

**Status of the Women in Atharai Rural Municipality Tehrathum District**

**A thesis**

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

**Submitted by**

**Srijana Kandangwa**

**Tribhuvan University**

**Faculty of Education**

**Central Department of Education**

**Health and Population Education Department**

**Kirtipur, Kathmandu**

**2021**

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**T.U Reg. Number: 9-2-10-0021-2011**

**Exam Symbol Number:7328523**

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**Kirtipur, Kathmandu**

**2021**

**Submission Date(AD): 20-11-2021**

**Viva Date (AD): 01-12-2021**

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## **Declaration**

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

Date: November, 2021

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SrijanaKandangwa



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### Recommendation

The research work entitled **Status of Women in Atharai Rural Municipality, Tehrathum, District** is prepared by **Srijana Kandangwa** under my supervision, as a part of the requirement to complete Master of Education. To the best of my knowledge, the study is original and carries useful information on status of women. I forward this to the thesis committee with recommendation.

Date: 20-11-2021

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Mr. Pitambar Acharya

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**Approval Sheet**

This dissertation work entitled **Status of Women in Atharai Rural Municipality, Tehrathum; District** submitted by **SrijanaKandangwain** partial fulfillment of the requirement of the degree of Maser Degree in Population education has been approved.

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## **Acknowledgement**

First of all, I would like to acknowledge heartfelt respect my thesis supervisor Mr. Pitambar Acharya Head of Health and Population Education Department, Tribhuvan University, Kirtipur, for this continuous guidance, encouragement, motivation and support at every step for this study. I would like to thank Mr. Bishnu G.C. Coordinator of Population education program, Kirtipur, Kathmandu for their valuable advice and feedback to complete this research work.

I am very grateful to all the teachers Prof. Dr. Lokendra Serchan, Prof. Dr. Shyam Krishna Maharjan, Prof. Krishna Prasad Acharya, Dr. Deep Bahadur Adhikari, Prof. Dr. Chitra Bahadur Budhathoki for their advice on statistical methodology for orienting my thesis. I would like to thank my colleagues and co-workers for their inspiration and support at the various stages of the Central Library and the Department Library for their invaluable assistance in providing the required books.

I would like to my sincere thanks to all respondents of the study area who helped me by supplying answer and providing their valuable time in the process of data collection period and also thanks to my parents and my heartily friends who help me for thesis preparation. Also I would like to express my heartfelt thanks to Niragam computer institute for its support by printing.

November, 2021

Srijana Kandangwa

## Abstract

The thesis entitles status of women in Atharai Rural Municipality of Tehrathum District. The main objective of this research was to explore the social, economic, political situation and decision making of women. The study followed descriptive and quantitative research design. Interview schedule was used as the tool of the study. This study was limited to women in the age group of 15-49 years in Atharai Rural Municipality Ward No. 5 of Tehrathum District. The study population was selected using the raosoft method taking 154 sample from 255 population. The required data and information were collected by taking an interview with the participants using interview schedule by the researcher herself. The study was entirely based on primary source of data. The data were analyzed and interpreted manually, as presented in the form of tables and figures with respective frequency and percentages.

More than half of the respondents selected in the field were married. The highest number of marriages in the age group of 20-24 years was 33.76 percent. Most of the married women were found to be using temporary contraceptives. The most common cause of reproductive problems in women is uterine problems. In recent times, due to public awareness, most of the women have gone for health check-ups. As women become self-reliant, they pay for treatment themselves. Bussing educated reduced domestic violence 91.55 percent is involved in social and community work of the society. Similarly, 3.83 percent of women supported their views in the family, community and work place. In the study area, 73.30 percent women were active in earning money while 26.63 percent were not financially active. The main sources of income for women were agriculture-business, banks and finance in institutions, teacher and the health sector.

Among the women in the study area, they did not show much interest in politics, so only a few women were found to be involved. Literate women were found to be more self-decisive. Women involved in other occupations in comparison to agriculture were more self-decisive. Similarly, women in the age group of 25-39 years were found have higher self-determination than women in the age group of 15-19 years.

## **Abbreviations**

ADB	-	Asian Development Bank
CNN	-	Cable News Network
CBS	-	Central Bureau of Statistics
EPS	-	Earning Per Share
FMCD	-	Field study report for the Minor Crossing Borders
IUCD	-	Intra-uterine Contraceptive device
ICPD	-	International Conference on Population and Development
INGOs	-	International Non-Government organization
MDG	-	Millennium Development Goals
NDHS	-	National Demographic and Health Survey
NGOs	-	Non-Government Organizations
NPC	-	National Planning Commission
STI	-	Sexually Transmitted Infections
SWN	-	Status of Women in Nepal
UNFPA	-	The United Nations Population Fund
UNICEF	-	United Nation Children Fund
USAID	-	Unites State Agency for International Development
UN	-	United Nations
VDC	-	Village Development Committee
WID	-	Women in Development
WRN	-	Women's Right's in Nepal
WHO	-	World Health Organization

## Table of contents

	Title
<b>Copyright</b>	<b>i</b>
<b>Declaration</b>	<b>ii</b>
<b>Recommendation</b>	<b>iii</b>
<b>Approval Sheet</b>	<b>iv</b>
<b>Acknowledgement</b>	<b>v</b>
<b>Abstract</b>	<b>vi</b>
<b>Abbreviations</b>	<b>vii</b>
<b>Table of Contents</b>	<b>viii</b>
<b>List of Table</b>	<b>x</b>
<b>List of Figure</b>	<b>xi</b>
<b>Chapter I: Introduction</b>	<b>1</b>
Background of the Study	1
Statement of the Problem	6
Objective of the Study	7
Significance of the Study	7
Delimitation of the Study	8
Definitions of the Key Terms Used	8
<b>Chapter II: Review of the Related Literature</b>	<b>10</b>
Theoretical Review	10
Empirical Literature	13
Implication of Literature Review	15
Conceptual Framework	16
<b>Chapter III: Research Methodology</b>	<b>18</b>
Research Design	18
Population of the Study	18
Sampling Technique and Sample Size	18
Data Collecting Tools	18
Tools of Data Collection	18
Finalization of the Tools	19
Data Collection Procedure	19
Data Analysis Technique and Interpretation	19

Ethical Consideration	
<b>Chapter IV: Analysis and Interpretation of Data</b>	<b>20</b>
Social Status of Women	20
Literacy status.	21
Marital status.	23
Reproductive health of women.	27
Use of family planning	28
Domestic violence	34
Involvement in community activities	36
Community development activities	37
Economic Status of Women	38
Sector and occupational distribution	40
Political Status of Women	43
Awareness about current political situations	45
Awareness about women development programs.	46
Summary of the findings	50
<b>Chapter V: Conclusion and recommendation</b>	<b>54</b>
Conclusion	54
Recommendation	55
Recommendations of practices	55
Recommendation for national policy level	55
Recommendation for the future research	56
<b>References</b>	
<b>Appendix I: Interview schedule</b>	
<b>Appendix II</b>	

## List of Tables

<b>Table No.</b>	<b>Title</b>	<b>Page No.</b>
1.	Distribution of Cast/ethnicity of the Respondents	22
2.	Religions	23
3.	Marital Status According to the Age of Women in the Age Group of 15-49 Years in Nepal (2011).	28
4.	Use of Family Planning	30
5.	Contraceptive Prevalence Rate and Percent Change by Method (2012)	33
6.	Involvement in Community Activities	38
7.	Level and Trend of Labour Force, Nepal 2001-2011	41
8.	Economic Activities of Respondents	41
9.	Sectoral Occupational Distribution of Respondents	42
10.	Respondents Monthly Income	43
11.	Ownership of the House	43
12.	Involvement in Political of Respondents	44
13.	Candidate in Election	44
14.	Awareness About Current Political Situation	45
15.	Age and Decision Making	46
16.	Literacy and decision making for voting	48
17.	Occupation and decision making for voting	49

## List of Figures

<b>Figure No.</b>	<b>Title</b>	<b>Page No.</b>
1.	Literacy	23
2.	Education Attainment	24
3.	Marital Status	25
4.	Type of Married	26
5.	Age of First Marriage	28
6.	Number of Children	29
7.	Use of Family Planning	31
8.	Current Use of Contraception	32
9.	Type of Reproductive Health Problem	33
10.	Measures of Remedy Taken	35
11.	Person Paying for Medical Care	35
12.	Type of Physical and Mental Violence	36
13.	Type of Community Development Activities	38
14.	Opinion Respected in the Family Work Place and Community	39
15.	Decision Making for the Vote	47
16.	Awareness About Women Development Programs	48

## **Chapter I: Introduction**

### **Background of the Study**

The status of Nepalese women and rural women in particular lags far behind that of men. The strong bias in favor of sons in the country means that daughters are discriminated against from birth and do not have equal opportunities to achieve development. The situation for women is characterized by low levels of access to education, healthcare, and economic, social, and political opportunities. Despite increasing efforts from the government, non-governmental organizations, and international development agencies to empower women in Nepal, there has been little improvement in the socio-economic status of women at the grassroots level. This paper clarifies the meaning of empowerment and critiques how it is applied in the context of Nepal. Development in Nepal remains impossible unless women achieve equal footing with men in the development process. Gender-based inequalities in access to healthcare, education, ownership of assets, and economic and social mobility are still profound (FMCB, 2018).

WIN (1999) statement that the population of a female is greater than male in Nepal. They have been always categorized as 'second sex' and inferior race being deprived of equal changes or opportunities. It they have already been to the leading or high post. They are discouraged and harassed. This is due to the inequality that starts from their own family and ends at the national level. It is so because the family and nation boycott them for decision making. Their participation in the development of infrastructures is very poor. Females are social, economically, culturally and politically for behind males. They are suffering from domestic violence, cultural malpractices and various harassment s. Their situation is very poor in education, health, access to policy making, decision making, human rights, self - confidence, income generation and mainly in the participation of development work. The condition of women living in rural areas is poor than that of women living in urban areas.

The status of women in Nepal has varied through our history. In the early, 1990, like in some other Asian countries, women in Nepal were generally subordinate to in virtually every aspect of life. Historically, Nepal has predominantly been a

partial society where women are generally subordinate to men. Men were considered to be the leader of the family and superior than women. Also, social norms and values were biased in favor of men. This strong bias in favor of sons in society meant that daughters were discriminated against from birth and did not have equal opportunities to achieve all aspects of development. Daughters were deprived of many privileges, including rights, education, healthcare, parental property rights, social status last rites of dead parents and were thought to be other's property and liabilities. In the past century there has been a dramatic positive change in the role and status of women in Nepal. Thinking the barrier to gender in equality while the 1990 constitution guaranteed fundamental rights to all citizens without discrimination on the basis of ethnicity, cast, religion or sex, the modernization of society, along with increased education of the general population, have also played an important role in promoting gender equality. The roles of women have changed in various ways in the modern Nepalese society (WN, 2018).

The condition of the rural women in Nepal is very poor. In rural areas, child marriages are still prevalent. The percentage of literacy among women in rural areas is almost negligible (Acharya, 2020). The population growth result in the hazard of the health of the mother and the child women are considered inferior to man various ethnic groups. The condition as a whole of rural women is more critical than their counterparts in the urban society where there is more consequence among women as regards their social and legal rights. However, in urban Nepalese women also there is a big gap between the status they enjoy in theory and in practice. Social attitudes restrictions on mobility and lack of independent status are quite evident in urban women also (Aryal, 2014).

History also has played an important role in the status of women in Nepal. During the Ranaregmi, the status of women was lower than that of men, both in family and society. However, the new setup was very much in favor of women. The social and economic position of women was greatly augmented by various plans and programs, institution and social reforms. This is also responsible for uplifting the status of women in Nepal even by means of reforms in the constitution through the promulgation of favorable civil codes. Modern elves of Nepal are in a better position in all fields either social or economic. They are well-place owing to various legal and

social measures adopted a few decades ago. Still owing to the lack of proper education, knowledge and ignorance the condition has not improved to that extent. Visualising the national development plans. In all the development plans there is no specific allusion for women. As already said, the condition of rural women is still very much as it was earlier (SWN, 2008).

Women status is very poor in health, education participation, income generation, self –confidence, decisions making, access to policy making and human rights. Historically, women leaders in Nepal have equally contributed to establish democratic process in Nepal. Traditionally, Nepali women had limited role in political leadership. However, they became active repeatedly and have had significant contributions in bringing political changes in Nepal. Women’s participation in Nepali political surfaced in the revolt against Rana oligarchy in 1951. For prostrating against the undemocratic royal proclamation of 1960, a group of women organizations openly waved black flags in a public procession and same were imprisoned. Women’s active participation in politics was noted later in the 1990 people’s movement where women from various regions and ideologies significantly contributed in the success for abolishing the one party system in the country (Wikipedia, 2021). Some noted women leaders in Nepal who challenged the conventional traditions are Mangaladevi Singh, Shailaja Acharya, Sahana Pradhan and Astha Laxmi Shakya. Other eminent leaders especially from the people’s second are Chhaya Devi Parajuli and others. The participation of women in the people’s movement (April movement of 2006) was very high and indeed encouraging. There is no doubt that both men and women contributed equally in people’s movement and protection and promotion of human rights, good governance and sustainable peace. However, men only fulfill the state positions. Nepali women have made significant contribution for the democratic process in Nepal. However, discrimination against women still exists even within the politics (ADB, 1999).

Despite the difficult post-conflict transitional context, today, Nepal is not only rapidly progressing towards economic development, it is also achieving targets for poverty and hunger, universal primary education, child mortality, maternal health and gender equality and women's empowerment. Women's representation in the Constituent Assembly has dramatically increased to 29% in the November 2013

elections from 2.9% in 1991 (in the then parliament). Women are now taking leadership roles and participating in decision making at all levels. There has been increased government involvement to increase accountability and monitoring of gender equality commitments and to establish and strengthen linkages between the normative and operational aspects of gender equality and women's empowerment. Today, Nepalese women are defying cultural traditions, and are becoming community leaders, environmentalists politicians and business owners. In October 2015, Nepal elected its first female president, Bidhya Devi Bhandari, Other famous Nepali women include CNN Hero of the Year winners Anuradha Koirala, Puspa Basnet, first female to climb Mt. Everest Pasang Lamu Sherpa, international award-winning athlete Mira Rai, Phupu Lhamu Khatri, and the first female chief justice Sushila Karki (UN, 2018).

In Nepal, the historical gender roles, spaces and stereotypes of the 'public' male breadwinner (provider) and 'private' female care-giver are espoused even under changing situations. This is due to the association of household status with women's non-work that has been perpetuated by the circumstances of women having to offer their labor in the paid market work-spheres under extreme economic stress and poverty. Men are predominantly the ones who interact with the outside world while women's major sphere of operation is within the households. It is said that Nepali girls and women work for more than boys and men, spending 25 percent to 50 percent more time on household tasks, economic and agricultural activities. Yet, due to the nature of their work which is intertwined with household activities at times and is often unpaid, on the one hand, and the flawed definition of economic activity, on the other hand, women's economic participation remains statistically invisible. The role played by women in the care sector, predominantly their reproductive work, bearing, rearing, nurturing children and household maintenance are activities that fall outside the national accounting systems. While these activities are crucial for household members well-being and effective participation in different spheres-economic, social and political, they continue to remain non-economic activities. By virtue of women performing these roles which are statistically not counted as economic and hence not monetarily valued, women's roles and their contribution is assigned low status (ADB, 2016).

In the Nepali context, the empowerment and development of women is inextricably bound to the dominant Hindu social structure, which influences all aspects of social, cultural, and economic life. This structure assigns women restricted roles, which most often involve household and family responsibilities. Nepali women have internalized this system and this makes it difficult for them to envision themselves in roles outside the home. Women also harm each other by passively accepting societal attitudes. In Nepal, women's words are thought to be only half true and are not treated seriously. Surprisingly, both men and women accept this societal attitude. Women cannot expect men to take them and their demands seriously if they themselves do not take each other seriously. Women's passive acceptance of their limited social status has resulted in the perpetuation of gender discrimination. Many women believe that this is the way it has always been and that this is the way it will always be. In the home, Nepali women are thought to be a source of life, but they are also compelled to slave away for male family members. Women are treated like seasonal workers and are sent away when they are no longer needed, often because they have failed to produce sons. Yet biology tell us gender is determined by the father's sperm. Social attitudes were not change as long as women believe them to be true and as long as parents choose to raise their children in homes in which gender discrimination is the norm (Aryal, 2014).

Gender inequality in Nepal refers to disparities and inequalities between men and women in Nepal, a landlocked country in South Asia. Gender inequality is defined as unequal treatment and opportunities due to perceived differences based solely on issues of gender. Gender inequality is a major barrier for human development worldwide as gender is a determinant for the basis of discrimination in various spheres such as health, education, political representation, and labor markets. Although Nepal is modernizing and gender roles are changing, the traditionally patriarchal society creates systematic barriers to gender equality (Wikipedia, 2021)

The change of science and technology in to the rapidly evolving 21<sup>st</sup> century and the national and international efforts for the uplift of women have seen a change in the status of women in the world. The presence of women is increasing in various activities taking place in the world. The level of participation of women in the fields

of education, health, employment, trade business, industry, social-economic, political and family are increasing.

### **Statement of the Problem**

Nepal is a multiethnic and multicultural country with more than 125 spoken languages and cultural traditions (CBS, 2068). For analytical purposes they have often been classified into two broad groups, the Tibeto-Burman, populating mostly the midhills and mountains, and the Indo-Aryan, living in the Terai plains and the midhills. Women from the Tibeto-Burman communities are socially less constrained than their Indo-Aryan sisters in terms of mobility, marriage/remarriage options, and, most importantly, income-earning opportunities. In the Indo-Aryan groups, traditionally, women have fewer social and economic options. Social discrimination against women is felt to be more severe in the Terai communities and in the Mid- and Far-Western Development regions in general (Aryal, 2014).

In education, both the low level of women and the gender gaps in literacy rate, enrollment rates, and attainment rates are staggering. Household income, workload for girls, and the level of concern of parents with the purity of the female body which leads to their early marriage, are important variables in decision making regarding sending girls to school (WIN, 1999). When resource constraints arise in the household, the first casualty is the female child's education.

With the change of traditional thinking and thinking prevalent in Nepalese society, various efforts have been made to bring the level of women and men equality. Voices were raised to relieve of violence of women, accordingly, many programs like empowerment, literacy are created to raise women. Since arrival of women so far, there have been changes in education, health, employment and political fields. Nepal is multi-ethnic, multi-lingual, multi-religious and multi-cultural country where people of many races, language and religious are made. Not all societies and communities have the same thinking. As such, women are still unable to rise above the changing society and communities in the name of change (Wikipedia, 2015).

Nepal is a geographically diverse country. There is not the same situation for women everywhere in every field. The socio-economic and political status of women in Nepal is

very weak. The status of women has been an important issue for many years. What is the social and economic status of women? What about education, health, employment and the political situation of women? Atharai Rural Municipality Ward No. 5 women in the age group of 15-49 years, what is the decision ability? etc. are the burning issues. And since this subject has not been studied in the study area till date, this title was selected to do research topic. All aspects of the personal and social aspects of women were studied and researched.

### **Objective of the Study**

The main objectives of this study to find out the status of all women belonging to the age group of 15-49 years were studied in Ward No. 5 in Atharai Rural Municipality Tehrathum District. Therefore, this study was the following specific objectives.

1. To find out the social-economic status and political status of women in the study area,
2. To identify the role of women in their decision making of the study area.

### **Significance of the Study**

The status of women in Nepal remains very poor in terms of health, education, income decision making and access to policy making, partial practices which control women's lives are reinforced by the legal system. Women face systematic discrimination particularly in rural areas. A village is a place where traditional roots are rooted. It takes a lot of effort to bring about a change in the minds of the people who live there. Some societies and communities do not want change. However, attitudes towards women in society can be changed but that takes time. There is a saying, "if you teach a man, you teach an individual but you teach a woman you teach the whole family." (Aryal, 2014) Goes a saying If, women are educated they will share their knowledge with everyone. They teach their children and manage their homes more effectively. So teach all women like men, equal participation in all areas will lead to development of the entire nation. This study was also to study the situation of women in any field. This study would help stakeholders to be aware of the status of the women.

- This study is beneficial for the beginner students for their partial fulfillment of the requirement for Master's Degree in Population Education.
- This study helps all individuals, organizations and stakeholders who are interested in learning about the status of women
- This study is useful stakeholders to be aware of the status of the women.
- This study is helpful for researcher and researchers to study this topic.

Moreover, the study were helpful for the students, NGOs, INGOs, and other organization policy makers in addition, it helps to identify the status of women's issues.

### **Delimitation of the Study**

The study is an academic research. Therefore, every study has its limitation due to many types of factors like time place economic constraints etc. So this research was be delimited within the following points.

- This study was limited in Atharai Rural Municipality Ward No. 5Tehrathum District.
- In this study, only the situation of women in the age group of 15-49 years was included in the study.
- In this study socio-economic status of women, education, health, employment, political participation, decision making etc. were studied.
- In the study, structured and semi-structure questionnaires were constructed and data were collected through interviews.

### **Definitions of the Key Terms Used**

Status of women: It encompasses various burning issues of girl and women education, maternal health, economic empowerment of families, and the role of women in family, community, politics and more.

- Women empowerment:** Women empower is empowering the women to take their own decision for their personal development, as well as improve the social, economic, and political status of women in the world.
- Gender equality:** Gender equality is about men and women being valued to the same extant and sharing equally and fully in the process of development, enjoying equal status, recognition and consideration.
- Decision making:** The process of defining problems, gathering information, generating alternatives, and choosing a course of action.
- Participation:** The involvement of people in the decisions and processes that affect their lives, including sharing information, consulting, managing, making decisions and taking action.
- Leadership:** The process of encouraging and helping others to work enthusiastically towards objectives. It is behavior of an individual when he is directing the activities of a group towards a shared goal. It is the relationship in which one person influences others to work together willingly on related task to attain goals desired by the leader and/or group.

## **Chapter II: Review of the Related Literature**

### **Theoretical Review**

ICPD (1994) in its chapter eleven reflects that the education is a key variable in sustainable development education help to reduce fertility, mortality and morbidity. The increase in education of women and girls contribute to women empowerment to postponement of marriage and reduction in the family size (UN, 1994).

A report of enabling state program states that the Nepalese women's participation in decision making level remains negligible however, despite constitutional assurance and the lowery wards of the leaders. After the selection of 1999, only 5.8 percent parliament members and 2.4 percent of high level bureaucracy as special class in Nepal were women who were state ministers of the cabined less than 10 percent women are in the working committee of the political parties. Only 8 percent of the civil servants are women and most of the them are in lower and middle level of jobs (EPS, 2000). Therefore, women's participation is very negligible in nation level of decision making.

NPC (1992) reported that there are two major quantitative indicators of women status used the relative input into two area of decision making farm management and involvement in local market economy and domestic activities. The commission also analyzed that Hindu society is largely consumed to non-market i.e. domestic and subsidence production, displaying a lee significant role in decision making. Women's Participation in the market economy has improved their status and this is more conspicuous among Tibet Brahman community. Including economic factors, socio-culture, political, educational and legal factors are also important in the decision making process.

In the 20<sup>th</sup> century, women have got the right to vote and hold elected position in most of the countries. Theoretically, they own special protection for work when such laws are thought to be beneficial but they are not used in practical life. They have increased their access to health services and educations. They have organized effectively both locally to the health and internationally to women's rights as human right and have rise gender issues in development policy making in the international women conference such held in Mexico city 1975 AD, Nairobi 1985 and Beijing

1995. The action 1995 has given the women to participate in all sectors of development as well as advancement of women and empowerment respectively (UN, 1998).

Equal access to education for women and girls were ensured. Special measures were taken to eliminate discrimination, universalize education, eradicate illiteracy, create a gender-sensitive educational system, increase enrolment and retention rates of girls and improve the quality of education to facilitate life-long learning as well as development of occupation/vocation/technical skills by women. Reducing the gender gap in secondary and higher education would be a focus area. Sectoral time targets in existing policies were achieved, with a special focus on girls and women, particularly those belonging to weaker sections including the scheduled castes/scheduled Tribes/other Backward Classes/Minorities. Gender sensitive curricula would be development system in order to address sex stereotyping as one of the cause of gender discrimination (UNICEF, 2019).

Women's equality in power sharing and active participation in decision making, including decision making in political process at all levels was ensured for the achievement of the goals of empowerment. All measures were taken to guarantee women equal access to and full participation in decision making to and full participation in decision making bodies at every level, including the legislative, executive, judicial, corporate, state bodies, as also the advisory Commission, Committees, Boards, Trusts etc. Affirmative action such as reservations/quotas, including in higher legislative bodies, was considered whenever necessary on a time bound basis. Women-friendly personnel policies were also drawn up to encourage women to participate effectively in the developmental process (NPC, 2003).

A shift in the focus on women occurred during mid and late 1970s with Nepal observing the International Women's Year and participation in the First World Conference on Women in 1975; and the subsequent study on the Status of Women in Nepal (1979). Sixth Five Year Plan (1980-85) initiated the WID (Women in Development) policy assigning a separate chapter about the role of women in development, which was followed by the Seventh Five Year Plan (1985-1990) and the Eighth Five Year Plan (1992-1997). Sixth Plan adopted an "efficiency approach" to WID recognizing the productive role of women for the first time in Nepal's planned

development. The Seventh Plan adopted a ("equal" participatory approach") along with the efficiency approach and the eight plan adopted an "equity approach" along with a realization of the need to mainstreaming women in development (Bhadra& Shah, 2007).

In the last decades, there has been a progress to change this inequity. There has been significant success and poverty reduction and human development in general (National Planning Commission, 2017) and the Nepalese government has shown initiative in pushing gender equality by signing several international convention. They have also signed the UN convention on the elimination of discrimination in public life and the 2000 Millennium Development Goals (MDG) which sets out targets for poverty reduction, universal primary education, gender equality, women's empowerment, and maternal health (ADB, 2010). Until 2030, Nepal aims to fully eliminate wage discrimination, sexual violence, and harmful practices such as forced marriage (NPC, 2017). But progress in law does not necessarily mean progress in reality. Reality shows that the Ministry of Women, children and Social Welfare and their local "Women Development Office" do not have enough resources and a weak capacity (ADB, 2010) most administrative offices and police offices, who are responsible for implementing the changes are dominated by conservative males. The socio-economic status and decision making powers of women have not improved much (Mahat, 2003).

Women in Nepal are living in a traditionally male-dominant society and are suffering from social, cultural and political discrimination which spreads across all aspects of their everyday life. Women find themselves in a vicious circle of a lack of education creating lack of opportunities, which in turn leads to unchallenged dependency upon male and lacking self-esteem. Therefore, they are not only restricted by traditions, laws, economic restriction, and educational barriers, but also often unable to change their low status and reach more empowerment. Existing attitudes and belief systems about their inferiority uphold and further strengthen this discrimination (FMCB, 2018).

## Empirical Literature

No doubt the socio-economic condition in the medieval period of Nepal was very bad. Conditions have greatly improved in modern Nepal. However, the literacy rate among women 57.4% while in the male it was 75.1% as against the average 65.9 (CBS, 2001). Considering some parameters pertaining to Nepalese women, the mortality rate was about 41 years while national average mortality rate was 45.5 years. Infant mortality rate According (CBS, 2014) was 40.5 per 1000 live birth (CBS, 2001-2014). Life expectancy for a female is 67.90 years while for a male it is 65.50 years as average 66.60 percent. The total fertility rate of children per women of 15-49 years age is 2.5 (CBS, 2011). Statistic data shows that women are subject to both unemployment and underemployment. The majority of the women are self-employment. The total unemployment rate in the female is 9.2% while in the male is 7.0% while total employment rate is 8.1% (Aryal, 2014).

Ahooja (1982) focus on the women participation on development. He presents statistics about the women contribution in various sectors. The women constitute the largest no of food producers in Africa, 30-40% in Asia, Than in Latin America. The least qualified jobs are filled by women. Women get low wage in comparison to the men counter parts. One billion women in the third worlds countries cannot read.

Upreti (1998) reported that the situation of women in developing country like Nepal is much worse than in the development ones. Still at the beginning of 21 st century, due to conservatism, tradition, literacy and ignorance poverty and superstitious, women have been treated as second class citizens. They have less prestige, power and privileges than their male counterparts in the society.

The maternal mortality ratio in Nepal, stands at 380 maternal deaths per 100 000 live births in 2008, according to estimates by the WHO/UNICEF/UNFPA/The World Bank. Although there has been a significant decrease as compared to the ratio of 539 per 100 000 live births in 2003, the ratio is still one of the highest in the world. Because of the inadequate provision of healthcare for pregnant mothers, they are more susceptible to death during the course of pregnancy and during labor itself. According to the Nepal Demographic and Health Survey (NDHS) 2001, about 10% of all births are carried out in the presence of a qualified doctor or medical staff. This reflects the prevalence of home births, around 81% of all births, in Nepalese society. Due to the

cultural beliefs, women are generally reluctant to allow any outsiders to be present or attend to the birth. Geography has also greatly limited the availability of health services especially those in rural and mountainous regions (WN, 2015).

Family planning services in Nepal are provided through government health service as well as through a number of Non-governmental organizations. Temporary methods - condom, pills, Injectables are provided at all levels of the government system, from hospital to health care center, health posts, health workers and volunteers. These methods are also available through non-governmental organizations and social marketing programs. Female and male sterilization is available at some health facilities and through mobile outreach services. Services such as Norplant and IUCD insertions are only provided at a limited number of government facilities where trained providers are available (USAID, 2003).

In Nepal, men often control the household's cash, making it difficult for women to pay for health care or for transportation to health-care facilities. This ultimately limits women's participation in decision making regarding their own health care, household purchases or visiting family or friends. Paid employment appears to empower married women to develop thinking towards participation in decision making. Women's work in the home is not a substitute for work outside the home for the women who desire employment. Further analysis into the benefits and liabilities of women's employment and unemployment in women's participation in decision making is necessary (NPC, 2003).

Nepal is a country of great geographic, cultural, ethnic, religious diversity. Across the diversity, the majority of communities in Nepal are patriarchal. A woman's life is strongly influenced by her father, husband and son. Such patriarchal practices are further reinforced by the legal system. Marriage has a great importance in women's life. The event of marriage determines the way of her life. The early marriage generally depreciates the woman's life. A woman's power to accept or reject marriage partner is evidently an index of the degree of freedom she exercises in the management of her own life, and thus also of her status. The status of women is determined by the patriarchal social system, values, and women's rights preserved and protected by the state, and state policy for the development of women. Empirical data have proved that the situation of Nepalese women is too severe to compare with men.

Woman's situation is very poor in health, education, participation, income generation, self-confidence, decision-making, access to policymaking, and human rights (SWN, 2008).

Women from rural area and Terai region needs specific empowerment program to enable them to be more autonomous in the household decision making. Women's autonomy by education, wealth quintile and development region need a further social science investigation to observe the variations within each stratum. A more comprehensive strategy can enable women access community resources, to challenge traditional norms and access economic resources. This will lead the women to be more autonomous in decision making in the due course (WIN,1999).

It has been realized that the status of women in Nepal has democratically changed over time. In the ancient time, women are treated differently all over the world. In Hindu religion, women were treated as goddess, and Nepal being a country with majority of its population coming from Hindu faith, obviously upholds the high position of women. But later on, with the coming of a nation state and structure society, women were discriminated socially, economically, politically and culturally in the Nepalese society (FMCB, 2018).

Health services in Nepal are inadequate and insufficient and are thus reflected in the low health status of Nepalese in relation to the rest of the Southeast Asian region. The most common illnesses that females at reproductive age face are anemia and malnutrition due to the discrimination faced in childhood and while growing up. As females, especially girls, are considered to be of the lowest status in the household, they are often the last to eat and thus do not receive the proper nutrition required. Almost 70% of females who have reached puberty suffer from these common illnesses. Also, many women often delay seeking medical help out of fear (WN,2015).

### **Implication of Literature Review**

The researcher has reviewed of published and unpublished works related to the research. It helped to prepare the given research. It helped to get information about the condition of women in Atharai Rural Municipality of Tehrathum District. It also helped about the selection of problem, background of the study, objective of the research, significance and limitation of the study respectively. It was helpful to the

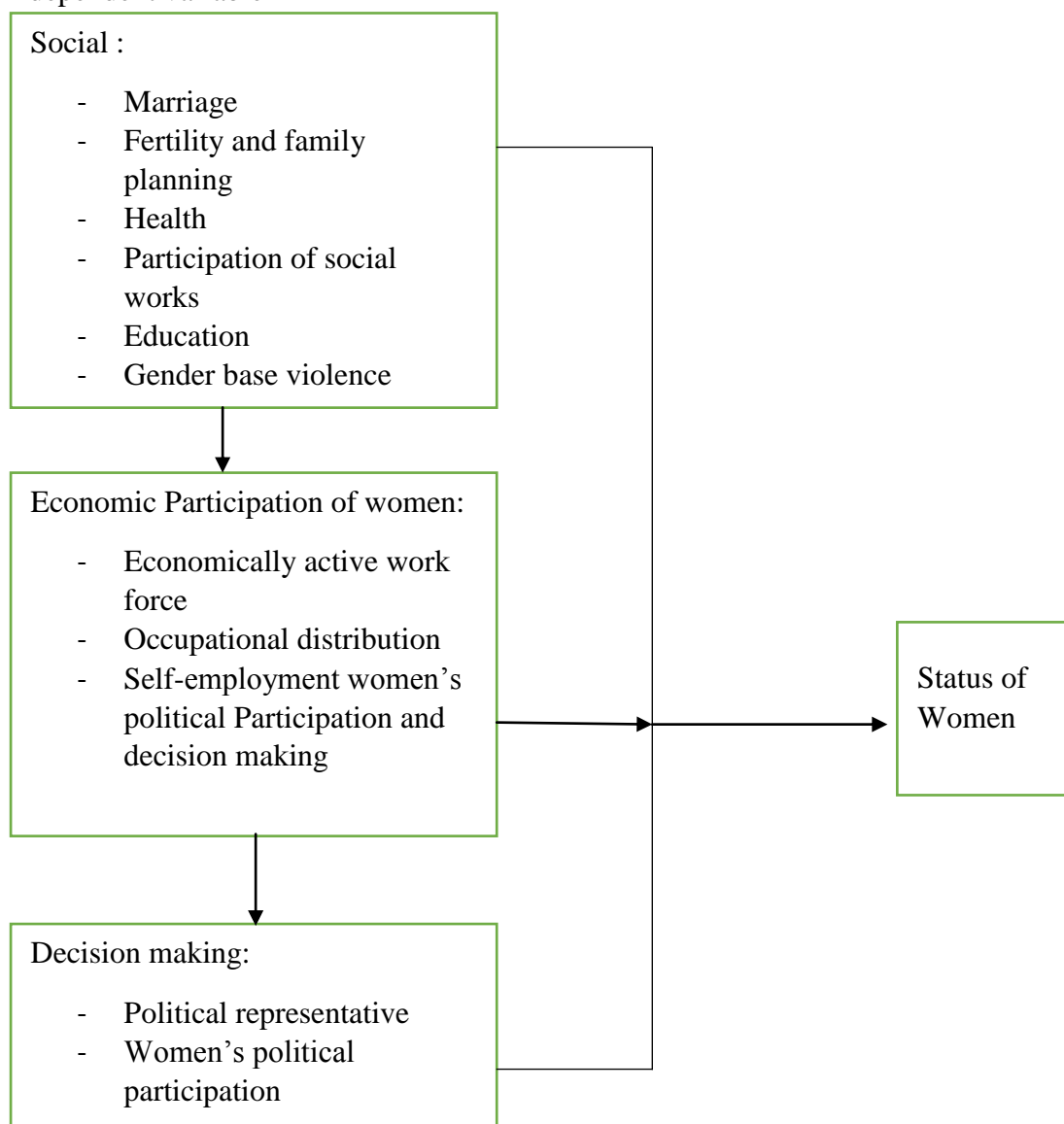
researcher to develop a through understanding and insight from previous research works that is related to the present study. It was helpful to avoid the duplication of the previous research. Literature review helped to develop a new level of understanding with a different conceptual background.

The researcher could complete her study work without studying the pre-literature. A review of the relevant literature provided the researcher with a theoretical framework for her research.

### Conceptual Framework

Conceptual framework is represented either graphically or in narrative form of the main concepts or variables and their relationship with each other.

Independent variable



Socio-economic and political factors affect the well-being of women. Affect their lifestyles. Social age includes age, religion, reproduction, family planning, health, community participation, education and domestic violence against women. It has a direct effect on improving or weakening the status of women. Similarly, economic status is also an important factor in influencing the status of women. This includes occupations, pleasures, decision making ability, self-reliance, etc. If women themselves are educated then all the family and society will be able. When women take the lead in education and become self-reliant, they have the potential to change everything that is impossible.

The status of women has not improved due to the fact that women are not involved in any development activities and associations in the society and community, early marriage, inability to become self-reliant. It seems that women should be aware of various things happening in the society. Politics also side under the category of influencing the status of women. Politics has the presence and ideology of people from all walks of life. To be aware of this is to be aware of the current situation. In this way, women are affected by the developmental activities in the society and become self-reliant in the economic situation, which helps to improve the overall development of women.

### **Chapter III: Research Methodology**

The study is mainly all regions of women status, women empowerment, education, health situation and at allinAtharai Rural Municipality, Tehrathum District. The method of study was as follows.

#### **Research Design**

Research framework all work to be undertaken in the proposal research work is acomprehensive plan prepared in advance of the method. It provides crucial support forconducting research in a planned, systematic and logical manner. This study wasbased on quantitative and qualitative descriptive types. This study was focus on statusof women in Aatharai Rural Municipality of Tehrathum district.

#### **Population of the Study**

The study was limited to the Atharai Rural Municipality, Ward No. 5 Tehrathum District. The total female population of study area is 491 (CBS 2068). Out of which only 255 women were in the age group of 15-49 years considered as respondents. The researcher has collected primary data using interview schedule. All women in the 15-49 age groups were considered as the population of the study.

#### **Sampling Technique and Sample Size**

The total female population of study area is 491. Out of this total population, there are 255 women in the age group of 15-49 in the study area. Out of which 154 women in the age group of 15-49 years were selectedsimple random sampling method. Rao-soft online calculator was applied for sample size determination.

#### **Data Collecting Tools**

Interview schedule was based the main tool of the data collation. The structured question wasprepare in understandable. The secondary data was collectedfrom district profile, census report and VDC record.

**Tools of Data Collection**For this study, structure and open ended interview schedule was used for data

collection which was developed with different heading and sub heading by consulting reference materials, journals and article, books and report, published and unpublished thesis etc.

### **Finalization of the Tools**

Pre-tasting is required to verify the validity of the materials used in any survey. Therefore, in order to check the validity of the tools used in this study, pre-testing were done on 7 women in the age group of 15-49 years in Atharai Rural Municipality and then the tool was submitted to subject expert for further improvement. The tool was finalized based on pre-test result and feedback of the supervisor.

### **Data Collection Procedure**

First all there searcher were receive an approval letter from Health and Population Department. After permission from the RM office, the researcher were himself visit respondents household. Then they were informed of the purpose of their study. And Questionnaires were used urging the respondents to provide a suitable environment for collecting the required data. Then data were collected through interviews.

### **Data Analysis Technique and Interpretation**

After collecting the essential data from the respondents, the raw data were rechecked, tabulated on the master table with different headings. To analyze the data, they were barraged with the help of text, tables, graphs, figure and charts.

### **Ethical Consideration**

The participations were vulnerable to any risk during the study. The research tools will be made convenient as to the social culture and value. The informed consent was taken verbally. In the study time, the respondents were not be forced for data collection and answering the respondents more and other personal things were confidential in this research. The data collect was not be used in other area.

## Chapter IV: Analysis and Interpretation of Data

In generally research is interpreted and analyzed qualitatively and quantitatively. This research has collected preliminary data using interview list to find out the status of women living in Atharai Rural Municipality Ward No. 5 out of 471 women in the age group of 15-49 years, 154 were taken as respondents. The interpretation and analysis of the data is presented in a descriptive manner to make the data from the interview list simple and easy to understand. The data is explained and analyzed by presenting it in table, columns and charts and diagrams. The analysis and interpretation of the data have been presented in the different heading.

### Social Status of Women

The aspects covered under this are presented as follow;

**Caste/ethnicity.**Cast is one of the components of demographic characteristics of the population in our country. The word cast/ethnicity denotes a group of people that is identified based on common culture and has a sense of collective identity.

Table 1 shows the caste/ethnicity composition of the respondents of the study area.

Table 1

#### *Distribution of Caste/ethnicity of the Respondents*

Caste	Number of respondents	Percentage
Brahaman/chhetri	12	7.79
Limbu	115	74.68
Dalit	5	3.26
Magar	6	3.89
Rai	10	6.49
Tamang	6	3.89
Total	154	100

Table 1 shows that the study area 74.68 percent of the respondents were Limbu. The other Chhetri/Brahmin consist 7.79 percent, Rai 6.49 percent, rai and magar are equal. However, The lowest number of Dalits is 3.26 percent. This shows that The Limbu caste outnumbered the other castes in the study area.

According to the 2011 census of Nepal, 1.5 percent of the total population of Nepal is inhabited by Limbu people. Although consist 16.6 percent Chhetri and 12.2 percent Brahmins live in Nepal (CBS, 2011). The study was found to be inhabited by Limbu people.

**Religion.**Hinduism is the largest religion of Nepal. In the 2011 census according to 81.3 percent of the people were adopting Hindu as their religions. According to census, the Hindu Population in Nepal is estimated to be around 22.1 Million which accounts 81.3 percent of country's population (CBS,2011).

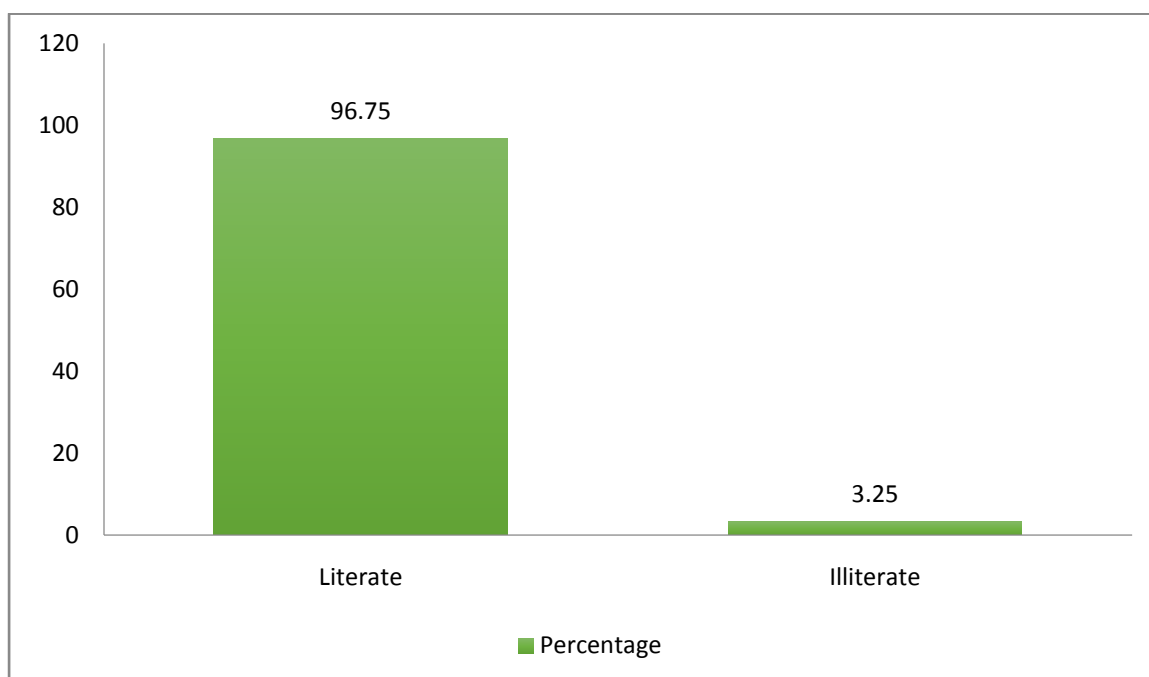
Table 2

*Religions of the Respondent*

Religious	Number of Respondents	Percentage
Hindu	26	16.88
Kirat	119	77.28
Buddist	6	3.89
Christain	3	1.95
Total	154	100

Similarly, 77.28 percent of the respondents in the study area were found to be the most Kirat religious. The number of Hindus was found to be 16.88 percent. Other respectively, the number of Buddhists was 3.95 percent and the number of Christian. Looking at the figure above than overall Kirat religion is on the rise in the study area.

**Literacy status.**Education can take place in formal on informal setting and any experience that has a formative effect on the way one thinks feel or act may be considered educational. Literacy is the state in which a person is able to read an do simple arithmetic. However not being able to read and write is illiterate. The literacy status of the respondents in the study area is presented below.



*Figure 1*

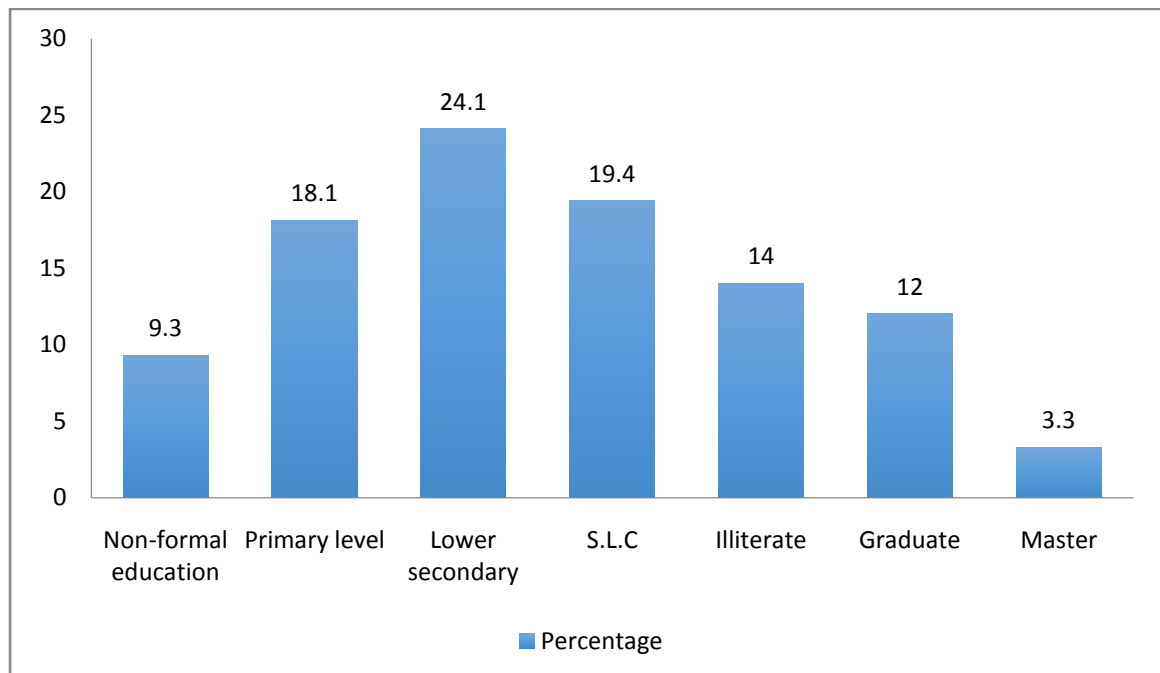
#### Literacy status of respondents

According to the above statistics, 96.75 percent of the respondents in the study area are literate and 3.25 percent are illiterate. Therefore, the condition of education in the study area was found to be good. The reason for the increase in the literacy rate in the study area is the development of the nation that daughters should be educated and made self-reliant. It was found that the access of schools to all and effective implementation of primary education. However, some respondents said that they were deprived of education due to family problems.

Looking at the state of education in Nepal, the total literacy rate of Nepal has increased in the census of 1971-2011. The total literacy rate has increased from 13.9 percent in 1971 to 66.5 percent in 2011 of these, 57.7 percent are women and 57.77 percent are men (CBS, 2011). Therefore, comparing the overall literacy percent of Nepal and found that the literacy rate of the study area is good.

**Education attainment.** A study was conducted on the level of literacy of literate women. There were more literates than illiterates in the field of study. Due to this, the effect of adult education, the attitude of looking at a daughter like a son, was

found to be married. The level of educational attainment of women in the field of study is presented below.



*Figure 2*

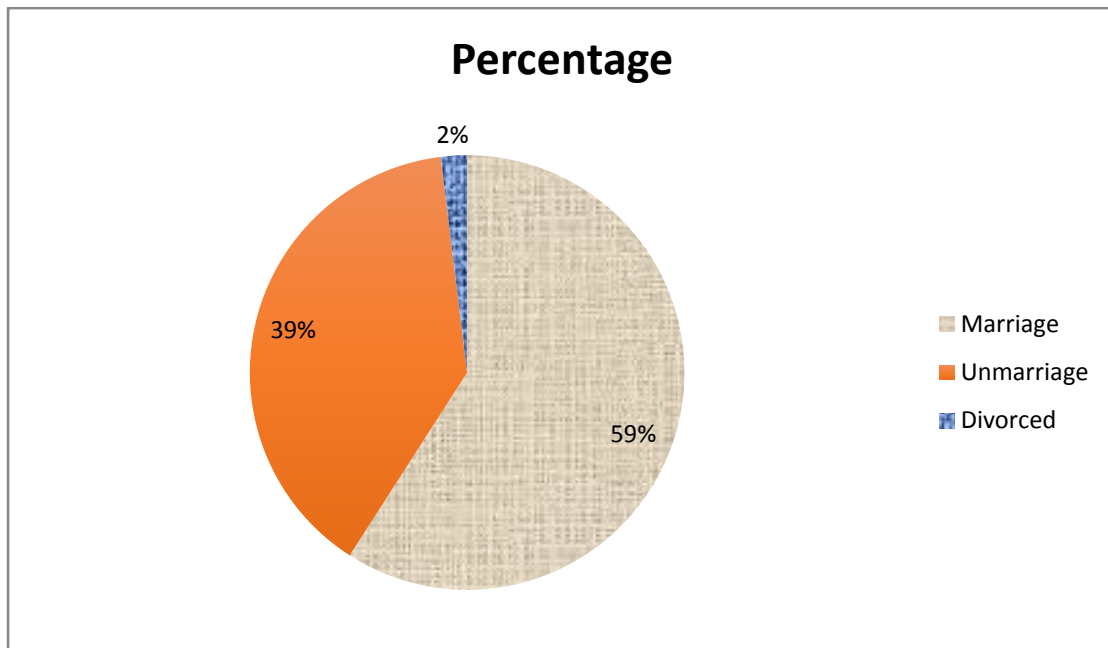
#### Education attainment of respondents

According to figure2 the highest percentage of education up to power secondary level was found to be 24.1 percent. Similarly, SLC pass out consist 19.4 percent, 18.1 percent primary level, 14 percent women in illiterate 12 percent women graduate and 3.3 percent of female respondents were master degree.

Looking at the statistics of educational achievement of Nepal from 1991 to 2011 the number of people getting education up to secondary level is high. According to the statistics, 31.9 percent women have completed secondary education and 2.6 percent women have completed under graduate and post graduate level. It has been found that the number of women continuing their studies up to undergraduate and postgraduate level by passing SLC in the field of study has medium.

**Marital status.**Continuity of patriarchy is the central concept of patriarchy, while marriage is the strategy to give meaning to this concept. A formal union and social and legal contract between two individuals that unites their legally, economically and emotionally. Lately, the concept and form of marriage has started to change. Love marriage has also given place for marriage.

As the laws of Nepal has fixed the age of marriage as a definite criterion, the number of child marriage has decreased in recent times. Looking at the marital status of women, according to 2011 statistics, the number of marriage women is 63.9 percent and 31.1 percent are unmarried women. (CBS,2011). Similarly, the marital status of women in the study area is presented below.



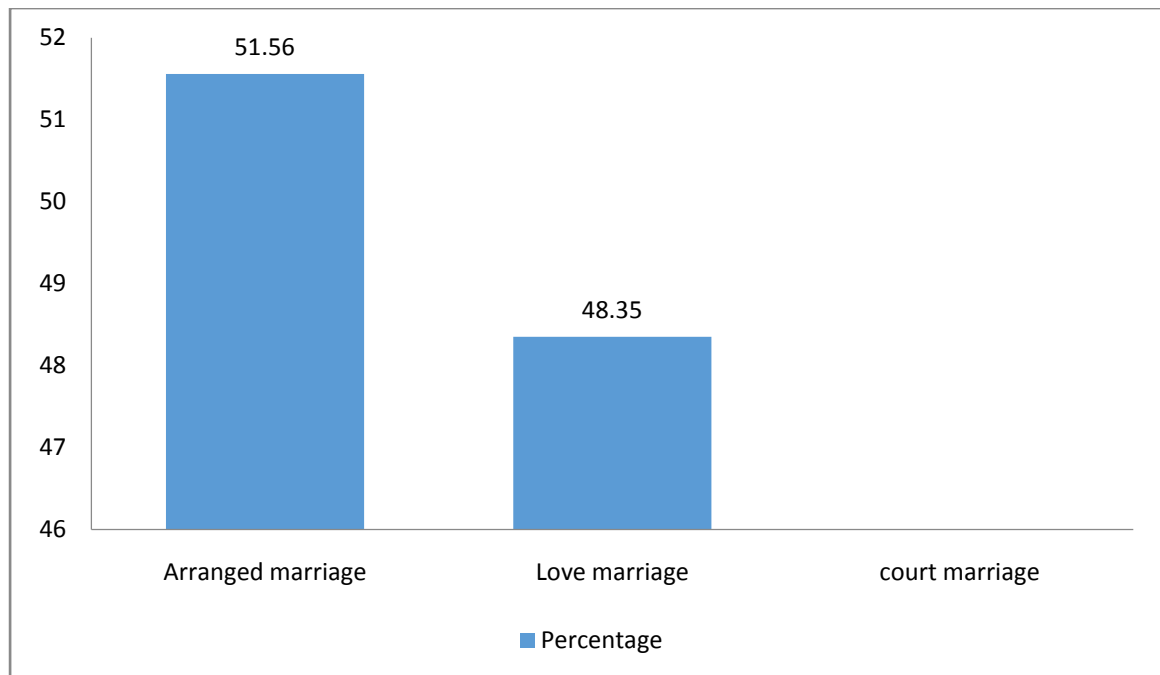
*Figure 3*

#### Marital status

Figure 3 shows that status of women in the age group of 15-49 years in the study area was found to be 59 Percent marriage. Similarly, 29 percent of women are unmarried and 2 percent are divorced. Due to the ongoing tradition in the society, the marriage status seems to be high. The desire to live a dignified life, the full use of human rights, the desire for independence, the desire to become self-reliant and simplify life, student life and they are not ready to compromise on the right to personal autonomy, freedom and self-determination for marriage. That is why there things have become the reason for late marriages in the new generation.

**Type of marriage.**Types of marriage prevalent in Nepal are arranged marriages, Love marriages and court marriages. In which arranged marriage is established as the most cultured marriage. However, with the development of technology in recent times, people's desire and needs and traditional perceptions have

also changed. In such a changing society, the popularity of love marriage seems to be increasing as compared to arranged marriage. The marital status of women in the study area is presented below.



*Figure 4*

#### Types of marriage

Figure 4 shows that looking at the type of marriage in the study area, 51.65 percent of the respondents found love marriage. Similarly, 48.35 percent have been found to be engaged to be married while no one been found to be legally married. Love marriage is also on the rise due to the prevalence of marriage only if both the boys and girl sit together before marriage and understand their habit and behavior. Not being in a position to get married legally, Thinking of limiting marriage to one family and society. It was found that no one got marriage legally in the field of study due to mutual trust and feeling of family security.

**First marriage of respondents.** With the change, the law of Nepal has set certain for the age of marriage, so in recent times, such acts as child marriage have decreased.

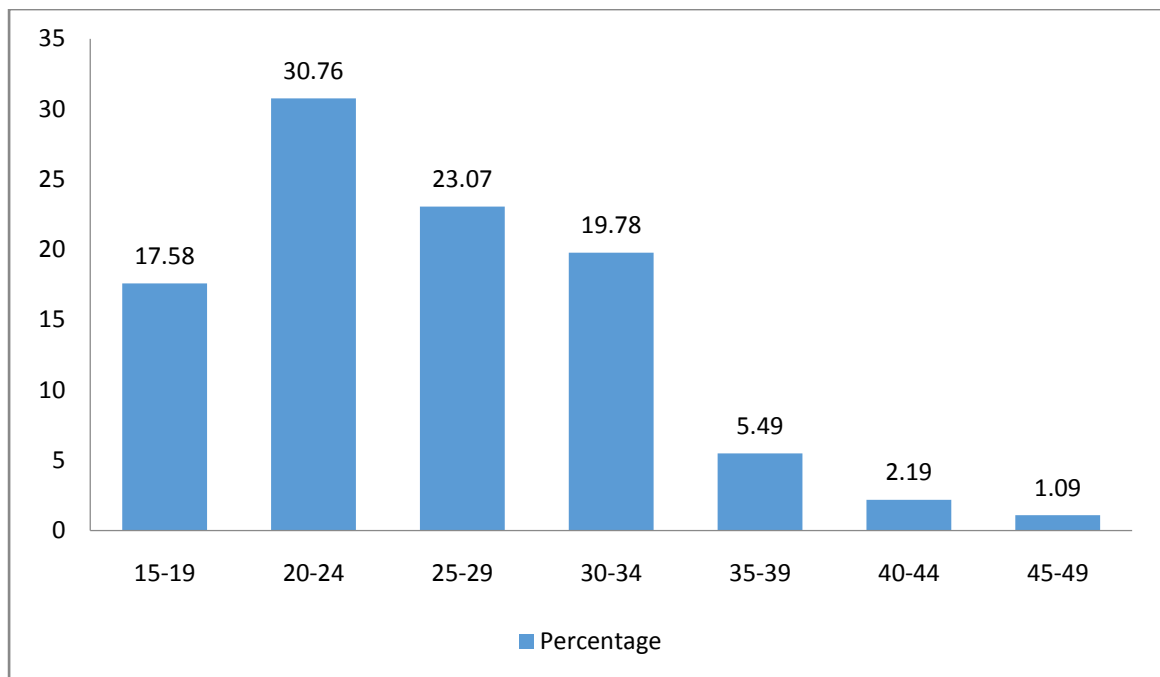
Table 3

*Marital Status According to the Age of Women in the Age Group of 15-49 Years in Nepal,(2011).*

Age group	Years		
	1991	2001	2011
15-19	45.5	33.3	23.1
20-24	85.1	78.2	72.3
25-29	94.1	93.6	91.9
30-34	95.1	96.1	95.7
35-39	93.9	96.1	95.6
40-44	90.9	95.0	94.5
45-49	86.3	93.2	93.1

Source; (CBS, 2011)

The data from 1991-2011 also confirms that the number of late marriage in Nepal seems to be increasing in recent times. Looking at the above statistics, it can be seen that during 1991-2011, the marital growth rate of women in the age group of 15-49 years has declined significantly. However, the number of late marriages seems to be increasing rapidly. Similarly, the first age of marriage of the respondents is given below.



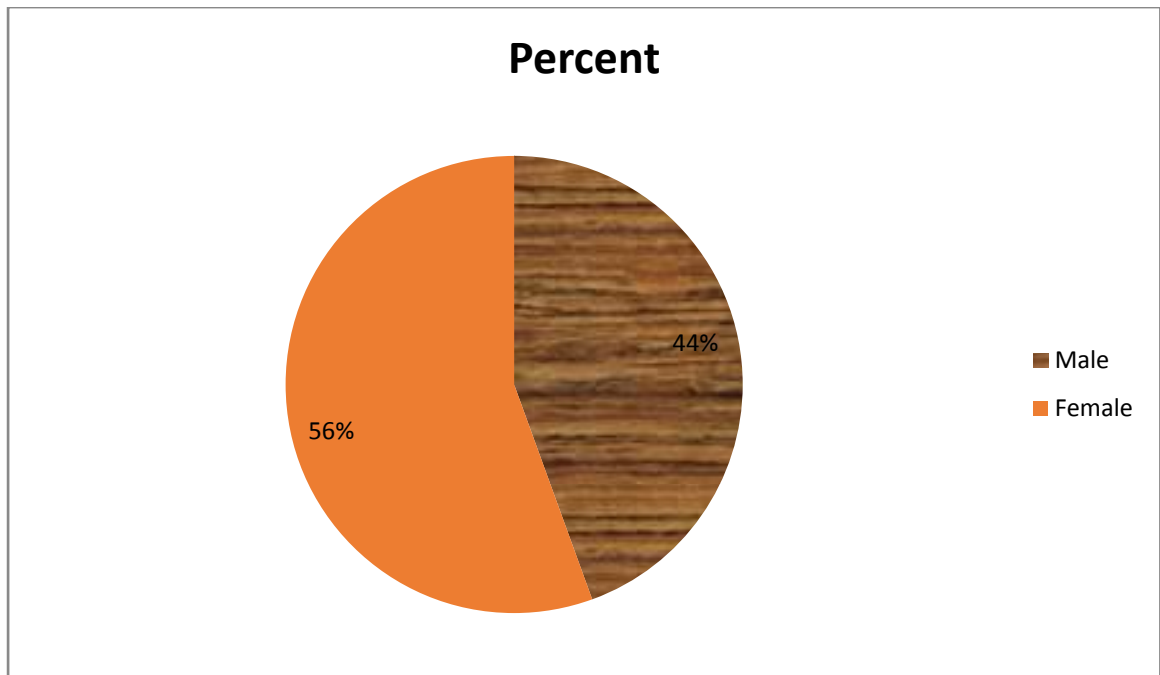
*Figure 5*

#### Age of first marriage of respondents

Figure 5 shows that the number of marriages in 15-19 years was found to be 17.58 percent. Similarly, 30.76 percent of women were married in 20-24 years and 23.07 percent were married in 25-29 years. 1.09 percent of the lowest age group of 45-49 years was found to be married.

**Reproductive health of women.** Reproductive health plays an important role in changing the population of any country. The real breeding achievement of a woman or a group of women is reproduction. In Nepal, the fertility rate seems to be declining in recent times as compared to the past. Access to education, health and public awareness has also led to a decline in fertility. Thus a decline in fertility means a decrease in population growth. As of 1991, Nepal's total fertility rate was 5.1 percent (MOH, 1993). According to 2011 data, Nepal's total fertility rate is 2.5 percent (CBS, 2011).

**Number of children born so far to married women in the study area.** With the decline in the fertility rate in Nepal, it has been found that the fertility of women in the study area has decreased due to educational and public awareness. The number of children born so far from women in the study area is presented in the table below.



*Figure 6*

Number of children of respondents

According to pie chart, 91 married women have so far given birth to 108 children. Males constitute 44 percent of the population and females 56 percent. Therefore, research has shown that women in the field of study have given birth one child and at most two children.

**Use of family planning.** In the past, using traditional methods of family planning was considered a sin against God. It has been found that effective methods of family planning have been made available to all by discouraging such things. Looking at the present times, it is very rare to not use family planning methods. According to a study conducted on women in the age group of 15-49 years in the study area 15-49 years in the field of study, the use of contraceptives is as follows.

Table 4  
*Use of Family Planning in Respondents*

Use of family planning	Number of respondents	Percentage
Yes	79	86.82
No	12	13.18
Total	91	100

According to table 3, 86.82 percent were found to be using family planning methods. 13.18 percent were found not to have used the instrument. Family planning methods are used to create small families and happy families. There are two types of family planning methods, temporary and permanent. Below are the statistics on the use of family planning tools among the respondents of the study area.

**Use of family planning method of respondents.** There are two methods of family planning. Under which are temporary and permanent. Couples who want to have children use permanent means, while those who want a child but those who want to have a child use temporary means. Some people use temporary means because they do not like the use of permanent means. The method used by the women in the study area is presented below.

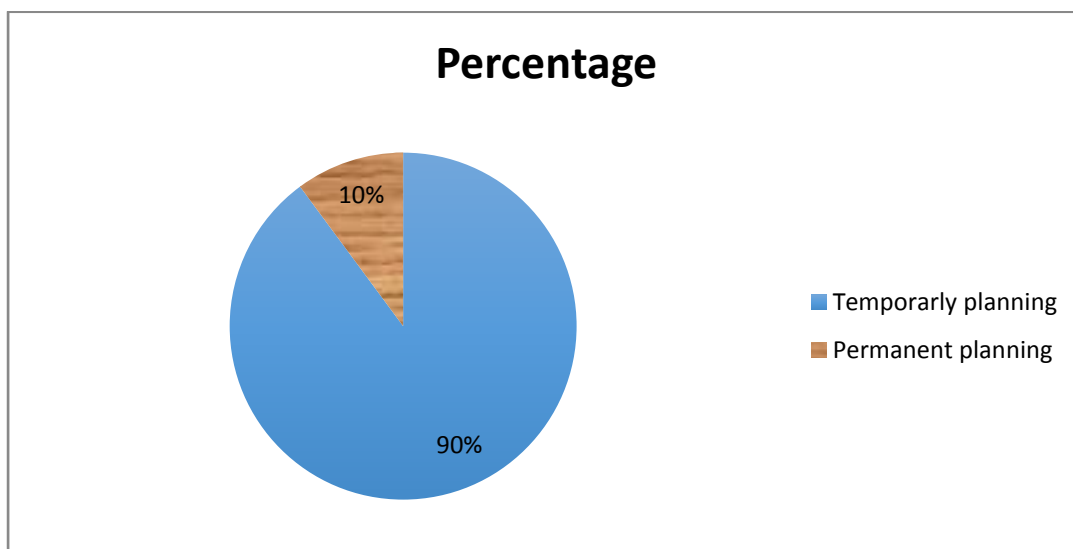
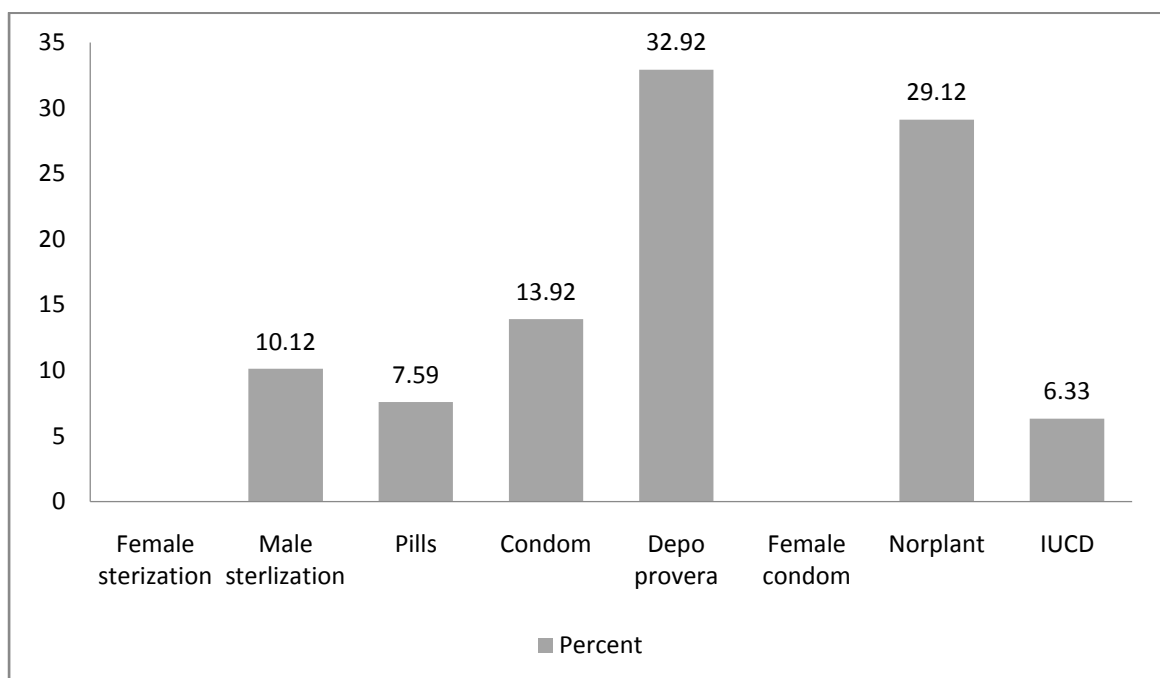


Figure 7  
 Use of family planning method of respondents

Figure 7 shows that 90 percent women are found to be using temporary method of family planning. Therefore, looking at the above data it was found that most of the temporary methods were used. Temporary and permanent methods of family planning include a variety of tools. Among them, women in the study area were found to be using more of the instruments under temporary methods which are presented in the table below.

**Current use of contraception of respondents.** Lately, various contraceptives have come under the temporary and permanent method of family planning. Of these, couples are more likely to use temporary contraceptives. It was found that only men used permanent contraceptives in the study area. The use of family planning methods in respondents is presented below.



*Figure 8*

Current use of contraception of respondents

Figure 8 shows 32.92 percent women were found to be using Depo provera. Then 29.12 percent were found to be using Norplant. Condoms were found to be 13.92 percent. Pills were used by 7.59 percent and IUCD by 6.33 percent women. And only 10.12 percent were found to be using permanent method, while were found to be used

only by men. Looking at the recent use of modern tools in Nepal, it seems that the most prevalent practice is female sterilization. While is clearly presented below.

Table 5

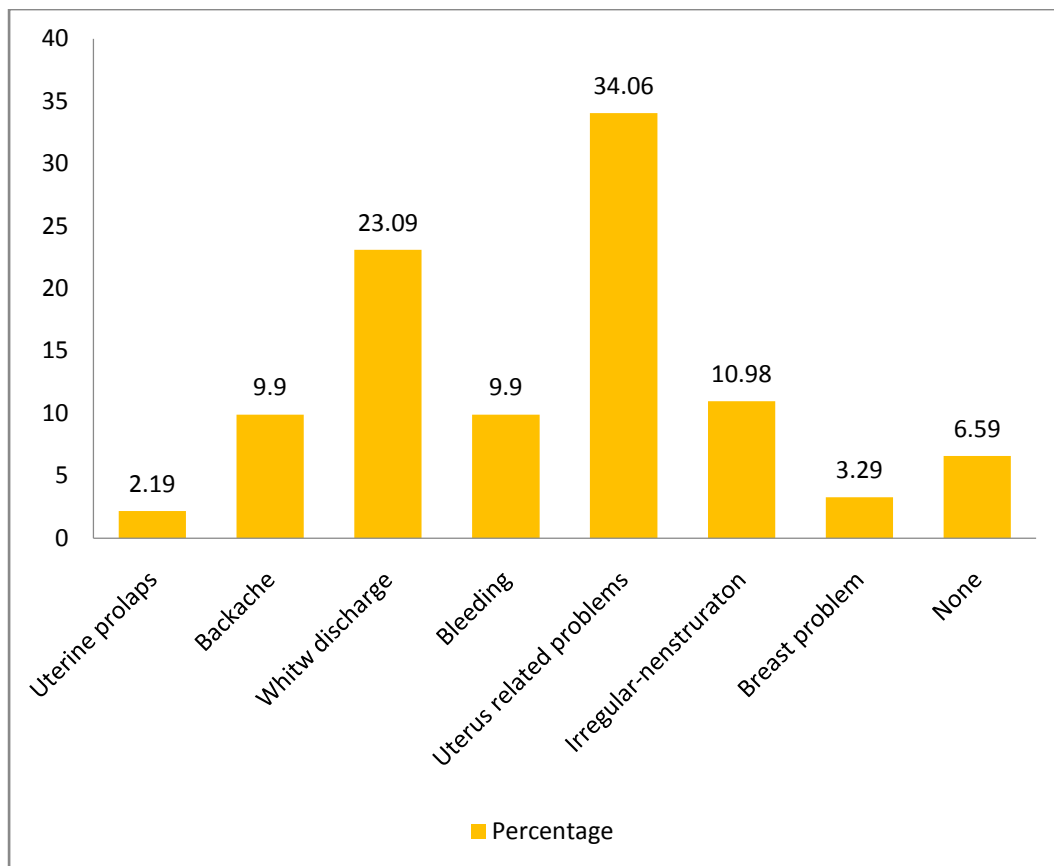
*Contraceptive Prevalence Rate and Percent Change by Methods*

Methods	2011 NDHS
Any methods	49.7
Any modern method	43.2
Female sterilization	15.2
Male sterilization	7.8
Pills	4.1
Condom	4.3
Norplant	1.2
Injectables	9.2
IUCD	1.3
Any traditional methods	6.5

(Source; MOHP 2012)

Looking at the statistics in the table above the most population tools is female sterilization. Then there are injection (three month injection) depo-provera, male sterilization Condoms and pills. The use rate of modern equipment has decreased in 2011 as compared to 2006. Looking decreased in last 2 statistics, the usage rate of tradition equipment has declined.

**Type of reproductive health problem.** Reproductive health achieving a state of complete health by evaluating the health, effects of reproductive health. The (1994) Cairo International Conference on Population and Development introduced the concept of reproductive health. Reproductive health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity in all matters relating to reproductive systems and its functions and process. Reproductive health therefore implies that people are able to have a satisfying and safe sex life and they have their decide it, when and how often to do so reproductive health problem are the more causes of reproductive health problems in women.

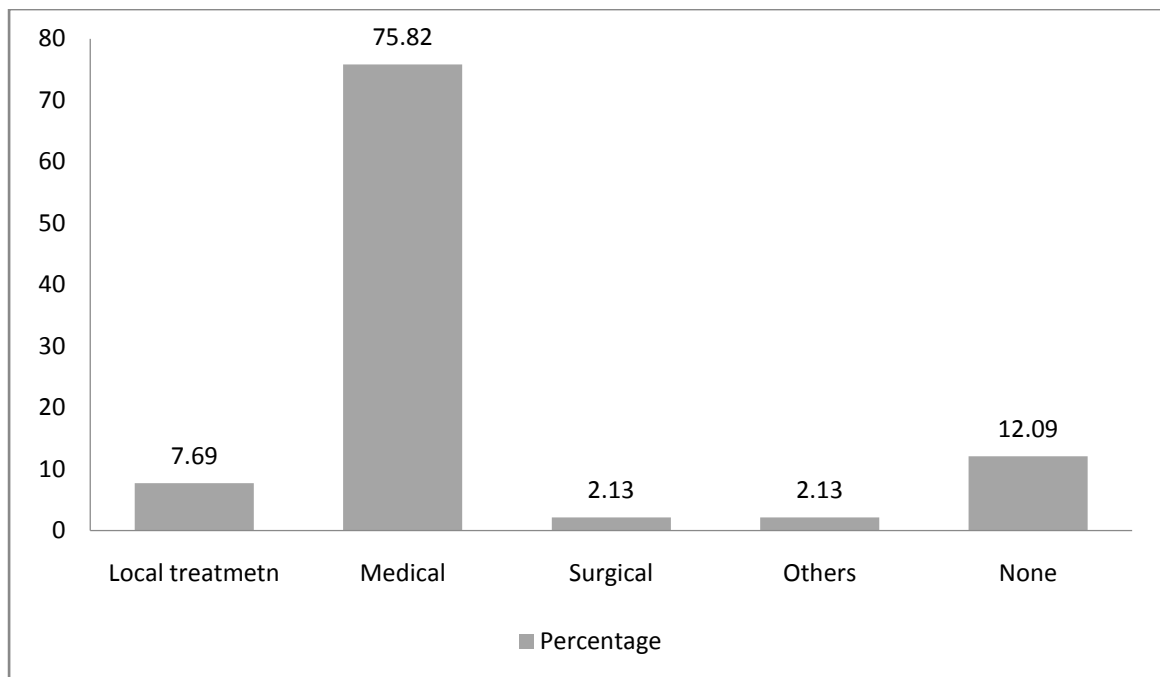


*Figure 9*

#### Reproductive health problem of respondents

Figure 9 shows that most of the uterine prolapsed due to fertility were found in 34.06 percent women. Similarly, white discharge 23.09 percent irregular menstruation 10.98 percent, Backache 9.9 percent bleeding 9.9 percent, 3.29 percent Breast problem and 2.19 percent had uterine prolapsed. 6.59 percent of women did not have any problem. In recent times, uterine problems seem to be on the rise among women. Due to the growing problem- uterine fibroids- The precise cause of uterine fibroids is unknown. However, some factors such as hormones, family history and pregnancy increase the risk of uterine fibroids. Endometriosis- it is generally caused by infection.

**Measures of remedy taken.** Everybody is interested in where to get treatment in case of ill health. It was found that the women in the study area also used the treatment method according to their health problems. The treatment options for women in the study area are presented below.

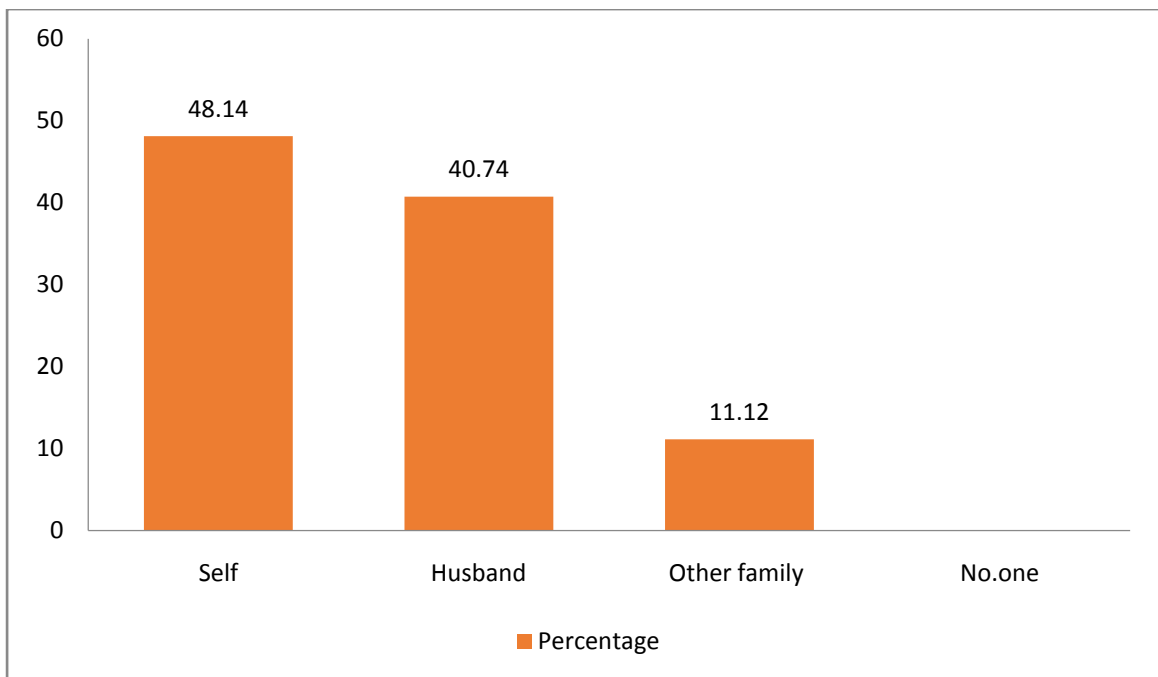


*Figure 10*

#### Measures of remedy taken

Figure 8 shows that 75.82 percent of women with health problems to the medical center. Similarly, 7.69 percent were found to be undergoing local treatment. 12.13 percent of women underwent surgery while 12.09 percent of women did not use any treatment.

**Person paying for medical care.** If every woman becomes self-reliant, she can take the lead in every situation. Women can lead a happy life for themselves and their families if they engage in any profession. In addition, they are able to solve their own urgent problems, among the respondents in the field of study, 48.14 percent of women seek general treatment at their own expense. 40.74 percent were treated by their husbands and 11.12 percent by other members of the households. Which is presented in the following table.



*Figure 11*

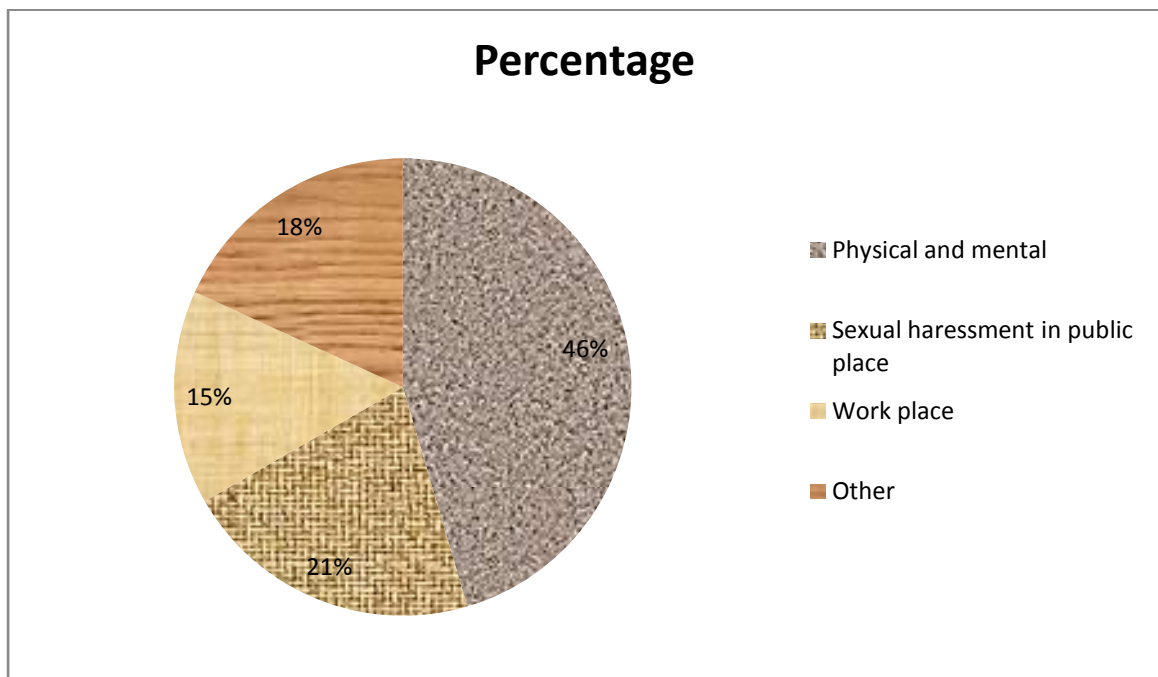
Person paying for medical care

### **Domestic Violence**

Violence against women takes various forms, ranging from verbal eve testing, Physical/sexual abuse with in the household to rape and trafficking. All those case are wider spread in Nepal, but lake of comprehansive data and people's awareness of these issues as well as a lake of law enforcement has left those cases almost unfouched. However recently, there have been son comprehensive studies don on this issues. Upon which this section primarily draws information. According to SAATHI and Asia foundation (1997) WON (1999). Women seem to be victims of all kinds of violence, directly or indirectly. Incidents of murder, violence, sexual abuse, rape, physical and mental torture have been on the rise in recent times. Out of 154 respondents in the study area, 33 respondents were found to be subjected to various forms of violence.

**Type of violence.** Violence against women is of different types, some are direct and some are indirect. Lack of public awareness is the main reason for the violence. Sexual violence has become the main problem and challenge in our society where one woman is committing violence against another woman. If it cannot be solved, it can be turned into murder. As some women hide their violence, criminals

seem to be encouraged to commit more violence. Although the field of study is ahead in terms of education, there are also women who have been subjected to general violence which are presented below.



*Figure 12*

Type of physical and mental violence of respondents

Figure 12 shows that the highest incidence of physical and mental violence was found in 46 percent women. Similarly, 21 percent women are violence of violence in public places and 15 percent women are victims of violence in the workplace. For any other reason, 18 percent of women were found to be victims of violence. Violence is from of crime. Studies have shown that husbands are more responsible for such violence and other family problems. At the situation of violence in Nepal, it is seen that it is happening directly and indirectly at more and in public places as well This is due to a lack of awareness about the cause of the situation, the victim's ability to wide their problems, not being able to face there openly and the perception of what others are saying.

### **Involvement in Community Activities.**

In Nepal, the presence of women in every field is much lower than that of men, women should take care of their families and children, men should not let them go because it is not their job to discourage moving forward at any opportunity, due to the presence of women in the socio-economic and political sector is low. But in recent times, various programs related to women's development have been affected by national and international organizations, also due to the emphasis on women's participation in Nepal's policy rules, women's participation in various fields seems to be increasing at present. The participation of the respondents in the study area is presented below.

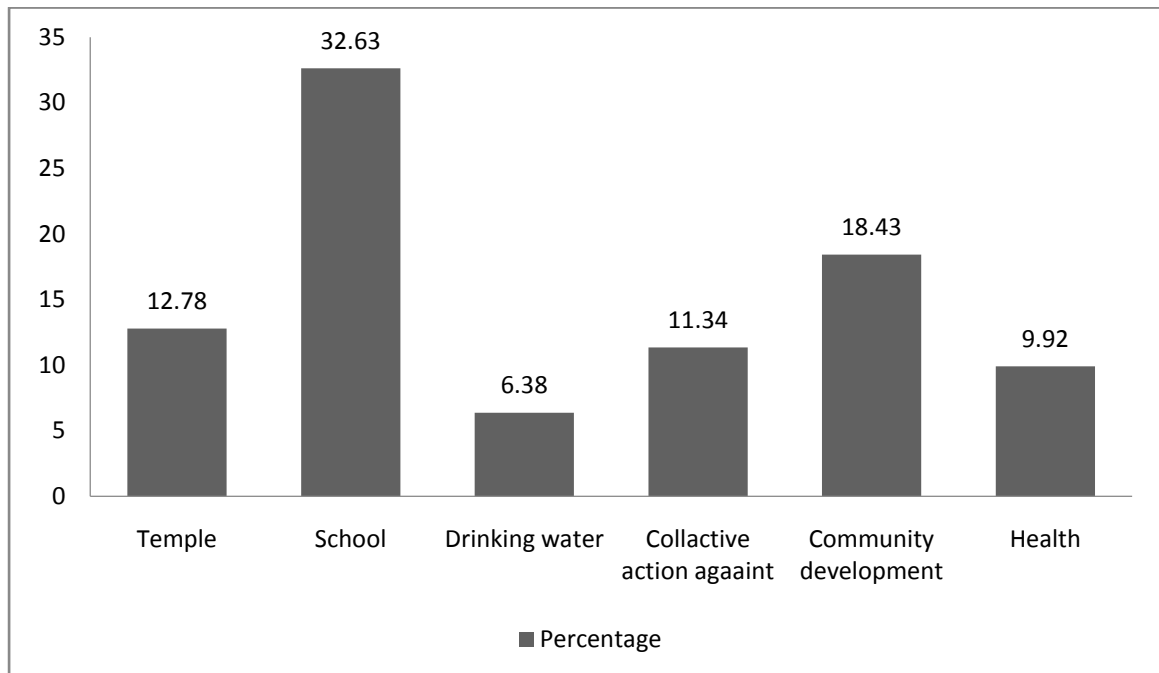
Table 6

#### *Involvement in Community Activities*

Involvement in community activities	Number of respondents	Percentage
Yes	141	91.55
No	13	8.45
Total	154	100

Looking at the table above, 91.55 percentage of the respondents were found to be involved in various activities in the society and 8.45 percentage of respondents were found to be absent from any work. Therefore, it was found that the respondent did not participate due to family problems and other members going to the house.

**Community development activities.** Among the various activities that take place in the society, the specialty activity is the development activity of the community. Education, health, sanitation, drinking water, monasteries, schools, roads, various works are being done. The study found that the number of women participating in any of the activities in the field of study was as follows:

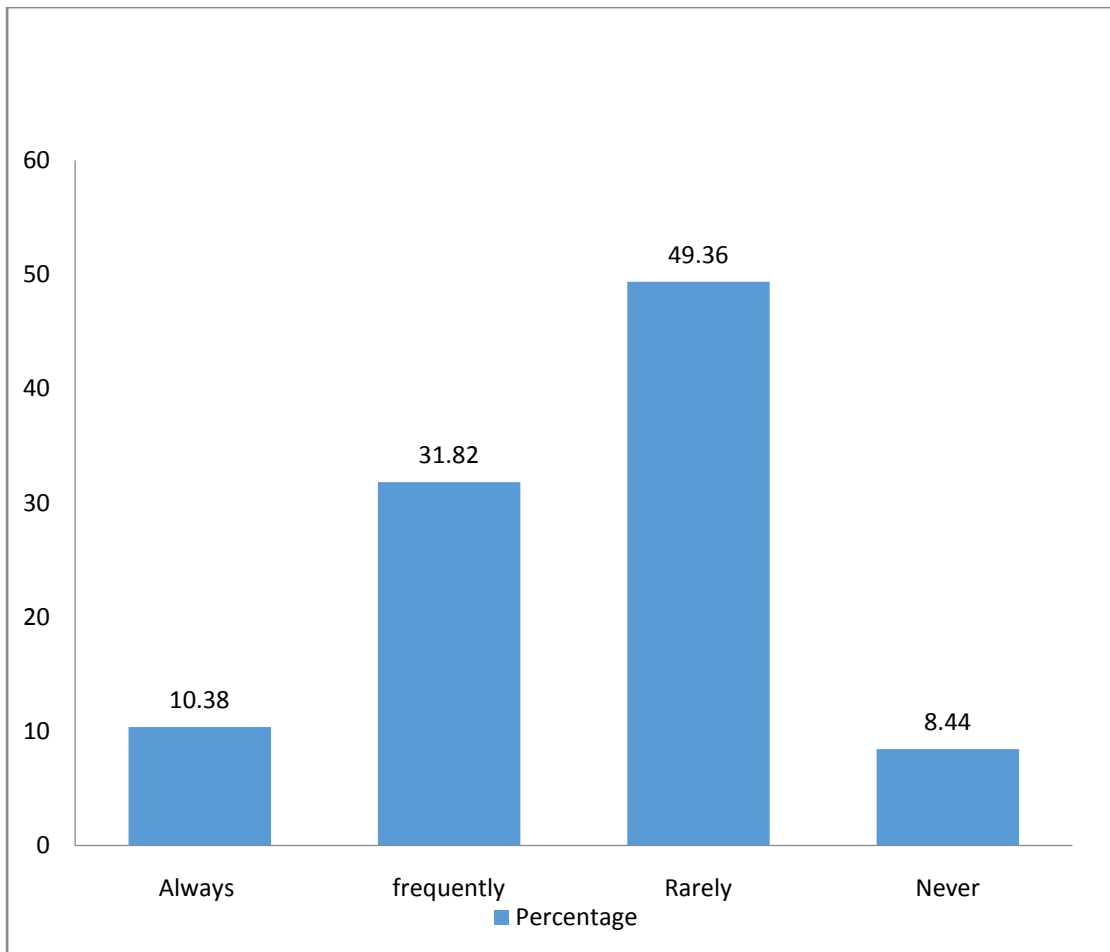


*Figure 13*

#### Type of community development activities

As per the table above, 32.65 percent respondents were found to be participating in School activities. However, 18.45 percent were found to be participating in community development programs. Similarly 12.78 percent were found to be involved in Temple, 11.34 percent collection agents in social health sector, 9.92 percent in health and 6.38 percent in drinking water work. Therefore, according to the above data, the overall participation rate of women in the field of study was found to be high.

**Respect in any sector of respondents.** Everyone has the right to life, liberty and security of person. Human beings respect and accept each other's positive think and ideas. How much society accepts your own ideas? How much does society accept your idea? The answer to the question asked to the respondent is given below.



*Figure 14*

Opinion respected in the family work place and community of respondent

Figure 14 shows that 10.38 percent of women always agree the opinion of 31.82 percent of the respondents was found to be frequently agree. Similarly, it has been found that 49.36 percent of women accept their views as per their need.

Therefore, on the whole, women were given more opportunities to speak and their views were respected. Due to which, positive change in the status of women will help in the development of women.

### **Economic Status of Women**

Overall life is an economic aspect of a country that is not for the development of society and individual development. Due to lack of funds we are not able to meet our basic needs. We are earning money by adopting some profession to improve the economic situation. As Nepal is a developing country, millions of young men and women are forced to go abroad due to lack of proper employment. It is ironic that even

after getting higher education, one cannot get employment. In recent times, with the development of science and technology and the development of consciousness, it seems that women have also started raising their hands in earning money.

In the past, men used to do housework outside of men to earn money. But people's thinking has changed and it seems that such thinking has increased since then. At present, women are also involved in various service sectors in Nepal and have been found to be active and self-reliant in various other sectors. Due to which the lifestyle has changed. To make a positive change in a woman's lifestyle is to change the seal of her family, society and nation. Although such fears are rare in Nepal, its growth rate is likely to increase in the coming days, which can be clearly seen in the following statistics.

Table 7

*Level Force Trend of Labor Force, Nepal. 2001-2011*

Year	Economically active population	
	Male	Female
2001	52.6	41.0
2011	47.2	37.0

CBS(2002). Populations census 2001 National Report.

CBS (2014). National Population and Housing Census 2011.

Census (2011). Economic Characteristics Tables. vol5. part I.

Looking at the table above, economically, in 2001, the percentage of active males reached 52.6 percent and that of females 41.0 percent. In 2011, economic active consist 47.2 percent male and 37.0 percent female. Source(CBS 2011).

**Economic activity of respondents.** Being financially active means making life comfortable and simple and living a quality life. Being financially save helps to lead a simple life in the society. Helps to meet basic requirements.

Table 8  
*Economic Activity of Respondents*

	No. of Respondents	percent
Yes	113	73.37
No	41	26.63
Total	154	100

According to table 8, 73.37 percent of the study area is financially active and 26.63 percent found to be financially inactive. Along with the education of women in the field of study, the economic situation is satisfactory, and financially inactive women are also found to be involved in some work.

**Sector and occupational distribution.** Economically active women are involved in various professions to earn a living. The study area was found to be most active in agriculture and trade. The data found in the study area is clearly presented below.

Table 9

*Sector and Occupational Distribution of Respondents*

Occupations'	No. of respondents	Percent
Bank and financial institution	11	7.14
Agriculture	37	24.03
Non-Agriculture	-	-
Construction	4	2.59
Commercial	15	9.74
Finance and business services	9	5.85
Personal community services	15	9.74
Teaching	12	7.79
Health sectors	9	5.85
Forestry	1	0.64
None	41	26.63
Total	154	100

According to Table 23, 24.03 percent of the respondents in the study area were in agriculture and 9.74 percent in business, 9.74 percent in personal community services, 5.85 percent in health sectors, 7.79 percent in teaching service, and 0.64 percent lowest person involve in service. However, 26.63 percent were not in any sector. Due to this, some of the students, family members were involved and some were found to have done other things.

**Respondent monthly income.** Women who are active in income earn every day, month and year according to their profession. It was found that some people have to run their own family while others spend their own money. The monthly income of women in the field of study is presented below.

Table 10  
*Respondent Monthly Income*

	no. of respondents	Percent
None	41	26.62
5000	25	16.23
5000-10000	47	30.52
10000	26	16.88
20000	15	9.74
Total	154	100

According to the table 10, women earning between Rs 5,000 and Rs 100,000 earn 30.52 per cent, followed by women earning 10 to 16.88 percent. 16.23 percent women up to Rs. 5,000 and 9.74 per cent women above 20 were found to be earning, however, 26.63 percent was found to be unsuccessful. Looking at the above figures, it is found that the process of women becoming self-reliant is increasing which helps them to fulfill their needs as well as the needs of the family and to lead a happy life.

**Property of respondents.** Property is what can be claimed as one's own. Which is stored for future generations and for future times. In recent times, the number of people owning property in the name of women has increased. Its position in the field of study is presented below.

Table 11  
*Ownership of the House*

	N. of respondents	Percent
Yes	47	30.51
No	107	69.49
Total	154	100

According to table 11, 30.51 percent of households were in the name of women and 69.49 percent were in the name of respondents. Therefore, looking at its statistics, it was found that the number of people owning land in the name of women has decreased in the field of study, but in recent times, the number of people owning land in the name of women has increased in Nepal.

As per the country code of Nepal, 25 percent discount will be given on house and land pass in the name of women. In the present time due to the prevailing rules, land is bought and passed in the name of women.

### **Political Status of Women**

Traditional, Nepali women had limited rule in political leadership. However, time and again they became active and have significantly contributed in bringing political change in Nepal. Women's participation in Nepali politics surfaced in the revolt against the Oligarchy Rana regime in 1951. Similarly, hundreds of thousands of women cell actively participated in 2<sup>nd</sup> people movement in 2006 resulting in the demolition of monarchy and declaration of Nepal as a federal democratic republic. Therefore, the representation of women seems to be increasing in Nepal as well. However, for various reasons, were found to be interested in the political side. The political involvement of women in the study area is presented below.

**Involvement in political of respondent.** Politics is not as easy to understand as it is to hear and see. For this, there should be attachment towards it. There should be awareness about this. It is necessary to have attachment and attention towards politics. In all areas, women have been allocated representation by the state. But the women did not know much about it. Similarly, women who are not interested in politics are found to be less involved.

Table 12

#### *Involvement in Political of Respondent*

Response	number of respondents	Percent
Yes	18	11.68
No	136	88.32
Total	154	100.0

As per the table above, 11.65 percent were found to be involved in the political sector and 88.32 percent women are not in the political sector. Therefore, the studies are was found to have the lowest involvement in the politics.

At present, there is an attempt to being women from all sections of the society into the constitution-drafting process Nepal, which has recently became a women precedent. The Constitution Assembly Member Election Act, 2007 divided the seats under PR within the five majors groups based on their exiting population, which included Madhesi (31.2%), Dalits (13.10%), indigenous (37.8%), background regions (4%) and others (30.2%) once again to ensure the representation of women from all these sub groups, it was mandated that from each group 50 percent must be women (Wikipedia, 2021). However, women's participation and involvement in politics in the study area has decreased and so has the competition. The number of women running as candidates in the election is given below.

**Candidature in elections.**Due to the significance of the political sector, elections are held in each constituency targeting different issues.In every constituency, there are fewer women candidates than men.The study area was found to be less involved in the field and also less women participating in the election.Women are also directly and indirectly influencing the political arena in the society

*Table 13*

*Candidature in Elections*

Candidate in election	Number of respondents	Percent
Yes	8	44.44
No	10	55.56
Total	18	100.0

According to the table, 44.44 percent women were contesting in the election as candidates and 55.56 percent women were found to be members. Therefore, some of the women candidates from different parties were found to be successful in the election. At present, it is found that it is working under the leadership of the rural municipality chairman and the rest is actively working under the leadership of its parties members.

**Decision making for the voting.** Everyone has the right to voting for their favorite candidate. The voting decisions of the respondents in the study area are presented below.

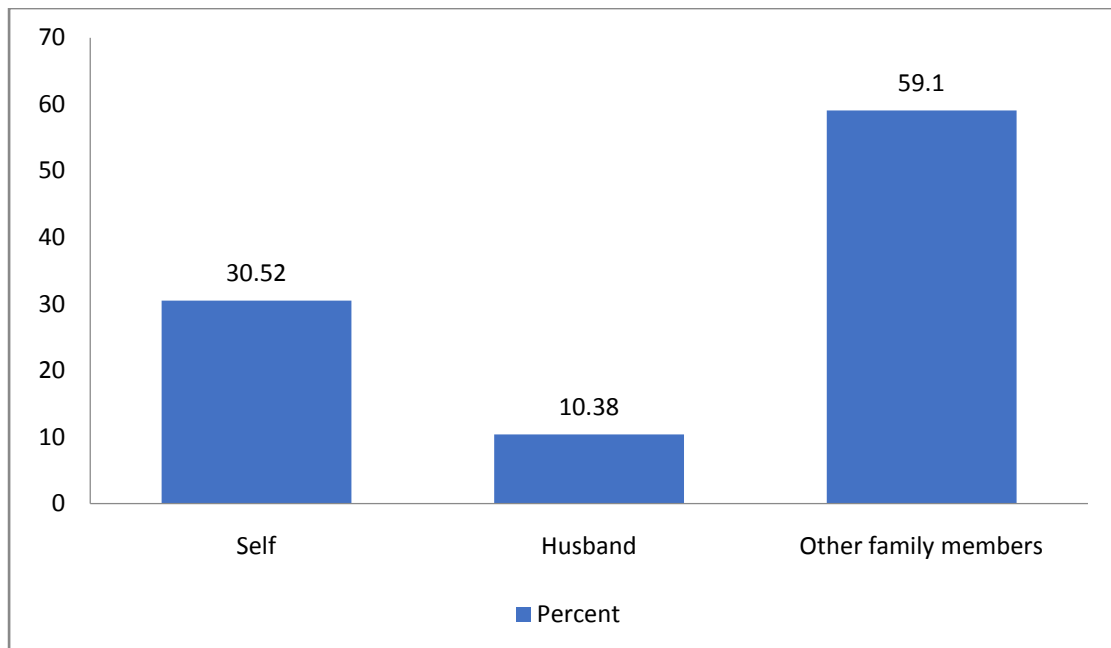


Figure 15

Decision making for the voting

Figure 15 shows that 30.52 percent women were found to be voting for the candidate of their choice. Similarly, 10.38 percent voted for the decision of the husband and 59.10 percent voted for the member of the household.

**Awareness about current political situations.** Only people interested in the field of politics come to this field.

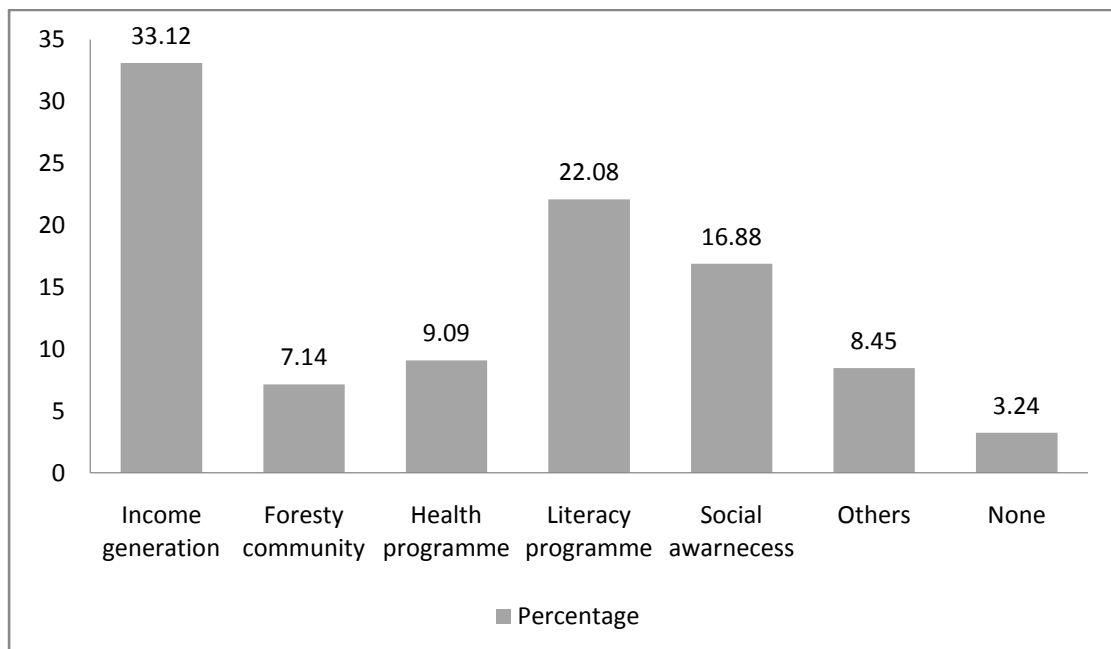
Table 14

*Awareness About Current Political Situations of Respondents*

Awareness about current political situation	Number of respondents	Percent
Fully	18	11.68
Partially	37	24.04
Don't know	99	64.28
Total	154	100.0

Although majority of respondents reported that they do not know about the current political situation of the country among those who did a greater number of women who are fully or partially aware are from the programs. This is again indicative that when women step out in the public sphere, they have access to information and became more aware about the country's macro level political situations.

**Awareness about women development programs.**In order to uplift women in the society and community, various works related to women's development have been carried out. Women should be aware of such activities, the situation of women in the field of study is presented below.



*Figure 16*

Awareness about women development programs

Figure 16 shows that the income related and literacy related programs information has found to be 33.12 percent and 22.08 percent. Similarly, 16.88 percent were in the social sector, 9.15 percent in the health sector and 7.14 percent in the forestry community.

**Age and decision making.**The following is a comparison of the decision-making capacity of women according to their age group.

Table 15

*Age and Decision Making for Voting*

Age group	Decision making for voting						Total percent
	Self		Husband		Other family member		
	No.	%	No.	%	No.	%	
15-19	-	-	3	9.37	29	90.62	100.0
20-24	7	38.88	2	11.12	9	50.0	100.0
25-29	11	44.0	7	28.0	7	28.0	100.0
30-34	23	85.18	2	7.40	2	7.40	100.0
35-39	3	15.0	2	10.0	15	75.0	100.0
40-44	2	7.40	-	-	25	92.60	100.0
45-49	1	20.0	-	-	4	80.0	100.0
Total	47		16		91		100.0

According to table 15, out of the total respondents in the age group of 15-19 years, the number of women voting in self-decision is zero. Among women of the same age group, 90.62 percent voted by family decision. Similarly, out of the total respondents in the age group of 30-34 years, 85.18 percent of the respondents voted in self-decision. As per the decision of the family, 7.80 percent women had cast their votes.

In the study area the decision making capacity of women in the age group of 30-34 years is found to be higher than that of women in the younger age group (15-29). Therefore, 90.62 percent of women in the age group of 15-19 years reported about voting on family decision. About 9.4 percent of the women in the age group (15-19) reported about decision making with their husbands for voting. Similarly, 85.18 percent women in the age group of 30-34 years reported voting on their own decision. Similarly, 92.60 percent of women in the age group of 40-44 years were found to be voting on the decision of their family.

Looking at the overall statistics, it is found that women in the age group of 15-19 years and women in the age group of 40-49 years are dependent on others. The self-decision was found to be highest in women in the age group of 20 to 39 years.

**Literacy and decision making for voting.** The following is a comparison of the decision-making capacity of women according to their literacy.

Table 16

*Literacy and Decision Making for Voting*

Literacy status	Decision making for voting						Total percent
	Self		Other family member				
	No.	%	No.	%	No.	%	
Literate	44	29.53	14	9.39	91	61.07	100.0
illiterate	3	60.0	2	40.0	-	-	100.0
Total	47		16		91		100.0

According to the table 16, literate women were more likely to vote on their own decision while uneducated women were found less likely to vote on their own. Similarly, as the percentage of literate women is higher than that of illiterate women, it was found that 9.39 percent literate women voted with their husbands' decision. Among the literate, 61.07 percent women voted according to their family's decision. Overall, although the literacy rate among women in the field of study was high, they were more likely to vote for family decisions than for themselves.

**Occupation and decision making for voting.** The following is a comparison of women's ability to make decisions according to their occupation.

Table 17

*Occupation and Decision Making for Voting*

Age group	Decision making for voting						Total percent
	Self		Husband		Other family member		
	No.	%	No.	%	No.	%	
Bank and financial	6	54.55	3	27.27	2	18.18	100.0
Agriculture	7	18.91	2	5.40	28	75.67	100.0
Construction	2	50.0	1	25.0	1	25.0	100.0
Commercial	10	66.66	3	20.0	2	13.33	100.0
F. Business	3	33.33	2	22.22	4	44.44	100.0
Personal community	5	33.33	1	6.66	9	60.0	100.0
Teaching	5	41.66	2	16.66	5	41.66	100.0
Health sectors	5	55.55	1	11.11	3	33.33	100.0
Forestry	1	100.0	-	-	-	-	100.0
None	3	7.31	1	2.08	38	92.68	100.0
<b>Total</b>	<b>47</b>		<b>16</b>		<b>91</b>		<b>100.0</b>

According to table 17, out of all the women working in banks and finance, 54.54 percent women reported that they themselves had decided for voting. It was found that women in professions and businesses reported to vote on their own decision. Similarly, most (75.67%) of the women engaged in agriculture are voting for the decision of their family. Looking at it this way, it was found that women in the agricultural sector are still dependent. Similarly, 41.66 per cent women in the teaching profession and 66.66 per cent women in the commercial profession also reported on

their own decision. It is understood that women belonging to other professions in comparison to agriculture had self decision making capacity are active in decision making capacity.

### **Summary of the findings**

This research is mainly to find out the status of women in Atharai Rural Municipality Ward No. 5 of Tehrathum District. The main objectives of this study were to find out the socio-economic and political status of women and to identify the role of women in their decision making in the study area. In this study area, total population females (15-49 years) were 154 the respondent was selected by simple random sampling method. Rao-soft online calculator was applied for sample size determination. Respondents were interviewed in order to find out the socio-economic and political status of women.

This study was mainly based on quantitative and qualitative descriptive types of research design. To completion to complete this study, various related literature on the overall condition of women was reviewed. The interview schedule was used to get necessary information about social status, economic status, political status and role of women in their decision making. On process of information collection, all the respondents were surveyed directly by meeting by door to door. Necessary information was collected from 154 respondents of total population.

The collected data has been analyzed using simple language style so that it can be understood by all. Attempts have been made to compare the data from the north with the situation in Nepal as required. Attempts have been made to make the research work related to this subject as meaningful and result oriented as possible. From the analysis and interpretation of the collected data from field, survey and interview the major finding of the study had been summarized in the way:

- The condition of women in Atharai Rural Municipality Ward No. 5 of Tehrathum District and all 154 women in the age group of 15-49 years was found to be present.
- The highest number of respondents in the study area (74.68) Limbu, 7.79 per cent including Brahmins / Chhetri, 6.49 percent Rai, 3.89 percent Tamang and the lowest Dalit was found to be 3.26 percent.

- Among the respondents in the study area, Kirat religion was found to be the highest at 77.28 percent. Similarly, Hinduism is 16.88 percent and Buddhism is 3.89 percent and the lowest Christianity was found to be 1.35 percent.
- Respondents in the study area found that 51.65 percent of them were married the number of marriages was 48.35 percent. However, it has been found that none of the respondents has done legal marriage so far.
- Among the female respondents in the study area, 30.76 percent were found to be married at the age of 20-24 years. Similarly, in the age group of 25-29 years, 23.07 per cent women were married between the ages of 17.58 percent and 15-19 years, It was followed by 5.49 per cent at 35.39 years of age, 2.19 percent at 40.44 years of age and 1.09 per cent at 45-49 years of age.
- Of the 154 respondents in the study area, 91 were married and the number of children born to married women so far was 108, males constitute 44.45 percent of the population and females 55.55 percent.
- Of the total respondents, 86.82 was married respondents. Eighty-two percent found the use of contraceptives while 13.18 percent did not use any of the methods.
- Respondent women were found to use the most temporary means. The use of temporary means is 89.87 percent while the use of permanent means is found to be 10.13 percent.
- The highest use of Depo-Provera under temporary means was found to be 32.92 percent. Then male condoms 32.92 percent condoms 13.92 percent, pills 7.59 percent, IUCD 6.33 percent, similarly, female condoms have not been used till now, while male sterilization has been done by 10.12 percent under temporary means and female sterilization has not been done yet.
- The study found that 34.06 percent of women in the study area had uterine problems due to fertility. Similarly 23.09 percent white discharge problem, 10.98 percent irregular man striation, 9.90 percent backache, 9.90 percent bleeding, 3.29 percent, breast problem and 2.19 percent prolapsed uterus problems.

- Respondents found that 75.82 percent of women went to the medical center for health problems. Similarly, 7.69 percent were found to be undergoing local treatment while 2.13 per cent were found to be undergoing surgical, and 2.13 percent were found to have other treatments. 12.09 percent did not adopt any treatment system.
- Of the respondents, 48.14 percent have paid medical fees. 74% of women get paid by their husbands and 11% by their husbands. It has been found that 12 percent women are paid by their family members.
- Of the literate respondents, 24.1 percent passed the lower secondary level. Similarly, S.L.C. Passing 19.4 percent, passing the primary level 18.1 percent, Intermediate passing 14.0 percent, graduate passing 12.0 percent and post graduate (master) passing 3.3 percent, 9 percent of the respondents were found to have received non-formal education.
- According to the study, 33 out of 154 respondents were found to be normal. Of these, 45.45 percent experienced physical and mental distress and 18.18 percent experienced violence for any reason.
- Of all respondents, 91.55% were found to be involved in social and community activities while 8.45% were found to be absent women.
- A study of the economic status of women in the study area found that 73.37 percent women were active in earning money and 26.63 percent women were not financially inactive.
- The main occupation of the respondents was found to be 24.3 percent dependent on agriculture as their main source of income. Similarly 9.74 percent business, 7.14 percent in bank and financial institution, 7.79 percent in teaching, 5.85 percent in health sectors, and 0.64 was found to be involved in the forestry area.
- It was found that the monthly income of the respondents involved in the profession is up to 30.52 percent (5000-10000). Similarly, those earning more than Rs 10,000 earn 16.88 percent earning more than Rs 20,000. It was found that 74 percent were women.
- 30.51 percent of the respondents in the field of study, It was found that of the women owned houses and land while 69.49 percent of the women did not own any house or land.

- Respondents found that 79.87 percent of women sought counseling at home and 20.13 percent did not seek counseling when selling their essentials and household items.
- Among the respondents in the field of study 11.61 percent of women were found to be involved in politics, 88.32 percent of women were not involved.
- Among the respondents involved in the political arena, 44.44 percent women stood for election and 55.56 percent women did not stand for election.
- It was found that 30.52 percent of the respondents in the study area made their own decision during the election. Similarly, 10.38 percent of households were involved in the decision to survive and 10.38 percent of women were in favor of their husband's decision.
- About the current political situation, 11.68 percent were found to be standing 24.4 percent were found to know little while 64.28 percent were found to be unaware.
- The highest income generation among the respondents is 33.12 percent, literacy program 22.08 percent, social awareness 16.88 percent, health program 9.09 percent, 7.14 percent forest community, 7.14 percent other in any program, 8.45 percent of the respondents were found to be aware of women's development program. 24 percent were not found.
- More literate women than uneducated have been found to have voted by their own decision.
- Women in the age group of 15-19 years and 20-24 years were found to have less decision making ability and women in the age group of 25-39 years were found to have more decision making ability
- The decision-making capacity of women working in external occupations such as banking and financial commerce and health sector construction has been found to increase. Women involved in agriculture were found to be more likely to agree with the decisions of others.

## **Chapter V: Conclusion and Recommendation**

### **Conclusion**

In the study area, the status of women remains weak in terms of health, income, decision making and access to policy making. Women's literacy rate is good. Women violence is still common, and there are not enough women in the profession. In the study area, women's representation in the Constituent Assembly has been ensured, but not all mechanisms have been able to ensure equal participation of women.

The majority of respondents were found to be married between the ages of 20-24 and very few were found to be married between the ages of 45-49. The main reason for delaying the marriage was family situation. More than half of the married respondents were found to have about one child and at most only two children. Uterine problems are more common in women due to fertility. They said that all the treatments were not available in the area and the treatment was delayed due to financial problems. More than half of the women in the chosen field of study are engaged in some occupation or another and most of them are engaged in agriculture. The women involved were found to be successful as candidates in the elections, despite the low interest in the political area. It has been found that women participate in all kinds of programs organized or brought by governmental and non-governmental organizations in this area.

Literate women were found to be more self-decision. Women involved in other occupations have been found to be more self-decision. While, women involved in agriculture are found more dependent on the decisions of others. Similarly, women in the age group of 25-39 years were found have higher self-determination than women in the age group of 15-19 years. Overall, the study found that although the social and economic status of women is good, various public awareness programs need to be conducted to increase political and decision making.

## **Recommendation**

After this research summary and findings, the position of women in the field of study was found to be satisfactory. Finally, on this basis of this study some recommendations are presented below:

**Recommendations of practices.**The general recommendations of this research are as follows:

- Although the status of women in the field of study remains literate, it seems that violence against women in the field needs to be completely eradicated. Husband violence in the family is usually caused by alcohol consumption, so alcohol needs to be controlled in every area.
- It seems that all the women in the area should be made aware in various programs related to women's development.
- There are still a number of unemployed women who depend on others for their basic needs.
- It seems necessary to promote women in the political arena. Bringing various programs and public awareness programs to make them fully aware of their right to vote.

**Recommendation for national policy level.**The recommendations of this research for national policy level are as follows:

- Formulation a national women's development policy and ensure its integration into national development policy.
- Advocate women's empowerment and gender equality.
- The ministry of local development should provide skill based and product-oriented special programs and training to make rural women self-employed.
- For women's health, programs need to be development from the national level to the local level.
- There is a need to provide health services that can easily and conveniently treat women's health problems.

**Recommendation for the future research.** The future recommendations of this research are mentioned as follow:

- To change the living standards of women by discovering their empowerment and its impact on the social and economic status of women.
- To find out the impact of domestic violence and to get rid of violence against women.
- To further study the socio-economic and health status of women.
- To study the role of women in the society before and now and to ensure women's rights by providing information about the right to reproductive health.
- Determining the use of contraceptives in women and their effects on women and adopting problems and solutions.

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**APPENDIX I**

**Question Schedule**

**A. General Information of the respondents.**

Name.....

Age.....

Religion.....

Main festival.....

No. of family member (1) Male  (2) Female

Occupation.....

Monthly Income.....

Education: (a) Literate (b) Illiterate

If literate: None/ Primary level/ lower secondary/ S.L.C./ Intermediate/

Graduate(bachelor) / Post-graduate (Master)

**B. Social status**

1. Are you married?

(a) Yes (b) No

2. What type of married are you in?

(a) Arranged (b) Love

3. Age of first married:   years old.

4. Number of children from the first married :

5. How many children do you have (how many girls/boys)?

6. Do you think that women should have the same freedom as a men?

.....

7. Are you planning to have another child?

(a) Yes (b) No

8. Have you adopted permanent family planning?

(a) Yes (b) No

9. If , yes who has adopted it?

(a) Husband (b) Wife

10. Do you have any reproductive health problems?

(a) Yes (b) No

If, yes



6. Have you ever experienced domestic violence?

- (a) Yes (b) No

If Yes, what kind of?

.....

- (a) Yes (b) No

If Yes, what kind and what to your role?

.....

7. Source of respondent's income

I. ....

II. ....

III. ....

8. Source of family income

- (a) Agriculture (b) Livestock (c) Salary (d) Wage

- (e) Remittance (f) Micro enterprise (g) Other (specify)

**9. Decision making**

1. Are you actively involved in political?

- (a) Yes (b) No

2. Did you participate as a candidate in election?

- (a) Yes (b) No

3. Did you win the election?

- (a) Yes (b) No

If yes, what position?

4. If, Yes, who decide for you to be a candidate?

- Self: Husband: Other family member

5. Are you aware about the political situation of the country?

- Fully: Partially: Do not know:

If yes, what are you aware about

1) .....

2) .....

3) .....

6. Do you think that more women should be in position of political leadership?

- (a) Agree
- (b) Disagree

7. How interested are in political affairs?

- (a) Fully
- (b) Partially
- (c) I don't know

8. Would you give up working if you had choice/

- (a) Yes
- (b) No
- (c) Don't know

9. Why are you selling goods or real estate without consulting your family members or your husband?

- (a) Yes
- (b) No

10. Are you aware of women's development programs?

If yes, what kind of.....

I).....

II).....

III).....

IV).....

## Appendix II

**Table No 1**  
**Educational Qualification of Respondent**

Educational Qualification	Number of Respondent	Total	Percentage
Non Formal Education			
Primary Level			
Lower Secondary			
SLC			
Intermediate			
Graduate ( Bachelor )			

**Table No. 2**  
**Married Status of Respondent**

Married Status	Number of Respondent	Total	Percentage
Married			
Unmarried			
Divorced			
Total			

**Table No. 3**  
**Current use of contraception Among correctly Married, Non Pregnant Women**

Method	N. Of Respondent	Total	Percentage
Any modern method			
Female Sterilization			
Male Sterilization			
Pills			
Condom			
Injectables			
Male Condom			
Norplant			
IUCD			
Total			

**Table no. 4**

**Sectoral and Occupational Distribution of respondents**

Occupational	Number of Respondents	total	Percentage
Bank and Financial Institution			
Agriculture			
Non Agriculture in Which			
- Manufacturing			
- Construction			
- Commerce			
- Finance service and Business Service			
- Personal and Community Service			
- Teaching			
- Health Sectors			
- Forestry			
- Others			
Total			

**Thanks for your good co-operation**