gautam, 2005).

A study done on Moldova by Grant, Falkingham & Evandrou (2009) on the impact of adult children’s migration on wellbeing in later life reported that after the migration elderly are raising young children again, acting as caretakers for family property, enjoying the benefits of remittances, or coping without the material and emotional support of their adult children.

2.3.3 Increasing number of older people
The migration has resulted in an increase in the proportion of elderly in the population and in the near future elderly population will become proportionately larger (Barker, 1994).

When working age population migrates to cities in search of employment and education opportunities the village is left with only older people (Grant, Falkingham, & Evandrou, 2009).
Chapter III
RESEARCH METHODOLOGY

This chapter deals with the methodology and methods which were applied to achieve the objectives of the research. It outlines the tools and techniques used to collect data, including rationale of the selection of study area, research design, nature and sources of data, universe and sampling, results and discussion.

3.1 Study area
The study was done in Mahankal Chaur VDC of Kavre district. The 2001 census reveals that there are 3954 (1859 male and 2095 female) individuals in the VDC and out of them 389 (200 male and 189 female) are the elder populations (CBS, 2001).

Migration usually takes place from the places near to the city areas. Since Kavre is situated close (21 km) to Kathmandu valley which is the largest city of the country so, more influence of the city can be seen in the Kavre district. As a result of this the rate of out-migration is observed to be high.

3.2 Research Design
The study was done in order to explore the effects of migration in the general wellbeing of the ageing population. This research is exploratory in nature. Exploratory research is a type of research conducted for a problem that has not been clearly defined. Exploratory research often relies on secondary data such as reviewing literature, informal discussions and more formal approaches through in-depth interviews, focus groups, and case studies. Exploratory research often concludes that a perceived problem may not actually exist.

3.3 Sample Selection/Identification
The sample identification was done by visiting the study area and through key informant interviews. Only families from where at least one member has migrated were included in the study. Information was collected from 100 such families. Only one 60+ family member was interviewed from a household. Out of 643 HH there are 389 elderly in the 9
wards of the VDC (CBS, 2001). 11 households (HH) from each of the eight and 12 HH from one was selected for the study, which comprise 25.70% of the total elderly in the VDC.

3.4 Universe/population of study
The universe of the study is the entire household in Mahankal Chaur VDC (ward no. 1-9) which includes at least one elderly member and at least one migrated family member.

3.5 Sample Design
The researcher used the purposive sampling method to identify the sample during the study.

3.6 Nature and sources of data
This study used both the primary and secondary data to come up with the quantitative and qualitative information on how the rural life in general, family with migrated members and old persons in the family are affected due to migration of its members.

3.6.1 Primary Data
Primary data was collected by field visiting and interviewing the respondents personally, which is an efficient data collecting mechanism. The questionnaire had both open and close ended questions. Besides these the researcher used key informant interview and observation as other important tools for this study.

3.6.2 Secondary Data
Secondary data was collected by reviewing the literature such as books, articles, reports and internet sources. The data collected by the other expertise proved to be valuable source as secondary data.

3.7 Data Collection Tools and Techniques
Questionnaire was designed to collect information relevant for attaining the study objectives by answering the research questions as presented in Chapter one. The
questionnaire was pre-tested before using for actual data collection and necessary improvements were made. Face to face interview based on the questionnaire was done to the 60 and 60+ family members of a family from where at least one member have migrated.

3.8 Ethical Consideration

The researcher had maintained the ethical consideration of all the respondents. The interview was taken only after the consent of the respondents. Each respondent is assured that any response provided will not be publicized in the future. All the information will be treated anonymously and confidentially so that it cannot be traced back to the respondent.
Chapter IV
RESULTS AND DISCUSSIONS

These chapter deals with the results of the information gathered from the field survey in the month of October, 2011. All the collected information is based on the perception of the elderly (respondents).

4.1 Socio-demographic characteristics of the respondents
4.1.1 Age of the respondents

Figure 1 shows the age group of the respondents.

**Figure 1: Age group of the respondents**

![Age Group Chart]

**Source: Field survey, 2011**

The above figure shows that all the samples taken for the study were elderly people of 60 years and above. Among them majority 53% were of the age group 60 to 65, 18% from age group 66 to 70, 13% from age group 71 to 75, 8% from age group 76 to 80, 3% from age group 81 to 85, 3% from age group 86 to 90 and 2% from age group 91 to 95. The maximum age was found to be 93 and the minimum age was 60 while the average age was 68.23.
4.1.2 Ward wise selection of respondents

With an objective of representing the whole VDC, the samples were selected ward wise. Equal number of samples was taken from each of the 9 wards. From every ward both male and female respondents were selected according to the required criteria’s for sample selection. Only less number of male respondents was found who have reached the age of 60 years or who meets the criteria. So only 1 male and 10 female was interviewed from ward no 6.

Figure 2: Respondents according to ward

![Bar chart showing distribution of respondents by ward and gender]

Source: Field survey, 2011

Figure 2 shows the distribution of respondents according to each of the nine wards taken for the study. Also the number of male and female respondents taken for the study is illustrated. A total of 51 male and 49 female respondents were taken. Twelve respondents from ward number 5 and 11 respondents each from the other 8 wards were taken to make total of 100 respondents for the study. Respondents were selected from the households from where at least one member had migrated.

4.1.3 Ethnic group

In the context of Nepali society ethnic group plays an important role in determining the social status, socialization process as well as the profession. This study also has tried to understand the ethnic background of the respondents.
Figure 3: Ethnicity

Source: Field survey, 2011

Figure 3 shows the ethnicity of the respondents. Majority (48%) of them belonged to ethnic group Taming, followed by Magar (26%), Brahmin (15%) and Chhettri (11%).

4.1.4 Education Status of the respondents

The following section deals with the education status of the elderly people whether they are educated or not. Education is the basic factor and enables to keep the knowledge of all aspects.

Figure 4: Education status

Source: Field survey, 2011

The educational background of the respondents was categorized into three different groups. Most of them were uneducated or had never received any formal education. Figure 4 shows 87% of the respondents were uneducated while 9% of them had received ordinary education but not the formal education. And the rest 4% had received formal education up to primary level (class 1 to 5).
The majority of the elderly people being uneducated; shows that the VDC has not been much developed in terms of education system. It can also be said so since the ones who have been educated have also received formal education up to primary level only.

4.1.5 Occupation of respondents during active life
Previous occupation refers to any occupation that the respondents might have been involved before reaching the age of 60 or before getting involved in their current occupation. This has been considered in order to find out their income source. Even though agriculture is the major occupation of the people in the VDC, there are people involved in other occupations as well.

Figure 5: Previous occupation

Source: Field survey, 2011
Figure 5 illustrates majority (89%) of the elderly people in Mahankal Chaur VDC were involved in agriculture followed by 7% ex army personals, 2% tailors and 1% each carpenters and shopkeepers before reaching the age of 60 years.

4.1.6 Current occupation
A large number of elderly in the VDC are still active. They have been involved in various occupations in order to fulfill their daily needs. While the youth are migrated to the cities it is the elderly people who are doing agriculture in the village.
Figure 6: Current Occupation

Source: Field survey, 2011

Figure 6 shows the current occupation of the elderly people living in Mahankal Chaur VDC. As much as 72% elderly are still active in their previous occupation agriculture, 23% percent do not work, 2% continue as tailors while the rest 1% each are involved in carpentry, labor and shop keeping.

4.2 Migration induce changes in the lifestyle of the respondents

4.2.1 Living Arrangement of the respondents

The following section deals with the living arrangements of the elderly people staying with family members or alone. It enables to know if family members are available to take care of them, help them in performing the daily household’s chores, help during difficulties which will find out if the process of migration resulted in elderly being left alone in the village.

Figure 7: Living Arrangements

Source: Field survey, 2011
Figure 7 exhibits 88% of the elderly were living in joint families while 12% were residing alone. The breakdown on the reasons for the 12% staying alone is presented in figure 8 below:

4.2.2 Cause for living alone
The following figure shows the causes of elderly living alone.

Figure 8: Causes for elderly living alone

Source: Field survey, 2011
3 (25%) elderly were living alone because of the death of their spouses, another 4 (33%) live alone because the entire family migrated while 5 (41%) live alone because their sons migrated out.

4.2.3 Responsibilities for doing household chores
Since most of the family lack the working age population, the elderly and children are left behind; it is the elderly who have to look after their household chores.

Figure 9: Responsibility for doing HH chores

Source: Field survey, 2011
*Note: Total percentage exceeds 100% due to multiple responses of the respondents.*
Figure 9 shows 69% elderly perform HH chores themselves followed by 55% by other family members and 13% get support from helper for doing HH chores. Similarly, 16% elderly performs HH chores themselves along with the support from the other family member. It is interesting to note that more than half of the proportions of elderly people are still active and performs their daily activities as usual.

4.2.4 Changes noticed in household chores
As a result of migration there have been changes in the roles and responsibilities of the family members. Changes occur in the performance of daily activities as members migrate.

**Figure 10: Change in Intensity for performing HH chores after migration**

![Graph showing changes in intensity for performing HH chores after migration](chart.png)

**Source: Field survey, 2011**

Figure 10 presents the ease/difficulty in doing HHs activities for elders due to migrating family members. The type of jobs that are considered to be difficult were marked difficult by 14 % respondents before the migration of the family member which after migration was recorded to be difficult by 29 % respondents. Similarly medium type of HH tasks were marked as medium by 60% respondents which decreased to 54% after migration. HH tasks designated to be easy were easy for 26% elders which became easy for 17% elders only after migration of the family member.
It can be deducted from this analysis that doing HH activities for the elders after members migration from the family becomes complex.

4.2.5 Changes in performing agricultural works after migration of their family member

As a result of migration of the family member, the elderly people are compelled to take up the responsibility of doing agricultural works themselves. Current situation is that either the elders have to do the job or else the land remains uncultivated.

Figure 11: Situation of respondents, working in field after migration

![Figure 11: Situation of respondents, working in field after migration](image)

Source: Field survey, 2011

Figure 11 presents the changes that take place due to migration of the family member. Agricultural tasks considered to be easy have become difficult by 47% respondents after migration of the family member. Similarly 11% respondents consider the medium level of tasks became difficult after migration. 15% respondents consider the difficult type tasks have become more difficult.

The migration of the family members creates difficulty for the elders in doing agricultural works.
4.3 Effects of migration on the economic aspects of the respondents

4.3.1 Source of income

The study aims to find out the sources from where the elderly receive money to fulfill their daily expenses. Some of the elderly are involved in income generating activities while others are not. Also, there are other sources from where the elderly receive money for their daily expenses. Figure 12 presents the sources from where the elderly get money for covering their expenses.

Figure 12: Source of money

Source: Field survey, 2011

According to the respondents agriculture is the main source of income (42%) followed by remittance (39%). Nine percent of the respondents receive OAA, another 5% said they get pension, while 3% have occupational job as sources of income. Two percent of the respondents do not have any source of income. Even though all the respondents are of 60 years and above, only 9% of the total respondents get OAA which is because the demarcation for receiving OAA is 70 years of age.

Even at the elderly age the people are active for their main occupation in agriculture, while remittance is becoming important supporting factor for rural economy.
4.3.2 Availability of cash
Through various sources the elderly have been receiving money for their daily expenses. After the migration of family member, the money sent by the migrant member is an added source for most of the elderly. The availability of cash for their use determines to what level they are financially sound.

Figure 13: Availability of cash to the respondents

Source: Field survey, 2011
Figure 13 presents cash availability to elders during both the before and after migration stages of family member. Cash easily availability has increased by 1%, adequacy of funds availability increased by 11% while those saying cash not enough have decreased by 14% after migration compared to that of before migration. Cash not available has increased by 2% after migration which could be explained with physical distance after migration or some migrants may not be in position to save cash for sending home.

4.3.3 Respondents continuing their current profession
The following table shows how long the elderly can continue their current profession.
The elderly were asked for how long can they continue their current profession. Table 1 presents their views. Twenty four percent of the respondents said they cannot continue their profession any more, while the rest expressed they can continue working for certain time period. Over half (57%) said they would like to continue working as long as they can even up to the end of their life, while others have specified certain duration according to their health situation. Majority of the elderly were involved in their occupation since their youth and would like to continue as long as they can.

4.3.4 Members whom the elderly respondents depend on when they cannot work themselves

Even if the elderly would like to continue working, yet as they attain ageing their efficiency to work slows down and they have to have someone to depend upon. Since their young children and family members are migrating it is of interest to see whom do they depend on.

Table 1: Respondents continuing their current profession

<table>
<thead>
<tr>
<th>Duration</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>As long as I can</td>
<td>49</td>
</tr>
<tr>
<td>Until death</td>
<td>8</td>
</tr>
<tr>
<td>1-5 years</td>
<td>4</td>
</tr>
<tr>
<td>6-10 years</td>
<td>8</td>
</tr>
<tr>
<td>11-15 years</td>
<td>6</td>
</tr>
<tr>
<td>16-20 years</td>
<td>1</td>
</tr>
<tr>
<td>Not any more</td>
<td>24</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

Source: Field survey, 2011
Figure 14: Members whom the elderly respondents depend on when they cannot work themselves

Source: Field survey, 2011

Note: Total percentage exceeds 100% due to multiple responses of the respondents.

Figure 14 presents who the elders look for financial help during ageing days. Son in the family is expected to support (65%) followed by their own savings and/or earnings (29%), spouse (11%) and daughter (7%).

Majority of the elders look forward for financial help irrespective of whether the son stays with them or migrates followed by their own efforts to earn and/or savings.

4.3.5 Manager for HH financial matters

The family member who takes care of all the financial matters of the family also changes due to migration which is presented in Table 2. Management of financial matters was reduced for elderly by 6%, role of husband reduced by 8% and that for wife increased by 2%. Role of son increases by 8% and that of daughter-in-law increases by 5%.
Table 2: In-charge for all financial matter of the respondent’s family

<table>
<thead>
<tr>
<th>In-charge</th>
<th>Before Migration</th>
<th>After Migration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self</td>
<td>64</td>
<td>58</td>
</tr>
<tr>
<td>Spouse</td>
<td>27</td>
<td>21</td>
</tr>
<tr>
<td>Son</td>
<td>9</td>
<td>17</td>
</tr>
<tr>
<td>Daughter-in-law</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Grandchildren</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

Source: Field survey, 2011

Note: Total percentage exceeds 100% due to multiple responses of the respondents.

The number of elderly people being the in-charge of financial matters has decreased after migration of the member from family.

4.3.6 Availability of food

Migration has its effect in the basic needs of the respondents. In most cases migration becomes necessary with an objective to earn better for the family so as to have basic needs fulfilled. Expressions of the respondents are presented in Figure 15 concerning food availability to them before and after migration of the family.

Figure 15: Food available to the respondents

Source: Field survey, 2011

The above figure shows the changes that occurred in quality and quantity of food available to the elderly. The elderly who expressed the availability of food is enough has increased by eight percent. Those who said availability of food is not enough has
decreased by 4%. It can be seen that the availability has increased after the migration of children.

4.3.7 Money/goods sent to the migrant member
Some of the migrants who do not earn themselves and are studying, have to be supported with money and goods by the respondents. This often adds to financial burden the elderly.

Figure 16: Frequency of money/goods sent per year to the migrant member

Source: Field survey, 2011

Ninety percent of the respondents said they do not need to send money and another 96% respondents said they do not need to send goods to the migrating members from home. Those who send money and goods to the migrating members were 2 to 4% and they send one to four times in a year depending on the accessibility and need.

4.3.8 Money/goods sent by the migrant member(s)
Most of the migrant members who have been working in the cities send some amount of money/goods to their elderly parents and other family members in the village. The money sent is a source of economic support to the elderly.
Figure 17: Money/goods sent by the migrant member to the respondents

![Figure 17: Money/goods sent by the migrant member to the respondents](image)

Source: Field survey, 2011

Figure 17 presents majority (seventy three percent) respondents said the migrating members send money and goods for the family members while rest 27% don’t send.

4.3.9 Reasons for sending money by the migrant member to the respondents

The following table helps to find out the reason for sending money by the migrant member to the elderly.

Table 3: Reasons for sending money by the migrant member to the respondent

<table>
<thead>
<tr>
<th>Reason for sending</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>To fulfill the daily household needs</td>
<td>65</td>
</tr>
<tr>
<td>To celebrate festivals</td>
<td>9</td>
</tr>
<tr>
<td>To provide study fee for children/grandchildren</td>
<td>4</td>
</tr>
<tr>
<td>Don’t send</td>
<td>27</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>105</strong></td>
</tr>
</tbody>
</table>

Source: Field survey, 2011

*Note: Total percentage exceeds 100% due to multiple responses of the respondents.*

Twenty seven percent of the respondents said the migrants do not send any money home, while the rest said they send money. The purpose for sending the money was dominated (65%) for fulfilling HH needs while the rest said the money is sent for celebrating festivals, provide for tuition fees, etc.
4.3.10 Frequency of money and goods sent by the migrant member

The table below shows the frequency of money and goods sent by the migrant member to the elderly.

Table 4: Frequency of money and goods sent by the migrant member

<table>
<thead>
<tr>
<th>No. of times in a year</th>
<th>Percentage of migrants sending money (%)</th>
<th>Percentage of migrants sending goods (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>12</td>
<td>6</td>
</tr>
<tr>
<td>2</td>
<td>18</td>
<td>4</td>
</tr>
<tr>
<td>3</td>
<td>12</td>
<td>6</td>
</tr>
<tr>
<td>4</td>
<td>14</td>
<td>7</td>
</tr>
<tr>
<td>5</td>
<td>1</td>
<td>-</td>
</tr>
<tr>
<td>6</td>
<td>5</td>
<td>2</td>
</tr>
<tr>
<td>8</td>
<td>1</td>
<td>-</td>
</tr>
<tr>
<td>10</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>12</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>24</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>48</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Don’t send</td>
<td>29</td>
<td>70</td>
</tr>
<tr>
<td>Total</td>
<td><strong>100</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

Source: Field survey, 2011

Table 6 shows how often (annually) the migrated member sends money and/or goods to their elderly parent(s). Among the migrated member who sends money to their elder parents, 12% of them sends once in a year, 18% sends 2times in a year, another 12% sends 3times in a year, 14% sends 4times in a year, 1% sends 5times in a year, 5% sends 6times in a year, another 1% sends 8times in a year, 2% sends 10times in a year, 4% sends 12times in a year, another 1% sends 12times in a year and another 1% sends 48times in a year.
Similarly, among the migrated member who sends goods to their elder parents, 6% of them sends once in a year, 4% sends 2times in a year, another 6% sends 3times in a year, 7% sends 4times in a year, 2% sends 6times in a year, 1% sends 10times in a year, 2% sends 12times in a year, another 1% sends 24times in a year while next 1% sends 48times in a year.

4.3.11 Person who uses the sent money/goods sent

Even though the migrant member sends money to their family members it is not necessary that all the money is available to their elderly parents. So the amount of money available to the elderly determines how much of their needs are fulfilled.

Figure 18: Person who uses the sent money/goods sent

<table>
<thead>
<tr>
<th>Category</th>
<th>Money</th>
<th>Goods</th>
</tr>
</thead>
<tbody>
<tr>
<td>elderly him/herself</td>
<td>43%</td>
<td>19%</td>
</tr>
<tr>
<td>husband</td>
<td>11%</td>
<td>4%</td>
</tr>
<tr>
<td>wife</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>family</td>
<td>10%</td>
<td>6%</td>
</tr>
<tr>
<td>son</td>
<td>7%</td>
<td>4%</td>
</tr>
<tr>
<td>daughter-in-law</td>
<td>10%</td>
<td>3%</td>
</tr>
<tr>
<td>daughter</td>
<td>0%</td>
<td>1%</td>
</tr>
<tr>
<td>don’t receive money/goods</td>
<td>29%</td>
<td>70%</td>
</tr>
</tbody>
</table>

Source: Field survey, 2011

*Note: Total percentage exceeds 100% due to multiple responses of the respondents.*

Figure 18 summarizes who in the respondents’ families use the money and goods sent by the migrant member. It shows that 43% of the elderly get the money and utilize it while 29% migrants do not send any money home while the rest 39% money received at home is utilized by the members of family other than elderly.
Similarly, seventy percent of the migrants do not send any goods home. 19% of the goods received at home are available to the elderly for their use and the rest 19% of the goods sent by the migrants are used by other family members.

4.3.12 Amount of sent money available to the respondents
The following figure helps to find out what amount of sent money is available to the elderly.

Figure 19: Amount of sent money available to the respondents

Source: Field survey, 2011
Figure 19 presents how much amount of money sent by the migrant becomes available to the elderly. Forty three percent of the elderly receive all the money while 7% receive half of it and 18% get little amount. Thirty two percent of the elderly do not get any money sent by the migrants.

4.3.13 Utilization of the sent money in the family
This helps to find out whether the elderly parent’s needs are fulfilled from the money send by the migrant member and also if the migration of the member has been fruitful for fulfilling the needs of the family.
Table 5: Utilization of the sent money in the family

<table>
<thead>
<tr>
<th>Purpose of using the sent money</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>To fulfill the daily household needs</td>
<td>60</td>
</tr>
<tr>
<td>To do agriculture</td>
<td>15</td>
</tr>
<tr>
<td>To celebrate festivals</td>
<td>15</td>
</tr>
<tr>
<td>During emergency</td>
<td>1</td>
</tr>
<tr>
<td>Study fee for children/grandchildren</td>
<td>8</td>
</tr>
<tr>
<td>No money received</td>
<td>29</td>
</tr>
<tr>
<td>TOTAL</td>
<td>128</td>
</tr>
</tbody>
</table>

Source: Field survey, 2011

Note: Total percentage exceeds 100% due to multiple responses of the respondents.

Table 7 shows how the money send by the migrated member is used in the family. Sixty percent of the money is used in fulfilling daily household needs, while 15% is spent for agricultural activities. Similarly, another 15% of the money is used to celebrate festivals, 1% for emergencies, while 8% of the money is used for children/grandchildren study fees.

4.3.14 Family members benefited from the migration

The migration of the family member has its effects in the whole family but there are certain members who are particularly benefited for various reasons. In some cases it might be the elderly parents who are the most benefited; while in other cases the situation might be different (Table 8). Twenty three percent of the respondents said they are not benefited while 84% said they are benefited by the migration of their family member.
Table 6: Members benefited by the migration

<table>
<thead>
<tr>
<th>Beneficiary member</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self</td>
<td>23</td>
</tr>
<tr>
<td>Spouse</td>
<td>9</td>
</tr>
<tr>
<td>Family</td>
<td>23</td>
</tr>
<tr>
<td>Son</td>
<td>5</td>
</tr>
<tr>
<td>Daughter</td>
<td>2</td>
</tr>
<tr>
<td>Daughter-in-law</td>
<td>7</td>
</tr>
<tr>
<td>Grandchildren</td>
<td>7</td>
</tr>
<tr>
<td>Migrated son himself</td>
<td>6</td>
</tr>
<tr>
<td>Migrated daughter herself</td>
<td>2</td>
</tr>
<tr>
<td>No one</td>
<td>23</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>107</td>
</tr>
</tbody>
</table>

Source: Field survey, 2011

*Note: Total percentage exceeds 100% due to multiple responses of the respondents.*

The kind of benefit that the family members have received has been shown by the table below.

4.3.15 How the member are benefited by the migration of family members

The table below shows how the family members are benefited by the migration of youth member.

Table 7: How the member are benefited by the migration of family members

<table>
<thead>
<tr>
<th>How</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Using all money/goods</td>
<td>23</td>
</tr>
<tr>
<td>Support to fulfill daily needs</td>
<td>28</td>
</tr>
<tr>
<td>Equal distributed to fulfill everyone’s need</td>
<td>6</td>
</tr>
<tr>
<td>Migrant member earns and spends themselves</td>
<td>9</td>
</tr>
<tr>
<td>Education fee for children/grandchildren</td>
<td>9</td>
</tr>
<tr>
<td>To celebrate festivals</td>
<td>3</td>
</tr>
<tr>
<td>Don’t receive</td>
<td>23</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>101</td>
</tr>
</tbody>
</table>

Source: Field survey, 2011

*Note: Total percentage exceeds 100% due to multiple responses of the respondents.*

Table 9 shows how the family members of the respondents are benefited by the migration of their family member. 23% of the total respondents said that the member who uses all the money/goods are being benefited while 28% said that the family members are
benefited as the migrated members helps to fulfill the daily HH needs. 6% of the respondents said that the whole family has been benefited by the equal distribution of the money/goods sent, 9% said that the migrant member(s) him/herself are being benefited, 9% said that the children/grandchildren are being benefited as the sent money is being used for their study fee. Similarly, 3% of the total elderly said the sent money/goods are being used to celebrate festivals in the village and the remaining 23% said they don’t receive any money/goods from the migrant member.

4.3.16 Economic status
The migration of member for employment brings changes in the economic status of the family. But in some cases even when the migrant member earn it does not make any difference for the economic state of elderly because the money is not available to them.

Figure 20: Economic status of the respondents before and after migration of member

<table>
<thead>
<tr>
<th>Before Migration</th>
<th>After Migration</th>
</tr>
</thead>
<tbody>
<tr>
<td>High</td>
<td>Low</td>
</tr>
<tr>
<td>8%</td>
<td>9%</td>
</tr>
<tr>
<td>Medium</td>
<td>Medium</td>
</tr>
<tr>
<td>65%</td>
<td>73%</td>
</tr>
<tr>
<td>Poor</td>
<td>Poor</td>
</tr>
<tr>
<td>27%</td>
<td>18%</td>
</tr>
</tbody>
</table>

Source: Field survey, 2011
The elderly people were asked how they perceived their economic condition compared to others families in the village. Similarly they were asked to compare their own economic status before and after the migration of their family member(s) (Figure 20). The economic condition perceived to be high has increased by one percent while medium by 8%. Similarly, economic condition perceived to be poor has decreased by 9%.
In general the economic condition of the elderly seems to have improved after the migration of the family member.

4.4 Effects on caring patterns

4.4.1 Time interval of returning home

The following table helps to find out the time interval of migrant member returning home.

Table 8: Time interval of returning home

<table>
<thead>
<tr>
<th>Time interval of returning home</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Within 1 month</td>
<td>8</td>
</tr>
<tr>
<td>More than 1 month - 4 months</td>
<td>32</td>
</tr>
<tr>
<td>More than 4 months – 6 months</td>
<td>23</td>
</tr>
<tr>
<td>More than 6 months – 1 year</td>
<td>36</td>
</tr>
<tr>
<td>More than 1 year</td>
<td>5</td>
</tr>
<tr>
<td>Never</td>
<td>12</td>
</tr>
<tr>
<td>TOTAL</td>
<td>116</td>
</tr>
</tbody>
</table>

Source: Field survey, 2011

Note: Total percentage exceeds 100% due to multiple responses of the respondents.

To a question how often the migrant family members come home, 36% respondents said once in 6 to 12 months followed by 1 to 4 months (32%), 4 to 6 months (23%). 12%

4.4.2 Duration of stay

The following tables deals with the duration of migrant member’s stay per visit.

Table 9: Duration of stay

<table>
<thead>
<tr>
<th>Duration of stay</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to 1 week</td>
<td>73</td>
</tr>
<tr>
<td>1 week – 15 days</td>
<td>13</td>
</tr>
<tr>
<td>15 – month</td>
<td>13</td>
</tr>
<tr>
<td>More than 1 month</td>
<td>5</td>
</tr>
<tr>
<td>Didn’t return</td>
<td>12</td>
</tr>
<tr>
<td>TOTAL</td>
<td>116</td>
</tr>
</tbody>
</table>

Source: Field survey, 2011

Note: Total percentage exceeds 100% due to multiple responses of the respondents.
Majority of the migrants (73%) go back from home within a week while 13% said they return within two to four weeks. 5% said they stays more than a month. Again 12% respondents said they stay home and do not migrate again.

4.4.3 Health problems
Health problems arise along with increasing age. Taking care of elderly is important and family members play vital role especially for those having some kind of health problem. Figure 21 shows the responses concerning health state of the total elderly wherein 45% expressed having health problems while 55% said they do not have health problem.

Figure 21: Health problems among the respondents

Source: Field survey, 2011

Note: Total percentage exceeds 100% due to multiple responses of the respondents.
Figure 21 presents various types of health problems among the elderly. Thirteen percent of the elderly had joint pain, followed by asthma (8%), poor eyesight (7%), poor hearing (6%), gastric (4%), paralysis (3%), heart problem (2%) and high blood pressure (1%). The rest 6% of the respondents said they get minor health problems like fever, common cold, and headache etc.
4.4.4 Personal hygiene

Elderly people cannot take care of themselves. Elderly are mostly unable to take their own personal hygiene including activities like changing the clothes, taking regular bath, taking medicines in time and so on. They often need others help to do this activities.

Figure 22: Personal hygiene of the respondents

![Graph showing personal hygiene statistics]

Source: Field survey, 2011

Figure 22 presents the whether the elderly people’s personal hygiene has been affected by the migration of their family member. Elderly who are satisfied with their personal hygiene has decreased by forty one percent after the migration of their family member. Similarly, elderly who are not satisfied by their personal hygiene has increased by 41%. After the migration of their family member elderly lacks care which ultimately affects their personal hygiene.

4.4.5 Access to health facilities

During any kind of health problems the elderly are unable to go to health post or hospitals on their own. They need someone to take them there. Similarly, using any kind of health facilities required some amount of money.
4.4.6 Members whom the respondents depend on when they are sick

Elderly people need someone to support and take care of them during sickness. Their dependency on others especially on kin increases.

**Source:** Field survey, 2011

**Note:** Total percentage exceeds 100% due to multiple responses of the respondents.
Figure 24 presents the family members from whom the elderly seek assistance when they are sick. More than half (61%) of the elderly expect support from their son followed by 37% from spouse, 13% from daughter, 6% from daughter-in-law, 5% from others (neighbors, government) and 2% from grand children. 6% of the elderly do not get any support when they are sick. Thus it can be seen that the elderly who have been living alone don’t have any of their family member to look after them during sickness.

4.4.7 Family member caring the elderly
The elderly people need to be taken care of by their family members or someone close to them. Since their family members migrate the traditional system of caring in the family gets in jeopardy.

Table 10: Family member caring the elderly

<table>
<thead>
<tr>
<th>Relation</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Husband</td>
<td>12</td>
</tr>
<tr>
<td>Wife</td>
<td>28</td>
</tr>
<tr>
<td>Son</td>
<td>41</td>
</tr>
<tr>
<td>Daughter</td>
<td>8</td>
</tr>
<tr>
<td>Daughter-in-law</td>
<td>10</td>
</tr>
<tr>
<td>Grandchildren</td>
<td>1</td>
</tr>
<tr>
<td>All the member</td>
<td>1</td>
</tr>
<tr>
<td>No one</td>
<td>9</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>110</strong></td>
</tr>
</tbody>
</table>

Source: Field survey, 2011

Note: Total percentage exceeds 100% due to multiple responses of the respondents.

Elderly were asked who in their family cares them the most table 10 presents the results. Maximum (41%) of the elderly reported their son, followed by one fourth (28%) elderly who said their wife. Similarly, other elderly reported husband (12%), daughter-in-law (10%), daughter (8%), grandchildren and other members were also reported taking care of elderly.
4.5 Effects on family and social relations

4.5.1 Relationship with the other family members
Time and again changes occur in the relationship between the family members. Migration is one of the factors that bring change in the family structure and their inter-relationships.

Figure 25: Relation with family members

<table>
<thead>
<tr>
<th></th>
<th>Satisfactory</th>
<th>Not Satisfactory</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before</td>
<td>97%</td>
<td>3%</td>
</tr>
<tr>
<td>After</td>
<td>95%</td>
<td>5%</td>
</tr>
</tbody>
</table>

Source: Field survey, 2011.

Figure 25 presents changes in relationship within family members before and after migration. The extent of satisfactory relation of respondents with family members decreased by 2% (97 to 95) while not satisfactory relationship increased by 2% (3 to 5) after migration.

Result shows that the relationship of the respondents with their family members has faced changes i.e. the relationship has become less satisfactory, even though changes have occurred in least extent.

4.5.2 Occasions when elderly parents miss their migrant member
Elderly need their family member to take care of them. But as the members migrate the elderly not only have to take the responsibility of all the household activities but also lack someone to take care of them. In such situation it is normal that the elderly miss their migrant member.
Figure 26: Occasions when the respondents miss their children

![Bar chart showing occasions when respondents miss their children]

Source: Field survey, 2011

Note: Total percentage exceeds 100% due to multiple responses of the respondents.

Figure 26 shows 27% elderly miss their migrant member always, 47% miss them during festivals, 24% miss their migrant member when they are in difficult times, 23% when they fall sick, 17% elderly miss when they are at work, 6% of them recall their migrant member while eating while 3% said they miss when they are lonely.

From the above table figure it can be analyzed that almost every elderly misses migrant member.

4.5.3 Loneliness felt by the elderly

It is natural that the elderly people feel lonely without their family member. When they don’t see their family member for a long period of time and do not find any one close to share their feelings, they often feel loneliness which might even lead to depression.
Figure 27: Loneliness felt by the respondents

Source: Field survey, 2011

Figure 27 presents changes in level of loneliness that elderly felt before and after the migration of the family member. Elderly who always felt loneliness increased by 36% while elderly who sometimes felt loneliness increased by 19% and elderly who never felt loneliness decreased by 55%.

It can be said that most of the elderly felt loneliness after the migration of their family member.

4.5.4 Elderly wishing their migrant member were together

Most of the elderly don’t like their family member being far from them. Though their migration has been fruitful in many ways, the elderly still want their migrant member to be near to them. Especially during old age when they are unable to take care of themselves, elderly want to be together with their family member.
Figure 28: Respondents wishing their migrant member were with them

Source: Field survey, 2011

Figure 28 shows that 79% of the respondents wish that their migrant member were with them always while 16% elderly encounter this situation few times per month, another 3% feel it few times a week where as 2% elderly said they never felt like that. Therefore it can be seen that almost every elderly wants to stay with their migrant member even if they have been benefited by their member’s migration.

4.5.5 The situation of mobility

When a family member migrates away from villages and the elderly parents face the responsibility to do all the household chores and works in the field by themselves, it affects their mobility. Due to the work load, the elderly cannot be able to visit different places, not even their own neighborhood. Also in case of some elderly who cannot move or walk properly on their own, the absence of their family member can lead to even more difficulty.
Figure 29: Mobility of the respondents

<table>
<thead>
<tr>
<th></th>
<th>Before migration</th>
<th>After migration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Easy</td>
<td>66%</td>
<td>47%</td>
</tr>
<tr>
<td>Medium</td>
<td>27%</td>
<td>29%</td>
</tr>
<tr>
<td>Difficult</td>
<td>7%</td>
<td>24%</td>
</tr>
</tbody>
</table>

Source: Field survey, 2011

The elderly were asked to compare their mobility before and after migration of their family member. Figure 29 shows that mobility was not easier for 3%, medium state of mobility decreased for 19% and difficult situation increased for 22% respondents compared to that of before migration.

The results show that more number of elderly found difficulty in their mobility after the migration of their family member(s). It is due to increased pressure of work upon them as the family members left home.

4.5.6 Social life

Social life is an important part in an elderly person’s life. During old age, one likes to spend time with people of similar age, share feelings with them. So for elderly people it is important that they meet other people of their age and spend time with them. When the elderly are taking responsibilities of house and fields, socialization becomes difficult for them.
4.5.7 Social status of the respondents

The following figure shows the effects of family member’s migration on the social status of the elderly.

Figure 30: Social life of the respondent

Source: Field survey, 2011

Figure 30 shows the status of the respondents’ social life, before and after migration. The status of good social life decreased by more than half of the proportion i.e. sixty nine percent while that of bad situations increased by 69% after migration of the family member. From the above figure we can see the effects of their family member’s migration in the social life of the elderly.

4.5.7 Social status of the respondents

The following figure shows the effects of family member’s migration on the social status of the elderly.

Figure 31: Social status of the respondents

Source: Field survey, 2011

The respondents were asked how they perceive their social status: high, medium or low. A comparative study of the social status of the respondents before and after the migration of their family member is presented in Figure 31. For those who consider themselves
under low category of social status it decreased by 8% while that for medium and high increased by 7% and 1% respectively after migration of their family member. Their social status seems to have improved after the migration of their family member.

4.6 Elderly people’s perception on migration

4.6.1 Change in the situation due to migration

The elderly people have their own views and ideas on the effects migration of their family member. They have felt changes in their situation after the migration. But there are cases where elderly do not find any remarkable change in their present situation even after the migration of their family member.

Table 11: Change in situation due to migration

<table>
<thead>
<tr>
<th>Different situation</th>
<th>Same situation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>%</td>
</tr>
<tr>
<td>Help in village, take care of parents</td>
<td>21</td>
</tr>
<tr>
<td>All family members would be together</td>
<td>13</td>
</tr>
<tr>
<td>Improved economic condition of family/migrated member</td>
<td>31</td>
</tr>
<tr>
<td>Elderly parents wouldn't be left alone</td>
<td>1</td>
</tr>
<tr>
<td>Migrated member has received quality education</td>
<td>4</td>
</tr>
<tr>
<td>Have to send more money to migrant member</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total 71</strong></td>
<td></td>
</tr>
</tbody>
</table>

Source: Field survey, 2011

Note: Total percentage exceeds 100% due to multiple responses of the respondents.
Elderly were asked whether the present situation might be different if their family member hasn’t migrated and the above table gives the results. Majority (71%) of them said the situation would be different while the rest (31%) said the situation would still be same.

### 4.6.2 Encourages migration

The elderly people’s views on the effect of migration can be understood from their ideas about migration. Most of the elderly who have faced positive effects often encourage other to migrate while those facing negative effects do not.

**Figure 32: Supports migration**

![Bar chart showing support for migration](attachment:image.png)

**Figure 33: Respondents encouraging migration**

![Bar chart showing reasons for encouraging migration](attachment:image.png)

**Source:** Field survey, 2011
Three quarters of the respondents supported the idea of migration because (Figure 32):

- The family members become independent as they get employed and work,
- They can provide support to the family since they earn,
- They can get quality education and experience opportunities in urban cities and abroad,

The rest 26% respondents did not encourage migration stating that (Figure 33):

- The family members should be retained at home for working on agricultural activities,
- They should look after their parents, the elderly
- All the members of the family live and work together.

**Figure 34: Don’t encourage migration**

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>All members should be together</td>
<td>3%</td>
</tr>
<tr>
<td>Should work in village, do agriculture</td>
<td>16%</td>
</tr>
<tr>
<td>Must look after elderly parents</td>
<td>6%</td>
</tr>
<tr>
<td>Youth don’t return to village</td>
<td>1%</td>
</tr>
</tbody>
</table>

**Source:** Field survey, 2011
4.6.3 Elderly people’s views on effects of migration

The elderly people are the ones who have directly faced the effects of migration. They can tell how it affects the daily life of the elderly parents in the village. Since, their own family member have migrated they are aware of the positive as well as negative effects of migration.

Figure 35: Positive effects of migration in general

Source: Field survey, 2011

*Note: Total percentage exceeds 100% due to multiple responses of the respondents.*

The elderly were asked about their views on the effects of migration. They were asked about the positive effects of migration of their family member in the village, in general. Figure 34 shows 43% elderly said migration results in improved economic conditions of the families, 21% said it opens employment opportunities. 15% of the elderly encourages migration for quality education while 8% for personal development and another 8% for infrastructures development in the villages. Settlement in the cities and live quality life (2%) was also the matter of concern.
Figure 36: Negative effects of migration in general

Source: Field survey, 2011

Note: Total percentage exceeds 100% due to multiple responses of the respondents.

Negative aspects of migration expressed by the elderly are presented in Figure 35. Elderly are left behind was the main concern (25%), villages lack working age population (18%), lacking labor force for agricultural activities (13%) and nobody is there to help during difficult times in villages (10%). Concerns were also expressed that members once migrated do not return to the villages (7%), (8%) others (involved in immoral activities, problems occurs in cities, migrating to other countries, no secured employment, unable to return home when wished), migrant member don’t contribute for productive works in village (3%), separation of family members (2%).
Chapter V
SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 Summary
The study was conducted with an objective to assess the relation between migration and the wellbeing of the ageing population. It is an explorative research conducted in Mahankal Chaur VDC of Kavre district.

11 HH from each of the eight wards and 12 HH from ward no. 5 were purposively selected from the HH having at least one elderly member and family member who have migrated. Hence the respondents were 100 elderly people which is 25% of the total elderly in the VDC. Data collection was done through face to face interview of the individual respondents based on pre-tested questionnaire.

It was found that majority of respondents were of the age group 60 to 65 and most of them belong to Tamang and Magar ethnic group. Out of 100 respondents 12% elderly are living alone. Among those respondents living alone, the migration of their son was the reason for 5 (41%) elderly.

It is interesting to note that more than half of the proportions of elderly people are still active and performs their daily activities as always. As a result of migration complexity in performing HH activities and doing agricultural works has increased for the elders as there is no/less family member to perform those activities. Migration of the family member has brought changes in the roles and responsibilities of the all the family members.

Even at the old age the people are active for their main occupation in agriculture, while remittance is becoming important supporting factor for rural economy. Although their economic condition has improved after the migration of their family member they are found to be more prone to loneliness.
The effects of migration can be seen in various aspects of elderly people’s life. It affects their personal hygiene, availability of food, health, mobility and hence their social life. This is due to reason that they lack caretaker as well as due to increased burden of HH activities and agricultural works on them. Positive effect has been seen in the availability of food, economic status as well as social status, which has significantly increased. But at the same time negative effects are seen in their degrading personal hygiene due to lack of proper care, decreasing mobility and social life due to increased workload. Major effect of migration has been in the caring pattern of elderly. After the migration of their children 83% of the total elderly had difficulty in accessing the available health facilities in the VDC. It is due to the reason that majority (61%) of them depended on their son(s) during sickness, most of whom are the migrated member and 37% depended on their spouses who themselves are elderly.

The results show that even if the economic condition of the elderly people have improved due to the employment received by the migrant member, the elderly seem to feel lonely without their children and wish them to be together. It was found that most of the migrant member comes to visit their parents from time to time but there were some cases where the migrants had never visited their old parents ever since they have migrated. Majority (71%) of the elderly said their present situation would have been different if family member hadn’t migrated. It shows that they have faced the effects of migration in some way while 31% who said the situation would still be the same have not faced any such effects of migration. The attitude of the elderly towards the situation of migration in the VDC can be understood from their views on it. After going through several aspects of migration in their daily life only 74% of the elderly have positive attitude and said they would encourage people to migration.

5.2 Conclusion
The study was conducted to assess the effects of migration faced by the elderly people in Mahankal Chaur VDC. It has been seen that almost every HH from the VDC has been affected by the migration of their family member. The result of people migrating to cities, temporarily or permanently, has been faced by elderly people.
Mahankal Chaur VDC being close to the capital city, lots of people migrate to the city in search of employment opportunities and education facilities. Similarly, a significant number of people migrate to other parts of Nepal as well to other countries. Since large number of people migrate away from village leaving their old parents behind, the responsibilities of all the household activities and agriculture comes upon the elderly parents. The elderly parents, who need their children to look after them during old age, instead have to look after their house, fields and other matters of the family. Apart from this, there have been various positive effects of migration including improved economic conditions and increased living standard of the elderly.

5.3 Recommendation
As seen from the study that most of the elderly have been left alone in the village as their family member migrate and are more prone to loneliness. Also they have been going through lack of care and affection. Therefore the study recommends that the migrant member should be alert of the situation and try to lessen the existing problem as far as they can.

The government should emphasize the issues of elderly citizens. Government should bring policies and provisions which can help the elderly people to fulfill their basic needs even when they don’t have anyone else to depend on. However, the study is pilot study and therefore it is recommended to conduct larger scale more detailed study to assess the effects of migration on the wellbeing of the ageing population so that it can be helpful for the policy maker in formulating the policies and provisions.


USAID-PRB. (2010). *World Data Sheet*. USAID-PRB.


Appendix

Questionnaire

Note: All the questions were asked in Nepali.

VDC: 
Ward: 

1. Name of Household Head .................................
   a) Age……b) Years…… C) Sex
   d) Highest Education (I: Illiterate, L: Literate, Grade/degree: ..)
   e) Previous Occupation
   f) Current Work
   g) Living arrangement:
      a. Alone:
         i. Since when? (time)
         ii. Cause for living alone:
             .................................................................

   b. Joint living
      i. With who? ..............................................

<table>
<thead>
<tr>
<th>Name of Family Members</th>
<th>Age/Sex</th>
<th>Relation</th>
<th>Highest Edu.</th>
<th>Professio n</th>
<th>Mostly at home</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

67
2. About migrated family member

<table>
<thead>
<tr>
<th>Name</th>
<th>When Migrated</th>
<th>Why Migrated</th>
<th>Age at Migration</th>
<th>Marital status when migrated</th>
<th>Migrated to (Place)</th>
<th>Frequency of visiting home</th>
<th>Stay per visit</th>
<th>Reason for visiting</th>
<th>Who helped to migrate?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3. Who performs the daily household chores?
   a) Self
   b) Other family member who? ...........................................
   c) Helper.

4. Do you have money of your own to meet your daily needs? Yes  No
   If yes:
   Source of such money.
   - Elder pension  Retired pension
   - Agriculture  Remittance
     - If self-earning, what work you do? ..................................
     - How long you think can continue with this work for earning?
       ........................
     - Who do you depend on for your financial needs when you can not work any more? ........................

5. How do you rate the economic status of your family compared to others in your village?
   Before the member migrated out
   - Rich  Middle  Poor
After the member migrated out

☐ Rich       ☐ Middle       ☐ Poor

6. Previously, who use to be in-charge for all financial matter of your family?
   Who does that now? ………… Since when? ……..

7. Does the family have to send money or goods to migrated family member?
   ☐ Yes  ☐ No
   If yes

<table>
<thead>
<tr>
<th>Name</th>
<th>Frequency and money sent per year</th>
<th>Frequency of material (what) sent in quantity per year</th>
<th>Reason for sending from home</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

8. Does the migrated member send money or goods back to family member?
   ☐ Yes  ☐ No
   If yes,

<table>
<thead>
<tr>
<th>Name</th>
<th>Frequency and money sent per year</th>
<th>Frequency and quantity of material (what) sent per year</th>
<th>Reason for sending back home</th>
<th>Who uses the money</th>
<th>Who uses the materials sent?</th>
<th>What % of sent money is made available to you for your use</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

69
9. How the money sent by migrant worker is used in the family?

........................................................................................................

10. Who in your family benefits the most from the migrated member?

Name:

Please explain how .................................................................

11. Do you have any health problem☐  Yes ☐  No

If yes, list them:

.................

12. Who do you depend on when sick?

........................................................................................................

13. How his/her going out has affected you?

<table>
<thead>
<tr>
<th>Your needs</th>
<th>Before migration</th>
<th>After migration</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>House maid</td>
</tr>
<tr>
<td>Performing household chores</td>
<td>Easy</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Medium</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>Difficult</td>
<td></td>
</tr>
<tr>
<td>Performing the work (in the field</td>
<td>Easy</td>
<td>Yes</td>
</tr>
<tr>
<td>(income generating activities)</td>
<td>Medium</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>Same</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Difficult</td>
<td></td>
</tr>
<tr>
<td>Availability of cash for your use</td>
<td>Easily available</td>
<td>Yes</td>
</tr>
<tr>
<td>at hand</td>
<td>Not Available</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>Enough</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Not enough</td>
<td></td>
</tr>
<tr>
<td>Category</td>
<td>Condition 1</td>
<td>Condition 2</td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
<td>----------------------</td>
<td>----------------------</td>
</tr>
<tr>
<td><strong>Food (timing, quantity and quality)</strong></td>
<td>Enough</td>
<td>Good</td>
</tr>
<tr>
<td></td>
<td>Not enough</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Housing (quality and space)</strong></td>
<td>Good</td>
<td>Satisfactory</td>
</tr>
<tr>
<td></td>
<td>Not Good</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Personal hygiene (bodily cleaning, washing, and other bodily functions)</strong></td>
<td>Satisfactory (taken care by others)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Not Satisfactory</td>
<td></td>
</tr>
<tr>
<td><strong>Health facilities (timely treatment, medicine intake, use of health services)</strong></td>
<td>Difficult</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Medium</td>
<td></td>
</tr>
<tr>
<td><strong>Mobility (moving around home, neighborhood, VDC and places of interest)</strong></td>
<td>Easy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Medium</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Difficult</td>
<td></td>
</tr>
<tr>
<td><strong>Loneliness</strong></td>
<td>Never Felt</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Felt Sometimes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Always Felt</td>
<td></td>
</tr>
<tr>
<td><strong>Social status</strong></td>
<td>Low</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Medium</td>
<td></td>
</tr>
<tr>
<td></td>
<td>High</td>
<td></td>
</tr>
<tr>
<td><strong>Social Life</strong></td>
<td>Good</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bad</td>
<td></td>
</tr>
<tr>
<td><strong>Interpersonal relation among family members</strong></td>
<td>Satisfactory</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Not satisfactory</td>
<td></td>
</tr>
</tbody>
</table>
14. On what occasions you miss the migrated children the most?
Special days (name them)

.................................................................

15. How frequently you wish the migrated member(s) was with you now?
- All the time
- Few times every day
- Few times every night
- Few times in a week or so
- Few times in a month
- Never

16. Who in your family cares you the most?
- Name ..................................................
- Relation..............................................

Would the situation be different if your child would not have migrated?
- [ ] Yes  - [ ] No
Please explain...........................................................................................................

17. Do you encourage youth to leave village [ ] Yes  - [ ] No
- If yes, why. .................................
- If no, why? .................................

18. Implication of youth migration in general life of village in general?
  a. List of perceived positive effects
      ...........................................
      ...........................................
  b. List of perceived negative effects
      ...........................................
      ...........................................

72