

**MIGRATORY EXPERIENCES OF SENIOR CITIZENS TOWARD
LAND OF ORIGIN AND DESTINATION
(A Study of Barahachhetra Municipality-7)**



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DECLARATION

I hereby certify that the thesis titled “**Migratory Experiences of Senior Citizens toward Land of Origin and Destination,**” submitted to the Central Department of Social Work, Tribhuvan University, is the result of my original work, carried out under the guidance and supervision of my advisor. All ideas and information drawn from external sources have been duly acknowledged throughout the document. The findings and content of this thesis have not been previously submitted or presented for the award of any degree or for any other purpose. Furthermore, no part of this work has been published in any form prior to this submission. I take full responsibility for any evidence or proof that may contradict this declaration.

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LETTER OF RECOMMENDATION

This thesis entitled “**Migratory Experiences of Senior Citizens toward Land of Origin and Destination**” has been prepared by Mr. Vikash Poudel under my supervision. I hereby recommend this thesis for examination by the thesis committee as a partial fulfillment of the requirements for the Master’s Degree of Social Work.

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ABSTRACT

This thesis examines the lived experiences of senior citizens who have migrated from their place of origin and are currently residing in Barahachhetra Municipality, Ward No. 7, Sunsari District. Given the study's focus on emotions and personal experiences, a grounded theory approach was applied. The primary objectives were to explore their perceptions of their land of origin (Thath-thalo) and understand the mechanisms they employ to adapt to their new environment. Employing a mixed-method approach with a strong emphasis on qualitative research, particularly phenomenology, the study delves into overlooked aspects of their migration journey while incorporating quantitative data for statistical representation. Data collection involved in-depth interviews and participant observations, with 13 respondents serving as key informants. Secondary sources were also utilized to supplement the findings. Thematic and narrative analyses were employed to interpret the data. Key findings reveal that 69.2% of elderly migrants depend on family support, while 92.3% rely on social welfare, with limited independent income sources. Economic challenges were prevalent, as none of the participants reported financial stability post-migration. The study further identifies social factors such as companionship, a sense of belonging, and improved living conditions as primary motivators for migration, outweighing economic and familial reasons. Additionally, the research underscores the potential benefits of migration for older adults, suggesting that relocation to areas with better infrastructure and strong community networks can significantly enhance their quality of life.

Keywords: Senior citizen, Land of Origin, Lived Experiences, Migration, and Social Factors.

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ABBREBRATIONS

CBS	Census Bureau of Statistics
EBGT	Evidence Based Grounded Theory
IOM	International Organization for Migration
NCDs	Non-Communicable Diseases
NELM	New Economics of Labor Migration
NEMT	New Economics of Migration Theory
NPHCE	National Programme for Healthcare of the Elderly
NSO	National Statistics Office
WHO	World Health Organization

CHAPTER I

INTRODUCTION

1.1 Background of the Study

The population growth is one of the major components for the state or the nation for the different aspects like education, healthcare facilities or other services and also it plays the vast role in the development activities and programs. In the present context demographic has been drastically changed in terms of growth or migration. People have migrated to the destination place in the certain period of time by leaving their origin place or homeland which is also known as “Thath-thalo” in Nepali which means the place where they have originated and spend their childhood. The memories from the childhood are one of the nostalgic that never can be replaced or forget by the individual. In this study, the researcher is having curiosity to investigate their current feeling and experiences towards their origin place which is their Thak-thalo and their current life style and well-being at the new destined place.

A senior citizen is typically defined as an individual who has reached a specific age benchmark, usually set at 60 or 65 years, depending on the country and context. This designation is often linked to eligibility for retirement benefits, social security, and other age-related entitlements. According to the World Health Organization (WHO), individuals aged 60 and above are considered older persons, particularly in developing nations, whereas in many developed countries, the threshold for senior citizenship is 65 years (World Health Organization, 2015). Similarly, the United Nations (UN) generally recognizes individuals aged 60 and older as senior citizens in its global reports, though it acknowledges variations across regions (United Nations, 2019). Aging, on the other hand, is a natural and continuous biological process that involves gradual changes in an organism over time. This process leads to a progressive decline in physiological functions and an increased vulnerability to diseases. Additionally, aging encompasses physical, psychological, and social changes that influence an individual’s overall experience as they grow older.

In India, the Senior Citizens Act of 2007 defines a senior citizen as anyone aged 60 or above. However, for certain benefits and policies, such as social security

programs, the threshold may be extended to 65 years. The National Policy on Older Persons (NPOP, 1999) emphasizes addressing the social, economic, and healthcare challenges faced by the elderly, including improving access to healthcare, social security, and protecting them from abuse. Despite improvements in healthcare, India's aging population continues to face significant issues like poverty, inadequate healthcare services, and social isolation. Senior citizens are eligible for benefits under the National Programme for Healthcare of the Elderly (NPHCE), which aims to ensure accessible healthcare services for older adults in both rural and urban settings. In China, the definition of a senior citizen is similar to that of India, where individuals aged 60 years or older are typically considered senior citizens for the purpose of welfare programs, though this can vary based on context. The Law on the Protection of the Rights and Interests of Older Persons (1996) provides comprehensive protection for senior citizens, including social security, healthcare, and legal support to ensure their well-being. China is undergoing significant demographic changes, with an aging population that is the result of factors like the one-child policy and increasing life expectancy. To address this, the Chinese government has invested in pension schemes and social welfare programs, though challenges remain in meeting the needs of the elderly in rural areas, where healthcare and social security systems are less developed. Both India and China define senior citizenship as individuals aged 60 and above, but their approaches to social security and healthcare policies differ. India prioritizes rural healthcare programs and laws aimed at supporting the elderly, while China is tackling its aging population by introducing government-funded pension systems and expanding social support structures in a more comprehensive manner.

Gerontology is the multidisciplinary study of aging, encompassing the biological, psychological, and social dimensions of growing older. It explores the aging process, the challenges encountered by older individuals, and strategies to enhance their well-being. Unlike geriatrics, which focuses on medical care for the elderly, gerontology draws on knowledge from various fields such as medicine, sociology, psychology, economics, and public health (Hooyman & Kiyak, 2017). Gerontology is the study that provides insights into the aging process and its effects on individuals and society. It aids policymakers in developing age-friendly policies and healthcare systems. By addressing the social and medical needs of older adults,

gerontology contributes to enhancing their quality of life. The field also focuses on improving interventions that promote better health outcomes, social support, and overall well-being for elderly populations, ensuring they live healthier and more fulfilling lives. Senior citizens are the individual who have crossed the age of 60 years (senior citizen act, 2006). In the context of the many countries the age of 60 years is to be called as senior citizen but there are some countries like United States, Canada, France, Germany, Japan (gradually increasing) the year of 65 is to be called as the senior citizen. Through the societal perception aging is a multiplex phenomenon, and social perception of senior or aged can be differ from the official definitions. Aging can be defined through the different aspects such as biological, social, psychological or cognitive. Aging is a complex, multidimensional process of physical, psychological, and social changes that naturally occur over time (World Health Organization, 2024).

Similarly, migration is generally understood as the movement of individuals from one location to another, either within a single country (internal migration) or across national borders (international migration), often driven by economic, social, political, or environmental factors (Castles, de Haas, & Miller, 2014). The International Organization for Migration (IOM, 2020) defines migration as the process in which people relocate from their usual place of residence, either domestically or internationally. Migration can occur on a voluntary or forced basis, be temporary or permanent, and involve individuals or larger groups. Where migration is the process of movement of individuals or groups from one place to another. Migration is the act of movement where people move or leave from the old living place to the new one in search of the good services and facilities like education, health services, communication, transportation and others. Migration is taken as the one of the three major components of demography and population change. The scale and pattern change of migration have a great outcome in the both areas of origin and destination that influences in political, economic, cultural, and social aspects of the society. As migration is a process of movement, a migrant is a person who changed his/her usual place of living to other place for living at least once during the migration period of time. The change of the living place can take either on permanent or temporary needs.

When we discuss about migration, we counter with the types of migration such as rural or urban, temporary or permanent, domestic (internal) or international and voluntary or forced (involuntary), etc. This may sometimes create hard situation to define a clear definition of the concept. A general and clear definition of migration is the movement of people from one place to another either temporarily or permanently within the nation and international (Skeldon 1997; Spaan 1999). Demographically, the major concept of migration is either internal or external migration, which changes not only the population size but also the structure of population in both areas of origin and destination of the individual or groups. Internal migration stands for the internal movement within the country, while external migration is the outward movement of the individual or groups from a particular country to another. Seasonal migration is also one of the most significant livelihood strategies adopted among the poorest section in the middle hill of Nepal, predominantly in the form of seasonal mobility of labor (Breman, 1978; Breman, 1996; Deshingkar & Farrington, 2009; Deshingkar & start, 2003). Overall, migration as an easy or difficult, short or long, is the permanent or temporary movement in the living which contains different factors that are linked with the land of origin and destined place, intervening problems and personal factors (Lee, 1997, p.49). The United Nations Multilingual Demographic Dictionary (United Nations, 1956) defines 'Migration' as a form of geographical mobility or spatial mobility between one geographical unit and another. It typically refers to relocating from one's original location to a new destination or place of arrival. As per the International Organization for Migration (IOM), 'migration' is movement of a person or group of persons, whether between or within a country between two places in its territory.

Migration is one of the challenging processes of experience for every age of people, senior citizens often have to face very eccentric difficulties or problems because of their age and potential vulnerability. Some problems like social and emotional, practical and logistic, psychological, and physical challenges are faced by the senior citizen. It is also very important to remember that the specific problems faced by senior citizens during migration will vary depending on individual surrounding or environment, the destination place, and the reason for the migration. While migrating the individual have to left behind his memories of the past of the land of the origin and have to start the new environment for the living in the new

place which is destination place of the individual. Such challenges are not recognized and that creates different difficulties within the individual to cope their capacity of living or settling in the destined place.

According to the 2021 census, 29.2% of Nepal's native-born population has migrated at some point in their lives. Migration rates vary across geographical zones, with the Hill zone having the highest rate (32%), followed by the Tarai zone (28.9%), while the Mountain zone has the lowest (13.8%). Gender-wise, migration is notably higher among females (37.6%) compared to males (20.6%).

Over the past fifty years, inter-zonal migration has increased from 8.2% in 2011 to 11% in 2021. The Tarai zone remains the most significant recipient of in-migration, with the number of in-migrants rising from 410,064 in 1971 to over 2 million (2,084,505) in 2021. However, its overall percentage share of in-migration has declined over time. Conversely, the Mountain zone, despite a rise in in-migration from 9,698 (2.2%) in 1971 to 75,542 (2.4%) in 2021, continues to experience high out-migration, leading to a negative net migration of -543,966 by 2021. The Hill zone has seen a dramatic rise in in-migration, climbing from 6% in 1971 to 30% in 2021, primarily due to urbanization in cities like Kathmandu, Pokhara, and Chitwan Valley.

At the provincial level, more than 2.14 million people were involved in inter-provincial migration in 2021, with female migrants (1,154,909) outnumbering males (987,454). Bagmati Province recorded the highest lifetime in-migration (1,150,626), making it the most preferred destination for both males (57.3%) and females (50.6%). In contrast, Gandaki and Koshi provinces experienced the highest out-migration rates, with net migration figures of -343,050 and -318,796, respectively. While female migrants outnumber males in most provinces, Bagmati is an exception, where male migrants exceed females by six percentage points. Meanwhile, Gandaki has the highest proportion of out-migrants, affecting both males (23.5%) and females (25.7%), followed by Koshi, where 17.6% of males and 20% of females left due to migration.

At the district level, inter-district lifetime internal migration was recorded at 20% of the total native-born population in 2021, a significant increase from 4.7% in 1961. Migration patterns indicate that 18 districts have lost more than half of their

native population due to out-migration, while no district has remained unaffected by migration. Twelve districts, including Parsa, Rautahat, Nawalparasi (East and West), Bhaktapur, Lalitpur, Kanchanpur, Kathmandu, Kailali, Rupandehi, Banke, and Kapilbastu, recorded the lowest out-migration rates (below 10%).

Urban centers, particularly Kathmandu (57.2%), Bhaktapur (50.2%), and Lalitpur (46.2%), have the highest lifetime in-migration rates, reflecting rapid urbanization in the Kathmandu Valley. Alongside these three, 16 other districts also recorded significant net in-migration in 2021. In contrast, the remaining 58 districts reported negative net migration, indicating a higher number of people leaving than settling in those areas. Here the

According to the Census of Nepal 2021(CBS, 2078), the growth rate of the country is 0.92% which is in less number than the before Census of Nepal 2068 which was 1.35% and Census of Nepal 2001 was 2.25%. Census Bureau of Statistics has published the census result of housing 2078 which shows that 34 districts of Nepal have the negative population growth rate which has been increased than before Census of Nepal 2068. Along with that in Census of Nepal 2078 in the Koshi Province in 14 districts where 3 districts Taplejung, Sankhuwashaba and Solukhumbu are in the mountainous region, 8 districts Panchthar, Illam, Dhankuta, Terathum, Bhojpur, Okhaldhunga, Khotang, and Udayapur are in the hilly region and remaining 3 districts Jhapa, Morang, and Sunsari lies in the Terai Region. Among these districts the population growth from the last three Census statistics in the mountainous and hilly region are in negative while in the terai region holds the positive number. In Census 2058 the entire population growth in the Koshi Province was positive and in Nepal Census 2068 mountainous region degrades to negative along with 6 districts of hilly region and only Udayapur and Illam holds the positive growth rate. In Nepal Census 2078, every district from mountainous region and the hilly region are degraded to the negative rate and only the districts from the Terai region are in the positive rate. Looking at the statistics of Nepal census of last 3 decades the districts of the Terai region hold the positive in the growth rate and among them Jhapa is only the district that the growth rate has been continuously been increasing in the census over the decades.

Through the above data and study, it is known that many people have migrated to the Barahachhetra Municipality as the destination place in the certain period of time by leaving their origin place or homeland which is also known as “Thath-thalo” in Nepali which means the place where they have originated and spend their childhood. They have chosen the Barahachhetra municipality as the destination place because of the land escape where the society exists with the cooperation and the other human needs related facilities like education, health, transportation and others. Similarly, the memories from the childhood are one of the nostalgic that never can be replaced or forget by the individual. In this study, the researcher is having curiosity to investigate their current feeling and experiences towards their origin place which is their Thak-thalo and their current life style and well-being at the new destined place.

1.2 Statement of the Problem

The population growth rate of Nepal has been drastically declining in the last three decades from the census 2058 B.S, 2068 B.S and 2078 B.S respectively with the number of 2.25%, 1.35% and 0.92%. The impact of migration in population and change in growth rate is a complex and poorly understood issue. Nepal's history of political instability and the Maoist insurgency may have pushed some citizens to migrate seeking stability and safety shows the only two known factors for the migration (Castles, 2003). Likewise, another study identified a high prevalence of non-communicable diseases like diabetes and hypertension, highlighting the need for improved healthcare access for seniors (Amatya et al, 2019). With the several literature reviews there are many gaps are found in terms of the migratory experiences of the senior citizens and there is no any study conducted in the related field so the purpose of the study is to explore experiences of the senior citizens after they leave their land of origin and how they are managing in the destination place.

Thus, this study has focused in the land of the origin and destination place of the individual and here are the research questions of a study:

- i) What is the situation of migrated Senior Citizens in new destination in Barahachhetra Municipality?
- ii) What experiences do they learn during the process?
- iii) How do senior citizens adjust the situation in migrated places?

1.3 Objectives

Here are the some of the objectives that are to be discovered on the base of the research question and the gaps.

- i) To explore the experience of the land of the origin (*Thath-thalo*).
- ii) To discover the adjusting mechanisms of senior citizen well-being to the destination place.

1.4 Significance of the study

This study is conducted to investigate the feelings of the individual that had left their land of origin (*Thath-thalo*) and their coping mechanisms for the well-being in the new destined place which the previous studies have explored only the factors for the migration to the destination place. This study uses the mix method where more qualitative method and its phenomology approach has been used to capture the feelings and experiences through the eyes of the respondents where it involves the interview for the data collection and less the quantitative method used for the data presentation. Our findings will help for the further study and also helps in the policy development for the concerned administration.

1.5 Limitation of the study

This thesis focuses exclusively on senior citizens who had lived their 60 years of life in land of origin and migrated to the new place. It was conducted in Ward No. 7 of Barahachhetra Municipality, Sunsari District, an area where a significant number of migrants reside. The research was carried out through face-to-face interviews and observation with individuals who have migrated from their place of origin.

By exploring the experiences and emotions of senior citizens regarding their homeland, this study provides insights that may not be universally applicable to other research contexts. The research follows a phenomenological approach, emphasizing the lived experiences of participants, while grounded theory was applied to develop findings based on real-world observations.

Furthermore, the study's results contribute to strengthening reliability and coherence in future research that relies on empirical data.

1.6 Organization of the study

This study has divided into five chapters including introduction, literature review, methodology, analysis of the data and findings and summary and conclusions. The first chapter deals with the introduction of the study with objectives, statement of the problems, significance of the study, limitations of the study and the organization of the study. Where second chapter includes the reviews of the previous literatures on the similar available study. And third chapter deals with the methods that are to be used while conducting the study which includes research design, sampling, sources of data, ethical considerations, research instruments and research area and population. Fourth chapter deals with the analysis of the collected data and presents the findings of the study where data that has been collected through the field visit been analyzed in a systematic and scientific way. And similarly, fifth chapter includes overall summary and conclusion of the study.

CHAPTER- II

LITERATURE REVIEW

In the context of this study, the focus is on senior citizens individuals aged 60 years or older who have experienced significant life events, including migration. Migration has emerged as a critical factor influencing the environment and well-being of older adults and the broader population. Over recent years, it has also impacted the political and social structures of states and nations. While migration poses challenges for individuals of all ages, senior citizens face unique difficulties due to age-related vulnerabilities and the adjustments required in new environments.

This review draws upon various secondary sources, including academic journals, books, and other relevant literature, to support the research. The purpose is to understand the broader context of senior citizens' experiences, particularly in relation to migration, while identifying existing research gaps. Such a comprehensive review helps build a solid foundation for the study, ensuring a thorough examination of the topic and contributing to the advancement of knowledge in the field.

2.1 Senior Citizen and Migration, Experiences

There are different theories but here are the some of the major theories related to senior citizens and migration.

2.1.1 Senior Citizen

Many people have migrated to the destination place in the certain period of time by leaving their origin place or homeland which is also known as “Thath-thalo” in Nepali which means the place where they have originated and spend their childhood. The memories from the childhood are one of the nostalgic that never can be replaced or forget by the individual. In this study, the researcher is having curiosity to investigate their current feeling and experiences towards their origin place which is their Thak-thalo and their current life style and well-being at the new destined place. The definition of “senior citizen” differs across the globe, with no universally accepted standard. According to the World Health Organization and Nepal’s Senior Citizen Act of 2006, individuals aged 60 and above are classified as senior citizens. However, in countries such as the United States, Canada, the United Kingdom,

Australia, and many European nations, the typical age threshold for senior citizenship is 65 years or older. For the purposes of this study, the term “senior citizen” will refer to individuals aged 60 and above.

Senior citizenship is a multifaceted concept that encompasses various social, physical, and psychological dimensions. It marks a life stage that is often accompanied by both unique challenges and new opportunities. As people age, they face different social roles, health concerns, and shifts in their personal and community dynamics. This stage can also offer opportunities for reflection, personal growth, and contribution to society in different ways. The complexities of senior citizenship are influenced by a variety of factors, including cultural norms, economic conditions, and access to healthcare and social services. This review aims to explore the broad array of themes present in the research surrounding senior citizens, offering a thorough understanding of their experiences and the various elements that contribute to their overall well-being.

Here are the some of the key aspects of senior citizenship;

i) Age Classification

The United Nations defines individuals aged 60 years and older as older persons. In countries like the United States and Canada, the classification of senior citizens generally begins at 65 years, aligning with eligibility for retirement benefits and pensions. Similarly, Nepal legally recognizes individuals aged 60 and above as senior citizens, as per the Senior Citizen Act, 2063.

ii) Social and Economic Status

As people age, they transition into retirement, which significantly impacts their financial situation, employment opportunities, and social roles. Many senior citizens depend on pensions, social security programs, or family support to sustain their financial stability. To stay engaged, some opt for community participation, volunteer work, or part-time employment to remain active and connected.

iii) Health and Well-being

The aging process is often associated with health-related challenges, including chronic illnesses such as diabetes, heart disease, and arthritis, along with mobility issues and cognitive decline. Access to quality healthcare services, long-term care facilities, and elder-friendly infrastructure is essential to maintaining their overall well-being.

iv) Rights and Benefits

Many governments implement welfare programs, financial concessions, and healthcare benefits to support senior citizens. These policies include pension schemes, tax exemptions, and elderly-friendly services aimed at enhancing their quality of life. Additionally, some nations enforce laws to safeguard elderly individuals from abuse, neglect, and financial exploitation.

v) Psychosocial Aspects

Aging can bring emotional and psychological challenges, such as loneliness, social isolation, and changes in identity after retirement. Engaging in community activities, maintaining strong family ties, and participating in active aging initiatives plays a crucial role in ensuring their emotional well-being and sense of belonging.

vi) Role in Society

Despite aging, senior citizens continue to contribute significantly to society in various ways. Many take on roles as caregivers, mentors, and preservers of cultural heritage. Some remain politically and socially active, advocating for elderly rights, policy changes, and social justice to ensure a better future for aging populations.

2.1.2 Migration

Nepal, a landlocked country nestled in the Himalayas, has a long history of out-migration. This review examines various theoretical frameworks that shed light on the complex drivers and consequences of migration within the Nepali context.

Migration has been a significant phenomenon for centuries, with various theories emerging to explain why people relocate. Since ancient times, human movement has been a continuous global process influenced by multiple factors, including social, economic, psychological, political, and institutional elements (Singh, 1998). Migration is fundamentally a form of spatial mobility, involving a shift in an individual's usual residence between distinct geographical areas. When a person moves beyond their native region or country, they are considered an out-migrant. Emigration specifically refers to the act of leaving a particular territory as part of international migration (Bhende & Karnitkar, 1998). Despite its significance, migration studies remain an underdeveloped field in social science, with recent research trends showing theoretical stagnation rather than progress. Understanding migration requires a multidimensional approach that considers its complex underlying mechanisms and evolving global patterns.

Several foundational theories have contributed to the study of migration, including Everett S. Lee's (1966) migration theory, Akin L. Mabogunje's (1970) migration systems theory, and Wilbur Zelinsky's (1971) mobility transition theory. Other significant works include Ronald Skeldon's (1990) research on migration transitions, Harris and Todaro's (1970) neo-classical migration theory, Piore's (1979) dual labor-market theory, Stark's (1978, 1991) new economics of labor migration, and Douglas S. Massey's (1990) cumulative causation theory. These scholars sought to develop generalized explanations for migration patterns. However, in recent decades, systematic theorization of migration has declined, with only a few exceptions (Skeldon, 2012). In their influential review, Massey and colleagues (1993) noted that much of migration research remains rooted in outdated 19th-century concepts and models. Unfortunately, little progress has been made in advancing migration theories since their assessment.

A major challenge in migration research is the lack of a unified theoretical framework that integrates and synthesizes the vast body of empirical findings. Without a central theory, researchers struggle to analyze, interpret, and explain migration patterns across different disciplines and perspectives. A cohesive framework would not only provide a common reference point but also help guide future studies. However, many scholars argue that developing a universal migration

theory is unlikely, as migration is an inherently complex and diverse phenomenon (Castles & Miller, 2009; Salt, 1987).

From a micro-level perspective, migration may appear highly diverse and unpredictable. However, when viewed from a broader lens, clear patterns and regularities begin to emerge. This aligns with the fundamental purpose of social theory—to identify and understand recurring trends in human behavior. Historical research has demonstrated that migration is not a random occurrence. For example, Ravenstein (1885) in Britain and Mabogunje (1970) in Africa observed that migrants typically follow specific, well-defined pathways between particular communities in both their places of origin and destination. Similarly, at a macro level, scholars like Zelinsky (1971), Skeldon (1990), and Hatton & Williamson (1998) found consistent long-term relationships between demographic, economic, and social transitions and the rise and decline of specific migration patterns. Their findings highlight that human mobility, both internal and international, tends to follow structured and predictable trends over time.

Dual Labor Market Theory, this theory suggests a demand for cheap, unskilled labor in some destination countries. Nepal, with a surplus of low-skilled labor, might send migrants to fill these positions in sectors like construction or domestic work (Portes & Walton, 1981).

Beyond Economic Factors

While economic factors are prominent, migration from Nepal is also influenced by other forces:

Nepal's history of political instability and the Maoist insurgency may have pushed some citizens to migrate seeking stability and safety (Castles, 2003).

Nepal is highly susceptible to climate change and natural disasters. These factors can contribute to "environmentally induced migration," where individuals are displaced due to environmental degradation or resource scarcity (Black, 2001).

2.1.3 Experiences

Older adults frequently develop a strong sense of nostalgia and emotional connection to their homeland, particularly when they have migrated or been displaced. The effects of migration and urbanization often create feelings of detachment from their place of origin, as modernization alters both the physical and social environment. Despite no longer residing there, many senior citizens continue to associate their homeland with memories, identity, and cultural significance (Conway & Potter, 2009).

Aging migrants often struggle with reintegration upon returning to their homeland due to evolving societal norms and generational differences. Social isolation is a common issue, especially for elderly migrants whose friends and family have either relocated or passed away. The shifting economic and cultural landscape makes it challenging for them to reclaim their sense of belonging (King et al., 2017).

Financial difficulties also pose significant obstacles for older individuals who return to their homeland, particularly those without pensions or employment opportunities. Many rural areas lack sufficient healthcare services and social security systems, which further complicates their ability to sustain themselves. The absence of government support for aging migrants exacerbates economic hardships, lowering their quality of life (Warnes & Williams, 2006).

Another major challenge faced by elderly returnees is the weakening of social networks. Many older adults experience loneliness and a lack of community support, often due to the migration of younger generations. This lack of strong social ties can contribute to mental health struggles, including anxiety and depression (Rao, 2020).

Additionally, generational gaps often result in cultural conflicts between senior citizens and younger members of their community. Older adults may find it difficult to adjust to contemporary lifestyles, leading to feelings of exclusion. Rapid cultural transformation can cause them to feel disconnected and like outsiders in their homeland (Ganga, 2006).

Despite these challenges, many elderly migrants still desire to return to their homeland to lead a peaceful life in a familiar environment. They often prioritize

traditional customs and a simpler way of life over modern amenities. Some senior citizens deliberately choose rural areas for retirement, valuing emotional fulfillment over financial security (Phillipson, 2007).

Over time, socio-economic and physical changes within their homeland make reintegration even more difficult for returning senior citizens. The migration of younger generations contributes to population decline in rural areas, further weakening support networks. Many older adults feel a sense of displacement, as their homeland no longer resembles the place they once knew (Ní Laoire, 2011).

2.2 Aspects of Senior Citizen and Migration

Here are some of the studies that are conducted before related on the senior citizens and migrations as a literature.

2.2.1 Senior Citizen

Nepal's rapidly aging population necessitates a closer look at the experiences of senior citizens. This review examines empirical research on the social, economic, and health aspects of senior life in Nepal.

i) Social Support and Well-being

A study by Dhakal et al. (2019) explored social support networks in rural Nepal. They found that strong family ties and community integration positively impacted senior well-being (Dhakal et al., 2019).

Uprety & Sharma (2018) has investigated an elder abuse. Their research identified a concerning prevalence of emotional and financial abuse within Nepali families (Uprety & Sharma, 2018).

Traditionally, family has been a cornerstone of senior citizen care. However, the rise of nuclear families and geographic dispersion can lead to social isolation and a decline in well-being (Bharti, 2010).

Loneliness is a prevalent issue among seniors, negatively impacting their mental and physical health (Khadka, 2021). Studies suggest that social activities and

engagement with friends and family can significantly improve well-being (Wrzus et al., 2016).

ii) Economic Security

Research by Gautam & Regmi (2018) examined social protection programs in Nepal. The study highlighted the inadequacy of existing pension schemes in ensuring financial security for seniors (Gautam & Regmi, 2018).

Bhattarai & Regmi, (2017) focused on informal care provided by family members. Their findings suggest a heavy reliance on informal care, particularly for women (Bhattarai & Regmi, 2017).

iii) Health and Physical Well-being

Research by Paudel et al. (2020) examined the prevalence of depression among rural seniors. The study found a significant association between depression and social isolation (Paudel et al., 2020).

Amatya et al. (2019) explored non-communicable diseases (NCDs) in Nepal's older population. They identified a high prevalence of NCDs like diabetes and hypertension, highlighting the need for improved healthcare access for seniors. Nepal's rapidly aging population necessitates a closer look at the experiences of senior citizens. This review examines empirical research on the social, economic, and health aspects of senior life in Nepal (Amatya et al., 2019).

2.2.2 Migration

While migration is often associated with younger demographics, senior citizen migration is an emerging trend in Nepal. This review examines recent empirical research exploring the motivations, patterns, and consequences of senior citizen migration within the Nepali context.

i) Motivations for Migration:

Economic Factors: A study by (Dhakal et al., 2021) explored the reasons behind senior out-migration from rural areas. They found that following their children who had migrated for work was a significant motivator, highlighting the interconnectedness of migration patterns within families.

Caregiving Needs: Research by (Adhikari et al., 2020) examined migration patterns in relation to caregiving needs. The study identified cases where seniors migrated to urban areas to live with children who could provide better care, suggesting a shift in traditional caregiving structures.

ii) Impacts of Migration

Social Isolation: A study by Malla et al. (2019) investigated the experiences of seniors left behind after family out-migration. Social isolation and feelings of loneliness emerged as significant challenges faced by these remaining seniors (Malla et al., 2019).

Economic Implications: While Dhakal et al.'s (2021) studies suggest senior migration can contribute remittances to rural households (Dhakal et al., 2021), like Malla (2017) highlight potential negative impacts on agricultural production due to the out-migration of experienced farmers (Malla, 2017).

Research on senior citizen migration in Nepal is a relatively new and underexplored area. A review of theoretical and empirical literature reveals that most studies focus on migration patterns, particularly rural-to-urban movements, while overlooking the specific experiences and emotions of senior citizens who leave their places of origin. These studies primarily reflect theoretical frameworks and researchers' perspectives, offering limited insight into the personal narratives of seniors regarding their displacement or migration.

There is a noticeable gap in literature addressing the feelings, attachments, and experiences of senior citizens concerning their homeland. Few studies explore the emotional and social factors influencing their decision to leave the land where they

spent significant portions of their lives. This oversight leaves an incomplete understanding of the complex factors driving senior migration.

This study aims to address this gap by providing a detailed exploration of the factors that influence or compel senior citizens to leave their ancestral land, or *Thak-thalo*, often along with their family members. By examining their lived experiences, the research seeks to uncover the deeper social, emotional, and economic reasons behind such migrations. It also aims to present a comprehensive picture of their connection to their land of origin, shedding light on how migration impacts their sense of identity and belonging. This approach offers valuable insights into a neglected area of study, contributing to a broader understanding of senior migration in Nepal.

2.3 Theory of Senior Citizen and Migration

Here are some of the theories related to the senior citizens and migration;

2.3.1 Senior Citizens

i) Activity Theory of Aging

The Activity Theory of Aging proposes that elderly individuals can sustain their happiness, well-being, and self-esteem by remaining socially, physically, and mentally engaged. Initially introduced by Havighurst and Albrecht (1953), this theory emphasizes that seniors who participate in purposeful activities, maintain social connections, and take on meaningful roles tend to experience better mental and physical health than those who withdraw from societal engagement.

ii) Disengagement Theory of Aging

In contrast, disengagement theory proposes a natural process of withdrawal from social roles and activities as individuals age (Cumming & Henry, 1961). This theory suggests that disengagement can be a mutually beneficial process, allowing seniors to focus on inner resources and minimize societal expectations.

iii) Socioemotional Selectivity Theory

Socioemotional selectivity theory suggests that as individuals age, they prioritize emotionally meaningful relationships and activities, potentially reducing

involvement in less emotionally significant ones (Carstensen, 1992). This theory emphasizes the importance of fostering positive social connections for senior well-being.

iv) Life Course Theory

Life course theory views aging within the context of an individual's life trajectory, shaped by historical, social, and cultural factors (Elder, 1994). This theory recognizes the heterogeneity of senior experiences, acknowledging that individuals arrive at later life with unique circumstances and opportunities.

Thus, these theoretical frameworks offer valuable insights into senior citizen experiences. Understanding their strengths and limitations allows for a more nuanced perspective on aging. Future research can explore how these theories intersect and how new social and technological realities shape the lives of older adults.

2.3.2 Migration

i) Ravenstein's Laws of Migration (1885, 1889)

Ernst Georg Ravenstein first proposed his Laws of Migration in 1885 and later refined them in 1889. Drawing from British census data, his study was among the earliest systematic analyses of migration trends. According to Ravenstein, migration follows predictable patterns shaped by economic, demographic, and geographical factors rather than occurring randomly. He observed that people generally migrate in stages, making gradual moves instead of relocating directly to distant places. Migration tends to be regional, with only a small number of individuals undertaking long-distance relocation. Large cities act as key destinations, attracting those who migrate farther in search of better economic prospects.

Additionally, migration leads to counter-movements, where a certain number of individuals return or move in the opposite direction. People from rural areas are more likely to migrate for job opportunities, while urban residents migrate less frequently. Women tend to migrate over shorter distances, whereas men dominate long-distance migration, primarily for work-related reasons. Ultimately, the pursuit of

employment and improved living conditions serves as the main motivation behind migration.

ii) Lee's Push-Pull Theory of Migration (1966)

Everett S. Lee (1966) developed the Push-Pull Theory of Migration, which explains migration as a decision shaped by factors that either drive individuals away from their place of origin or attract them to a new destination. His model classifies migration influences into push factors, pull factors, intervening obstacles, and personal considerations. Push factors are unfavorable conditions that encourage people to leave their homeland. These may include: economic struggles (unemployment or low wages), political unrest, (conflict or persecution), environmental hazards (natural disasters), limited access to essential services (healthcare and education)

In contrast, pull factors are desirable conditions that entice individuals toward a new location, including: better employment prospects and higher income, political stability and security, enhanced living conditions and public services, and access to quality education and healthcare. However, migration is not always straightforward, as intervening obstacles can hinder or delay the process. These barriers may include: legal restrictions (immigration laws and visa requirements), financial difficulties (the cost of relocation), geographical challenges (long distances and lack of transportation), social and cultural barriers (language differences or discrimination),

Additionally, an individual's age, gender, education, family status, and risk tolerance influence how they perceive both push and pull factors, making migration a highly personalized decision.

iii) World-Systems Theory (Wallerstein, 1974)

Immanuel Wallerstein (1974) introduced the World-Systems Theory, which views global migration as part of a larger economic and political framework. He proposed that the world functions as a single interconnected system, divided into three regions: core, semi-periphery, and periphery. Migration trends arise due to economic imbalances and labor demands created within this structure. Core countries are highly industrialized nations with advanced economies and technological innovation. They

dominate global trade and serve as primary destinations for migrants due to better wages and job prospects. Examples include the United States, Canada, and Western European nations. Periphery countries are less economically developed nations that rely on agriculture, cheap labor, and raw material exports. Limited employment opportunities and economic instability force many individuals to migrate to core countries. These include several African, South Asian, and Latin American nations. Semi-periphery countries act as an intermediary between core and periphery regions. While they have growing industries, they remain economically dependent on core nations. These countries both send and receive migrants and include China, Brazil, Mexico, and India. Wallerstein emphasized that global economic inequality fuels migration, with core countries benefiting from the extraction of labor and resources from periphery nations. This process creates dependency and exploitation, often leading to a brain drain, where skilled professionals leave periphery regions for better opportunities in core countries.

The World-Systems Theory continues to be relevant in explaining global labor migration, economic disparities, and international trade relations. It illustrates that migration is not just an individual decision but a consequence of historical and structural economic forces shaping global mobility.

iv) The New Economics of Migration (Stark & Bloom, 1985)

Oded Stark and David Bloom (1985) proposed the New Economics of Migration Theory (NEMT) as a response to traditional migration models, particularly the neoclassical economic perspective. Unlike earlier theories that viewed migration as an individual choice based solely on wage differences, Stark and Bloom argued that migration is often a family-driven strategy aimed at reducing financial risks and ensuring economic stability.

A key idea of this theory is that households, rather than individuals, make migration decisions to diversify income sources and minimize financial insecurity. Instead of migrating purely for higher wages, families strategically send members abroad to enhance their overall economic resilience. This is especially important in developing economies, where factors like job instability, crop failures, and limited credit access can threaten financial well-being. By sending a migrant abroad, families

can create a steady income flow, providing support even when local conditions are uncertain.

Moreover, migration is not solely driven by absolute poverty but also by income inequality within communities. Families may decide to send migrants abroad to improve their relative economic status compared to others in their social group. Migrants frequently send remittances (money transfers) back home, which act as a financial safety net for their families. These funds are often used for education, healthcare, and small business investments, contributing to household and community development. In many low-income countries, financial institutions like banks and insurance systems are underdeveloped, making it difficult for families to access loans or credit. Migration serves as an alternative financial strategy, enabling families to secure economic stability through earnings from abroad.

The New Economics of Migration remains highly relevant today, particularly in understanding remittance-dependent economies and the role of migration in household financial planning. It highlights how migration is shaped by social networks, economic instability, and income inequality, rather than just wage differences between countries.

v) Network Theory of Migration (Massey et al., 1993)

Massey et al. (1993) introduced the Network Theory of Migration, which highlights the role of social connections in shaping and sustaining migration patterns over time. This theory challenges the notion that migration is purely an individual economic decision, emphasizing instead the influence of interpersonal relationships and community networks in facilitating the movement of people. Once migration starts, personal ties between migrants and non-migrants such as family, friends, and community members create a self-reinforcing migration system. These networks reduce migration costs and risks by providing information, financial assistance, housing, and job referrals, making it easier for others to follow the same path. Over time, this process leads to the establishment of migration corridors, where particular regions consistently send migrants to specific destinations. A key feature of migration networks is their ability to reduce uncertainties for new migrants. Established migrants help newcomers navigate legal processes, find employment, and adjust

culturally, easing their transition into the destination country. Additionally, networks offer financial and emotional support, enabling migration even for those with limited economic resources. Furthermore, network-driven migration is self-perpetuating. Unlike traditional economic models that suggest migration slows down once wage disparities stabilize, Network Theory argues that migration continues beyond economic necessity due to the presence of strong social connections. Employers in destination countries often rely on existing migrant networks to recruit workers, reinforcing ongoing migration flows.

Network Theory remains highly relevant in contemporary migration studies, particularly in understanding global migration patterns, labor migration, refugee movements, and diaspora communities. It explains why specific ethnic or regional groups migrate repeatedly to the same destinations across generations, highlighting the long-term impact of social networks on migration dynamics.

2.4 Evidence Based Grounded Theory

Grounded Theory (GT), introduced by Glaser and Strauss (1967), is a qualitative research method that emphasizes the development of theories derived from empirical data rather than pre-established hypotheses. Evidence-Based Grounded Theory (EBGT) expands on traditional GT by prioritizing the systematic collection and analysis of real-world evidence to create theories that are both relevant and applicable in practical settings (Charmaz, 2006). This approach follows an inductive reasoning process, where researchers gather qualitative data such as interviews, observations, and case studies to uncover patterns and themes that shape a data-driven theoretical framework. Unlike conventional research methods that validate existing theories, EBGT allows scholars to generate new insights based on participants' lived experiences. This is particularly beneficial in social work and human services, where complex societal issues require context-specific theories to develop effective solutions.

Senior citizens encounter various emotional, economic, and social challenges, particularly due to aging, migration, and evolving family structures. By applying EBGT, researchers can examine these issues from the perspectives of elderly individuals, ensuring that findings genuinely reflect their needs, concerns, and lived

realities (Strauss & Corbin, 1998). Migration among senior citizens is often influenced by economic stability, family connections, and cultural ties. EBGT helps identify recurring themes and patterns in migration behaviors, providing a deeper understanding of why elderly individuals relocate and how they preserve their social and emotional ties with their homeland (Bryant & Charmaz, 2007).

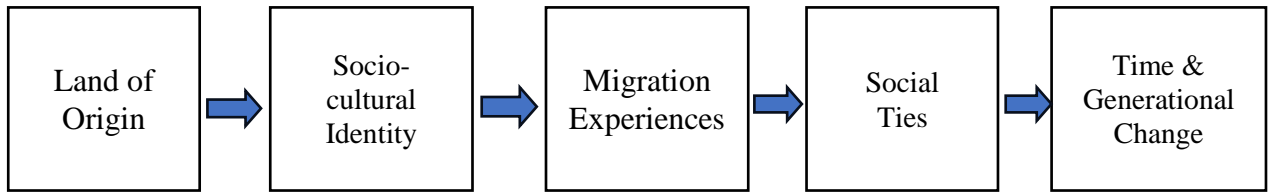
Furthermore, EBGT contributes to a better understanding of family relationships and social networks in shaping the well-being of older adults. Research using this approach can guide the creation of intergenerational programs aimed at strengthening family bonds, reducing social isolation, and fostering emotional support for senior citizens (Corbin & Strauss, 2015).

Overall, Evidence-Based Grounded Theory serves as a powerful methodological tool in social work research concerning the elderly. By centering on lived experiences and empirical data, EBGT facilitates the design of targeted interventions, policy recommendations, and social services that enhance the well-being and quality of life for aging populations.

2.5 Conceptual Framework / Gap Analysis

This conceptual framework delves into the deep emotional experiences and personal histories of senior citizens who have migrated to a new destination, leaving behind a lifetime of memories and connections to their homeland. It explores the various factors that influence their attachment to their place of origin and examines how their past experiences continue to shape their present lives. The study considers the emotional, psychological, and social dimensions of migration, highlighting the challenges and adaptations they face in their new environment. It also investigates how nostalgia, cultural identity, and personal history play a role in maintaining their bond with their homeland. By analyzing these aspects, the framework seeks to provide a deeper understanding of the lived experiences of elderly migrants and the ways in which their migration journey impacts their sense of belonging, well-being, and identity in their new home while still carrying the imprints of their past.

**Migratory Experiences of Senior Citizen Towards Land of Origin and
Destination**



The diagram illustrates the transitional journey of elderly migrants, emphasizing key factors that shape their migration experiences over time. The land of origin signifies their native place, where they spent most of their lives, deeply rooted in their culture, traditions, and environment. Even after migration, their emotional attachment to their homeland often remains strong.

As they relocate, their sociocultural identity becomes a crucial aspect in shaping their emotions and lifestyle. This identity encompasses language, traditions, customs, and values, which they carry with them. Exposure to a new environment may either challenge or reinforce their sense of identity.

The migration experience itself involves various challenges, such as adapting to a new location, lifestyle shifts, economic constraints, and emotional difficulties. While some senior citizens struggle to adjust, others integrate more smoothly into their new surroundings.

Maintaining social connections plays a vital role in their emotional well-being post-migration. They preserve ties with family, friends, and community through visits, phone calls, and cultural engagement. The strength of these connections influences how attached they feel to both their homeland and new residence.

Over time, migration leads to generational shifts, impacting traditions and values. While younger generations may seamlessly assimilate into the new culture, older individuals often find it challenging to adapt. This process highlights the evolution of identity, culture, and emotional ties across different generations.

CHAPTER-III

RESEARCH METHODOLOGY

A well-defined methodology is crucial for maintaining scientific rigor and credibility in research. It encompasses the selection of appropriate tools, processes for data collection, and strategies for analysis, all tailored to address the research questions effectively. The goal is to generate reliable and relevant outcomes that contribute to the understanding of the topic under investigation. This section outlines the methodological framework adopted in the study, detailing the systematic steps to be followed throughout the research process to ensure accuracy, reliability, and reproducibility in the findings.

3.1 Research Design

To address the research's objectives and research questions, an exploratory research design with descriptive analysis has been adopted. This research is grounded in a mix method where more qualitative method, specifically employing the phenomenological approach, to investigate areas that have not been thoroughly studied has been applied and less quantitative method is used for the statistics data. Data collection is carried out through interviews and personal narratives, observations, aiming to explore the lived experiences and subjective meanings that individuals associate with the phenomenon under examination. By focusing on rich, descriptive data, the study seeks to uncover deeper insights, perspectives, and interpretations. The exploratory design provides a flexible and comprehensive framework, enabling the research to delve into complex and nuanced aspects of the subject matter. This approach ensures that the study effectively meets its objectives while offering a profound understanding of the phenomenon from the participants' viewpoints.

Among the various theoretical applications in social work, this study employs Grounded Theory to gain a deeper understanding of individuals' lived experiences, particularly those facing social issues and mental health challenges. By gathering and analyzing qualitative data, researchers can identify patterns and themes that shed light on how individuals navigate their circumstances and determine the most effective interventions. Grounded Theory is especially valuable in examining senior citizen

migration, aging, and intergenerational relationships. It provides insights into how older adults adapt to new environments, sustain social connections, and undergo identity transitions after migration. The findings from GT research contribute to shaping aging policies, community programs, and family support initiatives, ensuring that interventions align with the actual needs of older populations.

3.2 Nature and Sources of Data

Data for the study are primarily gathered through direct interactions with senior citizens who have migrated or been compelled to leave their homeland. Given the qualitative nature of the research, most information is obtained from primary sources, specifically through interview schedules and observations. Additionally, secondary sources such as books, journals, news reports, and articles supplement the data collection process. This combined approach ensures a comprehensive understanding of the subject by incorporating firsthand experiences alongside contextual information from existing literature. The methodology emphasizes capturing rich, authentic insights while maintaining a balanced perspective through diverse sources.

3.3 Universe and Sampling

The study's sample consists the number of 13 senior citizens aged 60 as the participant and above who have migrated from their homeland and now reside in a Barahachhetra Municipality-7, Sunsari District.

I have chosen Barahachhetra Municipality's ward number 7 of the Sunsari District because from the past years this place has been the market hub with the favorable climatic condition to live for the people reside in the hilly region of Koshi Province and most of the people migrated from the hilly region for the facilities. And the purposive sampling method was used to select 13 participants were selected to participate, providing insights into their experiences, emotions, and connections to their place of origin.

3.4 Data Collection Procedure

Purposive sampling, also called judgmental or selective sampling, was used to choose participants who best align with the research objectives. This method ensures the collection of detailed and relevant information by intentionally selecting individuals or data points that provide valuable insights into the study's focus.

3.5 Tools and techniques of Data Collection

Primary data for the study was gathered through interviews and observations, with senior citizens serving as the primary respondents. Before conducting the interviews, the study's purpose was clearly explained to the participants, ensuring they understood the objectives. Relevant questions were asked to explore their experiences, and any doubts or confusion they had were addressed by the researcher.

Among the different data collection methods, this study utilizes interviews to gather detailed and meaningful insights, allowing participants to share their firsthand experiences of their land of origin in their own words. Additionally, observations and case studies were conducted to explore individuals' experiences in depth, capturing their real-life contexts for a more comprehensive understanding.

3.6 Rational of the Site Selection

To achieve the objectives of this study, Ward No. 7 of Barahachhetra Municipality in Sunsari district was selected as the research site. This municipality serves as a key market hub and service center for people from the hilly and Himalayan regions, connecting them with the Terai. Over time, many individuals seeking comfort and better opportunities have migrated and settled here. Despite the increasing settlement, certain aspects related to the experiences of senior migrants have been overlooked or remained outside the scope of prior research. This study aims to explore those aspects, addressing a topic that has not yet been extensively examined in this area. By focusing on this region, the research seeks to provide valuable insights into the migration patterns, emotional connections, and lived experiences of elderly individuals who have relocated from their homeland in search of a more satisfying and comfortable life.

3.7 Ethical Consideration

During the study, the rights and well-being of all participants were safeguarded, ensuring ethical research practices. Efforts were made to prevent any harm to individuals or the environment throughout the research process. The study was conducted responsibly, prioritizing the dignity, privacy, and safety of participants while maintaining a respectful and non-disruptive approach to the surrounding environment and community.

3.8 Data Analysis Techniques and Tools

For the measurement of the collected data, thematic analysis to analyzes the theme within the data where Thematic analysis is a qualitative research method that involves recognizing, examining, and interpreting recurring patterns or themes within qualitative data (Braun & Clarke, 2006). This approach enables derive meaningful insights from sources such as interviews, focus groups, and open-ended survey responses, helping to uncover underlying meanings and perspectives of the senior citizens in the data. And narrative analysis focusing on the stories and experiences of the senior citizen. Where Narrative analysis is a qualitative research approach that examines how individuals create and communicate their life experiences through story telling (Riessman, 2008). This method is commonly used to explore the personal and cultural significance of people's lived experiences, both in their place of origin and in new environments.

CHAPTER- IV

PRESENTATION AND ANALYSIS OF DATA

The concept of presentation and data analysis in the study of Migratory Experiences of Senior Citizens toward Land of Origin and Destination focuses on systematically organizing, interpreting, and conveying data about seniors' experiences, perceptions, and behaviors related to their places of origin and new destination place Barahachhetra Municipality ward number 7, Sunsari District. This encompasses analyzing migration trends, emotional ties, cultural adaptation, and challenges encountered in unfamiliar environments of the senior citizens from land of origin to destination place. By combining qualitative method and some statistical method, the analysis aims to uncover patterns and insights, which are then presented through clear visuals and narratives. The goal is to effectively communicate findings to better understand and address the unique needs of senior citizens in transitional settings.

Table I

Calculation of Population Growth Rate of Koshi Province

District	2058	2068	2078
Taplejung	1.15	-0.55	-0.53
Panchthar	1.43	-0.52	-1.02
Illam	2.10	0.26	-0.36
Jhapa	1.48	1.66	1.97
Morang	2.23	1.35	1.66
Sunsari	3.30	1.99	1.86
Dhankuta	1.29	-0.19	-0.78
Terathum	0.95	-1.07	-1.30
Sankhuwashaba	1.15	-0.03	-0.04
Bhojpur	0.31	-1.07	-1.39
Solukhumbu	1.02	-0.17	-0.09
Okhaldhunga	1.17	-0.57	-0.56
Khotang	0.69	-1.15	-1.56
Udayapur	2.63	0.99	-0.68
			0.86

Source: National Statistics Office (NSO), Nepal, 2024

According to the Census of Nepal 2021(CBS, 2078), the growth rate of the country is 0.92% which is in less number than the before Census of Nepal 2068 which was 1.35% and Census of Nepal 2001 was 2.25%. Census Bureau of Statistics has published the census result of housing 2078 which shows that 34 districts of Nepal have the negative population growth rate which has been increased than before Census of Nepal 2068. Along with that in Census of Nepal 2078 in the above table of Koshi Province's 14 districts where 3 districts Taplejung, Sankhuwashaba and Solukhumbu are in the mountainous region, 8 districts Panchthar, Illam, Dhankuta, Terathum, Bhojpur, Okhaldhunga, Kotang, and Udayapur are in the hilly region and remaining 3 districts Jhapa, Morang, and Sunsari lies in the Terai Region. Among these districts the population growth from the last 3 Census statistics in the mountainous and hilly region are in negative while in the terai region holds the positive number. In Census 2058 the entire population growth in the Koshi Province was positive and in Nepal Census 2068 mountainous region degrades to negative along with 6 districts of hilly region and only Udayapur and Illam holds the positive growth rate. In Nepal Census 2078, every district from mountainous region and the hilly region are degraded to the negative rate and only the districts from the Terai region are in the positive rate. Looking at the statistics of Nepal census of last three decades the districts of the Terai region hold the positive in the growth rate and among them Jhapa is only the district that the growth rate has been continuously been increasing in the census over the decades.

4.1 Demographic Profile

Here are the demographic profiles of the respondents characterized by their age, gender, marital status, and income level. It helps in analyzing trends, behaviors, and needs within a population.

4.1.1 Respondent's Details

Participants (P)	Age (in years)	Sex	Caste / Community	Land of Origin (District)	Migration Duration (in Years)
P1	62	Male	Chhetri	Bhojpur	5
P2	72	Male	Chhetri	Bhojpur	8
P3	77	Female	Chhetri	Bhojpur	2
P4	73	Female	Chhetri	Bhojpur	1
P5	87	Female	Chhetri	Bhojpur	11
P6	80	Female	Chhetri	Bhojpur	9
P7	69	Male	Chhetri	Sankhasawa	5
P8	81	Male	Kirant	Solukhumbu	4
P9	74	Female	Chhetri	Bhojpur	9
P10	75	Male	Chhetri	Bhojpur	6
P11	78	Female	Chhetri	Bhojpur	7
P12	72	Female	Chhetri	Bhojpur	5
P13	102	Male	Chhetri	Bhojpur	10

Source: Field Visit, 2024

The table labeled “Respondent’s Details” outlines key demographic and migration characteristics of 13 individuals surveyed during a field visit in 2024. It includes information such as age, gender, caste, place of origin, and length of migration. The ages of the participants range from 62 to 102 years, highlighting the study’s focus on senior citizens. There is a fairly even split between genders, with 7 women and 6 men taking part. The majority of 92.3% (12 out of 13) participants are from the Chhetri caste, while only 7.7% belongs to the Kirant caste, indicating minimal caste variation within the group.

A significant number of the respondents with 77% (10) are originally from Bhojpur district, while the remaining three come from Sankhasawa and Solukhumbu, pointing to a strong regional concentration. The migration periods reported vary between 2 and 11 years, suggesting that most participants moved within the last decade. The longest reported migration is 11 years, while the shortest is 2 years. Overall, the data suggests that elderly migration, particularly from Bhojpur, has

become increasingly common in recent years, likely influenced by personal, economic, or social circumstances.

4.1.2 Distribution of age group

Age Group	Male		Female	
	Number	Percent	Number	Percent
Young Old	3	23.1%	3	23.1%
Middle Old	2	15.4%	3	23.1%
Older Old	1	7.7%	1	7.7%
Total	6	46.2%	7	53.8%

Source: Field Visit, 2024

The table “4.1.2 distribution of age group” presents the data of respondents categorized by age group and gender. It consists of three main age groups: Young old, Middle old, and Older old. The total number of respondents is 6 males and seven females, making a total of 13 respondents.

The number of female respondents with 53.8% (7) is higher than male respondents with 46.2% (6). The “Middle old” group has the highest number of female respondents with 23.1% (3). The “young old” group has an equal number of male and female respondents with 23.1% (3 each). The “older old” group has the least number of respondents, with only 7.7% male and 7.7% female.

This table effectively summarizes the distribution of respondents by age group and gender too.

4.1.3 Marital Status

The section “4.1.3 Marital Status” presents the data of participants categorized by the marital status within the total number of 13. It consists of three main groups: married, unmarried, and widowed. The total number of respondents who are married and living with their partner is 38.4% (5), the highest number of respondents are widowed with 61.6% (8) in the marital status and there are zero number of respondents who has not stilled married and remained unmarried.

4.1.4 Economic Status

Economic Status	Number	Percentage
Pensioners	1	23.1%
Self-Employed	2	15.4%
Wage Earner	1	7.7%
Dependent on Family	9	69.2%
Social Welfare Recipients	12	92.3%
Total	13	

Source: Field Visit, 2024

The table presents the economic status of senior citizens based on different income sources. It categorizes respondents into six groups: Pensioners, Self-Employed, Wage Earner, Dependent on Family, Social Welfare Recipients and Asset Based Income. It consists the only one respondent receives a pension, suggesting limited access to formal retirement benefits, Self-employed(15.4%) are engaged in independent income-generating activities, only one senior citizen is still employed for wages, indicating that most have left formal employment, a significant number (69.2%) rely on family members for financial support, highlighting the role of family in elderly care, most of respondents (92.3%) receive some form of social assistance, showing heavy reliance on government as an old age allowances, and no respondents earn from property or investments, indicating a lack of accumulated wealth or passive income sources.

The majority of senior citizens (9 out of 13) depend on family for financial support. Social welfare programs play a crucial role, as 12 of 13 respondents receive assistance. Very few seniors have independent income sources (Self-Employed = 2, Wage Earners = 1. Pension coverage is low, with only one person receiving a pension, which may indicate gaps in retirement benefits.

This data suggests that senior citizens in this study rely heavily on family and social welfare rather than independent financial sources.

4.2 Migration Patterns

Here, the migration pattern or the movement trends of the responds from their land of origin to destination are presented;

4.2.1 Reason for Migration

Reason for Migration	Number	Percentage
Economic	1	7.7%
Family	2	15.4%
Social	9	69.2%
Conflict	1	7.7%
Total	13	100%

Source: Field Visit, 2024

The table “4.2.1 Reason for Migration” highlights key factors influencing migration decisions. Social reasons are the most significant, with 9 out of 13 (69.2%) respondents migrating primarily for social support, companionship, or improved living conditions. This suggests that older adults, particularly senior citizens, prioritize social well-being when relocating. In contrast, family and economic motives are less influential, accounting for only 2 (15.4%) and 1 (7.7%) respondent, respectively. This implies that financial instability or job opportunities are not major drivers for migration in this group. Additionally, only one individual cited conflict as a reason for migration, indicating that it is not a common factor in this sample. Interestingly, no respondents mentioned other reasons, suggesting that the given categories effectively cover migration motivations within this study.

Based on the field visit, Participant 2 (72 Years Old) said that, *“My ancestor all spent their life there from birth to death and I was also born there and spent my 62 years of my life with the love and affections to the environment. And still wants to live there but with the changing environment it was very difficult to spent the rest of my life over there because of the lack of the facilities and services like education, transportation, healthcare services and many more and most important thing that I was compelled to migrate to Terai because of the society. Lack of the people, neighbors and other persons like pundits, doctors etc. in the land of origin creates the*

stress on me and my family. Before there were more than 34 houses and with the passing years there were only 2 houses in which I was mine. So, with the discussion in the family, we decided to migrate to terai where the society exists.”

Overall, the findings emphasize the importance of social connections and support systems in influencing migration decisions among older individuals.

4.2.2 Duration of stay in the destination

Duration in Years	Number	Percentage
0-2	2	15.4%
2-4	1	7.7%
4-6	4	30.8%
6-8	2	15.4%
8-10+	4	30.8%
Total	13	100%

Source: Field Visit, 2024

Table 4.2.2 presents findings of participant’s the duration of stay in a given destination. It classifies respondents based on different time frames, offering insights into migration patterns. The largest groups, with four respondents each, have stayed for 4-6 years and 8-10+ years with 30.8%, indicating a tendency toward longer residence periods. Conversely, only one respondent falls into the 2-4 years (7.7%) category, suggesting that short-term stays are less frequent.

This distribution highlights that a significant portion of individuals have settled for extended periods, while shorter stays are comparatively rare among the surveyed population.

4.2.3 Frequency of visits to the land of origin

Frequency of Visits	Number	Percentage
Regular Visits (eg: annually, biannually)	1	7.7%
Occasional Visits (eg: every 3-5 years)	2	15.4%
Rare Visits (eg: once in decade or less)	1	7.7%
No Visits at all	9	69.2%
Total	13	100%

Source: Field Visit, 2024

Table 4.2.3, titled “Frequency of Visits to the Land of Origin,” presents findings from a 2024 field survey on how often individuals return to their homeland. Respondents are categorized into four groups based on visit frequency. A significant majority of 69.2% (9 out of 13) never travel back, indicating limited ties or possible barriers. Only one respondent visits regularly, while 15.4% make occasional trips every 3-5 years. Additionally, 7.7% reported rare visits, suggesting minimal yet existing connections.

Overall, the data highlights that most individuals do not return to their home country, with only a few maintaining periodic visits.

4.2.4 Land of Origin’s Region

Land of Origin’s Region	Number	Percentage
Himalayan Region	2	15.4%
Hilly Region	11	84.6%
Total	13	100%

Source: Field Visit, 2024

The table “4.2.4. Land of Origin’s Region” displays data on individuals’ regional origins—Himalayan, Hilly, and Terai. The majority, 11 individuals (84.6%), are from the Hilly Region, while 2 individuals (15.4%) belong to the Himalayan Region. Notably, no respondents are from the Terai Region have migrated from their land of origin. This data highlights that most participants have roots in hilly areas, whereas the Terai Region is unrepresented in the survey.

The findings emphasize a significant regional distribution pattern among the respondents.

4.3 Socio-Cultural Attachments

Here, the socio-cultural attachments that the individuals have their community, traditions, and place of origin are presented;

4.3.1. Emotional Connection with Land of Origin

During my field visit, all 13 respondents (100%) feel a strong connection to their land of origin, while non individuals expressed disinterest. This data highlights a unanimous sense of attachment among surveyed group.

Based on my field visit, Participant 5 (87 Years Old) said that, *“Land of Origin is the place that shows and helped to grow and also feel love with everyone. And today also I saw a dream that I was in my house and was happily sitting with the relatives in the land of origin and what a coincidence that you came and asked me about my land of origin. And I have a dream to watch my birthplace for the last time but the health condition couldn’t provide me the strength to do that.”*

Another notable example of this is the case of the renowned neurosurgeon, the late Dr. Upendra Devkota. While undergoing treatment for bile duct cancer, he expressed a deep desire to visit his birthplace. Honoring his wish, he was transported by a VVIP chartered helicopter to his hometown, Boharagaun in Palungtar Municipality-4, Gorkha District. His caregivers shared that Dr. Devkota longed to drink water from a natural spout called Sisnedhara. Pradip Chandra Devkota, who looks after Dr. Devkota’s house, fetched water from Sisnedhara before his arrival. “We served him the water with a spoon. After drinking it, he shook his head, and his face lit up with a bright expression,” recalled Pradip Chandra. (The Kathmandu Post, 10th June, 2018).

The findings provide a clear and straightforward insight into the deep emotional bond people maintain with their homeland, emphasizing its significance in their lives.

4.3.2. Cultural Practices Maintained After Migration

This heading highlights whether individuals uphold their cultural traditions post-migration. The findings reveal that all 13 respondents have preserved their cultural practices, with none abandoning them.

This indicates a strong commitment to maintaining cultural heritage despite relocation. The table offers valuable insight into the resilience of cultural identity among migrants, emphasizing the enduring significance of traditions in their lives.

4.3.3 Community Participation in both Origin and Destination

Land of Origin's Region	Number	Percentage
Participation	9	69.2%
Non-Participation	4	30.8%
Total	13	100%

Source: Field Visit, 2024

The table, titled “4.3.3 Community Participation in both Origin and Destination,” illustrates individuals’ engagement in community activities in both their homeland and their new residence. The majority, 9 out of 13 respondents with 69.2%, actively participate in such activities, while a smaller group of 4 individuals with 30.8% refrain from involvement due to health and physical conditions.

This indicates that most migrants remain socially connected within their communities, fostering a strong sense of belonging in both their place of origin and destination.

4.3.4 Sense of Belonging in the New Place

Sense of Belonging	Number	Percentage
Yes	4	30.8%
No	9	69.2%
Total	13	100%

Source: Field Visit, 2024

The table, titled “4.3.4 Sense of Belonging in the New Place,” illustrates individuals’ sense of connection to their new home after migration. Among the respondents, 4 individuals with 30.76% expressed a sense of belonging, while 9 individuals with 69.23% did not. The primary reason for their lack of belonging is the deep emotional attachment to their birthplace, where they spent their formative years.

The findings suggest that most migrants face challenges in cultural adaptation, social integration, and emotional adjustment, emphasizing the need for stronger community support and inclusion efforts.

4.4 Economic Conditions

Here, the economic conditions of the individual before and after the migration from land of origin and destination are presented;

4.4.1 Source of Income

Source of Income	Number	Percentage
Pension	1	7.7%
Family Support	11	84.6%
Allowances	12	92.3%
Business	1	7.7%
Total	13	

Source: Field Visit, 2024

The table, titled “4.4.1 Source of Income,” illustrates the various financial sources individuals rely on for their livelihood. The majority 11 individuals with 84.6% depend on family support, highlighting a significant reliance on relatives for financial stability. Additionally, 12 individuals with 92.3% receive allowances, likely from government or institutional aid. In contrast, only one person earns a pension, and another sustains themselves through business, indicating that independent financial means are rare. No respondents reported income from other sources.

This data suggests that most individuals are financially dependent on external assistance rather than self-sufficient earnings, emphasizing limited financial independence among the surveyed group.

4.4.2 Financial Stability Before and After Migration

Financial Stability	Before		After	
	Number	Percent	Number	Percent
Yes	9	69.2%	1	7.7%
No	4	30.8%	12	92.3%
Total	13	100%	13	100%

Source: Field Visit, 2024

The table, titled “4.4.2 Financial Stability Before and After Migration,” compares individuals’ financial conditions before and after migration. Prior to migrating, 9 individuals with 69.23% considered themselves financially stable, while 4 individuals with 30.76% faced financial instability. However, after migration, one of the respondents reported financial stability, and 92.3% of respondents are experiencing financial difficulties because of different kinds of expenses.

This data reveals a sharp decline in financial security following migration. While a majority previously felt financially secure, migration appears to have caused significant economic hardships. Potential factors include job loss, increased expenses in the healthcare and medication, and reliance on external assistance. These findings highlight the need for improved financial opportunities, support systems, and policies to help migrants attain financial independence.

4.5 Social Support System

Here, in the social support system the information related to the network of individuals that provide emotional, financial, and practical assistance to the individual are presented;

4.5.1 Family and Community Support in the Destination

The section titled “4.5.1 Family and Community Support in the Destination” presents data on the presence of support networks for migrants in their new location. According to the findings, all 13 respondents confirmed receiving family or community support, with none reporting a lack of it. This indicates that every

participant in the study experienced a sense of belonging and assistance from their family or community upon relocation.

The unanimous response underscores the importance of social connections in easing the transition for migrants, highlighting the role of familial and communal support in their adaptation to a new environment.

4.5.2 Comparison of Social Relationships in Origin vs Destination

Social Relationships	Before		After	
	Number	Percent	Number	Percent
Yes	1	7.7%	12	92.3%
No	12	92.3%	1	7.7%
Total	13	100%	13	100%

Source: Field Visit, 2024

The table, titled “4.5.2 Comparison of Social Relationships in Origin vs Destination”, presents data on whether respondents reported having social relationships at their place of origin and destination. One respondent reported having social relationships at the place of origin. Most of respondents with 92.3% indicated a lack of social relationships at the origin. And 92.3% respondents reported having social relationships at the destination. One respondent reported a lack of social relationships at the destination.

This highlights that none of the respondents had social relationships at their place of origin. All respondents reported forming social relationships at the destination, indicating a positive shift in social connections after migration.

4.5.3 Involvement in Social Groups and Networks

Involvement	Number	Percentage
Yes	12	92.3%
No	1	7.7%
Total	13	100%

Source: Field Visit, 2024

The table, titled “4.5.3 Involvement in Social Groups and Networks,” presents data from a 2024 field survey on participants’ engagement in various social groups and networks, including community groups, neighborhood gatherings, and senior citizen associations within the municipality. These groups play a vital role in fostering a sense of belonging, offering emotional support, and promoting the development of new friendships.

According to the table, 12 respondents with 92.3% reported active involvement in social groups and networks, while one indicated a lack of participation because she has been a new member of the society and still, she couldn’t attend to the society’s participation. This finding reflects a strong sense of community and social integration among the surveyed individuals.

4.6 Health and Well Being

Here in the health and well-being, the information related to the access to the health care and other health changes are presented;

4.6.1 Access to Healthcare Facilities

The section titled “4.6.1 Access to Healthcare Facilities,” presents data from a 2024 field survey examining respondents’ access to healthcare services. All 13 respondents reported having easy access to healthcare facilities (13), typically within a travel time of 10 minutes to half an hour. These facilities include services like eye checkups, dental care, and general health checkup campaigns, which are organized by the municipal office in collaboration with hospitals and healthcare providers. Notably, none of the respondents reported any lack of access (0).

The findings highlight that 100% of the surveyed population has access to healthcare services, indicating the availability of adequate healthcare infrastructure and reflecting positively on the overall health and well-being of the community.

4.6.2 Adaption to Environmental Condition

Adaption	Number	Percentage
Yes	11	84.6%
No	2	15.4%
Total	13	100%

Source: Field Visit, 2024

The table, titled “4.6.2 Adaption to Environmental Condition,” presents data analyzing respondents’ ability to adjust to their environmental surroundings. Of the respondents surveyed, 11 reported successful adaptation (11), primarily due to prioritizing their family’s well-being and accessing essential services such as healthcare, education, and other amenities. Conversely, two respondents (2) struggled to adapt, likely because they had spent the majority of their lives in their place of origin, making it challenging to adjust to a new environment.

The table reveals that a significant majority (84.6%) have adapted effectively to their surroundings, while a smaller group (15.4%) has encountered difficulties. This indicates that while most individuals feel comfortable in their environment, some may require additional assistance to better adjust to environmental changes or challenges.

4.6.3 *Changes in Physical and Mental Health after Migration*

Changes	Number	Percentage
Diabetes	3	23.1%
Stress and Anxiety	3	23.1%
Other Problems	2	15.4%
No Any Problems	5	38.4%
Total	13	100%

Source: Field Visit, 2024

The table titled “4.6.3 Changes in Physical and Mental Health after Migration” provides insights into the health challenges faced by individuals following migration. Among the reported health issues, diabetes and stress/anxiety were the most prevalent, each affecting three individuals (23.1%). Notably, no cases of tuberculosis were recorded in the surveyed group. A considerable number 38.4% (five individuals) reported experiencing no health issues after migration, indicating that the transition did not have a universally negative impact. Additionally, two individuals (15.4%) reported other health concerns, including eye blindness and mobility difficulties.

Overall, the table highlights a combination of physical and mental health issues among migrants, with stress and anxiety being as common as diabetes. The absence of tuberculosis cases may suggest a lower prevalence of communicable diseases or improved health conditions within this population.

4.7 Challenges Faced

Here, the individuals have faced different kinds of challenges regarding to the languages, economics, and cultural and social adaption are presented;

4.7.1 Language and Communication Barriers

The section titled “4.7.1 Language and Communication Barriers” examines whether senior citizens encountered language and communication challenges following migration. All individuals reported that they did not face any language-related difficulties after migrating. However, during the initial days post-migration, some experienced challenges in communicating with new community members. These findings suggest that, over time, senior migrants either became familiar with the language of their new environment or settled in areas where their native language was prevalent. Additionally, the support from their social surroundings may have played a crucial role in helping them overcome initial communication hurdles.

Overall, language and communication did not pose significant long-term challenges for this group of migrants.

4.7.2 Cultural differences and Social Adaption

Differences	Cultural		Social Adaption	
	Number	Percent	Number	Percent
Yes	1	7.7%	12	92.3%
No	12	92.3%	1	7.7%
Total	13	100%	13	100%

Source: Field Visit, 2024

The table titled “4.7.2 Cultural Differences and Social Adaptation” examines whether senior citizens encountered cultural differences and how effectively they adapted socially after migration. The findings indicate that one of the senior citizens reported facing cultural differences post-migration, suggesting they either relocated to communities with similar cultural backgrounds or were already acquainted with the customs of their new environment. Furthermore, 92.3% of individuals successfully

integrated into their new social settings, implying the presence of supportive communities or adequate resources that facilitated their transition.

Based on the field visit, Participant 8 (81 Years Old) said that, “*When I came to Terai for the first time, I felt difficulties to sell handicrafts to the people because of the language. My mother tongue is kirant and I was unknown about the Nepali language and in the terai people speaks Nepali language so, it creates problems and my products couldn't be sold. And only the language was different, culture was same and similar to the land of origin.*”

Overall, cultural differences did not pose significant challenges for this group, and their social adaptation was smooth and effective.

4.7.3 Economic Hardships in the New Place

The section titled “4.7.3 Economic Hardships in the New Place” examines whether senior citizens encountered financial difficulties after relocating. The data reveals that all surveyed individuals experienced economic challenges in their new environment. This universal financial strain among senior migrants may stem from several factors:

- i) **Limited Income Sources:** Many senior migrants rely on fixed incomes, such as pensions or savings, which may not suffice in a new location with different living costs.
- ii) **Employment Challenges:** Securing employment can be difficult due to age-related biases, language barriers, or unrecognized qualifications, limiting opportunities to supplement income.
- iii) **Elevated Living Expenses:** Higher costs for housing, healthcare, and daily necessities in the new area can strain limited financial resources.
- iv) **Restricted Access to Financial Support:** Eligibility for government assistance or social benefits may be limited for migrants, reducing available financial aid.

These findings underscore the significant economic challenges faced by senior migrants. Implementing targeted support programs, providing financial assistance, and creating suitable employment opportunities could help alleviate these difficulties and enhance their quality of life in the new location.

4.8 Perception and Satisfaction

Here in the perception and Satisfaction, the information related to the Comparison of quality of life, satisfaction and their further plans to return to the land of origin are presented;

4.8.1 Satisfaction with the life after Migration

Satisfaction	Number	Percentage
Yes	12	92.3%
No	1	7.7%
Total	13	100%

Source: Field Visit, 2024

The table titled “4.8.1 Satisfaction with Life After Migration” presents data on whether senior citizens feel satisfied with their lives following migration. The findings indicate that most of surveyed individuals (92.3%) reported being satisfied with their post-migration life, while 7.7% expressed dissatisfaction. This suggests that despite potential challenges, such as economic hardships, the overall migration experience has been positive for these individuals. Several factors may have contributed to this satisfaction such as, strong social integration, cultural familiarity, and access to support system. The findings highlight that, for this group of senior migrants, relocation has ultimately been a positive experience, reinforcing the importance of social and environmental factors in ensuring a smooth transition.

4.8.2 Comparison of quality of life before and after migration

Quality of Life	Before		After	
	Number	Percent	Number	Percent
Good	1	7.7%	12	92.3%
Not Good	12	92.3%	1	7.7%
Total	13	100%	13	100%

Source: Field Visit, 2024

The table titled “4.8.2 Comparison of Quality of Life Before and After Migration” provides a comparative analysis of senior citizens’ quality of life before

and after migration. Initially, only one individual (7.7%) rated their quality of life as “good,” citing a peaceful environment and a supportive society. In contrast, 12 individuals (92.3%) considered their quality of life as “not good,” primarily due to a lack of essential facilities such as education, healthcare services, and transportation. After migration, many individuals (92.3%) reported an improved quality of life, rating it as “good.” They highlighted the availability of necessary facilities and services within a 10-minute radius and the helpfulness of community members as significant contributors to their enhanced well-being. And 7.7% of individual is facing the difficulties in their life after the migration.

This data underscores the potential benefits of migration for older adults, suggesting that relocating to areas with better infrastructure and supportive communities can significantly enhance their overall quality of life.

4.8.3 Plans to return to the land of Origin

Satisfaction	Number	Percentage
Yes	2	15.4%
No	11	84.6%
Total	13	100%

Source: Field Visit, 2024

The table titled “4.8.3 Plans to Return to the Land of Origin” presents data on whether senior citizens wish to return to their place of origin after migration. The results show that the vast majority 84.6%, 11 out of 13 respondents, have no intention of returning, while only 2 individuals (15.4%) expressed a desire to go back. This indicates that most senior migrants have successfully adapted to their new surroundings and are satisfied with the amenities, services, and community support available to them. Their decision to stay may be influenced by improved living standards, better opportunities, or strong social bonds in their new environment. On the other hand, the two individuals who wish to return may have emotional or practical reasons, such as family ties or ownership of property in their place of origin.

Overall, the data suggests that migration has had a positive impact on this group, with the majority opting to remain in their new home rather than relocate back to their previous community.

4.9 Major Findings

The study on the titled “Migratory Experiences of Senior Citizens toward Land of Origin and Destination” has given the highlight to the senior citizens who has migrated or compelled to leave or move from their land of origin where they have spent their childhood stage and adulthood or more than 60 years of their life and now in the new place, they are spending their rest of their lives with the different opportunities, services as well as with the different challenges too. The findings of this study insight their living experiences in the changing community.

Here are the some of the major finding of the study;

- i) The majority of senior citizens 69.2% (9 out of 13) depend on family for financial support. Social welfare programs play a crucial role, as 12 of 13 respondents (92.3%) receive assistance. Very few seniors have independent income sources (Self-Employed = 2, Wage Earners = 1, Asset-Based Income = 0). Pension coverage is low, with only one person receiving a pension, which may indicate gaps in retirement benefits. This data suggests that senior citizens in this study rely heavily on family and social welfare rather than independent financial sources.
- ii) The findings emphasize the importance of social connections and support systems in influencing migration decisions among older individuals. Social reasons where lack of society and society member are the most significant, with 9 out of 13 respondents (69.2%) migrating primarily for social support, companionship, or improved living conditions. This suggests that older adults, particularly senior citizens, prioritize social well-being when relocating. In contrast, family and economic motives are less influential, accounting for only 2 (15.4%) and 1 (7.7%) respondent, respectively.
- iii) The data highlights that most individuals do not return to their home country, with only a few maintaining periodic visits. A significant majority 69.2% (9 out of 13) never travel back, indicating limited ties or possible barriers. Only one respondent (7.7%) visits regularly, while two (15.4%) make occasional trips every 3-5 years. Additionally, one

person reported rare visits, suggesting minimal yet existing connections.

- iv) The findings provide a clear and straightforward insight into the deep emotional bond people maintain with their homeland, emphasizing its significance in their lives. It reveals that all 13 (100%) respondents feel a strong connection to their land of origin, while none (0 individuals) expressed disinterest. This data highlights a unanimous sense of attachment among the surveyed group.
- v) The findings emphasize a significant regional distribution pattern among the respondents. The majority, 11 (84.6%) individuals, are from the Hilly Region, while 2 (15.4%) individuals belong to the Himalayan Region. Notably, no respondents are from the Terai Region. This data highlights that most participants have roots in hilly areas, whereas the Terai Region is unrepresented in the survey.
- vi) The findings suggest that most migrants face challenges in cultural adaptation, social integration, and emotional adjustment, emphasizing the need for stronger community support and inclusion efforts. Among the respondents, 4 (30.8%) individuals expressed a sense of belonging, while 9 (69.2%) individuals did not.
- vii) The data suggests that most individuals are financially dependent on external assistance rather than self-sufficient earnings, emphasizing limited financial independence among the surveyed group. The majority (13 individuals) depend on family support, highlighting a significant reliance on relatives for financial stability. Additionally, 12 individuals receive allowances, likely from government or institutional aid. In contrast, only one person earns a pension, and another sustains themselves through business.
- viii) The data reveals a sharp decline in financial security following migration. While a majority previously felt financially secure, migration appears to have caused significant economic hardships. Prior to migrating, 9 individuals considered themselves financially stable, while 4 faced financial instability. However, after migration, none of the respondents (0) reported financial stability, with all 13 experiencing financial difficulties.

- ix) The finding highlights that every individual surveyed experienced a sense of family or community support in their destination. All 13 respondents indicated that they had such support, with no one reporting an absence of it.
- x) The findings highlight that 100% of the surveyed population has access to healthcare services, indicating the availability of adequate healthcare infrastructure and reflecting positively on the overall health and well-being of the community.
- xi) The data reveals that a significant majority have adapted effectively to their surroundings, while a smaller group has encountered difficulties. This indicates that while most individuals feel comfortable in their environment, some may require additional assistance to better adjust to environmental changes or challenges because they had spent the majority of their lives in their place of origin, making it challenging to adjust to a new environment.
- xii) The data highlights a combination of physical and mental health issues among migrants, with stress and anxiety being as common as diabetes. The absence of tuberculosis cases may suggest a lower prevalence of communicable diseases or improved health conditions within this population.
- xiii) The data reveals that all surveyed individuals experienced economic challenges in their new environment. This universal financial strain among senior migrants may stem from several factors: limited income sources, employment challenges, elevated living expenses, and restricted access to financial support.
- xiv) The findings highlight that, for this group of senior migrants, relocation has ultimately been a positive experience, reinforcing the importance of social and environmental factors in ensuring a smooth transition. The findings indicate that all 13 (100%) surveyed individuals reported being satisfied with their post-migration life, while none expressed dissatisfaction.
- xv) The data underscores the potential benefits of migration for older adults, suggesting that relocating to areas with better infrastructure and

supportive communities can significantly enhance their overall quality of life.

- xvi) The data suggests that migration has had a positive impact on this group, with the majority opting to remain in their new home rather than relocate back to their previous community. The results show that the vast majority 84.6%, 11 out of 13 respondents, have no intention of returning, while only 2 (15.4%) individuals expressed a desire to go back.

CHAPTER-V
CONCLUSION, RECOMMENDATION AND SOCIAL WORK
INTERVENTION

Migration is one of the challenging processes of experience for every age of people, senior citizens often have to face very eccentric difficulties or problems because of their age and potential vulnerability. Some problems like social and emotional, practical and logistic, psychological, and physical challenges are faced by the senior citizen. It is also very important to remember that the specific problems faced by senior citizens during migration will vary depending on individual surrounding or environment, the destination place, and the reason for the migration. While migrating the individual have to left behind his memories of the past of the land of the origin and have to start the new environment for the living in the new place which is destination place of the individual. Such challenges are not recognized and that creates different difficulties within the individual to cope their capacity of living or settling in the destined place. This study helps to explore the experiences of the individual towards their land of origin (Thath-thalo) and also helps to discover the coping mechanisms of senior citizen to the destination place through their living experiences by applying the qualitative method's phenomenological approach and exploratory design that ensures the study effectively meets its objectives while offering a profound understanding of the phenomenon from the participants' viewpoints. This study theoretical supports contains through the migration theory, disengagement theory, active theory, and other theories related to senior citizens.

This study has given the highlight to the senior citizens who has migrated or compelled to leave or move from their land of origin where they have spent their childhood stage and adulthood or more than 60 years of their life and now in the new place, they are spending their rest of their lives with the different opportunities, services as well as with the different challenges too. While migrating to the new destination place the importance of social connections and support systems in influencing migration decisions among older individuals. Social reasons where lack of society and society member are the most significant and, individual migrating primarily for social support, companionship, or improved living conditions. This suggests that older adults, particularly senior citizens, prioritize social well-being

when relocating. In contrast, family and economic motives are less influential. The study provides a clear and straightforward insight into the deep emotional bond people maintain with their homeland, emphasizing its significance in their lives. It reveals that most and all respondents feel a strong connection to their land of origin where their childhood to adulthood memories were placed, while none of the individual expressed disinterest or dislike their land of origin.

The findings suggest that most migrants face challenges in cultural adaptation, social integration, and emotional adjustment, emphasizing the need for stronger community support and inclusion efforts. The data reveals a sharp decline in financial security following migration. While a majority previously felt financially secure, migration appears to have caused significant economic hardships. Prior to migrating, most of the individuals considered themselves financially stable, while some of them faced financial instability. The study highlights that, for this group of senior migrants, relocation has ultimately been a positive experience, reinforcing the importance of social and environmental factors in ensuring a smooth transition.

The study's data underscores the potential benefits of migration for older adults, suggesting that relocating to areas with better infrastructure and supportive communities can significantly enhance their overall quality of life. And also, this study finds out the specific gap in the existing study in the context of the senior citizen and their living experiences within the particular area.

5.1 Conclusion

This study explored senior citizen migration patterns, emphasizing their emotional ties to their homeland and their experiences that they have experienced in their land of origin. The findings reveal that elderly migrants, especially from the Hilly Region, maintain strong sentimental connections despite infrequent visits. Mainly, the lack of the society, economic stability, family support, and cultural identity significantly shape their migration choices. In contrast, the Terai Region had minimal representation, indicating distinct migration trends.

Although many seniors do not return permanently, they maintain connections through communication and cultural practices to their land of origin. Emotional

attachment varies based on age, financial situation, and family bonds, while limited mobility, health issues, and evolving social structures often hinder relocation or visits.

The historical experiences of senior citizens provide valuable insights into societal changes, resilience, and the evolving challenges of aging. Over the years, they have witnessed transformations in healthcare, social structures, and economic conditions that have significantly influenced their well-being in the destination place than land of origin. While advancements in medical care have increased life expectancy, issues such as social isolation, financial security, and access to quality healthcare remain pressing concerns for the elderly.

Future studies should examine government policies, social support, and community initiatives in enhancing elderly migrants' well-being. Programs fostering cultural continuity and intergenerational engagement could help preserve their emotional connections to their homeland.

Recognizing the contributions and struggles of senior citizens is essential in fostering a more inclusive and supportive society. By learning from their experiences, we can develop better strategies to enhance their well-being and ensure dignity in aging.

5.2 Recommendation

Based on the findings of this study and the historical experiences of senior citizens, several recommendations can be made to enhance their well-being and quality of life in their destination communities.

Firstly, it is essential for the government and relevant stakeholders to recognize the unique challenges faced by senior citizens who have left their land of origin. Many elderly individuals struggle with feelings of displacement and nostalgia, which can affect their mental and emotional well-being. To address this, policies should be introduced that facilitate the mobility of senior citizens, allowing them to visit or even return to their homeland if they desire. Additionally, healthcare services tailored specifically for the elderly should be strengthened, ensuring access to affordable and regular medical check-ups. Special attention should be given to home-based healthcare for those with mobility challenges, with experienced caregivers

providing necessary support. Expanding mental health services is also crucial, as many senior citizens face issues such as depression, anxiety, and cognitive decline. Further research on their living experiences should be encouraged to develop more effective strategies for their care and integration.

Beyond healthcare, there is a pressing need to foster social inclusion and active engagement among senior citizens. Many elderly individuals experience isolation due to their detachment from their homeland and traditional support networks. To counteract this, senior-friendly recreational programs, social clubs, and community activities should be developed to help them build new connections and maintain a sense of purpose. Establishing intergenerational programs would also be beneficial, as they encourage relationships between senior citizens and younger generations. Through these interactions, the wisdom and experiences of the elderly can be passed down to grandchildren and younger community members, preserving cultural heritage and strengthening family ties.

Additionally, support groups should be established to assist senior citizens who have undergone major life changes, such as migration, the loss of a spouse, or declining health. These groups can serve as safe spaces where seniors can share their experiences, receive emotional support, and find a sense of belonging. Creating an environment where elderly individuals feel valued and supported will contribute significantly to their overall well-being.

By implementing these recommendations, society can ensure that senior citizens lead fulfilling and dignified lives, even in a new environment. Recognizing their contributions and addressing their challenges is not only a responsibility but also a way to build a more inclusive and compassionate community.

5.3 Social Work Intervention

While remaining in the experiences of senior citizens, social work interventions should focus on enhancing their well-being, addressing their unique challenges, and ensuring their social integration in their destination communities. A holistic approach that includes psychological, social, healthcare, and policy-driven support is essential in improving their quality of life. There are some main areas to be focused for social work interventions;

5.3.1. *Micro Level Interventions*

As the one of the primary interventions, in Micro level interventions psychological support to help senior citizens to cope with the emotional impact of leaving their land of origin. Many elderly individuals experience grief, nostalgia, and emotional distress due to their separation from familiar environments and lifelong memories. Social workers can provide counseling services, emotional support groups, and structured therapy sessions to help seniors process their feelings and build resilience. Creating reminiscence therapy programs, where seniors share their life experiences, memories, and cultural traditions, can be beneficial in helping them maintain a sense of identity while adapting to their new surroundings.

5.3.2. *Mezzo Level Intervention*

Another key Mezzo level intervention is community engagement and social inclusion. Where social workers should facilitate recreational programs, social clubs, and group activities designed for senior citizens to reduce loneliness and promote active aging. Organizing intergenerational programs where younger generations interact with the elderly can foster meaningful relationships and allow seniors to pass down their knowledge and cultural heritage. Additionally, senior citizens should be encouraged to participate in volunteer activities, which can provide them with a sense of purpose and contribution to society.

5.3.3. *Macro Level Intervention*

In Macro level, Healthcare and well-being support is another crucial area of intervention. Social workers should advocate for improved access to affordable healthcare, specialized geriatric services, and home-based care for seniors with mobility issues. Collaboration with healthcare providers is essential to ensure that senior citizens receive regular medical check-ups, proper medication, and mental health support. Additionally, social workers can help establish wellness programs that promote physical activity, nutrition education, and stress management techniques tailored for older adults.

To address financial security, social workers can assist senior citizens in accessing pension schemes, government assistance programs, and financial literacy

training. Many elderly individuals face economic hardship due to limited income sources, making it essential to provide them with guidance on managing finances, securing social benefits, and protecting themselves from financial exploitation.

Furthermore, policy advocacy and legal support should be a core part of social work interventions. Social workers must work alongside policymakers to develop and implement senior-friendly policies, including better housing, healthcare benefits, and social support systems. Ensuring that senior citizens have access to legal aid services can help protect them from elder abuse, discrimination, and social injustices.

Lastly, creating support networks for elderly individuals undergoing major life transitions, such as migration, the loss of a spouse, or declining health, is essential. Establishing peer support groups and caregiver training programs can provide both senior citizens and their families with the necessary resources to navigate the challenges of aging.

By implementing these social work interventions, the well-being of senior citizens can be significantly improved, ensuring that they live dignified, fulfilling, and socially connected lives. Social workers play a vital role in advocating for their needs, empowering them to engage with their communities, and promoting policies that safeguard their rights and welfare.

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APPENDICES – I :
PICTURES



Image 2: An interview with the 102 years old Mr. Raut



Image 3: An Interview with Grands at Chautari

Caregivers shift Dr Devkota to his ancestral home

Senior neurosurgeon Dr Upendra Devkota, who is undergoing treatment of bile duct cancer at the Bansbari-based Neuro Hospital in Kathmandu, was shifted to his home district Gorkha on Saturday.



Hariram Upreti

🕒 Published at : June 10, 2018

🕒 Updated at : June 10, 2018 07:57

📍 Gorkha

Picture Source: The Kathmandu Post, 10th June, 2018

Image 5: Dr Devkota in his Ancestral home with Care Givers and Neighbors

**APPENDICES – II:
QUESTION**

नाम (Name):

बर्ष (Age):

ठेगाना (Address):

पेशा (Occupation):

पुरानो बसाइ (land of Origin):

- १) तपाईं तराई झर्नु भएको कती समय भयो ?
- २) तपाईंहरू को-को आउनु भएको थियो ?
- ३) तपाईंहरू तराई आउँदा परिवारमा कती सदस्य हुनुन्थियो ?
- ४) उता हजुरको जोत्ने बारी कती थिए ?
- ५) हजुर को आम्दनी को श्रोतहरू के के थिए ?
- ६) तराई आउनुको मुख्य कारण के के थियो ?
- ७) तराई आउनुमा कस्को भूमिका बढी रहेको थियो ?
- ८) हजुरको जन्मथलो वा थाकथालो को बारेमा सम्झादा के के कुराहरू याद आउछन ?
- ९) तपाईंलाई फेरी आफ्नो जन्मथलो जान मन लाग्दैन ?
- १०) तपाईंले उताको र यताको समाज मा केहि फरक पाउनु भएको छ ?
- ११) अरु केहि भन्न मनलागेको र छुटाउनु भएको कुरा केहि छन ?

To,
Department of Social work
Tribhuvan University
Kirtipur, Kathmandu

Subject: Self-declaration

Dear Sir/Ma'am

I hereby affirm that there exists no disparity in the substance of the physical print and digital version of the document specified below, which has been submitted to this establishment for the purpose of undergoing a plagiarism examination. If any dissimilarity is discovered between the physical print and digital version, I am prepared to accept my consequences as per the established regulations.

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Document Type: Thesis

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