

THE EFFECT OF MIGRATION ON ELDERLY PEOPLE
(A Study of Suryabinayak Municipality Ward No. 2, Bhaktapur)

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CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

The movement of people from one place to another either for temporary or permanent settlement is known as migration. From the very beginning of human existence their process of moving from one place to another for settlement has been continued. This process of movement can be permanent or temporary. Migration is also known as the change of residence whether for long or short period time. According to Oxford Dictionary, "Migration means to move from one place, country or town to another." Thus, migration is the movement from one place to another within the country or outside it. People migrate from their permanent place of residence to a completely new place. According Sijapati, Bhatarai and Pathak (2015), with 1,600 individuals leaving for foreign employment every day and remittances estimated to be 29.1 percent of total GDP. Foreign labour migration has become an intrinsic part of the lives of many Nepali. It means, massive number of working age people either in the name of study or work, they migrate from Nepal leaving behind their parents to their origin which has great impact on them. Ablezova, Nasridinow and Rahimoiv (2008) say that one specific aspect of migration that remains under water is the effect of migration on those who remain behind. The impact of migration who reminds behind creates suffocation in the absence of their nearest and dearest. The suffocation is merely alike when a person remains under water.

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 towards many more countries was observed since 1990s. Globally, the risk in migration of workers across countries, the economic and social well-being of migrants, their families and their communities has been increasing. This increment on Nepalese people social life creates a dramatic negative impact. According to the preliminary findings of the 2021 census, there are more than 2.1 million Nepali citizens living outside the country, a figure that represents 7.4 percent of the national population (Nepal Labour Migration Report, 2022). Massive people from Nepal have migrated for their diverse benefits,

but the people they left behind have suffer in their absence. Ablezova, Nasridinow and Rahimoiv (2008) again writes, when two people separate, the one who departs takes with him only a quarter of the sadness, three quarters remain with the one who stays behind. Migration creates mental suffering for the people they left behind. The effect increases intolerable when slowly and gradually son manages to take his wife and children towards the destination. But there are two people who always would be waiting for him in his original home – his parents. The migrant's parents are the ones who always take the heaviest physical and emotional load of separation and disconnection caused by migration (Ablezova, Nasridinow and Rhimoiv, 2008). The elderly people left behind are suffering in the absence of their children.

Growth in the number of international migrants has been robust over the last two decades, reaching 281 million people living outside their country of origin in 2020, up from 173 million in 2000 and 221 million in 2010. Currently international migrants represent about 3.6 percent of the world's population (UNDESA, 2020).

Estimated 3.5 million Nepalese (14% of total population) are working abroad; primarily Malaysia, the six countries of the Gulf Cooperation Council (GCC) and India. Malaysia is major destination and transit point for large number of migrant workers in the region. Together with Indonesia and Bangladesh, Nepal accounts for significant share of migrant workers in Malaysia. According to Ministry of Home Affairs of Malaysia, as at March 2019, Nepalese make up 331,724 (16.4%) of the migrant population. The driving factors 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 (Ghimire, 2020).

This century is also named as the Century of Old People because, in this century, the world's population is getting older, persons aged 55 years and over are expected to outnumber all children aged 0-14 years by 2035 and the entire child and youth population aged 0-24 years by 2080 (Harasty & Ostermeir, 2023). The number of older workers aged 55 to 64 years is increasing and is set to equal one quarter of the global labor force by 2030 (UNDESA, 2019b). 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 of 60+ age 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 (UNFPA, 2017). 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, (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, 2015). 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).

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).

This is the age of globalization where people from one of the globe move another corner in search of their better employment opportunities and lifestyles. Tacoli and Okali (2001) take globalization is one of the important aspects of migration. Each and every day the growing numbers of people move within countries and across borders,

looking for their better lives. Although migration is usually seen as problematic as it contributes psychological scares to the belongings of immigrants. In poor societies like our country, remittance somehow improves their social, economic and educational development. Due to the migration, Nepalese society is full of ageing populations. According to Tacoli and Okali (2001) industrial countries needs more and more labour force and migrants workers are an increasingly important part of the labour force and support for their development. Another important aspect of globalization is the relocation of manufacturing in countries where labour is cheaper, and the increasing number of international tourist resorts in Southern countries. In many instances, workers are migrants from the rural areas, often women. Globalization has an impact on internal migration as well as on international movement. In Tacoli and Okali's opinion, migration is the result of globalization. Generally, people migrate towards industrial areas from rural and agrarian societies like Nepal. If we see the Tacoli and Okali's saying, Nepalese people from rural and agrarian societies are migrated towards Industrial area in search of better opportunities, but as they move towards these cities, their parents they left behind Nepal faces so many problems.

1.2 Statement of the Problem

Migration point out that class of physical movements of individuals or groups which has consequences either for relationship between individuals or for the social structure of a group to which they belong (Startup, 1971, p. 177). When people migrate, it often impacts their relationships with their family members. If a family meme moves away, it can affect the dynamics within the family. Familial relationship may change or strain due to the physical distance. The old age parents they left behind, it create psychological problem. They feel loneliness which generates anxiety and disorder on them.

Migration does not just affect individuals; it can also reshape the social structure of the group they belong to. It would seem useful to define social migration, therefore, as any instance of geographical movement of individuals or groups relative to one another, or any instance of the geographical movement of a group, which has consequences for group structure (Startup, 1971). For instance, if a significant portion of a community migrates it can alter the demographics and dynamics of that

community, because geographical move bring about structural change in all social settings. This can include changes in population size, age distribution, cultural practices and economic activities. Migration has diverse effect, it effects not only elderly people, rather it negatively impact over the multiple facets of the society. In the study area too, the young and energetic person are not there, children, their spouse and old age parents are there. In the absence of working manpower, agricultural lands are barren, old-age parents are living behind in a helpless situation. The same situation show by Chen, Chiang and Leung (2003) in their collaborative study "Migration, Family, and Risk Diversification". In this article they postulate a formal model of migration in which workers are heterogeneous. They derive and characterize the optimal migration patter of a family. They expose a striking fact that if immigrants earn less aboard, it is riskier for every member of the family, because the family they left behind, totally depend upon them. The same evidence may be applicable in the study area too which is quite problematic.

Ageing population is relatively a new concern of Nepal as the number of youth going abroad for employment and higher studies is increasing rapidly in recent decent. However Nepal is rich in culture, paying respect to elder and aged people, this social culture is being broken by the changing context of desire for a small family, poverty and comfort for survival. Consequently, the process of migration has been increasing. The increasing problem of migration has affected population, health and environment inviting different sorts of problems and difficulties. The present research work aims to trace out the actual picture of relationship between migration and well being of ageing population in Suryabinayak Municipality-2 Balkot, Bhaktapur will be remained a study area in preparing to deal with issues of ageing population at the national, community, family and personal levels. The study tries to seek the following questions answer:

- 1 What are the problems elder people facing when their children migrated?
- 2 How do elderly people manage their working activities when their children migrate to city or abroad?

1.3 Research Objectives

The overall objective of this study was to identify the relationship between migration and its effect of ageing population. Specifically the study focuses on following objectives.

1. To find out how elderly people managing their daily life.
2. To know the major changes of elders in the absence of young generation.

1.4 Significance of the Study

The problem of elderly people is the problem of family, society and nations since old age group of people have wide experience, wisdom and expertise. 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 Suryabanayak Municipality-2 Balkot, Bhaktapur district lack such basic needs. The working age population migrates abroad leaving their elderly parents behind. Hence, old age people of study area supposed to be more prone to loneliness, insecurity, poor health and desertification with their life.

The trend of migration from Suryabanayak Municipality-02, Balkot has been seen since a very long time ago and the impact of this migration is seen in the lives of the elderly population. The rapid migration from the area has resulted in a situation where the village is left with more of old aged population and 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 will 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.

CHAPTER TWO

REVIEW OF LITERATURE

2.1 Theoretical Review

This study is based on globalization-migration theory. As this world has running in 21st century, whole village has been turned as a global village. This is the age of science and technology. People of northern pole can contact within a second towards south pole. Regarding the globalization, Clarke (1993) argues that our civilization could not exist without efficient communications, because it is hard to see how international trade or cultural exchanges could exist without them. He further argues that human race "except for a few dwindling tribes in (alas) equally dwindling forests" has almost become a single entity, divided by time zones rather than the natural frontiers of geography. Due to the globalization, people are not limited within their geographical territory. In the age of science and technology, they search better lifestyle and income affairs. They search better opportunities, as soon as they get it, they move towards the destination. In such migration the pivotable roles are due to economic, technological, cultural, political and environmental factors.

Migration is the first and foremost, a normal human activity. It is the movement of a person or people from one country, locality, place or resident to another. Migration may be individual, family units or in large groups. People have been moving from underprivileged region or underdeveloped country to developed region to developed country. They move in various parts to be engaged with works and to have better opportunities. Hence, the pull and push factors play dominant role in the migration process of Nepal.

According to Seddon, Gurung and Adhikari (1998), previously the agricultural works were dominant position in GDP of the country, but the scenario has been changed and the economy of Nepal has turned to be dependent, what might be termed 'the remittance economy' is major significance both as a source of foreign exchange and as a source of income to many household and local communities throughout the country particular (but by no means only) in the hill areas. Also foreign labour migration and the value of remittances have increased substantially in the last ten years. In these lines, the economy of the country has dramatically shift from agriculture to

remittance. Hence, the large proportion of the people migrate foreign land for the fulfillment of their daily necessities. They leave their nearest and dearest in the place of origin which has created a loneliness in the family especially the old age parents they left behind. The physical separation from their children, coupled with the uncertainty of their well-being in a distant land has engendered a profound sense of loneliness and emotional distress among these parents. The void left by the absence of their offspring, compounded by the challenges of maintaining communication across geographical distances, contributes to a pervasive sense of isolation. This emotional strain, coupled with the perennial concern for the welfare and success of their children abroad, has led to a significant increase in mental health problems among the parents, underscoring the intricate and often overlooked human toll of international migration on the families that remain at home.

In the same way, Sinjapati and Limbu (2017) in their writing express confirmation how migration creates social, economic, cultural and political problems. They way, foreign labour migration is now an intrinsic part of everyday life for a majority of Nealis, with its impact clearly visible in every sphere of society-social, economic, cultural and even political. Foreign migration has created hollowness among and between the family members. Although it has also become a source of lucrative business for those involved in sending workers abroad (Sinjapati and Limbu, 21017). Foreign migration has positive as well as negative consequences. Certain types of positive achievements are there, but the old age parents they left behind are full of suffering and mental turmoil in the absence of their son and daughters at all.

Migration is such a things that creates problem in the lives of the people as they shift from one socio-cultural geographical location to another because they are not easily dilute with the society they migrate to. Sharma (2014) writes, in contrast to new 'national subjects', 'migrants' came to be thought of as not belonging and, therefore, as not having the 'right to have rights'. In Sharma's view, migration always creates tension. People who migrants from their origin, they have to face multiple inorganic behaves such as foreigner, outsider on the one hand and other they remember their native place. Domination and inequality also foregrounds in the lives of them.

Johnston et al. (2000), define migration as permanent or semi-permanent change of residence by an individual or group of people. Migration means physical movement of people from one place to another for the betterment of life. Rural-urban migration is the migration of people from rural areas into cities. Internal migration is important almost everywhere and in some countries is far greater than international migration. They also describe that job change and family reasons are the two most important cause of migration.

Migration has continued under the form of both voluntary migration within one's region, country, or beyond and involuntary migration (which includes the slave trade, trafficking in human beings and ethnic cleansing). People who migrate into a territory are called immigrants, while at the departure point they are called emigrants. Small populations migrating to develop a territory considered void of settlement depending on historical setting, circumstances and perspective are referred to as settlers or colonists, while populations displaced by immigration and colonization are called refugees (Jennissen, 2007).

Ravenstein (1885) developed “the law of migration”. He formulated various laws about migration. They are given below:

3. The long distance migrants prefer for the purpose of commerce.
4. The number of migrants to a place decrease as the distance increases.
5. The male appears predominant in the long-distance migration where as female is dominating in short distance migration.
6. The residents of town are less migratory than those of the countryside.
7. Pull and push factors determine the migration theory.

The problem of aged dependency ratios disregard the fact that not all persons aged 15 to 64 years actually work. Some may still be in education; others may already have retired; and still others may be unemployed or may have chosen not to work for various reasons, such as those who may have become discouraged after unsuccessfully looking for work over a long period of time. Moreover, some children below the age of 15 years and some older persons over the age of 64 years may be part of the labour force, while many persons of working age may not. To address these limitations, alternative measurements have been developed,

such as the economic dependency ratio (Woss and Turk 2011), the labour-market-adjusted dependency ratio (Zuleeg, 2007, Guerzoni and Fabian 2011) and the employment-based dependency ratio (Loichinger et al. 2014). These divide the number of potentially dependent persons – such as the unemployed, pensioners (old-age, early retirement, disability), homemakers and discouraged persons – by the number of persons in paid employment (Eurofound, 2012).

Loichinger and Skirbekk (2016), this global analysis of demographic, economic and employment-based dependency ratios reveals the importance of age- and gender-specific employment levels, as well as their determinants, when discussing the challenges associated with population ageing. In this way, the consequences of high youth unemployment, low female labour force participation, old-age poverty, significant vulnerable employment and the high incidence of working poverty are highlighted and provide the basis for policy recommendations aimed at alleviating the economic burden of population ageing.

ILO Labour Force Estimates and Projections (LFEP) database (2019), which provides a consistent series of labour market indicators for all United Nations' Member States, with forecasts to 2030. These indicators can be disaggregated by age and sex to provide additional information on the characteristics of dependents and non-dependents. It also allows us to present results based on the broad income groups of developing, emerging and developed economies.

While analyzing above theories of globalization and migration, there are multiple layers of migration patterns. Different aspects such as economic integration, technological advancements, cultural patterns, geographical patterns, political aspects, industrialization and so on are closely interrelated for migration. It is clear that there are due to the globalization and urbanization, people generally triggers towards those places where the lifestyle and social security is protected.

Regarding the ageing population, Macunovich (2000) payer her particular interests of grant-logistics right. Coming of age in the 1960s and early 1970s , the baby boom generation was the first group of children and teenagers with their own spending powers and therefore their own making power. The youth market for commodities such as music, fashion, movies and other thins related to automobiles

triggers them towards the global village. Such factors are creating a youth-oriented culture in 21st century. It means globalization has led to increased interconnectedness of economies worldwide due to that Nepalese people also started to immigrate to those places. It is clear that factors such as uneven development, trade liberalization and labour market dynamics are other factor that motivates people to migrate in search of better economic opportunities. In case of Nepal, the factor is applicable. All the Nepalese people except some cases either they are students, skilled manpower or labour, their aim of immigration is to earn money.

Political factor is another strong factor that motivates people to migrate from one country to another country. Political instability and conflicts are also closely related to the migration. While seen this factor in Nepalese society, many people during the time of Maoist insurgency were migrated towards foreign countries.

2.2 Empirical Review

Aging has been turn as an importance issue in Nepalese society because their children are not with them. Due to the globalization, immigration has been assigned Nepalese adult as their destiny. On a daily basis they are migrating in different countries in search of better opportunities leaving behind their parents. Hom Nath Chalise (2020) in his article talks about the elderly people's situation in Nepal. Chalise says that the life expectancy was around 54 years in 1991, but now expected to increase to 71 years in 2020. Data shows that in every two years, average life expectancy is increasing by one year in Nepal. In Nepal, the elderly population growth rate is quite higher than the population growth rate. Different cross-sectional report shows that majority of the Nepalese elderly are living with their children. In the Nepali culture, generally parents prefer to live with their children especially with son. Children are also considered as insurance for old age because another social security system is not well developed in Nepal.

In an another article, Chalise (2023) writes that, there are 2.97 million older people in Nepal as of the 2021 census which is a 38.2 percent increment compared to the previous census of 2011. The proportion of the older population reached 10.21 percent of the total population of Nepal. During this decade,

Nepal's average population growth rate is 0.92 percent and the older population growth rate is 3.29 percent per year which shows the Nepal's total fertility is below replacement level. The main reason of this data is due to the migration. Nepalese people migrate towards foreign land, they left behind their spouse. For a long time they remain in foreign land, consequently the fertility is below replacement level. In Nepalese context people with reference to their foreign employment remain in foreign countries. They remain untouched with their wives, consequently there comes a gap of fertility. In this way foreign employment creates a problem in fertility rate low.

According to Acharya (2024), many elderly people migrated in their elderly age in Kirtipur are facing the problem of socio-cultural, economic, demographic, labour, health and care although the Elderly Citizens act 2006 aims to provide social security. Due to the new atmosphere they were felt loneliness and isolated. The researcher in this article postulates financial reliance, parental assistance, social interaction, social isolation and health issues have co-worked for giving stress to the elderly people. Elderly people in the study area were troubles and anxieties due to the low social position relatively to where they were migrated from. Other factors of their troubles and anxieties were social and cultural disengagement, family rejection, loss of social contact and social isolation from their place of origin. While analyzing this article it can be concluded that elderly people's suffering are

Khanal, Ra, & Chalise (2018) carried out their research regarding the effect of migration on elderly peoples who are staying in old age homes in Kathmandu. Their study reveals that children are seen as the support for the old age. In the absence of their children their life is in miserable condition. In the old age homes, major problem encountered by them was absence of their children which is psychological problem on them. In the same way they encountered lack of love and affection, physical as well as emotional support. This research paper concluded that due to the increasing trend of youth out-migration without any proper government initiatives to manage elderly care, the life of those elderly people staying in old age home seem miserable, they are suffering from traumatic condition. This research articles postulates the situation and real scenario of old

age homes in Kathmandu. Generally, whose children had gone to foreign countries, their old parents remained alone in their homes. In their homes, they cannot perform household tasks. They even can not do their kitchen works. They could not wash their clothes too. Therefore, they are obliged to go to old age homes. Foreign employment has created problems to parents.

Hossen (2012) carried out his research regarding the social isolation and loneliness of those elderly people who have migrated to Canada from South Asian countries. Hossen claims that this is the age of globalization where people migrate from one country to another country in search of their better lifestyle. While doing so, many educated people have migrated from south Asian developing countries to develop countries such as Canada in order to improve their lives. Young immigrants sponsor their parents to join them in Canada. When senior citizens migrate to Canada they disconnected from their familiar way of life, society, social relations and their local resources. Consequently they caught in cultural shock. In the same way, they face cultural, religious, language problems which work as a negative way that triggers towards social isolation and loneliness. By this fact, it can be said that globalization is the main triggering factor and elderly people are not suffering in the absence of their children, rather socio-cultural belongings are equally suffering factors for them. Migration created different types of psychological problems. Due to the foreign migration of their children, their parents also migrated to Canada like developed countries. Although the country is developed but their parents fail to adjust with the environment. They encounter quite new cultural phenomena, they remember their birth place, because they could not dilute themselves with new cultural, religious, language and social settings in the place of destination.

Pradhan and Bista (2016), remittance from foreign employment keeps a significant role in the Nepal's GDP. Almost each household in Nepalese society receives remittance and runs their family well in terms of health, food, education and so on. Remittance has positive as well as negative consequences; better consumption, better health care, supply good nutrition, physical infrastructures and education are positive aspects of it where as traditional social structures, power relations within the household due to absence of family members either male or female. Gender

norms that place the main responsibility for raising children, caring for the elderly and managing household and agricultural activities are likely also factors to be hindered. It means, migration in this or that way, affecting elderly people. The young age people have moved towards foreign migration. There is no one to support their elderly parents, women and children. Consequently, either the fertile lands are barren or elderly people are compelled to engage themselves in agricultural activities.

Thakuri (2015) says that due to the government contradictory and complicated policies, the people of Nepal are living their life in the manner of inflection, complicated social scenario and changing lifestyle of the people. There are lots of senior citizens who are either living in an isolated life or are being abandoned by their own children's who are either living in a isolate life or are being abandoned by their own children. The elderly people living their life with higher level of frustration and anxiety of being alone. Some material needs are also fulfilled but spiritual and traditional norms and values that are rooted in the psychology of senior citizens since last many decades are hindering in the absence of their children. It means, money is not able to buy their psychological satisfaction. As traditional norms and values are deeply rooted, they seek their children than that of material possessions. The main reason of foreign employment is due to the government policy. As the government has mainly based its budget on foreign employment and remittance. There is not an environment to provide job in Nepalese territory. Industrial institutions have closed in this or that cause. Fertile lands have been turned into different segments for settlement purpose. Agricultural environment is not viable. So, majority of the young people tend to move towards foreign migration which have created different types of problematic situations on their family especially elderly people.

Thapa and Acharya (2017) published an article on remittances and household expenditure in Nepal: Evidence from cross-section data which examines the effect of remittances on household expenditure patterns applying propensity score matching methods that allow designing and analyzing observational data and enable reducing selection bias. We use data from the Nepal Living Standards Survey 2010/2011. In general, remittance recipient households tend to spend more on consumption, health and education as compared to remittance non-receiving

households. Although the findings do not clearly provide evidence of either the productive or non-productive use of remittances, expenditures on non-food investment categories, such as durable goods, health and education, are more apparent among remittance-receiving households compared to remittance non-receiving households, which signal the prospect of a sustainable long-term welfare gain among the former. By the outcomes of Thapa and Acharya's findings, foreign migrants and their remittance in their respective households invested on health and education. It means remittance has been using in buying durable goods and educational as well as health sectors but it has negative consequences. Their elderly people always want to be with their children, but they could not fulfill their inner desire. It has created problematic situation on their elderly parents in Nepal.

Migration is negative outcomes in the lives of people. In the absence of their son, they are living their lonely and depressed life. Although some of the parents were their married daughters, but cultural rules and regulation that do not allow them to stay with married daughters. Hence, cultural values and the absence of their son degenerates psychological as well physical problems in the lives of elderly people.

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). By this information, the migration ratio of their young generation is rapidly increasing. In the previous years, young generation was with their parents and more elderly people were depend on them, but the trend of migration increased, the dependency ratio decrease.

ETZO (2008) studies on Italy on inter-regional migration that reviews the interest of interregional migration flows in economies covers two important aspects. The first aspect concerns the role played by the main macro-economic variables in determining the intensity and the directions of the migration flows. The second aspect focuses on migration as an important variable that might affect the growth rate. This study reviews and discusses the main literature on migration with respect to these two branches of the study.

Bhandari (2009), studies on causes and consequences of internal migration in Sauraha Pharsatikar VDC of Rupendehi district. The finding of the study supports the Lee's model most of the migrants were young, adult age group 20-39. It indicates hill or remote area from terai or developed area was entirely as selective. Migration was also sex selective under 87 percent were males and 14 percent of the total migrants were female majority of the migrants were literate. The majority of the migrants were from rural areas. Majority of migrants engaged in agriculture, services Poultry as well as pension.

Hainmueller and Hiscox (2010) studied in America that provide direct tests of two models of attitude formation using an original survey experiment embedded in a nationwide U.S. Survey. First one is concern about labour market competition and second one is concern about the fiscal burden of public services.

2.3 Research Gap

Lots of researches have been done on remittance and its impact on the place of origin on Nepal and area specified. The contribution of remittance on national level have been conducted. Some researchers have been conducted regarding the impact of remittance on their health, education and economic status which remains different according to the geographical situation. It means, different people have spent different level of migration cost, but my study tries to examine the impact of migration on their parents who are living in the study in the absence of them. Thus the study will be helpful to those interested person for academically as well as policy perspective.

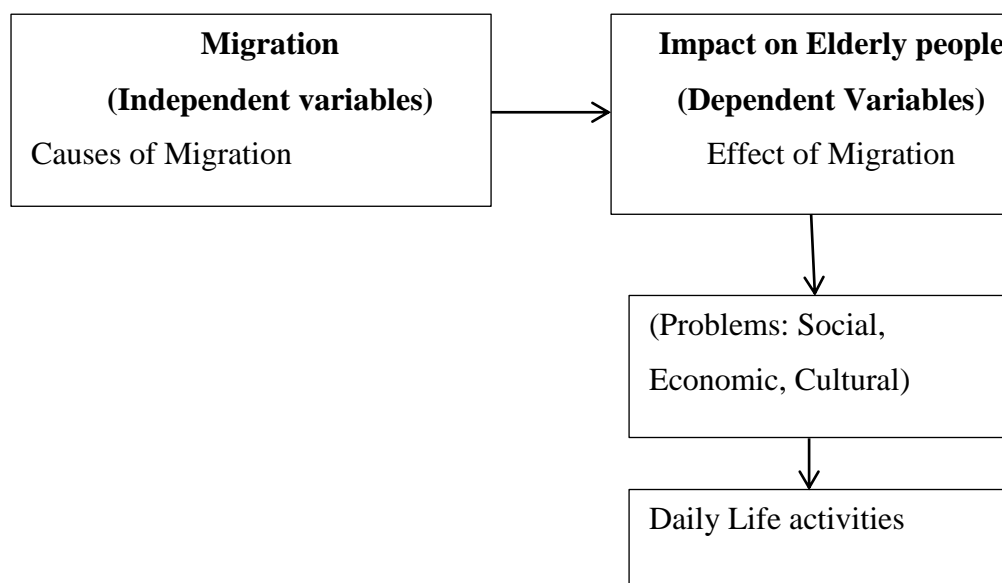
As people reach in their elderly age, they typically experience a decline in functional ability, often accompanied by increased challenges such as physical disabilities. Alongside these health changes, older individuals may also face heightened vulnerability to illness and isolation, akin to children (Acharya, 2024). The aging process is negatively influenced by various social factors including gender, socio-economic status, social networks, and health and government policies. While the sociology of aging primarily views ageing as a socially constructed concept, it acknowledged biological and psychological factors as well. Understanding these perspectives sheds light on how social, economic and

political policy shape perception of migration and its impact on elderly people in the society.

In the 21st century, globalization significantly impacts the lives of older individuals, particularly in regions experiencing high rates of migration. In Nepal, for instance, hundreds of thousands people migrate annually, either within the country or abroad seeking better opportunities. this migration, along with shifts in family structure, relationships, values and support systems, poses challenges for elderly people. It has created the situation of their isolated or lacking familial care, particularly in developing countries like Nepal.

2.4 Conceptual Framework

A conceptual framework in research is a structure or a set of interconnected concepts, theories, and ideas that provide a theoretical foundation for understanding the phenomenon being studies. A conceptual framework is a roadmap that guides the researcher in the exploration of the topic and helps in organizing thoughts, defining variables and formulating research questions. Here in this research entitled "the effect of migration on elderly people" I will try to find out the problems faced by elderly people whose children have migrated towards foreign countries based on the following conceptual framework.



In the contemporary situation, globalization has turned this world as a global village. People from one country migrate to another country in search of better occupation, lifestyle and so on. The cause of migration certainly creates some

degree of problematic situation on social, economic, cultural aspects. Although they earn money, learn new cultural way of life, uplift their economic status, but it created and brings changed in the life of elderly people. Elderly age is such age that demands their siblings to be with them. If they unable to stay with their children, there comes different types of problematic situations in the life of elderly people.

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Research Design

Research design refers to the overall plan or strategy that a researcher uses to carry out his/ her research work. It is an organizational format of specific methods and procedures that the researcher employs in order to collect, analyze, and interpret data in a systematic and rigorous manner. In this research I adopted descriptive mode of analysis using the primary data and quantitative information as well as qualitative. It is because of analytical as well as descriptive method. This research may cover issue of migration from whole of the country but purposive sampling method was used for data collection. This research was analytical as well as descriptive where primary as well as secondary data were used.

3.2 Study Area

Suryabinayak Municipality Ward No. 02, Balkot of Bhaktapur district which I have chosen as a study area because this is my own hometown, where I have lived here since last 12 years. As I married and started to live here I have come to know through visits and communication with local people. As I am dwelling here since last one decade I became an integral part of this society. In this area, international migration is primarily driven by the large number of young and adult people. Me being from this village, it is easier to conduct research and I am familiar with the study area making the study more comprehensive and reliable.

3.3 The Universe and the Sample

By using purposive sample method, I have selected 32 elderly people above the age of 60 years. I was selected only 32 respondents as far as different types of information from them came out, but the respondents started to provide same type of information, I stopped my interview. In this way, I delimited my respondents within 32 respondents. Among the respondents 30 were male and 2 were female, because in the study area only two household heads were women who have already lost their husbands, therefore I have selected only two women in this study. In this process, a total number of 32 elderly people consisting 2

female and 30 male of Brahmin, Chhetri, Shrestha and Rana people were selected. As a sample all the people above 60 years whose siblings had gone to foreign employment were the sample population of this study. According to the Ward Profile, there were 107 households in Balkot Area of Suryabinayan Municipality Ward No. I have selected. Among 107 households, all the household heads above the age of 60 years were selected for this study. In the study area there were altogether 32 houses above the age of 60 people were living whose son have gone for foreign country either for job or study purpose. In the due course of sample selection, only age of the household head and migration towards foreign country has been taken as basic needs. All the caste/ethnic and gender people has been selected for this study.

3.4 Nature and Source of Data

This study was used both primary as well as secondary data.

3.4.1 Primary Data

Primary data were collected by field visiting and interviewing the respondents personally and focus group discussion. A set of questionnaire were developed under the supervision of my supervisor and asked to the respondents in order to collect primary data.

3.4.2 Secondary Data

Secondary data were collected by reviewing the literature such as journals, books, articles, reports, and newspaper and internet sources.

3.5 Data Collection Tools and Techniques

Questionnaire was the tools of this study whereas interview was the technique. By using questionnaire interview was taken to those people whose age was more than 60 years and their siblings had been migrated from there.

3.5.1 Interview Schedule

Interview schedule was the data collection technique. Unstructured and structured interview was developed under the supervision of my supervisor. Necessary corrections were carried out under the guidance of supervisor. Interviews are used to investigate the contextual boundaries of experiences or perceptions in order to

uncover information that is hidden from ordinary view or reflection, or to gain a deeper understanding of the nature of experience. I used an unstructured interviewing format to gather information. I selected interview as an appropriate method to collect data with the objective that it can bring the hidden commonsense perceptions, explanations, and understanding linked with migration effect on elderly people. The close ended and open-ended types of questions were prepared and asked to the respondents. An interview is a conversation in which information is gathered. A quantitative as well as qualitative data collection technique based on systematic questioning in a formal or informal setting, an interview is essentially a qualitative data collection technique. Face-to-face interviews were conducted. On the other hand, an interview encourages respondents to elaborate on their responses. As a result, interviews were used to collect data from the field. In order to collect qualitative type of data, open-ended types of questionnaire were used.

3.5.2 Observation

Observation was another technique of collecting primary data. I was thoroughly observed regarding the situation of elderly people in the absence of their siblings. Their physical and well as psychological aspect was also observed from field observation. I was spent many hours in direct personal contact with them during the time of interview. During the time of spent with them I was observed their working environment with the consent, their physical strength, their relationship with society and other people.

In my research, observation is one of the most important tools. It was easier for me to observe the overall activities of the respondents because I was familiar with them and study area. This method has been used to gather reliable data for the study because it is a key technique; it provides more accurate information about the subject matter. This study used observation technique to examine the effect of migration on elderly people's lifestyle, social work, behaviour, income and living standard.

3.6 Limitation of the Study

Due to the limited time and resources, this study was limited within Suryavinayak Municipality Ward No. 2. Only those people were selected more than 60 years of old and their siblings had left them behind. This focuses only to create a clear

picture of the experience of elderly individual affected by migration, providing insights into their social and emotional conditions in the absence of younger family members. By concentrating on this demographic, the study aimed to highlight the unique challenges they face in a rapidly changing world. The theoretical framework of globalization and migration serves as the foundation for analyzing and interpreting the findings. These concepts are essential in understanding the broader context of why many younger people leave their home areas, seeking opportunities elsewhere, often resulting in older family members staying behind. This theoretical approach allowed the study to explore the effect of these global trends on local communities and individuals. Importantly, the data collected from the respondents was used solely for the purpose of fulfilling the requirements for a Master's degree in sociology, ensuring that the privacy and confidentiality of the participants were maintained. This ethical consideration underscores the responsibility of the researcher to protect the participants while contributing to the academic field.

CHAPTER FOUR

DATA ANALYSIS AND INTERPRETATION

This chapter incorporates the data, which were selected during the time of field survey. Such collected data are shown in different tables. Similarly this chapter covers the profile of respondents and the data collected from them. The presentation of data involved the brief introduction of the candidate and their experiences they have faced after their children's migration leaving them alone in the study area. The major impacts of migration on elderly people and their personal experience are included in this chapter under headings and subheadings as follows:

4.1 Demographic Information

Under demographic information respondent's age, sex, caste, education, employment, incomes are incorporated. Demographic information is crucial for understanding the composition of population.

4.1.1 Caste-wise Distribution of the Respondents

In the context of Nepali society caste and ethnic group plays an important role in determine the social status, socialization process as well as the profession. The study also has tried to understand the caste/ethnic background of the respondents

Table 4.1: Caste-wise distributor of the Respondents

Caste/Ethnicity	No. of Respondents	Percent
Brahmin	18	60.00
Chhetri	12	40.00
Shrestha	1	3.33
Rana	1	3.33
Total	32	100.00

Source: Field Survey, 2024.

Above table depicts the caste/ethnic combination of the respondents. Out of total respondents majority of the respondents i.e. 60 percent respondents were Brahimi followed by Chhetry, Shrestha and Rana by 40 percent, 3.33 percent respectively. In the study area, majority of the people were from Brahmin and Chhetri, it was

due to the settlement where since last many years people of Brahmin and Chhetri resides in that place. While analyzing above table it can be said that Brahmin and Chhetry were significantly migrated in foreign employment whereas other caste people such as Shrestha and Rana were not migrated.

4.1.2 Age-wise Distribution of the Respondents

Age is another demographic component of the society. It reflects the country's population structure and influencing various aspects of socio-economic development. According to the census report 2078, there are 10.21 percent people above 60 years, which was 8.13 in 2011. According to this data, it shows that the life expectancy rate seems rise in these 10 years. Respondents were asked about their age which has been presented in the following table:

Table 4.2: Age-wise distributor of the Respondents

Age group	No. of Respondents	Percent
60-65	15	46.88
66-70	9	28.13
71-75	5	15.63
76-80	2	6.25
80-85	1	3.13
Total	32	100.00

Source: Field Survey, 2024.

Above table showcases that majority of the respondents i.e. 46.88 percent were from 60-65 age group followed by 66-70, 71-75, 76-80 and 80-85 by 28.13 percent, 15.63 percent, 6.25 percent and 3.13 percent respectively. The census 2021 shows that 61.96 percent of Nepal's population is between the ages of 15-59 years. The population on this group was 56.96 percent in 2011. Currently the population on aged 14 years or below and 60 years or above are 27.83 percent and 10.21 percent respectively. While analyzing above age group population, it seems a bit high than national indicator. It was due to the health facilities that are available due to the geographical situation. Suryabinayak municipality remains near the capital of Nepal where people takes care about their health. That's why in this place, peoples are living in their old age situation too.

Foreign migration certainly created significance on the age of the respondents. during the time of field observation it was found that respondents whose age was above than 70 years, they were suffered due to the absence of their son compares to those parents whose age was below 70 years. Hence, age is such factor that creates pain and agonies. As much as the people get older, their psychology also comes to be agonized by simple incidents, it was due to the loss of tolerable capacity.

4.1.3 Sex-wise Distribution of the Respondents

Sex is an important demographic indicator that shows the social- setting of any particular society. If we see the national ratio of sex stratification, there are more population of female than that of male. Both male and female respondents above 60 years were incorporated in this research whose information has been presented in the following table:

Table 4.3: Sex-wise distributor of the Respondents

Caste/Ethnicity	No. of Respondents	Percent
Male	30	93.75
Female	2	6.25
Total	32	100.00

Source: Field Survey, 2024

Above table shows the respondents sex combination. Among the respondents majority of the respondents i.e. 93.75 percent were male and 6.25 percent were female. According to census 2021, above 60 years female were 51.1 percent and female were 48.9 percent which is unequal situation, but in the study area male were quite high and female were quite low.

Generally, Nepalese society is a patriarchal society where male are given privilege to be a household head and female deserve second position. In the same, I was selected household head as my respondents, whereas two female were taken interview as their husbands were not presently in their household during the time of interview. During the time of field survey, I was felt that mothers were more suffering due to their son's emigration than that of fathers. One of the respondents was said that this is mothers heart always fills with pain and agonies of the absence of their son during their old age. In an informal talk they were said that

they could not stop them to go foreign land, because it was their future matter, but their son's emigration in elderly age have significantly suffer their psyche.

4.1.4 Education-wise sex distribution of the respondents

Education plays a critical role in socializing individuals and shaping their living strategies by providing the knowledge, skills and values of this modern changing world. Through formal education, individuals learn critical thinking, problem-solving, and communication skills which are essential for living strategies in the absence of their children. It also fosters social cohesion by promoting shared values, cultural understanding and civic responsibility. It equips individuals to participate in the economic generating activities which provide them to forget their children to some extent. It is foundational to personal growth and societal progress enabling individuals to cope up with the absence situation of their children. The following table shows the educational status of the respondents:

Table 4.4: Educational Status and Sex-wise distributor of the Respondents

Educational status	Sex		Total	Percent
	Male	Female		
Literate	4	1	5	15.63
Primary	0	1	1	3.13
L. Secondary	1	0	1	3.13
Secondary	2	0	2	6.25
SLC	2	0	2	6.25
IA/ICOM	10	0	10	31.25
Bachelor	11	0	11	34.38
Total	30	2	32	100.00

Source: Field Survey, 2024.

Above table shows the educational attainment of the respondents by their sex. Majority of the respondents i.e. 34.38 were Bachelors' level education and 34.38 percent were taken proficiency level education and all were male. Similarly, 15.63 percent were literate of them 4 were male and 1 female. Similarly, One woman was completed primary level of education.

While analyzing above table, it can be said that there was educational disparity in terms of gender. In an informal talk to the respondents, they were said that in that

time women were not given any privilege to study. They were taken as the matter of married off, that's why women were not given importance to study. But it is quite good thing that majority of the respondents were good educational attainments. The respondent's educational status was good. During the time of observation, it was found that educated people were more panic than that of illiterate and below SLC level of education. Respondents were asked informal talk, do you think your son will return. The illiterate and low level educated parents were hopefully said that yes they will return after completion their study or earn money, but educated respondents were said that they would not return because they have get PR and their children were studying there. By this statement it can be concluded that the educated people were known about the real situation of their son, which gives them much more tension.

4.2 Problem

In the absence of their children, old age people in Nepalese society are confronting numerous challenges who move abroad for better economic and educational opportunities. These parents often suffer from emotional distress and loneliness due to the physical separation from their families. Financial instability is another significant issue, as remittances, though vital, are not always sufficient to cover healthcare and daily living expenses. Additionally, the elderly face difficulties accessing adequate medical care and social services, which are limited in rural areas. Social isolation further impacts their mental and physical well-being, with traditional family support structures eroding under the strain of migration.

4.2.1 Facing Problems Performing household Chores According to their Age

In old age, performing household chores becomes increasingly challenging due to physical and psychological condition. In old age, it reduces strength and stamina to perform cleaning, cooking and laundry strenuous and sometimes dangerous as old age person are more prone to injuries from falls and other possible accidents. In that age, generally joint pain and condones like arthritis further limit their mobility and dexterity, making it difficult to handle objects or move around the house. Vision and hearing impairments can lead to difficulties in performing chores safely and effectively. Declining issues such as memory may cause

confusion and mistakes, raising safety concerns, especially when using appliances and managing education issues. These hardships collectively hinder the ability of elderly individuals to maintain their household chores in the absence of their children. The following table deals with the managing issues how they are maintaining household chores in the following table:

Table 4.5: Age-wise distributor of the Respondents and Problem Facing

Easy to perform household chores	Age Group					Total	Percent
	60-65	66-70	71-75	76-80	80-85		
Yes	9	6	3	0	1	19	59.38
No.	7	3	2	2	0	14	43.75
Total	15	9	5	2	1	32	100.00

Source: Field Survey, 2024.

Above table depicts that out of total respondents, 59.38 percent were faced problems and 43.75 percent were not faced problems while doing household chores. The respondents who were facing problems they were comparatively ageing people.

While analyzing above information, it can be said that people were suffering from different types of problems in their old age. With an informal talk to the respondents who were said that they were not facing any problems, they were daughter-in-law with them in order to prepare food and doing household chores, whose family members were absent, they have kept relatives and some of them were kept housemaid in order to perform household chores.

4.2.2 Performing Field-Work and Income Generating Activities

In Nepal, many people above 60 years of their age face significant challenges in performing field work and engaging in income generating activities due to the emigration of their children. This demographic shift, driver by younger generations seeking better economic opportunism aboard, leaves the elderly with fewer support systems and labor resources. Consequently, the elderly people struggle they left behind in order to manage agricultural tasks and other physically demanding jobs, which impact their livelihood and overall wellbeing. The absence of their children not only creates an economic void but also social one,

exacerbating feelings of loneliness and dependence on limited community and governmental support that the government of Nepal providing in the name of old age pension. The following table shows the respondents opinion

Table 4.6: Sex-wise distribution of the Respondents

Facing Problem in Field Work and Other activities	Age Group					Total	Percent
	60-65	66-70	71-75	76-80	80-85		
Yes	7	7	4	2	1	21	65.63
No.	8	2	1	0	0	11	34.38
Total	15	9	5	2	1	32	100.00

Source: Field Survey, 2024.

Above table postulates that majority of the respondents 65.63 percent respondents were said that they are facing problem in field work and other income generating activities, whereas 34.38 percent were said that they were not facing any problems.

While analyzing above table, it can be seen that the respondents whose age was 60 to 65 they were not facing any problem but the respondents whose age was 70 above, they were said that they were facing problem. Finally, it can be said that respondents whose age was high, they were unable to work.

The respondents who were said they have problem doing field work. Previously they themselves have to perform agricultural tasks in their fields surrounded their households, but as they grew up they could not perform field work. In an informal talk, one of the respondents was said that last year I myself went to the field and perform agricultural tasks, but now due to uric acid, I could not perform field work. In the same way, another respondent were said that I could not even go to the market in order to buy things and goods, that's why my granddaughter from my eldest son helps me for buying and buy things from the market too. While analyzing above information, respondents' age was significantly negative effect on their lives. If their son with them, they neither suffer from mental problem nor physical works such as agricultural and market problems.

4.2.3 Facing Money Problem and Untimely Food after Migration

The Nepali government's legal provision for foreign employment, while aiming to enhance economic opportunities for its citizens, inadvertently created significant problems for the elderly parent they left behind. Such government policies facilitate and encourage the migration of young people abroad for work, leading

to a substantial outflow of the active workforce. Consequently, elderly parents are often left without the necessary support for their daily needs and health care. The absence of their children, who traditionally would have provided financial assistance and caregiving, leaves the elderly struggling to manage household chores, agricultural activities and personal care. This separation of family exacerbates their financial instability and social isolation, presents a critical gap in the social safety to parents in their old age.

Table 4.7 Age-wise distribution of the Respondents and money and untimely food problem

Types of problems facing after children's migration		Age Group					Total	Percent
		60-65	66-70	71-75	76-80	80-85		
Do you have money problem	Yes	0	0	0	0	0	0	0.00
	No	15	9	5	2	0	31	100.00
Do you take timely food?	Yes	8	4	1	0	0	13	40.63
	No	7	5	4	2	1	19	59.38

Source: Field Survey, 2024.

Respondents were asked "Do you have money in your hand for your needs after your son's migration?" all the respondents i.e. 100 percent were said that they were cash in their hand. It means they were not suffering from money problem. Foreign employment have provided ample of money they need for, but it has snatches their happiness. Respondents were given their desperate answer as they were asked "do you encourage youth to leave village?" The respondents were given vivid answers. In the answer of this question, who were given yes, their answer was "in Nepal there is nothing do to." "There is scarcity of job opportunities." "The education is without technical knowledge." By these statements, it can be said that parents actually were not happily given their consent, but it was their compulsion. Due to the instability of situation of Nepal, there is lack of everything, new generation do not see any future in this country. Therefore, their parents are giving their positive agreement to their children. They are ready to bear lots of debt in order to send their children in foreign countries.

In Nepal, the trend of sending children abroad for better educational and employment opportunities has become increasingly common, drive by the hope of securing a prosperous future for the next generation. However, this practice often

results in significant emotional and social repercussion for the elderly parents they left behind. As their children establish lives far from house these parents frequently face feelings of loneliness, isolation, and neglect. The physical absence of their children has deprive them of the traditional support systems that are vital in their later years, leading to a deteriorating quality of life and a sense of abandonment. One of the respondents namely Rishi Ram Dawadi's saying "बुढेशकालको सहारा भनेको छोराछोरी हुन, उनीहरु नै विदेश गए । हामीजस्ता बुढाबुढीकले कस्तो मुख खेरी बस्नु" proves that the respondents are living their life in desperate way.

Such situation underscores the complex interplay between the pursuit of economic betterment, good life in foreign countries and the erosion of familial and cultural bonds, of Nepali society. Such situation raises the questions about the societal costs of migration and the well-being of the aging population in Suryabinayak Municipality in Bhaktapur district.

In the study area, elderly people often face difficulties in meeting daily necessities and getting timely food after their children migrate abroad. Out of total repondnets majority of them i.e. 59.38 percent were not getting time food and 40.63 were said that they were taken food in right time, which depicts the poor condition in terms of timely food. If the elderly people could not get food in time, their health would remain no longer healthy. When younger generation leaves for better job opportunism, the older parents lose a crucial source of support. In the study many elderly people mainly depend on farming and manual labour for their income since last many decades, but in present condition without their children's help, these tasks become hard to manage them. This leads to a drop in their income, making it difficult for them to afford basic needs like food, clothing and healthcare and so on.

As a result, elderly elderly people may not eat on time, which can affect their health. Some of the respondents were skipped meals and eat less nutritious food because they cannot afford better options. They themselves cannot go to market in order to buy fresh food stuffs, vegetables and fruits. Due to the physical weakness, they can not move to those places where they used to go earlier. Due to the lack of proper nutritious and fresh food stuffs, they are facing the situation of malnutrition. Additionally, without their children around them, they deliberately

feel lonely and isolated, further impacting their mental and emotional well-being. Finally, migration their children leave undeliable marks on their psychology that triggers towards vulnerable position.

4.2.4 Facing Problems to cook food daily

As people age, a variety of physical challenge can make everyday tasks increasingly difficult. Difficulties such as cooking, going to the market, and travelling to medical, appointments are rampantly seen. Thinking and remembering decline can further complicate these tasks, as individuals may struggle with memory and taking decision skills. This can lead them to miss medications, poor nutrition, and inadequate health monitoring, which generates health issues. Additionally the decline in physical abilities may resulted in their ability to maintain their personal hygiene and the cleanliness of their houses which results and negatively impacts on their overall wellbeing and quality of life. The inability to perform daily task and engage in social activities can lead to isolation and a decline in mental health. When seniors cannot go out for refreshment activities or visit places they enjoy, it can contribute to feelings of loneliness and depression. Ensuring that elderly individuals receive adequate support, whether through in-home care services, community programs, or family assistance, is crucial. These support systems can help manage their health needs. It equally ensures proper nutrition and medication adherence and provides opportunities for social interaction to them, but they could not be happy in the absence of their children. The respondents were asked different questions to them whether they were able to do these tasks in the absence of their children. The following table deals with the answers given by the respondents:

Table 4.8: Age-wise distribution of the Respondents and the Problems they Face

Types of problems facing after children's migration		Age Group					Total	Percent
		60-65	66-70	71-75	76-80	80-85		
Cook food daily	Yes	15	9	5	2	0	31	96.88
	No	0	0	0	0	1	1	3.13
Eat fresh and health food daily	Yes	15	9	5	2	0	31	96.88
	No	0	0	0	0	1	1	3.13
Clean house, putting things proper places	Yes	15	9	5	2	0	31	96.88
	No	0	0	0	0	1	1	3.13
Maintain personal hygiene, bath, clean clothes	Yes	14	7	4	1	0	26	81.25
	No							18.75
Able to go hospital for checkup	Yes	15	9	5	2	1	32	100.00
	No	0	0	0	0	0	0.00	0.00
Able to take medicine in proper time	Yes	15	9	5	2	0	31	96.88
	No	0	0	0	0	1	1	3.13
Able to more around the places	Yes	15	9	4	0	0	28	87.50
	No	0	0	1	2	1	4	12.50

Source: Field Survey, 2024.

Above table 4.7 deals with the issues they faced after their children's migration towards foreign countries. The respondents were asked whether they are able to do daily activities, in the absence of their children.

Out of total respondents, 96.88 percent were not facing any problem to cook food daily and 3.13 percent respondents were facing problem. The respondents who was facing problem, he was 83 years old. The respondents were 83 years old (namely Madhav Prasad Paudel), he has 2 sons. His eldest son started to live separately as he got married. Each and every thing was distributed equally between two sons and he started to live with another son. After some time, his son went abroad in order to achieve foreign degree. As time passes his son took permanent resident there, slowly and gradually he took away his family and children. Now, how he is living alone. In some cases, his elder son and daughter-

in-law including grand son and daughter help him, but he was facing problems in a daily manner.

In the same way people were unable to maintain personal hygiene, bath, and clean clothes. Out of total respondents, 18.75 percent were unable to maintain personal hygiene. Similarly, 12.50 percent respondents were seen their inability to move around the places where they used to visit in their young age. In an informal talk, respondents were said that they deliberately remembers those places, their property, the place they used to visit in a daily manner they miss much more. If their children were with them, they hope that they would help them to go these places.

Finally, from the above table it can be said that in ageing condition, most of the respondents were gradually decline their strength, memory, desire. In the absence of their son and daughter, they are living their life with nostalgia, remembrance.

4.2.5 Availability of Money to Meet Daily Activities

Economic status is an important factor that hinders the people a lot. In the study area, respondents' children were gone away; the main cause of it was money. As they could not get proper job as they were competent in academic qualifications. As their siblings went away in order to earn money or educational carrier, they may face the economic problems. Hence, respondents were asked about it. The following table shows the respondents' opinion as it was given by them:

Table 4.9: Age-wise distribution of the Respondents and Their Source of Income

Have money for daily needs	Age Group					Total	Percent
	60-65	66-70	71-75	76-80	80-85		
Yes	15	9	5	2	1	32	100.00
No	0	0	0	0	0	0	0.00
If yes what are they							
Elderly pension	0	0	5	2	1	8	25.00
Widow pension	1	1	0	0	0	2	6.25
Retired person	5	7	2	0	0	14	43.75
Agriculture	5	0	0	0	0	5	15.63

Remittance	9	4	3	1	1	18	56.25
Self-earning	3	2	0	0	0	5	15.63
Others (House rent, interest)	11	5	5	1	0	22	68.75

Source: Field Survey, 2024.

(Note: Multiple response

questions)

Above table 4.8 shows the sex wise source of income for their daily necessities. Above table shows that out of total respondents 8 respondents i.e. 25 were getting old-age pension whereas 6.25 respondents were getting widow pension. In the same way, house rent was another major income source. Respondents were prosperous in economic status.

While analyzing above table, it can be said that, respondents were not any problem in terms of their daily needs. They were different types of income source. In an informal talk to them during the time of data collection, they were said that the age they were living was not the age to east different types of things. Sugar, pressure and other different types of diseases could not let them eat they like, therefore, they were not facing economic problem, but they are suffering due to the absence of their children.

4.2.6 Wishes of Parents to be with Their Children

Respondents were asked "how often you wish the migrated members were with you?" Respondents were given vivid answers. Obviously, in old age situation parents want to be with their children. Old parents often harbor a deep, heartfelt desire to be reunited with their migrated children, longing for the warmth of familial bonds and the comfort of shared memories with them. This yearning stems from the natural progression of life, where the golden years amplify the need for closeness, love and support. The distance created by migration, though sometimes necessary for better opportunities, leaves a void in their daily lives, filled with an acute sense of nostalgia and occasions loneliness. They dream of spending precious moments together, celebrating festivals, sharing meals, and simply being a part of their children's lives, hoping for a balance between their children's aspirations and the irreplaceable joy of family togetherness. The respondents wished given during the time of data collection is presented in the following table:

Table 4.10: Age-wise distribution of the Respondents and Their Source of Income

How often you wish the migrated members were with you?	Age Group					Total	Percent
	60-65	66-70	71-75	76-80	80-85		
All the time	0	1	1	1	1	4	12.50
Few time every day	11	7	1	1	0	20	62.50
Fe times every nights	0	0	0	0	0	0	0.00
Few time in a week	4	1	2	0	0	7	21.88
Few time in a month	0	0	1	0	0	1	3.13
Never	0	0	0	0	0	0	0.00
Total	15	9	5	2	1	32	100.00

Source: Field Survey, 2024.

Above table showcases that out of total respondents majority of them i.e. 62.50 percent were said that they remembered their children few time every day. Similarly, 21.88 percent few-time in a week. The respondents who were remembers few time in a week, their age group comparatively less among the respondents and 12.50 percent respondents were remembered all the time and their age was comparatively high. Similarly, 3.13 percent were remembered were remembered few time in a month.

While analyzing above table it can be said that the age factor is an important factor that makes human being to do daily activities. The old age person and their health condition is another main factor that makes compelled them to remember them.

4.2.7 Feeling Absence of Children

Respondents were asked "how do you feel the absence of your son?" Respondents were given vivid answers. The absence of migrated children in ole age can evoke profound feeling of loneliness, longing and emotional void for parents which was faced by the people of study area. Generally this separation disrupts the daily rhythms of life, stripping away the comfort and joy derived from regular interactions and shared experiences. The following table shows the feelings that deliberate comes in their mind in the following table:

Table 4.11: Age-wise distribution of the Respondents and Their Feelings in the Absence of Children

How do you feel the absence of your son?	Age Group					Total	Percent
	60-65	66-70	71-75	76-80	80-85		
Very Sad	1	1	3	1	1	7	21.88
Sad	9	5	1	1	0	16	50.00
Still quite satisfactory	2	3	1	0	0	6	18.75
Happy	3	0	0	0	0	3	9.38
Total	15	9	5	2	1	32	100.00

Source: Field Survey, 2024.

Above table shows that out of total respondents 50 percent were sad in the absence of their children. 21.88 percent were very sad, 18.75 percent were still quite satisfactory and 9.38 percent were happy.

The respondents asked why you are happy with the absence of your children, they were said that "why to stay here" If there is no any opportunity according to their educational status and their ability work, in the same way the respondents who were very sad, they were said that the policy of government has compelled new generation to go outside of the country. In the village, there are almost vacant situation of young generation. They are not destined to see their parents' situation. It is too difficult to provide rear and care to them from foreign country. Although their children are ready to send money, things and goods to them, but the vacant situation of father-mother-son-daughter-grand-in-laws and family members gap could not be fulfilled with these money, things and goods. Generally, they feel very sad during the time of feast and festivals. Therefore, respondents were very sad.

By this information, it can be said that respondents were not quite happy in feast and festivals. It means the elderly people want to celebrate feast and festival with their son.

By their saying, it can be said that, the absence of migrated children in old age can evoke profound feelings of loneliness, longing and emotional void for parents. Especially, festivities and family gatherings become poignant reminders of their children's absence, turning moments of celebration into periods of reflections and

yearning situation to them. The silence of an empty home contrasts sharply with the once vibrant sounds of family life, emphasizing their solitude. Despite understanding the reasons behind their children's migration, parents often grapple with a persistent ache, a quiet sorrow that underscores their days, highlighting the irreplaceable nature of familial bonds and the deep seated human need for connection and presence in their twilight years.

4.2.8 Remembrance during the time of Festivals and Manifestation of Lack of Children in Different ways

Respondents were asked to the respondents whether you remember more and more to your children who have migrated during the time of feast and festivals. Generally Nepalese people move here and there, but during the time of feast and festivals they get together and share their happiness each other. The people who are easy to visit their birth place and parents during such festivals, their parents happy, but migrated person is not easy to get together with their family during the time of festivals, in such a situation, there comes a vacant situation which leads their old parents aloof and nostalgia. The following table shows the respondents opinion regarding their opinion.

Table 4.12: Remembrance during the time of Festivals and Manifestation of Lack of Children in Different ways

Migration of children and its impact on their parents		Age Group					Total	Percent
		60-65	66-70	71-75	76-80	80-85		
Lot of remembrance when festivals come	Yes	15	9	5	2	1	32	100.00
	No	0	0	0	0	0	0	0.00
If your children would not have migrated you would be happy?	Yes	9	3	4	2	1	19	59.38
	No	6	6	1	0	0	13	40.63
Past memories with son and suffering in present.	Yes	15	9	5	2	1	32	100.00
	No	0	0	0	0	0	0	0.00
Feeling burden doing household chores, social, cultural and economic activities.	Yes	5	8	5	2	1	21	65.63
	No	10	1	0	0	0	11	34.38
Feeling alone and helpless while doing works.	Yes	2	7	4	2	1	16	50.00
	No	13	2	1	0	0	16	50.00
Feeling loneliness at home	Yes	7	7	4	2	1	21	65.63
	No	8	2	1	0	0	11	34.38
Any one suffers you in the absence of your son.	Yes	8	2	1	0	0	11	34.38
	No	7	7	4	2	1	21	65.63

Source: Field Survey, 2024.

Above table deals with the respondents reminiscence as they are living alone. Respondents were asked whether you remember a lot when festivals come? All the respondents i.e. 100 percent were said that they miss their children while the feast and festivals come. In such situation they tormented a lot in the lack of their siblings. Normally, it can be said that in the absence of children during the time of festivals such as Dashain, Tihar, Teej and so on, if their son is not with them,

there comes a kind of suffering situations which has faced by the elderly people of that place.

Similarly, respondents were asked if your children would not have migrated, you would be happy? In the answer, majority of the respondents i.e. 59.38 percent were said yes and 40.63 percent were said no. During the time of interview, I was asked with those person who said no, why, the respondents were said that staying in Nepal, there is nothing. By staying here, there would not be any progress. We have almost finished our life but, his life is completely remaining. He has to feed his children, educate them and provide health care and medicine. By staying here, his life would not be smoothly run, in this sense they were happy with their migration. While analyzing these statements, if the country's condition would be good, they never suggest to go them outside the country, but it was their compulsion.

In the same, the respondents were asked past memories suffer you, in this question all the parents were said 'Yes'. Obviously, no parents provide bad direction to their siblings. The past experience they spent with them, deliberately comes in their mind and haunts bitterly.

Next question whether they were facing doing household chores, social, cultural and economic activities, out of total 65.53 percent were facing problem and 34.38 percent were not facing problem. The respondents who were said yes most of them were high age and the respondents who were said no their age was comparatively less. While analyzing these statements, it can be said that doing physical exercise is viable in early age, as gradually person gets older; all these things are turns to be problematic. The same situation seems in case of these people.

Next question was asked to them whether they feel alone and helpless while doing works, 50 percent were said yes and 50 percent were said no. Majority of the respondents who said yes, their age was comparatively high and the respondents who said no, their age was comparatively low. By this saying, it can be concluded that feelings of loneliness and helplessness deliberately comes in their mind, but they are compelled to do the things on their own. Comparatively high

age people could not perform the things, but comparatively low age people feels so, but they in this or that manner perform the task.

In the same way, out of total respondents 65.63 were felt loneliness while remaining in their houses but 34.38 percent were not felt loneliness while remaining in their households. In this factor, age was the major factor. The respondents whose age was comparatively low i.e. under 70 years, they were still doing works, moving here and there, gossiping with their counterparts, that's why they were not felt loneliness, but the person above 70 years of their age, they were unable to move here and there, gossip each other, visit the places they used to visit previously, in such a situation, they felt loneliness while remaining in their houses.

This is Nepalese society, where people remain happy to suffer others. In the same way, out of total respondents majority of them i.e. 65.63 percent were said that in the absence of their son, people suffer them in this or that manner, where as 34.38 percent said no one suffer or harm them in the absence of their son. While analyzing this information, it can be said that, in the absence of their son, old age people were suffered a lot. The main reason of doing so is that he cannot protest the matter. The person who could be protest unequal circumstances, is not present there. Therefore, old age person not only suffering in the absence of their son, but they are suffering from other people too. Hence, foreign migration have multiple impacts in the lives of old age people in the study area.

4.2.9 Desires/Feelings Comes in the Mind

In Nepalese society, the migration of children to foreign lands for study or work evokes a complex blend of emotions among elderly parents. On the one hand, there is a deep sense of pride and joy seeing their children achieve educational and professional success abroad, reflecting the fruits of their sacrifices and aspirations. However, this pride is often tinged with profound loneliness and a sense of abandonment, as the physical and emotional distance creates a vacuum in their daily lives. The traditional Nepalese family structure, which heavily relies on inter-generational cohabitation and support, faces strain, leaving elders to cope with the challenges of aging without the immediate presence of their children. Additionally concerns about cultural erosion and the continuity of familial bonds

add to their emotional burden. Respondents such emotional burden and their feelings has been incorporated in the following table:

Table 4.13: Desires/Feelings Comes in the Mind

Desires and feelings come in the mind.	Age Group					Total	Percent
	60-65	66-70	71-75	76-80	80-85		
Intend to go with them	1	3	1	0	0	5	15.63
Desires to leave home and shift old care centers	0	0	0	0	0	0	0.00
No. intend d to leave home	11	4	2	1	1	19	59.38
Others, please specify	3	2	2	1	0	8	25.00
Total	15	9	5	2	1	32	100.00

Source: Field Survey, 2024.

Above table shows that out of total respondents majority of them 59.38 percent were said that they were not intended to leave their home. They want to die in the same place where they are dwelling. Similarly, 25 percent were given other responses. One of the respondents age 69 years and 65 years old Shyam Krishna Lamichhane old who were given other responses, they were said that अलि पछि छोरो पैसा कमाएर घर फर्किए पनि हुन्थ्यो जस्तो लाग्छ । छोरो फर्केर आए हुन्थ्यो जस्तो लाग्छ । In the same way 64 years old namely Lalit Jung Shahi, opined that अन्त कतै गएर बस्नपाए जस्तो हुन्छ । While seeing all these things, the respondents after their children's migration they are living their pathetic condition.

While seeing above data, the respondents living their live with negative impact in their lives. In case of Lali Jung Shahi, who have migrated in this place, from western part of Nepal. His family havs migrated there before 20 years. His children study well by sitting there and they migrated foreign countries in order to study and earn. Now the situation have changed, Lalit Jung Shahi living his life in 64 years. In the absence of his children, who have migrated Australia in order to study. Now they have settled down there and the life of his is pathetic. He is living his life in trauma. The statement “अन्त कतै गएर बस्नपाए जस्तो हुन्छ ।” indicates negative impact on his psychology. Different peoples mixed feelings highlight the poignant reality of modernization and globalization in Nepalese society, where economic opportunities abroad come at the cost of familial

proximity and traditional support systems and their old age parents living with aloof, nostalgia, reminiscence, and indifferent, disturbed and subtle mental disorder.

Of them 25 percent were given others that is mixed opinion. The respondents were said that finally son his family left them, they think that they should donate their property in any charity or trust and stay there until they live. In the same way some of the respondents in their informal talk said that they have think to appoint poor and helpless people with them and give them right to take their property after their death. While seeing such condition of the people, migration of son has created problematic situation and negatively affected in their lives

4.3 Major Changes of Elders in the Absence of Young Generation

Respondents were asked about the tasks to be done in a daily basis after their sons emigration that how they are managing their daily tasks and household chores. In the study area the age disparity between the elderly and younger generations significantly impacts the ability to perform household and socio-cultural activities. As people age, they often face physical limitations such as reduced strength, mobility issues, and declining health, which hinder their ability to manage daily chores like cooking, cleaning and maintaining the household. These limitations extend to participation in socio-cultural activities, which are integral in the study area.

4.3.1 Performing Daily Household after Son's Migration

In an old age, it is too much difficult to involve in daily household chores. As they grew older, they cannot work properly. In this situation their siblings have to assist them which is the the core essence of Nepalese social setting. But in present condition, this type of social setting has been changed. Due to the modernization and globalization, people have to leave their house and go away from it. In such situation, their old parents remind behind in the house. In such a situation they can not perform their daily activities. Respondents were asked about their works they perform after their son's migration in the following table:

Table 4.14: Distribution of Person Performs Household Chores

Who perform household chores	Age Group					Total	Percent
	60-65	66-70	71-75	76-80	80-85		
Self	9	3	0	0	0	12	37.50
Others family members	4	5	3	1	0	13	40.63
Helper	2	1	2	1	1	7	21.88
Total	15	9	5	2	1	32	100.00

Source: Field Survey, 2024.

Above table shows that out of total respondent's majority of them i.e. 40.63 percent were assisted by their family members whereas 21.88 percent from helper and 37.050 percent self-doing household chores and social cultural activities.

While analyzing above table it can be said that most of the respondents were unable to perform their daily activities. Of them 21.88 were kept helper in order to assist them. The respondents who were comparatively old age, were kept helper and equally they were assisted by their other family member remaining with them.

The respondents who have appointed helper, it means they have appointed housemaid in salary. Such house maid came there twice a day in morning and evening. In an informal talk, one of the respondents was said 'I have appointed helper. She generally comes here after 9:30 to 10 o'clock in the morning after sending her children to school. She remains all the day, performs household tasks and performs field works that is attached with our house where she generally grows seasonal vegetables. In order to give good her children, she goes towards her room and after 1-2 hours she again comes and cooks for us. We husband and wife eat whatever she cooks. Net morning she does usually, cleans utensils, cooks, washes clothes, cleans house, railings and so on. For that we have given her money.

4.3.2 Appointment of Housemaid

It is well known fact that if someone could not perform, any tasks he has to appoint assistant in order to perform his/her household tasks. In the same way, in the study are, their son have migrated towards foreign migration and their parents

remain behind alone. Some of the respondents were living there with family members and some of them are alone. In such situation, it is necessary to appoint housemaid in order to provide care to them. The following table shows the situation of appointment of housemaid.

Table 4.15: Description of Housemaid Appointment

Who perform household chores	Age Group					Total	Percent
	60-65	66-70	71-75	76-80	80-85		
Yes	2	1	2	1	1	7	21.88
No.	13	8	3	1	0	25	78.13
Total	15	9	5	2	1	32	100.00

Source: Field Survey, 2024.

Above table shows that out of total respondents only 21.88 percent were kept housemaid in their house in order to help them in household chores after son's migration whereas 78.13 percent were not appointed. The person who was not appointed housemaid, most of them were living with other family members such as next son and daughter-in-law and family members.

While analyzing above data it can be said that the person whose children were in foreign migration in order to earn money leaving their old parents alone, their parents are also kept helper in order to rear and care to them. Leaving helpless old age parents going to foreign employment have impact negative impact on them.

4.3.3 Reason to go Foreign Migration

Going abroad in order to earn money or anything else may be optional. After the restoration of democracy in Nepal, the government has legally declared people to go foreign country either it is labour or study. Many Nepalese young generation started to go foreign country in order to study and work. If they went to European country, after the completion of study, they convert their visa into work permit and finally they get permanent residence there and they started to stay there permanent., But their parents remain in origin which create a kind of chaotic condition in the old age condition. The following table shows the respondents main reason to go foreign migration:

Table 4.16: Description Main Reason to Go Foreign Migration

Why your son went to foreign migration?	Age Group					Total	Percent
	60-65	66-70	71-75	76-80	80-85		
Due to loan	5	3	0	0	0	8	25.00
It was his choice	1	1	1	0	0	3	9.38
Others	9	5	4	2	1	21	65.63
Total	15	9	5	2	1	32	100.00

Source: Field Survey, 2024.

Above table shows that majority of the respondents i.e. 65.63 percent were said that it was due to other causes. In an informal talk they were said that their son and daughter were gone those countries in order to study. But after their study, they started to work there, now their income level is good there on the one hand and other hand the situation of Nepal is not good. That's why they are not ready to return to Nepal. Similarly 25 percent respondents were said that their sons have gone to foreign employment because they have to pay debt, whereas 9.38 percent respondents sons were migrated it was their choice.

While analyzing above table it can be said that generally people migrated towards foreign countries, they don't want to return to their origin consequently their old age parents banishes from the right to be with their children. The main cause behind this circumstance, the government seems responsible as the respondents were said that due to the instable condition of the country, their children do not want to return to Nepal.

4.3.4 Health Problems Faced by the Respondents

Generally, in old age elderly people face numerous hardships that significantly impact in their life. Physical decline, including chronic illnesses, mobility issues, and sensory impairments, makes everyday tasks challenging and can lead to a loss of independence. Additionally, psychological challenges such as loneliness, depression, and anxiety are common, exacerbated by the loss of peers and diminished social interactions. In Nepalese society, where inter-generational support is traditionally strong, the migration of younger family members to foreign lands for education or work leaves many elderly individuals without the familial care and companionship they rely on. This situation is compounded by

inadequate healthcare and social support system. Leaving many elders vulnerable and struggle to meet their basic needs is the present reality of the study area. The following table shows the different types of health problems of the respondents in their lives are presented in the following table:

Table 4.17: Description of Health Problems

Do you have any health problem?	Age Group					Total	Percent
	60-65	66-70	71-75	76-80	80-85		
Yes	10	7	5	2	1	25	78.13
No.	5	2	0	0	0	7	21.87
Total	15	9	5	2	1	32	100.00
If yes, what are they							
Pressure	7	7	4	2	1	21	65.63
Sugar	8	6	4	2	1	21	65.63
Cholestrol	3	7	3	1	0	14	43.75
Heart disease	1	4	2	0	0	7	21.88
Asthma	2	5	0	0	0	7	21.88
Leg pain	0	0	0	1	0	1	3.13
Backpain	1	0	0	0	0	1	3.13
Uric Acid	1	0	0	0	0	1	3.13

Source: Field Survey, 2024.

Above table shows that majority of the respondents i.e. 78.13 percent were suffered from different types of diseases and 21.87 percent were not suffered by any disease.

The respondents were asked what sorts of disease you are suffering. In answer respondents were given multiple answers. The person who was suffering from Sugar, he/she was suffering from pressure and so on. While analyzing above data, it can be said that most of the respondents were seen in miserable condition. In such a situation they should with their nearest and dearest. In such a situation their son's are not with them which are quite pitiable and critical condition. Due to the international migration, migrant's families are facing heart rendering condition.

4.3.5 Living Arrangement of the Respondents

Table 4.18: Living Arrangements of the Respondent

Living strata		Number	Percent
Joint		24	75.00
Single		8	25.00
If	single		
why?	Spouse's death	3	9.38
	Migration of family members	3	9.38
	Son's Migration	2	6.25
Total		32	100.00

Source: Field Survey, 2024.

Table 4.18 depicts that that after the migration of son, 75 percent of the elderly were living in joint families while 25 percent were residing alone. Seventy five percent elderly people were also facing problems due to their son's migration but those 25 respondents who were living single due to their son's migration can be taken as the bitter effect of youth migration. Out of 8 respondents who were living single, equally 9.38 percent were living their spouse's death and migration of son's family with him and 6.25 percent were living single family due to son's migration.

Above data and situation of the elderly respondents in Suryabinayak Municipality Ward No. 2 shows the negative impact in their lives. People in their old age are suffering due to their nearest and dearest because of high migration rate of their family members. High urbanization ratio as situated in Nepalese society, consequently elderly people is directly victim of this trend. Therefore, it is assumed that youth migration is negatively affect elderly people in my study area.

4.2.6 Changes Noticed in Household Chores

Table 4.19: Changes in Intensity for Performing Household Chores after Migration

Changes in Household chores	Before migration		After migration	
	Number	Percent	Number	Percent
Easy	9	28.13	6	18.75
Medium	19	59.38	17	53.13
Difficult	4	12.50	9	28.13
Total	32	100.00	32	100.000

Source: Field Survey, 2024.

While analyzing this figure house hold chores were found to be difficult. Migration is that very entity which takes people from one place to another one. Elderly people's family members are migrated in new places in search of better opportunities, but elderly people are not easily ready to leave their places. Therefore, they are alone in their household. Consequently they feel difficulty in their daily activities after youth's migration that is negative impact upon elderly people.

4.2.7 Changes in Performing Agricultural Works after Migration of their Family Member

Table 4.20: Situation of Respondents, Working in Field after Migration

Situation of Respondents working in the field	Before migration		After migration	
	Number	Percent	Number	Percent
Easy	5	15.63	3	9.38
Medium	17	53.13	16	50.00
Difficult	5	15.63	10	31.25
No. Difference	5	15.63	3	9.38
Total	32	100.00	32	100.00

Source: Field Survey, 2024.

Above table 4.20 depicts that the changes that take place due to migration of the family member. Agricultural tasks considered to be easy before migration by 15.63 percent which was recorded 9.38 after migration. Similarly 53.13 percent respondents consider the medium level before migration which was recorded 50 percent after migration. Similarly tasks were difficult before migration by 15.63 percent which reach 31.25 percent after migration. Similarly, 15.63 percent were said no difference before migration which was reached 9.38 percent after migration.

The migration of the family members creates difficulty for the elders in doing agricultural works. In old age, obviously it is difficulty to involve themselves in agricultural activities in their fields. Due to migration, in the villages there are lack of labor force, consequently youth migration negatively effect on the lives of elderly people in Surya Binayak Municipality-2 of Kathmandu district.

4.3.8 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. The respondents whose presence was everywhere, after the migration of their children they have almost left to go to temple. They have started to worship and pray god in their houses.

The social life of elderly Nepalese individuals has been significantly affected by the migration of their children, particularly their sons, who traditionally hold a vital role in maintaining familiar and social structures. In Nepalese culture, the presence of sons is often associated with the continuation of family lineage and support in old age. Sons typically facilitate their parents' participation in religious activities, such as visiting temples and in social gatherings. With their migration, the elderly often find themselves less engaged in these activities due to both logistical challenges and emotional distress caused by the absence of their children.

By the information given by the elderly people in the field survey, it was noticeable reduction in the frequency with which elderly individuals attend temples and other social gatherings. Temples, which serve as not only religious centers but also communal hubs where elders meet and interact with peers, respondents were rarely present there too. Similarly, informal social gatherings and events which are vital for maintaining social bonds and mental health which was also poor condition among them. The absence of their children, who often provide transportation and companionship, makes it more difficult for older adults to partake in these activities, contribution to a sense of isolation and loneliness. The age factor was the responsible for their isolation and loneliness. As the elderly people's age was high, their feelings of isolation and loneliness was high degree. In the same way, two females were also much more suffering as they were detached from their sons. Those two elderly women have already lost their husbands. In an informal talk, they were said that we spend our days in absence of our husbands. Husbands loss was the bitter experience of suffering which was somehow lesson that our son will grow up and provide love and affection, but he

has left us. By this dictum it can be said that the elderly widow women's pain and suffering was high than male elderly people.

Moreover, the social invitation dynamics also change for these elderly individuals. In this place, social gatherings are often family-centric, and the presence of younger family members, especially sons, is considered significant. Without their sons, elderly parents are not invited in such places that's why elderly people are isolated from such invitations, which has drastically reduced their social engagement not only affects their emotional well-being but also limits their opportunities for physical activity too. Overall, the migration of children, especially sons have led them decline in the social and community life of elderly people in Suryavinayak Municipality-2, Bhaktapur district.

CHAPTER FIVE

SUMMARY AND CONCLUSION

5.1 Summary

This research tries to find out the effect of migration of elderly people, it has positive as well as negative effects on elderly people. The positive effects are subtle than that of negative effects that have deliberately been laid upon them. As a positive effect, elderly people's siblings are able to earn money; they are able to stay in developed countries. On the same way negative effects upon elderly people are unbearable, heart rendering and painful.

The study was conducted with an objective to assess elderly people managing their daily life and major changes of them in absence of young generation. It is an explorative research conducted in Suryavinayak Municipality-2, Bhaktapur district

Most of the respondents i.e. 60 percent were Brahmin and 46.88 percent from the age group of 60-65 years. 93.75 percent were male, all the respondents were literate, of them 34.38 percent were taken bachelor level of education. majority i.e. 59.38 percent were not facing to perform household chores where as 65.63 percent were facing doing field work. Respondents were not faced money problem. The respondents whose age was high they were problem in taking medicine in time and they were removing problem to those places, where they used to go previously. Respondents were deliberately remember their migrated children all the time by 12.50 percent and 62.50 percent were remember few time every day. In the absence of children 21.88 percent respondents were very sad, 50 percent were sad. During the time of festivals they were unbearable pain of their absence.

Majority of the respondents i.e. 59.38 percent were not ready to leave their home and 15.63 percent were thought that they intended to go with them. 40.63 percent respondents were assisted for household chores by family members living with them and comparatively less age elderly people i.e. 37.50 percent were performing their household chores by themselves and 21.88 percent were

appointed house maid. The main cause of 25 percent respondents migration was loan and majority i.e. 65.63 percent were lack of opportunity, Nepal's bad condition, political instability and so on. 78.13 percent respondents were suffering from health problem. The major problem were pressure, sugar, cholesterol, heart disease, asthma, different types of pain and so on.

Migrant people who have migrated towards European countries, they have rarely come to visit their parents, but the migrants who have gone gulf countries have come to their house and visit their old parents time to time. The elderly people whose children have gone European countries in order to study, they were more anxious than that of those children have gone gulf countries in order to work.

5.2 Conclusion

The present situation of young people migrating is due to the effect of globalization and modernization, which has effected in the lives of elderly people and manifested noticeable differences in how these elderly people experience their lives in the absence of their nearest and dearest son. For the ageing parents it has brought different kinds of problems such as nostalgia, isolation, aloof, and decrease in life satisfaction. Elderly people face issues such as loneliness and isolation, feeling neglected by both family and society. They also struggle with diminished social status and the loss of important roles they once played in their communities and their children. As they become more dependent on their children, their financial and health situations slip out of their control. This has led to a decline in their physical health and making them feel as though they are merely "waiting for death," with few remaining hopes and beliefs that their children will return and stay with them.

Many elderly individuals have come to accept family rejection, withdrawal from activities, and social isolation, resigning themselves to a state of dejection (Acharya, 2024). Elderly people are in isolated condition, as majority of them are suffering from health problems. They are unable to work their own household chores and appointed helpers. The elderly people whose age was below than 70 years were hardly doing their household tasks on their own but their condition in these works was weak. Respondents were not suffering from financial problems

rather they are losing their health conditions day by day and the detachment with them have created a psychological sufferings which slowly and gradually lead them towards the complications. Sociological theory of modernization and globalization have caught Nepalese people, the government policy, political instability are the responsible factor that parents are compelled to say them good by for foreign migration either it was for study or work. However, the inadequate old-age allowances provided by the government fall short of addressing the myriad problems faced by older citizens. These individuals need respect, safety, and a supportive sociocultural environment to thrive in their later years. Money does not matter form them as they are suffering from multiple diseases that restrict for them to eat and celebrate their lives with.

The rise of professional work, specialized production, and modern livelihoods has made migration to developed country almost mandatory for most Nepalese people. Unfortunately, such migration are not accommodating to the physical, social, economic, and cultural needs of elderly individuals as their nearest and dearest detached from them. This lack of support makes it difficult for them to share experiences and maintain connections to their ancestral legacies. Consequently, the salutation of elderly people was not good in the absence of their children because it was resulted significant challenges, including a sense of disparity, aloof, depression, trauma, hollowness and isolation from their children, which exacerbates their struggles and diminishes their quality of life.