

**Traditional Beliefs and Practices of Child Care in  
Tikapur Municipality, Kailali District of Nepal**

**A Thesis Submitted to  
The Central Department of Rural Development, Tribhuvan University,  
In partial fulfillment of the requirements for the Degree of the  
Master of Arts (M.A.)  
in  
Rural Development**

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## RECOMMENDATION

This thesis entitled “**Traditional Beliefs and Practices of Child Care in Tikapur Municipality, Kailali District of Nepal**” has been prepared by Anita Bhandari under my guidance and supervision. I hereby forward this thesis to the evaluation committee for final evaluation and approval.

.....

Ramesh Neupane

Date: 07-01-2018

23-09-2074

## APPROVAL LETTER

The thesis entitled “**Traditional Beliefs and Practices of Child Care in Tikapur Municipality, Kailali District of Nepal**” submitted by **Anita Bhandari** in partial fulfillment of the requirements for the Master's Degree in Rural Development has been evaluated and approved by the evaluation committee.

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## DECLARATION

I hereby declare that the thesis entitled “**Traditional Beliefs and Practices of Child Care in Tikapur Municipality, Kailali District of Nepal**” submitted to the Central Department of Rural Development, Tribhuvan University, Kirtipur, Kathmandu, is entirely my original work prepared under the guidance and supervision of my supervisor. I have made due acknowledgments to all ideas and information borrowed from different sources in the course of writing this thesis. The results of this thesis have not been presented or submitted anywhere else for the award of any degree or for any other purposes. No part of the content of this dissertation has been published in any form before. I shall be solely responsible if any evidence is found against my declaration.

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Anita Bhandari

## ABSTRACT

This research study entitled **Traditional Beliefs and Practices of Child Care in Tikapur Municipality, Kailali District of Nepal** has been prepared and presented as the academic requirement of the master degree program in Rural Development. The specific objective of the study as to understand the traditional beliefs and practices related to child health, sickness and care. The study also intends to find out the commonly used local medicinal treatment and its techniques.

The natures of primary data are both qualitative and quantitative. Qualitative technique was used to explore what people believe about child diseases and to find out the sources of health care along with the social and cultural practice of the local people. It serves as a frame work for the study, guiding the collection and analysis of the data. This study includes both primary and secondary sources of data. Primary source of data are the data which are original in nature collected by direct visit by the researcher to the field. Data already used are the secondary source of data. Following are the main secondary source of the data of traditional Beliefs and Practices of Child Care used in this study. Annual report published by newspaper, magazines, websites, booklets and related articles of daycare center. 100 households were taken as a sample as per snowball sampling method having at least 1 child under 5 years.

Culture determines the behavior of an individual hence a disease to be or not to be determined by culture. Culture and health care practices arbitrate around each other influencing all other factors involving in between them. There are two major aspect of child care. They are the proactive care and reactive care. People have different perception on disease, care and treatment which are cultural consequences. Care of different organs, curing different diseases depends upon the use and availability of local resources. The traditional belief and practice in child care is evident in our society. It is visible fact that most of the people along with the modern medical treatment prefer traditional method of treatment and care. Where people are deprived with modern health facilities and compelled to living with superstitious norms and values, traditional healer, witch doctor, shamans should be given health training as well as concept of modern health system would be better for the child's rearing and caring.

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## **ABBREVIATIONS/ACRONYMS**

CBS: Central Bureau of Statistics

HDI: Human Development Index

HHs: Households

IMR: infant mortality rate

INGO: International Non Government Organization

KII: Key Informant Interviews

MOH: Ministry of Health

NGO: Non Government Organization

NMR: Neonatal Mortality Rate

UN: United Nations

UNDP: United Nation Development Program

WHO: World Health Organization