

Effect of Internal Migration on Quality of Life of People at Tikapur Municipality

A thesis

**Submitted to Health and Population Education Department in partial fulfillment
of the requirement for Master of Education in Population Education**

**Submitted by
Ganesh B.K.**

**Tribhuvan University
Faculty of Education
Central Department of Education
Health and Population Education Department
Kirtipur, Kathmandu
2022**

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Tribhuvan University

Faculty of Education

Central Department of Education

Health and Population Education Department

Kirtipur, Kathmandu

2022

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Viva Date(AD):11-03-2022

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Declaration

I hereby declare that, to the best of my knowledge, this thesis is my original work. No part of it was earlier submitted for the candidature of research degree to any university, collage or educational institutions. The subject matter presented in this thesis report is the result of own work. Whatever data and information I have collected and included in this thesis report belongs to my own original work conducted in this study area except some cited texts.

Date: February, 2022

.....
Ganesh BK



त्रिभुवन विश्वविद्यालय
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TRIBHUVAN UNIVERSITY
FACULTY OF EDUCATION

Health & Population Education Department

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Recommendation Letter

The thesis work entitled “**Effect of internal migration on quality of life of people at Tikapur Municipality**” is prepared by Ganesh BK under my supervision, as a part of the requirement to complete Master of Population Education. To the best of my knowledge, the study is original and carries useful information on internal migration and its effects.

I forward this to the thesis committee for final viva-voce.

Date: 02-03-2022

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Approval Sheet

This thesis work entitled **Effect of internal migration on quality of life of people at Tikapur Municipality** submitted by **Ganesh BK** for the partial fulfillment of the requirements for the Master Degree in Population Education has been approved.

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February, 2022

Ganesh BK

Abstract

This Thesis entitled “**Effect of internal migration on quality of life of people at Tikapur Municipality**” was carried out to find out the positive and negative effect of internal migration at Tikapur Municipality. For the research two wards of municipality were selected. Among them 250 of the total population were selected for the research that has spent at least 2-5 years after migration. Population was selected on the basis of purposive sampling. The present research is descriptive type in nature and the study was based upon the primary sources of data and census method was applied to collect information it was applied to collect the data. The collected data are shown by table and figure.

The main objective of this study was to find out the positive and negative effect of internal migration at Tikapur Municipality.. In the study, the 64.8% of total respondent were migrated Tikapur Municipality for better educational opportunities and 18% of total respondent were migrated for security reason. Similarly 8.8% of the respondents were migrated for purpose and 8.4% of total respondent were migrated for the better employment opportunities. After leaving their own place 34% of the total respondents easily got the job. Here, 45.2% of the total respondent got job after some spending sometime in the place of destination. But 6.8% of the total respondents did not have the job so that they had to go India or other countries for employment and 13.2% of the total respondents are self-employed. Here, 5.2% of total respondent were engaged in trade, 14% were engaged in various jobs. The place of destination only about 12% of the total respondent is engaged in agriculture, whereas, 14% of the total respondents were engaged in other occupations like foreign employment and others 14% of total respondents were engaged in various kinds of government and other private jobs. 10.8% of total respondent represents the other occupation like self-employed, foreign job and other house hold jobs. At the place of destination 36.8% of total respondents are engaged in trade. More than 80% population of Tikapur Municipality is migrated from Achham district. Nearly 79% of total respondent were deprived from the health services. This is bitter reality of Nepal. In the comparison to place of origin, the place of destination has the 100% availability of health services. At the place of destination 36% of the total respondent have school within the distance of 10 minutes, whereas 64% of the total respondents have the school within 20 minutes of distance from home. In the comparison, Place of origin, 38.8% of the

total respondents have cycle for transportation. And 32.8% of the total respondents have motorcycle, 23.2% of the total respondents have bus as means of transportation. Similarly about 5.2% of the total respondents have bullock cart as means of transportation. After migrating to place of destination only 10.8% of the total respondents have the house made with wood and 89.2% of the total respondents have the modern houses. In comparison to place of origin 18% of the total respondents have access to safe tap drinking water at the place destination, whereas 82% of the total respondents have access to the hand pump this could be taken as safe source of drinking water.

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Abbreviations

CBS	:	Central Bureau Statistics
HPPE	:	Health, Physical and Population Education
INGOs	:	International Non-Governmental Organizations
MOHP	:	Ministry of Health and Population
NDHS	:	Nepal Demography and Health Survey
NGOs	:	Non-Governmental Organizations
POO	:	Place of origin
POD	:	Place of destination
QOL	:	Quality of life
TU	:	Tribhuvan University
UNDP	:	United Nations Development Program
UNFPA	:	United Nations Population Fund
WB	:	World Bank
WHO	:	World Health Organization

Chapter I: Introduction

Background of the study

The concept of quality of life is a very complex. Its concept differs from person to person. For some people quality of life is having two times bread and sleeping in a safe place while some people are working to bring the whole world into their single palm. In very general sense quality of life is the general well-being of individuals and societies, outlining negative and positive features of life. It observes life satisfaction including everything from physical health, family, education, employment, wealth, religious belief, finance and the environment. According to Wikipedia QOL has a wide range of context including the fields of international development, healthcare, politics and employment. Finally this concludes quality of life as daily living enhanced by wholesome food and clean air and water, employment, unfettered open space and bodies of water, conservation of wild life and natural resources, security from crime and protection from radiation and toxic substances. It may also be used as a measure of the energy and power a person is endowed with that enable him or her to enjoy life and prevail over life's challenges irrespective of the handicaps he or she may have. In case of quality of life, there are many factors which influence QOL such as personal habit, religion, family size, tradition and belief, education, status of women, human rights but in this study researcher will only focus how is quality of life affected by internal migration?

Internal migration generally refers to the movement of people within the country. The main cause of internal migration is to get better and comfortable life than before. In case of Nepal internal migration occurs from mountain to hill and hill to Terai due to uneasy and unfriendly climate of mountain and hill and lack of infrastructure of development in hill and mountain region. Terai has fertile and plain land, better physical facilities and easy life style than hill and mountain which is the main reason to migrate people to Terai. Internal migration can create some serious problems in both place of residence and place of destination but it has some positive impacts too. Lack of manpower, lack of security, brain drain is the major problems faced by the place of residence where as overpopulation, unmanaged urbanization, social crime, unmanaged sewage system and pollution are the major problems faced by the place of destination. In other hand balanced population density, fulfillment of manpower, industrialization, faster development, creation of employment are some

beneficial impacts of internal migration at the place of residence and place of destination.

Statement of the problem

Nepal is divided into three ecological zones stretched from east to west. The Himalayan mountain range constitutes the northern-most belt. In the south, the hot and the humid plain known as Terai comprises fertile lands and vast forests, for a long time sparsely populated and largely uncultivated sprawling across the central belt is the hill region which makes up the bulk of Nepalese land mass, but no longer the majority of its population.

Within Nepal, at least 15% of the population resides outside of the district of the birth. Three quarter of these migrants come from hill and mountain region, with some district seeing an exodus of more than 50% of thin population. Those who do not head abroad mostly go to the Terai. Once a region of virgin forests and rampant malaria, The Terai is now home to the country's fastest growing population. Despite fertility rates that are persistently lower than for district in the hill and mountains.

Tikapur Municipality is one of a largest in Kailai district and it is a main destination for migrants from Achham, Doti, Dailekh, and Surkhet. It was established as municipality in 2053 BS. It means it has all the basic infrastructure of development .the volume of in-migrants in Tikapur is very high so it is being crowded more day by day. Either, it hasnot developed good base for big city.

In recent years, there has been a steady pattern of migration in Nepal from the hill and mountain regions to the Terai. The Terai is a fertile agricultural area along the southern border of Nepal. The population in the mountain regions of Nepal has exceeded the carrying capacity of the land. Therefore, people are moving to the more arable lands of the Terai. It is estimated that 60% of the Nepal's population is concentrated in the hill and mountain regions, while 60% of the farmland is in the Terai. The migrants hope to make a better life for themselves by moving to the agricultural hub of the country. However, these migrants are having difficulty finding affordable land.

Availability of higher education, safe drinking water, sanitation, transport, technical education, security made it the major destination for migrants. Beside these all there is a question, how is this migration affecting the life of people? It is an issue to be studied. What will happen if same stream of migration occurs for several years? That was the main cause for selecting the research topic for researcher.

Objective of the study

The main objective of this study is to find out the impact of internal migration on quality of life of people of Tikapur Municipality. Some specific objectives are as follows.

1. To find out the major causes of internal migration of people at Tikapur Municipality.
2. To compare the quality of life between place of origin and place of destination on the basis of health, education, housing, security, water and sanitation, employment

Significance of the study

1. This study is useful to all those who want to study about Tikapur Municipality.
2. This study is helpful to policy maker and planner.
3. This study helps to measure the quality of life and impact of internal migration on quality of life.

Delimitations of the Study

To make the study more feasible and to complete within the time and budget, the scope of this study was delimited on the following area:

1. This study only focused on impact of internal migration in various aspects of quality of life.
2. This study covered only two wards of Tikapur Municipality those were 8 and 9 wards.
3. This study mainly focused the qualitative research design.

4. This study only covered the few aspects of quality of life. (health, employment, housing, water and sanitation, security, electricity and education)
5. This study took respondents only who have spent 2 years to five years at place of destination.

Operation Definition of the Term Used

Migration: movement of people from one place to another for different purpose for long time

Place of Origin: place from where a migrant moves

Place of destination: place where a migrant moves

Internal migration: movement of people within a country

Migrants: a person who move from one place to another for long time duration

Migration stream: a group of migrants having a common origin and destination

In migration: process of entering in the place of destination within same country.

Out migration: a process of moving from place of origin within same country.

Voluntary migration: movement of people from one place to other with their willingness.

Forced migration: movement of people from one place to other without their willingness.

Chapter II: Review of Related Literature and Conceptual Framework

Literature review is a part of the research. This part is mainly concerned with the view of some relevant studies regarding internal migration, previously done in any place of the countries no any similar kind of research was found to the area of internal migration and its effects. So, it is here attempt to list on some of the literature found associated to internal migration and its effects.

Theoretical Literature

Maslow's hierarchy of needs is a theory in psychology proposed by Abraham Maslow in his 1943 paper "A Theory of Human Motivation" in Psychological Review. Maslow subsequently extended the idea to include his observations of humans' innate curiosity. His theories parallel many other theories of human developmental psychology, some of which focus on describing the stages of growth in humans. Maslow used the terms "physiological", "safety", "belongingness" and "love", "esteem", "self-actualization" and "self-transcendence" to describe the pattern that human motivations generally move through. Maslow studied what he called exemplary people such as Albert Einstein, Jane Addams, Eleanor Roosevelt, and Frederick Douglass rather than mentally ill or neurotic people, writing that "the study of crippled, stunted, immature, and unhealthy specimens can yield only a cripple psychology and a cripple philosophy." Maslow studied the healthiest one percent of the college student population.

Saggar and Somerville (2012) conducted a research Entitled "The Impacts of Migration on Social Cohesion and Integration". In this study they conclude that First, migration may have impacts on national identity. Measures here refer to perceptions of Britishness, measured by opinion polls. Second, migration may have impacts on integration, defined as group outcomes set against the societal average. Put differently, this concerns understanding the trajectories of first (and second) generation immigrant performance in a range of economic and social spheres (employment, housing, health, social interaction, marriage and so on) and measured in hard and soft ways. Here, the impact of migration assumes a great deal of importance (either complete importance if we understand this to be migrant groups, or substantial

importance as migration and policies that modulate migration have impacts on trajectories).

Finally, migration may have impacts on cohesion. This refers to how migration affects neighborhoods, defined by people's perceptions of how well people get along with each other in their local area or neighborhood. Our analysis also examined levels of trust in local institutions.

Zukiwsky (2010) Conducted A Researcher On "Understanding And Managing The Effects Of Residential Tourism On Quality Of Life In Ferine". He stated in his report that Globalization and the subsequent innovations in technology, communications, and transportation have stimulated an increase in human mobility. A part of this trend involves movement of entrepreneurs, employees of relatively 'foot loose' firms, retirees, and residential tourists to areas possessing high quality natural and cultural Amenities. RTs are those who eventually purchase property in these places and use those assets on a non-permanent basis. Their effects on tourism areas are largely unknown. This research employs a case study approach to understand RTs and identify planning responses to the pressures that they place on Fernie. Four key challenges to Fernie's overall quality of life are identified: low occupancy of properties, reduced housing affordability, expansive land development, and displacement of residents. RTs also create significant opportunities. Key informants point to the potential to leverage RT human and social capital, and environmental preferences as agents for community development and quality of life enhancement.

Chu-Hong Lu et. al. (2015) Conducted a research entitled "Health-Related Quality of Life and Health Service Utilization in Chinese Rural-to-Urban Migrant Workers". In that report they conclude that the number of rural-to-urban migrant workers has been increasing rapidly in China over recent decades, but there is a scarcity of data on health-related quality of life (HRQOL) and health service utilization among Chinese rural-to-urban migrant workers in comparison to local urban residents. Chinese rural-to-urban migrant workers have lower HRQOL, much more frequent morbidity, but are also much less likely to see a doctor in times of sickness as compared to local urban residents, indicating the existence of significant unmet medical care needs in this population.

Todaro(1970) developed an economic model in 1970 and used in development economic and welfare economics to explain some issues concerning rural-urban migration. The main assumption of the model is that the migration decision is based on expected income differentials between rural urban areas rather than just wage differentials. This implies that rural urban migration in a context of high urban employment can be economically rational if expected urban income exceeds expected rural income.

E.G. Ravenstein established a theory of human migration in 1880s that still forms the basis for modern migration theory. It considered the implication of distance and different types of migrants with women more likely than men to migrate within the country of their birth but less likely than men to leave the country of their birth.

Neoclassical economic theory (2000) States that the main reason for labor migration is wage difference. These wage differences are usually linked to geographic labor demand and supply. It can be said that area with a shortage of labor but excess of capital have high relative wage while areas with high labor supply and a dearth of capital have low relative wage.

Dual labor market theory (1995) stated that migration is mainly caused by pull factors in more developed countries. This theory assume that the labor market in these developed countries consist of two segments tertiary which is very labor-intensive but requires low skilled workers. This theory assumes that migration from less developed country is a result of a pull factor created by a need for labor in the developed countries in their secondary market.

Empirical Literature

Taloyan(2008) conducted a study entitled “Health, migration and quality of life among Kurdish immigrants in Sweden”. In that study she concludes that Kurdish men and women reported high prevalence of poor self-reported health and psychological distress. Negative experiences of pre-migration as well as post migration were associated with outcomes. Protective factor for good mental health were emerged in that study.

CEDA(1973)discussed the census data in order to analyze the volume, nature, magnitude, causes and consequences of migration. This study concludes that the push factors in the hill were more influential than the pull factor for the Tarai and suggested that the migration should be taken into consideration in formulation regional development policies. It in turn describes that the basic reason for willing to migrate in Tarai was the poor economic source in the hill compared to plain. Similarly, CEDA (1974) carried out the study migration pattern in Kathmandu city. The study also concludes that economic opportunities were the major causes of migration.

Gurung(1978) mentioned that migration study in Nepal heavily on census data survey and secondary sources of information. Migration data from both surveys and census have been collected in Nepal since the first modern census of 1952/54 information on migration at the both micro and macro level is severely lacking. Any studies are really on migration data collected from a few village of district as a sample survey but they do not capture the totality of migration studies in Nepal. One attempt has been made in the duration of interpreting regional patterns of migration by using census data.

George (1994)has studied migration and brought out an article in 1949 A.D. In this article he had focused on the reason that compelled the migration to move. He had expressed the views systematically and theoretically on the destination of migrants that where is the origin and where is the destination of migrants. In accordance with above statement it seems that some people migrate on the attraction with the available facilities due to the natural disasters and their individual reasons.

Bista (1977)has devised two types of migration permanent and seasonal. Major factor of permanent migration are population pressure, corrosion and natural calamities, shortage of food production, attraction land availability and employment. And due to lack of employment opportunities, lack of cash, income and food, marginal laborers low economic status of farmers moves to Terai seasonally in search of seasonal employments.

Zelinsky (1971)propounded the theory known as the mobility transitional model. He proposed that changes in migration have been parallel by the stage of demographic transition model. Demographic conditions and migratory decision are

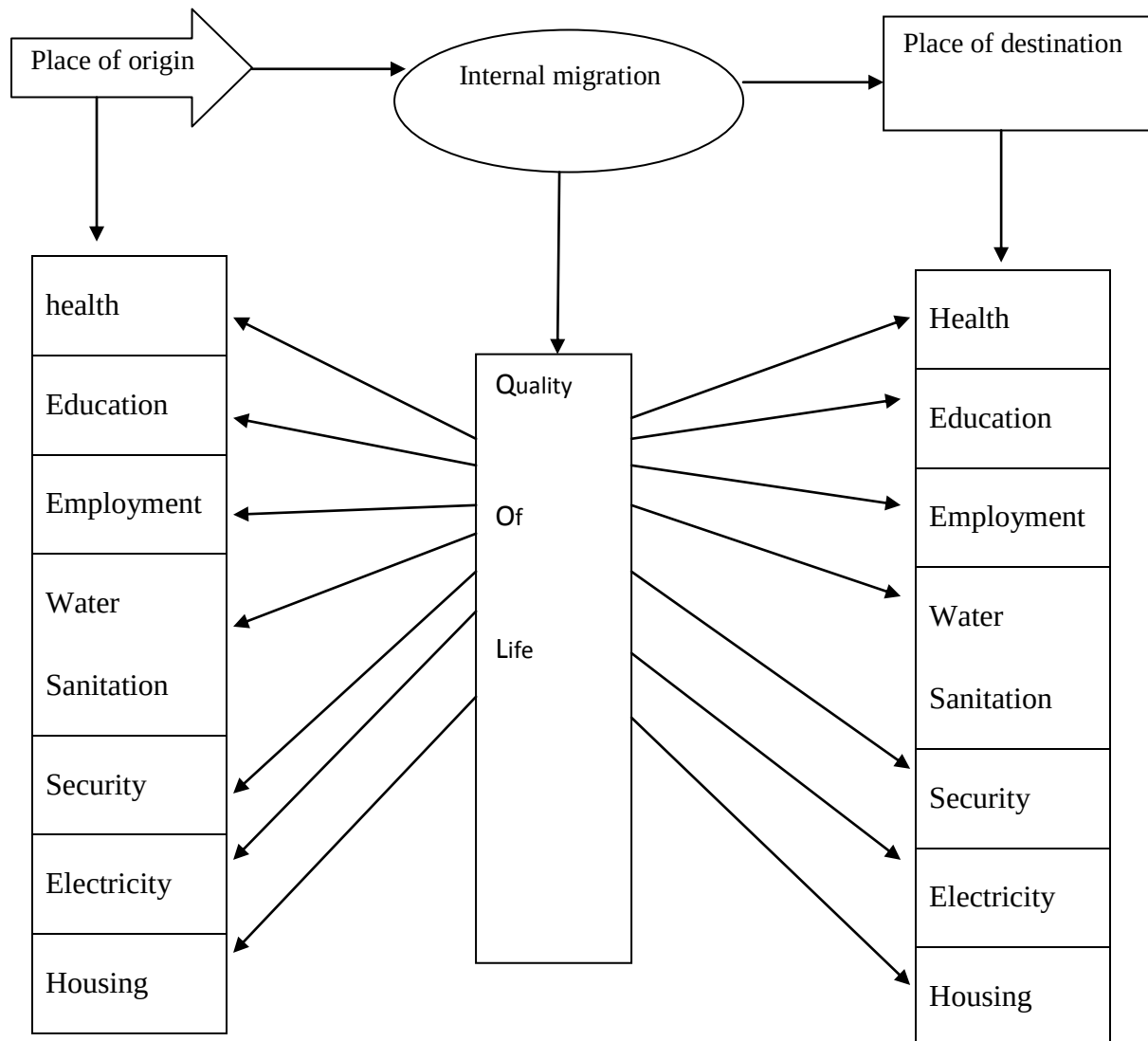
both related to the change involved with the urbanization, industrialization and modernization process.

Implications of Review for Study

The review on this study assisted researcher to build the theoretical backgrounds and bases. And the review also helped researcher to clarify the concept on internal migration and its impact on quality of life. The review made researcher able to have basic knowledge on quality of life and its affecting factor. The review also supported researcher to understand the relation between migration and quality of life. Different studies were reviewed. These studies extent related to researcher study. After reviewing these works researcher have got ideas and knowledge about research methodology. Specially, researcher got information how to construct interview schedule. Check list, and how to conduct this sort of research, how that data should be collected and analyzed and what sort of findings they have drawn from the studies. After reviewing all those related literature to my study, researcher highly motivates to conduct research under area.

Conceptual Framework of the Study

The conceptual framework has been prepared based on the objectives of the study and review of related literature. There are many pull and push factor of migration which helped to develop idea on conceptual framework.



An acceptable quality of life requires respect, options, reasonable security and a sense of living up to potential' and that 'quality of life ought to come in all sizes for all people. WHO defines Quality of Life as individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concern.

It is a broad ranging concept affected in a complex way by the person's physical health, psychological state, level of independence, social relationships, personal

beliefs and their relationship to salient features of their environment. Finally, this conceptual framework shows quality of life as daily living enhanced by wholesome food and clean air and water, employment, unfettered open space and bodies of water, conservation of wild life and natural resources, security from crime and protection from radiation and toxic substances. It may also be used as a measure of the energy and power a person is endowed with that enable him or her to enjoy life and prevail over life's challenges irrespective of the handicaps he or she may have.

Chapter III: Research Methodology

Methodology is important to achieve the objective of the study. So, to achieve required objectives of the study different research methodology were adopted. The required data for the study were collected from the respondent. Related to the topic, some research methods were prepared, planned and for necessary information formal and informal procedures were used. The details of the research methodology are giving in the following sub headings.

Research Design

This study followed descriptive type of design with qualitative method. This explore the impact of internal migration on health, education, employment, housing, agriculture, food, social security and many factors which are connected with the life of the people with descriptive research design.

Population of the Study

In the study, the data were based on the primary and secondary sources. Primary data were taken from the migrants of ward no 8 and 9 of Tikapur Municipality. To collect primary information, interview schedule was used. The secondary data were collected from Municipality office. Head of the family was taken as the respondent for main source of data.

Sample Techniques and Sample Size

The total population of Tikapur Municipality is about 79084. Among them ward no.9 is biggest ward and second largest ward is ward no. 8. These wards are more possible destination for all migrants from other district. So researcher had chosen ward no. 8 and 9. The total population of ward no 8 and 9 was 7934 and 10396 respectively. From the population of these two wards, 710 migrants who were migrated within 2-5 years. These migrants were selected through purposive sampling method.

From the total population of ward no.8 and 9, among them 250 were selected for research with the help of rao-soft.com. Researcher interviewed the entire respondent directly.

Data Collection Tools

In this study, data were collected with the help of Interview Schedule. Open and close types of questions included in the interview schedule. The interview schedule was the main tool for the collection of necessary information and interview was taken according to the objectives of the study.

Finalization of the Tools

After the preparation of interview schedule to meet the objectives of research, the research tools must be valid and reliable for this interview schedule was being administrated as trial test on 15 respondent of Kirtipur. Then the tool was modified with then suggestions of supervisor.

Data collection Procedure

Interview schedule was the main tools for data collection. On the basis and nature of the study questionnaire and administrative record were also used. The interview schedule was consisted with four section such as first section consists with household information, second section about place of their origin, and then third section is consisted of environment they are facing at the place of destination and finally forth section is consisted the different between the life they spent at place of origin and the life they are spending at the place of destination.

Data Analysis Technic and Interpretation

All the collected data are presented in various diagrams, pie-chart, table etc. finally data are organized and interpreted qualitatively and quantitatively. The information was divided into different headings and data was presented. The analysis and interpretation were made with the help of tables and charts to make the presentation more clear. Finally, the conclusions were made for further studies.

Ethical Consideration

During study, respondents did not forced for data collection and answering respondent's name and other personal things are kept confidential in this research. And collected data wouldn't be used in other area/field. Every person has their own private life, so the researcher had fully tried to make everything private they wanted.

Chapter IV: Results and Discussion

The study is held with a view to find out the effects of internal migration on QOL at Tikapur Municipality. This chapter mainly deals with the analysis and interpretation of data which are collected from the field survey. The collected data were tabulated and kept in sequential order according to the objectives and need of the study and then they were analyzed on the basis of percentage. Essential tables and figures are used to make the analysis more effective.

Reason for Migration

A person doesnot think about leaving his/her place without a strong reason. In case of migration there are two types of forces that tend to move a person one place to another: A push factors another is pull factors. The push factors like poverty, unemployment, illiteracy, insecurity force a person migrate from there. And pull factors like employment, health facilities, and socialsecurity at the place of destination force to migrate toward destination.

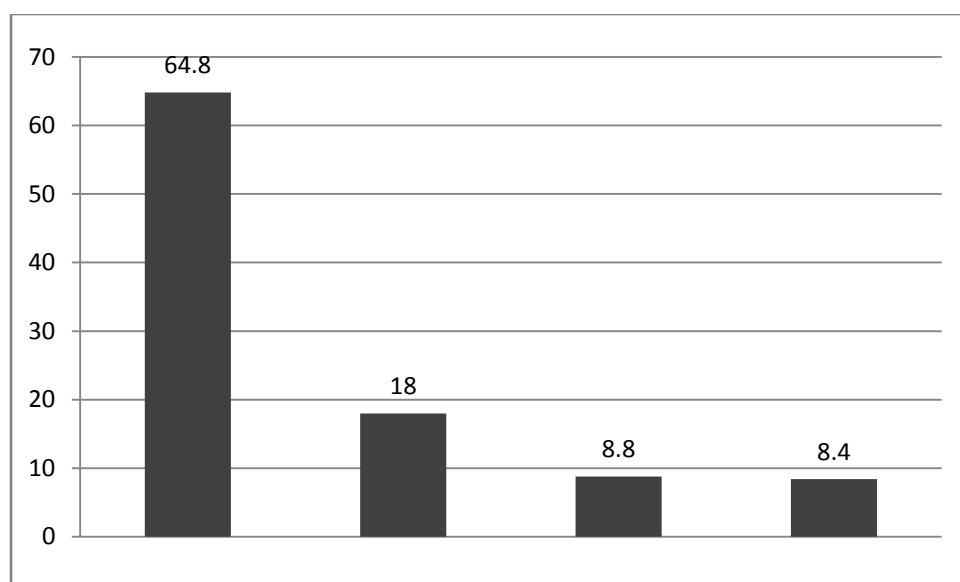


Figure 1

Reason for Migration

Figure 1 show that why people were migrated to Tikapur Municipality? From above table it is clear that the 64.8% of total respondent were migrated for better educational opportunities, whereas 18% of total respondent were migrated for security reason and similarly 8.8% of the respondent were migrated for purpose and finally 8.4% of total respondent were migrated for the better employment opportunities.

All these data shows the weaknesses of place of origin in different fields. These kinds of weaknesses work as push factors from place of origin.

Most of the residences of TikapurMunicipality are from Hilly district. So, it is very easy to conclude the occupation of them. Most of hill part of Nepal people normally engaged in agriculture. But some people were engaged in other occupations too. But in TikapurMunicipality there are few people who are engaged in agriculture. So it was very hard to get a job there.

Table 1

Availability of Employment

Employments at destination	Respondents	Percentage %
Got easily	87	34.8%
Yes but later	93	37.2%
Didn't get a job	37	14.8%
Self-employment	33	13.2%
Total	250	100%

Above table clearly shows that after leaving their own place 34% of the total respondents easily got the job. Getting a job was not very hard for them because some of them were highly educated or skillful. Similarly,45.2% of the total respondent got job after some spending sometime in the place of destination, but 6.8% of the total respondents did not have the job so that they had to go India or other countries for employment, whereas13.2% of the total respondentsare self-employed. Above data also conclude that in TikapurMunicipality there is less to get a job for the people who are semi educated, unskillful and who have less economic resources.

Occupation at the Place of Origin and Place of Destination

Involving in any occupation is a base for life. In most of the cases our occupation shows our quality of life. For example, a life of doctor or a lecturer

seems better than a barber or a mechanic's quality of life. If we do not have such occupations which uplift our quality of life then we start thinking about moving toward better opportunities. So occupation affects both migration and quality of life.

Table 2

Comparison of Occupations

Occupations	At place of origin		At place of destination	
	Respondents	Percentage	Respondents	Percentage
Agriculture	175	70%	30	12%
Trade	13	5.2%	92	36.8%
Job	35	14%	91	36.4%
Other	27	10.8%	37	14.8%
Total	250	100%	250	100%

Above table shows that, before migrating to Tikapur Municipality respondents were engaged in different occupations. Most of the respondents (70%) were engaged in agriculture and similarly, 5.2% of total respondent were engaged in trade, 14% were engaged in various jobs and 10.8% of total respondents were engaged in other occupations.

But at the place of destination only about 12% of the total respondent are engaged in agriculture. Similarly, 36.8% of the total respondent are engaged in trade, 36.45 of the total respondent are engaged in various jobs, whereas 14% of the total respondents were engaged in other occupations like foreign employment.

From the above table we can conclude that main occupation at the place of origin was agriculture. It means they were engaged in traditional life surviving occupation. Fewer of them were engaged in trade means they were economically weak. In then table 14% of total respondents were engaged in various kinds of

government and other private jobs, which they left of retired for migrating toward Tikapur Municipality.

Total respondent of 10.8% represents the other occupation like self-employed, foreign job and other house hold jobs. Above table also conclude that depending large population on agriculture shows the unskillful manpower unemployment and economically backward society at the pace of origin. Migration takes place when our environment plays negative role toward our comfortable and easy life. People who are economically powerful and secured donot seem to be migrated toward any destination. At the place of destination 36.8% of total respondents are engaged in trade it shows the economic development on the life of migrants. Above data easily shows that migration has positive impacts on occupation of the migrants.

Hospital at the Place of Origin and Place of Destination

Health is great wealth of human life. If a person is not healthy then he/she will be completely unable to achieve quality of life. Health is a very important part of quality of life. All other parts of life fully depend upon health. If we do not have such health facilities in our locality then it will be very hard to live a healthy and comfortable life. And people want to go there, where there is fully secured.

Table 3

Health Services at Place of Origin and Destination

Health facilities at place of origin				Facilities at place of destination			
Yes	No	Total		Yes	No		
Hospitals/medicals	53	197	250	Hospital /medicals	250	-	
Percentage	21.2%	78.8%	100%	Percentage	100%	-	

More than 80% population of Tikapur Municipality is migrated from Achham district. Achham is one of the least developed districts on Nepal. Most parts of Achham district are underdeveloped, so there are few hospital and clinic.

Above table clearly stated that most of the respondent did not get the health services properly. Nearly 79% of total respondent were deprived from the health services. This is bitter reality of Nepal. Health is the most important part of life. It is said that if we lost health we lost everything. In the above table only 21.2% of total respondent got the basic health services. In the comparison to place of origin, the place of destination has the 100% availability of health services. It means the entire respondent have easy access to health services. Availability of such health services helps to achieve good quality of life. In this case quality of life of respondent can't be imagined because health is the basic and fundamental part of quality life.

Distance to School From House at Place of Origin and Destination

It is ground reality that the access in education makes the life brighter. Without education no quality of life can be imagined. Education makes people aware about their behavior, responsibility and many more. All this is possible only when have access to school education. Here is the distance between house and school of respondent.

Table 4

Distance to School from House at Place of Origin and Destination

Distance from home at Origin	Number of respondents	%	Distance from home to school At destination	%
10 minutes away	-	-	90	36%
20 minutes away	16	6.4%	160	64%
30 minutes away	33	13.2%	-	-
More than 1 hour	201	80.4%	-	-
Total	250	100%	250	100%

Above table 4 shows that there are not even a single respondent at the place of origin having school within 10 minutes of distance. Similarly, there are only 6.4% of total respondent who have school within 20 minutes of distance from home. The most surprising things are that 80.4% of total respondent didnot have school within the

distance of more than 1 hour. In the comparison to place of origin, the place of destination has good access to school's education. At the place of destination 36% of the total respondent have school within the distance of 10 minutes, whereas 64% of the total respondents have the school within 20 minutes of distance from home.

In a greater view education enriches people understanding of themselves and world. It improves the quality of their lives and leads to broad social benefits to individual and society.

Education helps to attain quality of life. Educated people have better quality of life than uneducated people. Lack of education makes the person whole life blind, so this could also a great reason for movement from place of origin.

Means of Transportation at the Place of Origin and Place of Destination

Simply transportation doesnot seem to have any direct connection with quality of life. But without transportation no development work can be carried out. Following table shows the situation of transportation at the place of origin.

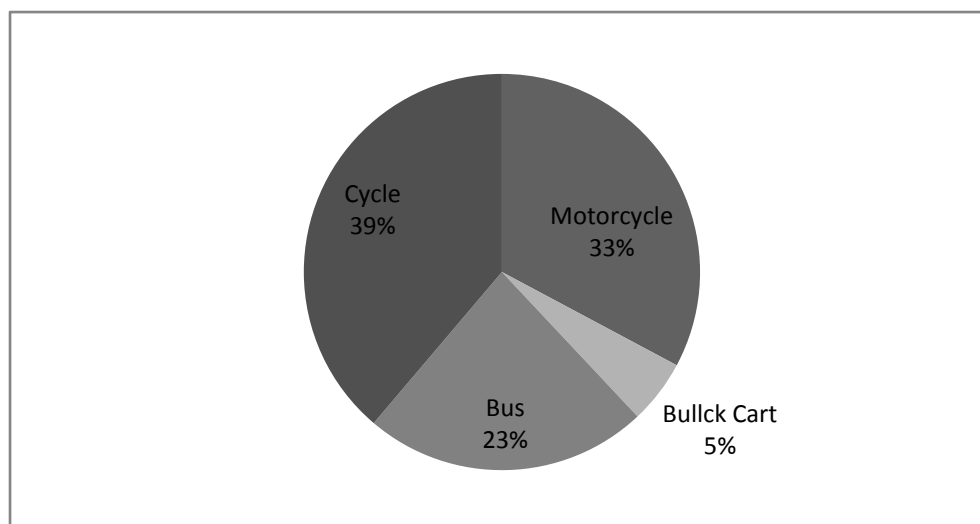


Figure 2

Means of Transportation at Place of origin and Destination

Above chart shows that 32.8% of the total respondents have motorcycle, 23.2% of the total respondents have bus as means of transportation. Similarly, about 5.2% of the total respondents have bullock cart as means of transportation.

Good quality of life possesses full facilities related to comfortable and luxurious life. And transportation is a most important part of it. Walking for hours,

getting tired and pain doesn't seem it is a part of quality of life. Lack of transportation facilities may hinder other important aspects of life like health, education, employments and many more.

Types of House at the Place of Origin and Place of Destination

Following table shows the types of house of respondent at place of origin and place of destination. House is a basic need of human as stated by Abraham Maslow.

Table 5

Types of House

Types of house at place of origin	No. of respondent	Percentage %	Types of house at place of destination	No of respondent	Percentage %
Made of wood	32	12.8%	27		10.8%
Made of mud and stone	218	87.2%	-		-
Made of stone and cement	0	0%	-		-
Modern house	0	0%	223		89.2%
Total	250	100%	250		100%

In general view we made house for our safety from heat, cold, rain, wind but in case of quality of life we need safe as well as comfortable, healthy and safe house. In hilly region most of the houses made with stone and mud but we take cemented house as safer than stone and mud house.

From the above table, it is cleared that 32(12.8%) of total respondent had the house made with wood and the remaining 87.2% of the total respondent had the house made with stone and mud at place of origin. None of the respondents had the house made with stone and cement as well as modern house. Modern and cemented house

shows the economically and environmentally secure life style. But after migrating to place of destination only 10.8% of the total respondents have the house made with wood and 89.2% of the total respondents have the modern houses. From these data Safer house could create a good relationship with the quality of life.

Sources of Water at Place of Origin and Destination

Water is base of life for all living. Life can't be imagined without water. But for healthy life we need pure and healthy water. For that it depends on the sources of water. Many of the Nepalese people do not have the access to the safe drinking water. So that, they have to face many water related health problems like diarrhea, dysentery, cholera etc. this could directly affect the quality of life.

Table 6

Access to Water Resources

Sources of water at origin	No. of respondent	Percentage %	Sources of water at destination	Percentage %
Tap	17	6.8%	45	18%
Hand pump	31	12.4%	205	82%
Well	-	-	-	-
Natural running water	202	80.8%	-	-
Total	250	100%	250	100%

Above table shows that most of respondent (80.8%) had the natural water resources whereas some (12.4%) of the total respondent hand pump as sources of water and few (6.8%) of the total respondents had access to tap water. Some time it is come listen that a polluted water source made many people suffering from different water-borne diseases. So people who drink water directly from source could be at the risk. In comparison to place of origin 18% of the total respondents have access to safe tap drinking water at the place destination, whereas, 82% of the total respondents have access to the hand pump this could be taken as safe source of drinking water.

Above table also conclude that there were no any water tanks provided by government but there were taps and pipelines helped by NGOs and INGOs. Less access to the water resources also effect the sanitation and drinking water directly from natural running water might cause many water related health problems. At least some of the migrants had access to safe drinking water at the place of destination. This could be taken as a positive impact of migration. Safe drinking water, sanitation and water related health problems may have great effect on quality of life. Drinking water then our life will be very uneasy. These kinds of problems may also work as push factor.

Status of Sanitation at Place of Origin and Destination

Table 7

Sanitation at Place of Origin and Destination

Toilet	Before		Now	
	Respondent	%	Respondent	%
No	207	82.8%	9	3.6%
Temporary	31	12.4%	27	10.8%
Traditional	10	4%	32	12.8%
Modern	2	0.81%	182	72.8%
Total	250	100%	250	100%

From the above table it is cleared that at 82.8% of the total respondent did not have the toilet at the place of origin. It is because people of hill region side use open space as toilet and other important reason is lack of water. Similarly, 12.4% of the total respondents had temporary type of toilet. About 4% of them had the traditional toilet but 0.81% of the respondent had the modern toilet at the place of origin. In comparison to place of origin 3.6% of the total does not have access to toilet. About 10.8% of the total respondents have temporary type of toilets. Similarly, 12.8% of the

total respondents have the traditional toilet whereas 72.8% of the total respondents have access to modern toilets.

Toilet is a symbol of sanitation and modernization. So that, it has direct relation with the quality of life. Sanitation is very important and necessary part of quality of life. It has close relation with human health and environment pollution.

Electricity at Place of Origin and Destination

Today's world cannot be imagined without electricity. Quality of life cannot be untouched by it. Lack of services like electricity would be the great reason for migration.

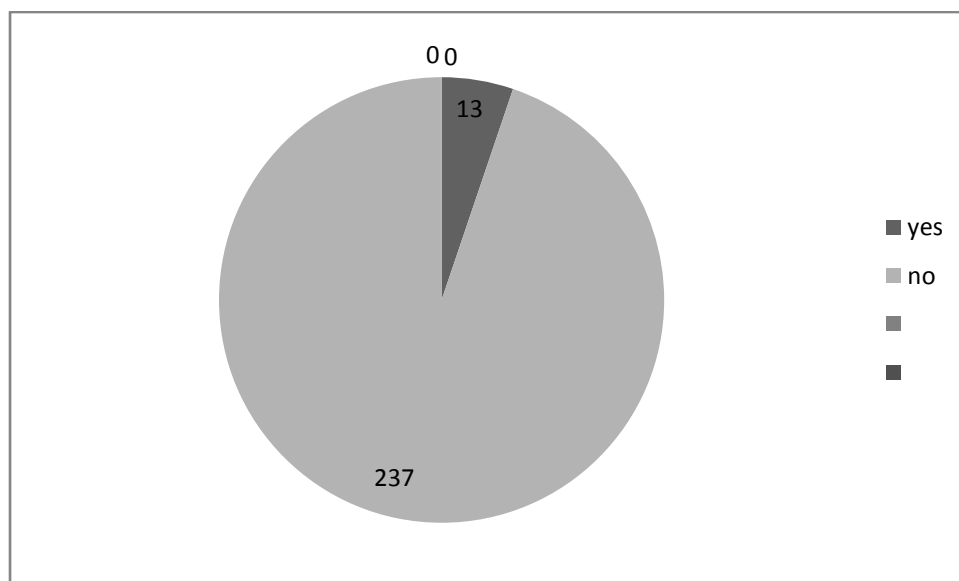


Figure 3

Access to Electricity

From the above Chart it is cleared that 94.8% of the total respondent did not have access to electricity. Only 5.2 % of total respondent had the access to electricity. Electricity is base for other infrastructure of development like hospitals, schools and communication. In case of place of destination all respondents (100%) have access to electricity. Availability of electricity ensures the quality of education, hospitals and communication etc. this could bring a biggest change in life of migrants.

Police Station at Place of Origin and Place of Destination

Police station is law maintaining government institution. It maintains peace in society. Quality of life of people directly related to social security. If there is no peace in society, life of people will be fearful. Different types of immoral and criminal activities can ruin the happiness and quality of life of people. So, people start thinking about leaving such places.

Table 8

Police Station at Place of Origin and Place of Destination

Police station at origin	Respondents	Percentage %	Police station at destination	Percentage %
No	157	62.8%	-	-
Within 1 km	-	-	43	17.2%
Within 5 km	-	-	207	82.8%
Very far	93	37.2%	-	-
Total	250	100%	250	100%

Table 8 shows that none of the respondents have police station within the distance of 5 km from the house at place of origin. Similarly, 62.8% of the total respondent stated that there wasn't a police station at their locality. Above, 37.2% of total respondents stated that they had police station that was very far from their community. In comparison to place of origin, at the place of destination 17.2% of the total respondents have police station within the distance of 1 km. similarly, 82.8% of total respondents have police station within the distance of 5 km from home.

From above data, it is concluded that respondent have better security at the place of destination than place of origin. It means people are feeling more secure than before.

Summary of Finding

The main objective of this study was to find out the impacts of internal migration on the quality of life at Tikapur Municipality. Here are some major facts and finding found during study.

- The 64.8% of total respondent were migrated Tikapur Municipality for better educational opportunities.
- The 18% of total respondent were migrated for security reason and similarly, 8.8% of the respondents were migrated for purpose and 8.4% of total respondent were migrated for the better employment opportunities.
- After leaving their own place 34% of the total respondents easily got the job. Getting a job wasn't very hard for them because some of them were highly educated or skillful.
- In study, 45.2% of the total respondent got job after some spending sometime in the place of destination. But 6.8% of the total respondents did not have the job so that they had to go India or other countries for employment and 13.2% of the total respondents are self-employed.
- Most of the respondents (70%) were engaged in agriculture and similarly 5.2% of total respondent were engaged in trade, 14% were engaged in various jobs and 10.8% of total respondents were engaged in other occupations.
- The place of destination only about 12% of the total respondent is engaged in agriculture. Similarly 36.8% of the total respondent are engaged in trade, 36.45 of the total respondent are engaged in various jobs. Whereas 14% of the total respondents are engaged in other occupations like foreign employment.
- Fewer of them were engaged in trade means they were economically weak. 14% of total respondents were engaged in various kinds of government and other private jobs, which they left of retired for migrating toward Tikapur Municipality.

- Here, 10.8% of total respondent represents the other occupation like self-employed, foreign job and other house hold jobs.
- At the place of destination 36.8% of total respondents are engaged in trade it shows the economic development on the life of migrants.
- More than 80% population of Tikapur Municipality is migrated from Achham district. Achham is one of the least developed districts on Nepal. Most parts of Achham district are underdeveloped, so there are few hospital and clinic.
- Nearly 79% of total respondent were deprived from the health services. This is bitter reality of Nepal.
- In the comparison to place of origin, the place of destination has the 100% availability of health services. It means the entire respondent have easy access to health services.
- There are not even a single respondent at the place of origin having school within 10 minutes of distance. Similarly, there are only 6.4% of total respondent who have school within 20 minutes of distance from home. The most surprising things are that 80.4% of total respondent didn't have school within the distance of more than 1 hour.
- At the place of destination 36% of the total respondent have school within the distance of 10 minutes. Whereas 64% of the total respondents have the school within 20 minutes of distance from home.
- Most of the respondent (71.6%) did not have the access to the means of transportation. It is because most of the respondents were from hill districts where there are no facilities of transportations. Some of the respondents (11.6%) had access to cycle and bullock carts, whereas 5.2 % of total respondents had the access to bus travel.
- In the comparison to place of origin, 38.8% of the total respondents have cycle for transportation. And 32.8% of the total respondents have motorcycle, 23.2% of the total respondents have bus as means of transportation. Similarly about 5.2% of the total respondents have bullock cart as means of transportation.

- About 32(12.8%) of total respondent had the house made with wood and the remaining 87.2% of the total respondent had the house made with stone and mud at place of origin. None of the respondents had the house made with stone and cement as well as modern house. Modern and cemented house shows the economically and environmentally secure life style.
- But after migrating to place of destination only 10.8% of the total respondents have the house made with wood and 89.2% of the total respondents have the modern houses.
- Most of respondent (80.8%) had the natural water resources whereas some (12.4%) of the total respondent hand pump as sources of water and few (6.8%) of the total respondents had access to tap water.
- In comparison to place of origin 18% of the total respondents have access to safe tap drinking water at the place destination. Whereas 82% of the total respondents have access to the hand pump this could be taken as safe source of drinking water.
- About 82.8% of the total respondent did not have the toilet at the place of origin. It is because people of hill region side use open space as toilet and other important reason is lack of water.
- Nearly 12.4% of the total respondents had temporary type of toilet. About 4% of them had the traditional toilet but 0.81% of the respondent had the modern toilet at the place of origin. In comparison to place of origin 3.6% of the total does not have access to toilet.
- About 10.8% of the total respondents have temporary type of toilets. Similarly, 12.8% of the total respondents have the traditional toilet whereas 72.8% of the total respondents have access to modern toilets.
- About 94.8% of the total respondent did not have access to electricity. Only 5.2 % of total respondent had the access to electricity. Electricity is base for other infrastructure of development like hospitals, schools and communication.

- In case of place of destination all respondents (100%) have access to electricity. Availability of electricity ensures the quality of education, hospitals and communication etc. this could bring a biggest change in life of migrants.
- None of the respondents have police station within the distance of 5 km from the house at place of origin.
- Similarly, 62.8% of the total respondent stated that there was not a police station at their locality. Here, 37.2% of total respondents stated that they had police station that was very far from their community.
- In comparison to place of origin, at the place of destination 17.2% of the total respondents have police station within the distance of 1 km. Similarly, 82.8% of total respondents have police station within the distance of 5 km from home.

Chapter V: Conclusion and Recommendations

Conclusions

Internal migration is human migration within one geopolitical entity, usually a nation-state. Reason for internal migration tend to be different from those for cross border migration, whereas the latter often occurs primarily for political or economic reasons, reason for internal migration prominently include travel for education and for economic, not for political reason. A general trend of movement from rural to urban areas has also produce a form of internal migration leading to rapid urbanization in many cities.

A person doesnot think about leaving his/her place without a strong reason. In case of migration there are two types of forces that tend to move a person one place to another: A push factors another is pull factors. The push factors like poverty, unemployment, illiteracy, insecurity force a person migrate from there. And pull factors like employment, health facilities, and social security at the place of destination force to migrate toward destination. Most of the residences of Tikapur Municipality are from Hilly district. So, it is very easy to conclude the occupation of them. Most of hill part of Nepal people normally engaged in agriculture. But some people were engaged in other occupations too. But, in Tikapur Municipality there are few people who are engaged in agriculture. So,It was very hard to get a job there. Involving in any occupation is a base for life. In most of the cases our occupation shows our quality of life. For example, a life of doctor or a lecturer seems better than a barber of a mechanic's quality of life. If we do not have such occupations which uplift our quality of life then we start thinking about moving toward better opportunities. So occupation affects both migration and quality of life.Health is great wealth of human life. If a person is not healthy then he/she will be completely unable to achieve quality of life. Health is a very important part of quality of life. All other parts of life fully depend upon health. If we do not have such health facilities in our locality then it will be very hard to live a healthy and comfortable life. And people want to go there, where there is fully secured. It is ground reality that the access in education makes the life brighter. Without education no quality of life can be imagined. Education makes people aware about their behavior, responsibility and many more. All this is possible only when have access to school education. In a greater view education enriches people understanding of themselves and world. It

improves the quality of their lives and leads to broad social benefits to individual and society.

Education helps to attain quality of life. Educated people have better quality of life than uneducated people. Lack of education makes the person whole life blind, so this could also a great reason for movement from place of origin. Good quality of life posses' full facilities related to comfortable and luxurious life. And transportation is a most important part of it. Walking for hours, getting tired and pain doesn't seem it is a part of quality of life. Lack of transportation facilities may hinder other important aspects of life like health, education, employments and many more. Water is base of life for all living. Life can't be imagined without water. But for healthy life we need pure and healthy water. For that it depends on the sources of water. Many of the Nepalese people do not have the access to the safe drinking water. So that, they have to face many water related health problems like diarrhea, dysentery, cholera etc. this could directly affect the quality of life. At least some of the migrants had access to safe drinking water at the place of destination. This could be taken as a positive impact of migration. Safe drinking water, sanitation and water related health problems may have great effect on quality of life. Drinking water then our life will be very uneasy. These kinds of problems may also work as push factor. Toilet is a symbol of sanitation and modernization. So that, it has direct relation with the quality of life. Sanitation is very important and necessary part of quality of life. It has close relation with human health and environment pollution.

Recommendation

Recommendations for practice.Based on the finding the following topic is recommendation for the practice related to migration and quality of life.

- One should think wisely before migration and its consequences. It can also have negative effects.
- Government should form some rules and regulations about internal migration to stop unmanaged urbanization.
- At the place of destination there is a good chance to get quality education but it lacks employment opportunities. So, it would be better to have employment opportunity first.

Recommendations for policy.Based on the finding the following topic is recommendation for the policy related to migration and quality of life.

- Policy maker and local bodies should make some legal procedures to manage migration.
- Government should develop infrastructure of development at village.
- Tikapur Municipality should build good base to develop employment, transportation, education and other infrastructure of development.
- Statistical record of migration should be kept in both place of origin and destination.
- Government should run various programs to raise the quality of life of people.

Recommendations for the further study.Based on the finding the following topic is recommendation for the further studies related to migration and quality of life.

- Study of migration and social security at place of origin and destination.
- Study of migration and its effects on natural resources.
- Migration and its negative impacts on the life of people at place of origin.
- Role of local bodied to reduce internal migration.
- Elderly migration and its impacts on the health of elderly people.
- Seasonal migration and its positive and negative impacts.
- Internal migrations and its managements.
- Youth migration and its negative impacts at the place of origin.

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AppendixA: Tools of the Research

Effect of internal migration at Tikapur Municipality

Section –A

Socio- demographic information

Name of respondent: age: religion:

1. Size of family

.....

2. Education status of respondent

a) Literate b) primary

b) Secunder d) higher education

3. Occupation status

a) Employed b) unemployed

Section – B

Socio- economic status at place of origin

1) Where you migrated from?

.....

2) How was your life there?

a) Comfortable b) uncomfortable

b) Miserable

3) Why did you come here?

a) For better education b) for employment

b) For security d) multiple reasons

4) What was your occupation there?

a) Agriculture b) job

b) Unemployed d) business

5)What was your distancefrom the hospital?

- a) Near b) within 30 min
- b) Within 1 hrs d) very far

6)What was your distance form school?

- a) Near b) within 30 min
c) Within 1 Hrs d) very far

7) What was your means of transportation?

- a) Cycle b) Bus
c) Bullock cart d) none

8) What was your house made of?

- a) Made of wood b) stone and mud
- c) Modern house

9) What was the source of water at your previous place?

- a) Naturel running water b) Hand pup
c) Tap d) Well

10) Did you have any toilet there?

- a) Yes b) No

11) If yes what type of toilet?

.....

12) Did you have electricity facility there?

- a) Yes b) No

13) How far was police station?

- [illegible]

Section C

Socio- economic status at place of destination

- 1) What is your occupation here?
 - a) Agriculture
 - b) job
 - c) Unemployed
 - d) business
- 2) What is your distance to hospital here?
 - a) Near
 - b) within 30 min
 - c) Within 1 hrs.
 - d) very far
- 3) What is your distance to school here?
 - a) Near
 - b) within 30 min
 - c) Within 1 Hrs.
 - d) very far
- 4) What is your means of transportation here?
 - a) Cycle
 - b) Bus
 - c) Bullock cart
 - d) none
- 5) What is your house made of?
 - a) Made of wood
 - b) stone and mud
 - c) Modern house
- 6) What is the source of water at your Now?
 - a) Naturel running water
 - b) Hand pup
 - c) Tap
 - d) Well
- 7) Do you have any toilet here?
 - a) Yea
 - b) No
- 8) How far is police station?
 - a. Near
 - b) Far
 - c) Very far
- 9) Are you satisfied with your migration decision?
 - a) Yes
 - b) No

10) Do you have any discomfort here?

a) Yes

b) No

11) If yes what kind of?

.....