

PERCEPTION AND PROBLEMS OF PREGNANT WOMEN

(A Sociological Study of Batulechaur-16, Pokhara)

A dissertation

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LETTER OF RECOMMENDATION

This is to certify that **Mrs. Bindu Acharya** has completed the dissertation entitled **“Perception and Problems of Pregnant Women: A sociological study of Batulechaur-16, Pokhara”** under my supervision and guidance. To the best of my knowledge, the study is original of its kind and carries useful information regarding the perceptions and problems of pregnant women in Batulechaur-16 of Pokhara metropolitan city.

As it has been found completed, I, therefore; forward this dissertation to the dissertation committee for the final acceptance, approval and further process.

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APPROVAL LETTER

This is to certify that the dissertation entitled **“Perceptions and Problems of Pregnant Women”** accomplished by **Mrs. Bindu Acharya** has been accepted and approved as the partial fulfillment of the requirements for the **Master’s Degree of Humanities in Sociology** by the undersigned **Members of the Dissertation Evaluation Committee**.

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TABLE OF CONTENTS

	Pages
Recommendation letter	i
Approval Letter	ii
Acknowledgement	iii
Table of Contents	iv-v
List of Table	vi
List of Figures	vi
Acronyms	vii
Abstract	viii
Chapter One - Introduction	1-5
1.1 Background	1
1.2 Statement of the Problem	2
1.3 Objectives of the Study	3
1.4 Significance of the Study	3
1.5 Limitation of the Study	3
1.6 Definitions of the Terms	4
Chapter Two – Literature Review	6-19
2.1 General concept of pregnancy	6
2.2 Theoretical review	7
2.2.1 Marxism	7
2.2.2 Patriarchy	8
2.2.3 Feminism	9
2.2.4 Self Perception	13
2.3 Review of previous literature	14
Chapter Three: Research Methodology	20-23
3.1 Study area and rationale for the selection of the study site	20
3.2 Research design	20
3.3 Nature and sources of data	21
3.4 Universe and sampling method	21
3.5 Tools and techniques of data collection	21
3.6 Database management and analysis	22

3.7	Conceptual Framework	22
Chapter Four: Presentation of data		24-58
4.1	Cases 1 – 21	24
Chapter Five: Perception of Pregnant women		59-72
5.1	Perceptions towards husband	59
5.2	Perceptions towards the family	65
5.3	Perceptions towards society	67
5.4	Perceptions towards self	71
Chapter Six: Problems of the pregnant women		73-82
6.1	Problems in the family	73
6.2	Problems related to society	78
6.3	Professional problem	81
Chapter Seven: Summary, Findings, Conclusions		83-87
7.1	Summary	83
7.2	Findings of the study	84
7.3	Conclusion	85
7.4	Suggestion to the future researcher	86
Appendix A: References		
Appendix B: Questionnaires		
Appendix C: Photo Arcade		

LIST OF TABLE

Table 4.1: Summary of cases 1 - 21	58
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LIST OF FIGURES

Fig 3.1: Conceptual Framework of the Study	23
Fig 5.1: The Distribution of the Respondents According to the Age-difference with their Husband	63
Fig 5.2: The Types of the Family of the Respondents	65
Fig 6.1: The Occupation of the Respondents' Husband	74
Appendix C: Photo Arcade	

ACRONYMS

+2	Higher Secondary School
BBA	Bachelor in Business Administration
CMA	Community Medical Assistant
DHHS	Department of Health and Human Services
DPHO	District Public Health Office
IA	Intermediate in Arts
INGO	International Non-Governmental Organization
LKG	Lower Kinder Garten
PCL	Proficiency Certificate Level
PNDSA	Post Natal Depression Support Association
SLC	School Leaving Certificate
UKG	Upper Kinder Garten
UNICEF	United Nations International Children's Emergency Fund
WHS	World Health Survey

ABSTRACT

This study “Perception and Problems of Pregnant Women” is a sociological study of pregnant women of Batulechaur-16 of Pokhara. It is an exploratory as well as descriptive study which was conducted to fulfill the partial requirement for the Masters’ degree in sociology. The study was conducted on 21 pregnant women of Batulechaur-16 of Pokhara. Since the total number of pregnant women in the area couldn’t be found exactly, the sample for the study was selected by using snowball sampling technique. For the in-depth study, case studies were taken from these 21 respondents which were analyzed qualitatively by using the content of the cases studies.

By using the theory of Marxism, patriarchy, feminism and self perception the study tried to find the problems and perceptions of the pregnant women. Only the qualitative techniques were used to analyze the data but in some region, pie-chart, histogram and figures are constructed as required. The majority of the respondents were from Brahmin-Chhetri which covers 52.4 percentages of the respondents where all of them are from Hindu religion. 42.86 percentages of the respondents were married with the age-difference of 1-5 years with their husbands where 28.57 each with the 5-10 and more than 10 years of age-difference with their husbands.

As the study concluded there are some perceptions of the pregnant women that are found in this study. They are: perceptions towards husband, perceptions towards family, perceptions towards society and perceptions towards self. The problems of the pregnant women found in this study are categorized as: problems in the family, problems related to the society and professional problems. In perceptions towards husbands there are some perceptions of pregnant women like; physical presence of husband is important, care and support, economic support, cultural perceptions (Age-difference in marriage, priority to son, and decision making role in the family). In perceptions towards family it was concluded two types of perceptions namely; perceptions in nuclear and in joint family. Likewise in perceptions towards society: behavior from neighbors, difficult to adjust in the environment and bound to norms and values are the perceptions of pregnant women. And at last the women also had perceptions towards self.

Although the Marxism, theory of Patriarchy and feminism explain the exploitation of male over female but this study conclude that they are not only dominated by male but by female also. In some cases, they were not only dominated in economic field but also to the social as well as cultural aspects. It is also concluded that the pregnancy is not only considered as the tiresome and barbaric but is considered as gift and pleasure for the women as well as family and society.

CHAPTER ONE

INTRODUCTION

1.1 Background

Pregnancy is a special moment in every woman's life as well as for the family and society. At this moment, the woman receives love and care from the family and husband because it is the central part of the marriage for the family. Pregnancy is the central part of the family and this really adds cheer to her life amid the problem of having a 'gift of god' in the time to come. While the problems of healthy and cute baby are adored by everyone in the family, the problems of the pregnant lady from the family members also increase (Healthbow, 2016).

People of Nepal practice traditional rules and beliefs. They practice all rules and the belief but they can't reform superstitious and bad traditions which are the main hindrances for social development. Also, the human reproduction should not be viewed independently from social reproduction, for to do so limits the perspective of others. So pregnancy is not related to wife and husband only.

The condition of Nepali society is changing, so the condition of Nepalese women is also improving. DPHO, Kaski, Annual report 2071/2072 states that according to ninth fifth year plan, health plan and strategies, maternity health package is launched all over the country. The main aim of Safe Maternity Program is to reduce maternal mortality rate, child mortality rate and rate of diseases. In the report, there is vast difference in first time pregnancy check up and fourth time pregnancy check up in the authorized health centre. In 2069/70, 112% had first pregnancy check up whereas 69.11% had fourth pregnancy check up. Similarly in 2070/2071, 168.06% had first pregnancy test whereas 103.20% had fourth pregnancy test. Likewise, in 2071/2072, only 91.03% had first pregnancy check up whereas only 78.98% had fourth pregnancy check up during pregnancy. This report shows that there must be some social factors that hinder in the treatment and checkup of pregnant women even all the health centers of government provide free medical services to the pregnant women. Government makes huge expenses but rate of service taking is decreasing.

Being around the gender issue, condition of pregnant women during pregnancy is very miserable still. Even constitution of Nepal has granted women's right as fundamental right to the women. Perspective to look women from family member is not changed as women are taken as the server. Most important situation for women is being pregnant. Pregnancy is the period from conception to birth when a woman carries a fetus in her uterus. During this period, she needs additional nutrition food, regular health check-up, love, care, rest etc. In spite of this care, women are taken as the means or machine to produce children. Child born from pregnant women will be the citizen of the future, healthy citizen are the wealth of the nation. Today's child is the future of the nation. Thus, pregnant women need proper care during their pregnancy.

1.2 Statement of the Problem

Pregnancy is the important time of a woman for herself as well as for the family members. She gives birth to a child; all the family members get this new identity as father, mother, grandmother, uncle, aunty etc. The family member is so excited to the child but the perception and behaviors towards the women bearing child is reluctant controversially. The role of family members towards the pregnant women play vital role for good health and growth of both mother and child.

Many researches and recommendations have been made so far on pregnant women; however most of the researches are focused on the health related issues of pregnant women. Very few works have been carried out to identify the underlying sociological/anthropological factors on perception and role of family towards pregnant women and its benefits. There are so many inter-related sociological, cultural, religious and ethnic factors that determine family's perception towards pregnant women that may lead great sociological impacts in development of thought and rights of coming generation. In this context, the proposed research is intended to provide some logical solutions to those shadowed issues and find out the answers of these questions.

- a) What is the perception of pregnant women towards husband, family, society and self?
- b) What are the problems of pregnant women facing in the family and society?

1.3 Objectives of the Study

The general objective of this study is to examine the perception towards pregnant women among the family members. The specific objectives of this study are:

- a) To find out the perception of pregnant women towards husband, family, society and self
- b) To analyze the problems of pregnant women facing during pregnancy in the family and society

1.4 Significance of the Study

Since the pregnancy is considered as the vital moment not only in the life of women but also to the life of her husband and family as well as for the society. So, it should be studied and analyzed carefully and systematically. This study will provide a source or baseline to other future researchers related to this type of research title. It will be helpful to conduct research on large scale. The research findings will help to provide information about perception of family members towards pregnant women. The findings will have benefited for related programs like awareness for the members of family of pregnant women. The findings will be helpful to INGOs and other special organizations and government, in the field of maternal health. It will be guideline to the planner, educationist and specialist to improve reproductive health through pregnant women and its law. It will be helpful to guide the researchers and those who are interested in this field.

Though, the study seems minor and simple but it aims to find the vital things related to pregnant women. It is tried to find out the perceptions and problems of pregnant women which could be helpful to the person, family, society as well as some other institutions. Also, there are too many programs related to the pregnancy and this study will be one of the important studies that help to make the need based program in the field of pregnancy.

1.5 Limitation of the Study

The study is conducted for the partial fulfillment of the Master's degree in Sociology. The study is limited among the family member of pregnant. The study area is limited to Batulechaur, Pokhara-16, of Kaski district. The findings of this study cannot be

generalized to all the family members because the sample size is very low. The findings of this study will be helpful only just for understanding about perception of family members towards pregnant of Batulechaur-16. The study is done only using the theory of patriarchy, Marxism, feminism and looking glass at self perspective which is the limitation of theoretical perspective. Also due to the lack of money, time and manpower the study may not find the actual conclusion.

1.6 Definition of the Terms

Pregnancy

The pregnancy in this study refers to the period from conception to birth when a woman carries a developing fetus in her uterus.

Perception

Perception in this study refers to the strong feeling regarding pregnancy.

Family

Family is a group of persons united by ties of marriage, blood, or adoption constituting a single household interacting and intercommunicating with each other in their respective social roles of husband, wife, mother, son, daughter, daughter in law etc.

Maternal family

Maternal family in this study refers to the consanguineal family members of the pregnant women.

Problem

Problem means strong desire to get something of a pregnant woman from environment that includes her husband, family, society etc in this study.

Women

Women in this study refer to the pregnant women unless mentioned in other sense.

Society

Society in this study refers to the environment of pregnant women where she stay, work including neighborhoods, office, friends etc.

Husband

Husband refers to the husband of the pregnant woman.

Environment

Environment in this study refers to the working place, usual places where she has to go for her medical checkup, public places etc.

Problems

Problems in this study refer to the problems and hardness felt and experienced by pregnant women during their pregnancy.

CHAPTER TWO

LITERATURE REVIEW

2.1 General Concept of Pregnancy

Pregnancy is the special time for the women as well as for their family members as well. For most of the women, this is a time of great happiness and the excited anticipation of the arrival of the baby usually involves things like choosing an obstetrician or Gynaecologist, attending ante-natal classes, reading books, gathering information from other mothers, organizing the layette and the nursery (PNDSA, 2016).

Motherhood has true nobility and unique capacities. Pregnancy and child birth are special events in women's lives. The childbirth process starts from pregnancy till the end of puerperium (Landweig et al, 2004).

Pregnancy is the state of carrying a developing embryo or fetus within the female body or uterus. Pregnancy lasts about 40 weeks, counting from the first day of woman's last normal period. The weeks are grouped into three trimesters. Conception to about the 12th week of pregnancy marks the first trimester. The second trimester is weeks 13 to 27 and the third trimester starts about 28 weeks and lasts until birth (DHHS, 2010).

There is a close relationship between the physical and psychological reactions to pregnancy although it is a physiological process. It must also be accepted that some women undergo profound psychological changes during pregnancy. To understand what is happening during pregnancy is half way towards enjoying a happy successful pregnancy, but it is important that the husband or family members need to appreciate the pregnant women. The importance of information is paramount. If the women understand about their pregnancy and what is happening to their body and mind, they will have more confidence in herself and in her pregnancy (Kaur, 2009).

Pregnancy is a journey of dramatic physical, psychological and social change, of becoming a mother, of redefining family relationship and taking on the long term responsibility for caring and cherishing a newborn child. There are minor ailments

which may affect the pregnancy, which are not serious, but the pregnant women would probably like to know how to get rid of these minor problems.

2.2 Theoretical Review

This study is related to the pregnant women. So, basically it is related to feminist approaches. In this study, the researcher tries to connect Marxism, Patriarchy and feminist approaches.

2.2.1 Marxism

In societies everywhere, cultural institutions and practices, economic processes and political structures are interactive and relatively autonomous. In the Marxist framework, infrastructures and superstructures are made up of multiple levels, and there are various types of transformations from one level to another (Moghadam, 2005).

Marx and Engels believed that the origin of the family is due to the division of labor where wife and children are the slaves of the husband (Ritzer, 2000).

The power of husband – father over the labor of wife and children represents, in Marx's view, the first form of private property. The men in the society in the capitalist mode of production developed and regulated institution of marriage to make wife and children possession (Sydie, 1993).

An important theme of the work of Marx and Engel was that women were oppressed by men and there was an urgent need of emancipation in the society as well as in the family. They also explained that the first form of oppression that existed in the society was that of women by men in the family. The warring classes of society are the product of modes of production. Through the development of the ages of mode of productions the man acquired more important status and power over the women in the family in course of time. The increased wealth and status of man enables him to overturn the traditional order of inheritance in favor of him (Adams, 2001).

In patriarchal society, the women were oppressed by both of the patriarchal society and proletariat. The cause of women's oppression is linked to the type of social organization, specifically the economic order. For Marxist, capitalism or class

oppression is the primary oppression. In the view of Marxist feminists, only after the eradication of economic oppression, the emancipation of women is possible. Marxist analysis assumed that women's subordination to men was a result of their absence from the productive process. Consequently, women did not control the property but they were themselves property. They don't have the right of the body (Engels, 1884).

Thus in the view of Marxism, females are exploited by males to take the power of the mode of production. Marxism explains the relation of the men and women in the sense of the mode of production. Marxism explains that women are exploited in the capitalist mode of production to be subordinated to men. Also if something is beneficial for the society, that doesn't mean it would be beneficial for individual too. So, in the case of these pregnant, it couldn't be beneficial if the societal norms and values are given priority.

2.2.2 Patriarchy

Patriarchy is a form of social organization in which a male (the patriarch) acts as head of the family/household, holding power over females and children. In this system, men achieve and maintain social, cultural and economic dominance over females and younger males (Jary, 2000).

In a patriarchy society, women are treated as second class citizens, though there has always been an intricate but invisible bond between men and women. But these bonds never become the bond of humanity but of power most often women are commoditized in this relationship. From the early part of their lives, they are taught to internalize the patriarchal ideology which is based on male supremacy. According to scholar Shield Ruth (1996), "Women as human being are standard, less intelligent, less moral; less competent, less able physically, psychologically and spiritually; small of body, mind and character often load and destructive." It is an assumption to dominate women to decide their fate and to shape their destiny.

Walby (1990) argued that patriarchy sustained by male domination against women. She also argues that patriarchy is sustained by the activeness of the state which is still patriarchal as well as capitalist and racist although there may have been some limited reforms such as equal educational opportunities and easier divorce laws which somehow protected women against patriarchy.

In his unpublished master dissertation 'The challenges and opportunities of the Post-Graduate mother-students', Mr. Nepali (2017) cited that Markin (1984) argues the view of Marxists theorists of patriarchy that describe the males as a ruling class. Males are viewed as controlling factor of the institutional power in the society that they influence the ideology, philosophy, art and religion to get the access to enjoy the power in the society to dominate others especially females. Marxists saw the relation between any two classes in the society by economical point of view whereas the advocates of the patriarchy see the relation between male and female by different aspects like cultural and institutional. They explain that the male in the society uses every mechanism in the society to dominate the role of female in the society especially family and motherhood.

Patriarchy is the power of the father's; a familial, social, ideological, political system in which men- by force direct pressure or through ritual, traditional, law and language, customs, etiquette, education and the division of labor-determine what part women shall or shall not play and in which the female is everywhere subsumed under the male.(Gerdal,1896).

Thus, from the view point of patriarchy, the condition of women in the society is miserable and they are oppressed in the family as well as in the society, especially from the male part. They are limited within the household by making them mother. This study tries to see the perception and problem of women by applying the above theoretical perceptions.

2.2.3 Feminism

Feminism is both an intellectual and political movement that seeks justice for women and the end of sexism in all forms. Feminism originates in the perception that there is something wrong with society's treatment of women from very beginning of human civilization. In other words, feminism as a perspective, seeks to eliminate the subordination, oppression, inequalities, and injustices that women are facing simply because of gender. Feminism questions why female regarded as inferior to men. Feminism tries to explore the female experiences, anxiety, confession, pain and concern that are different from males. Feminists call for a movement to fight against all kinds of injustices and oppressions by the patriarchal society which is based on race, gender, and sex. There are different phases and dimensions in feminism such as

liberal feminism, radical feminism, third wave feminism etc. Feminism is a collective term for systems of belief and theories that pay special attention to women's right and women's position in culture and society. There are many approaches in the feminism. Here the researcher intends to look into four different approaches from the feminism.

2.2.3.1 Liberal Feminism

Liberal feminism is the most widely accepted and recognized social and political philosophy among feminists. This theory argues about the equal rationality of the sexes and emphasizes the importance of structuring social, familial, and sexual roles in ways that promote women's autonomous self fulfillment.

Liberal feminists claim that this type of gender stereotyping is terribly unequal and must be remedied if the goals of liberalism are to be realized for men as well as for women. The main goal of the liberal feminism is to free women from oppressive gender roles. The patriarchal society behaves women as the source of pleasure and pleasure seeking by nature. Human beings are created equally, they are also equally rational and if they are given the same opportunity, the women can also progress like men in the society (Tong, 1989).

Bernard (1982) argued that marriage makes women subordinated to men and men as superordinated beings in the family. Child bearing degrades the women's status in the society. Women have to serve as the sex labor in the family and every female has to serve the family in the household responsibility.

2.2.3.2 Marxist Feminism

Marxist feminists tend to draw upon Marx's base model of society in order to argue that gender distinctions are, in a nutshell, entirely a function of economic rather than anatomical or other factors. Marxist feminism believes that notwithstanding undisputable biological differences between male and female, patriarchy is rooted in economics; to be precise, the forces of production are so constituted that historically men acquired the ownership over the means of production while the women owned only their labor.

Marxist feminism is an emancipatory, critical framework that aims to understanding and explaining gender oppression in a systematic way. This theory aims to explain the condition of the female as an oppressed in the capitalist mode of production (Holmstrom, 2002).

The Marxism discussed about the women in the sense of the family. Since Marxism talks much about the laborer and labor in the frame of capitalism, his concept about the labors and their performances are not distinguished by sex. Marxism has no adequate tool for the understanding of specifically sexual oppression, of gender differentiation, or sexuality (Andermahr, Lovell and Wolkowitz, 2000).

The role of women in the history is limited only between the four walls of the house where she had to perform all the inner – house performance and she had to rely on male for the subsistence in the family and society. The women in the family as well as in the society are acting as a free labor and sex labor. (Engels, 1884).

From the very beginning of civilization, women were considered as inferior and second sex. It was believed that women were made to fulfill men sexually and mentally. They have always been dominated, violated, and subjected made supremacist ideology.

Grimkes (1970) in her book, "The equality of sexes and the condition of women" claims that history of mankind is a history of repeated injuries and usurpation on the part of women towards men having in direct object, the establishment of an absolute tyranny over her.

2.2.3.3 Socialist Feminism

Socialist feminism has its roots in Marxism and prioritizes social class as the factor determining the situation of women within capitalism. This approach is therefore concerned with the interaction between the dialectic of class and gender (Jary & Jary, 2000).

There are two ways in the socialist feminism that the women are central. First, the oppression of the women is the primary topic for analysis. Second, women's location and experience of the world serve as the essential vantage point on domination in all its forms. The programs of the socialist feminism for change call for global solidarity

among women to combat the abuses capitalism works in their lives, the lives of their communities, and the environment. They call on the feminist community to be ever vigilant about the dangers of the own co-optation into a privileged intelligentsia which serves capitalist interests. They want to mobilize the people to force the state and government to use as means for the redistribution of social resources and power through the provision of an extensive safety net of public services like publicly supported education, health care, transportation, child care, housing; a progressive tax structure that reduces the wide disparities of income between rich and poor; and the guarantee of living wage to all members of the community. They believe that this mobilization will be effective only if people become aware of and caring about the life conditions of others as well as their own (Ritzer, 2000).

2.2.3.4 Radical Feminism

Radical feminism is a new women movement which appeared in the mid 20th century. According to this theory, gender is the primary form of oppression for the women. This theory argues that the main reason behind the oppression of the women is patriarchal form of society.

Radical feminism is based on two main notions. Firstly, the women are of absolute positive value as women, a belief asserted against what they claim to be the universal devaluing of women and secondly, the main reason behind the oppression to the women is the patriarchal social system everywhere in the world. Radical feminists see system of oppression in every sector of the society – heterosexuality, class, caste, race, ethnicity, age and gender in which some people dominate and exploit others (Ritzer, 2000).

The radical feminists want to eradicate the concept of femininity and masculinity from the society by eradicating the patriarchal reproduction system and capitalist mode of production. In fact, some of the radical feminists assert that biological reproduction is neither in women's best interest nor in those of the children so reproduced. In fact, pregnancy is barbaric and natural childbirth is at best necessary and tolerable at worst like shifting a pumpkin. Radical feminists argue that men attempt to control women's bodies whether this control takes the form of restrictive contraception, sterilization, and or abortion laws, or of violence directed against

women (pornography) sexual harassment, rape, women battering, it constitutes an especially cruel power play. To the degree that a person is deprived of power over his or her own body, that person is deprived of his or her humanity. Men have constructed female sexuality to serve not women's but men's need, want, and interest (Tong, 1989)

Women are oppressed as women and their oppressors are men. The gender role of people, things and behavior are classified in terms of masculine and feminine is socially constructed and has no basis in terms of nature. Radical feminism has affected almost every emergent feminism since late 1960s (Andermahr, Lovell and Wolkowitz, 2000)

Tong (1989) also cites that Firestone, the radical feminist states that the biological family's demise as a reproductive unit will also spell its demise as an economic unit.

2.2.4 Self Perception

The person's growth in the society is affected by the different factors like society, self and his/her mind. The social origin of human life comes by the pathway of intercourse with other persons. Self and society can't be separated and they can be considered as the twin born. A person's self grows out of a person's commerce and behavior with others. Primary group especially husband and family members are fundamental in forming the social nature and ideals of the individual. The result of intimate association, psychologically, is a certain fusion of individualities in a common whole so that one's very self for many purpose at least, is the common life and purpose of the group (Cooley, 1909).

A mother in the family may gladly engage in personally, unrewarding labor within the family context because she measures her work in terms of her contribution to the whole of the family. What other consider exploitation, the women find acceptable within the family, for she views it as a service to the collectivity. Husbands and wives, parents and children, relatives and friends will cheerfully sacrifice self interest if it interferes with their duties to the family group (Cosser, 1996).

Cooley's concept of the looking glass self, states that a person's self grows out of a person's social interactions with others. The view of ourselves comes from the

contemplation of personal qualities and impressions of how others perceive us. Actually, how we see ourselves does not come from who we really are, but rather from how we *believe* others see us. The main point is that people shape their self-concepts based on their understanding of how others perceive them. We form our self-image as the reflections of the response and evaluations of others in our environment. As children we were treated in a variety of ways. If parents, relatives and other important people look at a child as smart, they will tend to raise him with certain types of expectations. As a consequence the child will eventually believe that he is a smart person. This is a process that continues when we grow up. For instance, if you believe that your closest friends look at you as some kind of superhero, you are likely to project that self-image, regardless of whether this has anything to do with reality. The concept of the looking glass-self theory constitutes the cornerstone of the sociological theory of socialization. The idea is that people in our close environment serve as the “mirrors” that reflect images of ourselves. According to Cooley, this process has three steps. First, we imagine how we *appear* to another person. Sometimes this imagination is correct, but may also be wrong since it is merely based on our *assumptions*. Second, we imagine what *judgments* people make of us based on our appearance. Lastly, we *imagine* how the person feels about us, based on the judgments made of us. The ultimate result is that we often change our behavior based on how we *feel* people perceive us (Isaksen, 2013).

2.3 Review of Previous Literature

There are many researches and study that have taken in the field of pregnant women and their problems and challenges. In this section, some of the studies have been reviewed.

For most of the women, the pregnancy is a time of happiness, and the excited anticipation of the arrival of the baby usually involves things like choosing an obstetrician or gynecologist, attending ante-natal classes, reading books, gathering information from other mothers, organizing the layette and the nursery. Pregnancy is a time of growth and hope, but it is also a time when a woman is very vulnerable. They can experience a confusion of emotions. For many women, the first and third trimesters are difficult. Not everyone experiences the glow of the perfect pregnancy. Some women have mixed feelings and uncontrollable mood swings. It may be the

first time that the pregnant women may feel so incredibly fragile and dependent (PNDSA, 2016).

Nutritious food is essential for giving birth to a healthy baby and protection of mother's health. Asian countries have problem of malnutrition. Pregnancy is a special situation in which a female need more than normal food. The deprivation of such food results the infant and maternal death. The research shows about 76% of the respondent is provided; nutritious food sometimes during pregnancy and after child birth. This shows that more than half of women are not getting nutritious food during pregnancy and child birth regularly. Similarly, 10% of the respondents are not getting any nutritious food even if they had knowledge about the necessity of nutritious food. It can be concluded from the result that rural women are not very much safe and the birth given by them might have various illnesses due to lack of essential quantity and quality of food during and after child birth (Pandey & Shrestha, 2014).

In most traditional societies, if a woman doesn't give birth to a son, inheritance is not possible. In case of not having the son in the family, the death of the husband provides the property rights to in-laws. Women have no inheritance rights and even if a father may leave in his daughter's name, the male cousin of the girl will claim the inheritance (Chinno, 2005).

Pregnancy cause great and enormous impact in the lives of women. It affects greatly especially in education and social life of a woman. Because of pregnancy, the women could be out of the study and she is unable to perform in various activities in the society (Paton & Brown, 1991).

One of the great challenges of women's health during pregnancy level in the global level is dying during the birth or being left seriously disabled afterwards. However, to lay responsibility for the continued dominance of the technological instruments of patriarchy at the door of those feminists who oppose such dominance seems to us perverse. The problem doesn't lie in the fact that a cogent feminist approach to childbirth doesn't exist. It is rather that the feminist approaches continue to be marginalized in health care systems that remain dominated by obstetrics (Campbell & Porter, 1997).

The community needs to see adolescent girls as much more than just mothers and wives. Addressing educational and cultural barriers that limit girls' options is a vital longer term strategy. Coupling this approach with incentives for girls to stay in school counseling sessions and better access to contraceptive information and technologies will enable girls to choose motherhood only if and when they are ready, helping them to live with the dignity to which they, as human being, are entitled (Alejos, 2005, p 6).

Global Journal of Health Science, 2016 states that the majority of their participants had unwanted pregnancy and they didn't have rights to choose whether to have baby or not.

Majupuria (1982) writes that the Mahabharat eulogizes a wife in the following words:

“The wife is half the man, his priceless friends; of pleasure, virtue, wealth, his constant source; a help and stay along his earthly courses; through life unchanging yea beyond its end. When rocked by pain , by sickness worn, by outrage stung, by anguish torn, disturbed, perplexed, oppressed, forlorn, men finds their spouses love and skill the surest cure for every it (p. 17). Similarly, two opposing view are distinguishable about women in general. Saktas go to the extent of deifying women and regard her as nobler than women. They regard a woman as Devi or goddess. There are several references made in the epics in which women are highly eulogized. But there is another school of thought propounded by some misogynists and cynics whose views are not complimentary to women. To them, the social status of a woman is inferior to that of man. They exaggerate the wickedness of women and her insatiable love of variety in sexual act. Her infidelity is also abnormally highlighted (p 168).

Acharya (1979) argued that marriage and motherhood are the ultimate goals for girls. Their main goals in their life are that they have to marry and bear the child for the husband and family. The marriage and childbearing are the honor and prestige for the family in the society.

Pregnancy can be a difficult period of transition for adults and teenagers alike, but unfortunately many of the problems of teenage pregnancy are as a direct result of the attitudes of people around them, sometimes those closer to them. There is a stigma attached to adolescent parenting. It is deemed deviant and breaks the residual rules

laid down by society. The young mothers are permanently labeled by their act. They lose their own identity in the labeling process (Pearce and Mander, 1999).

Derr (2016) cited in her article 'Feminism, Self-estrangement, and the Disease of Pregnancy' that French feminist Simone De Beauvoir observed in her landmark 1950s book, *The Second Sex*, "Women who are primarily interested in pleasing men are distressed to see themselves deformed, disfigured. Pregnancy seems to them no enrichment, but a diminution of the ego (p.4)."

By comparison, women are programmed by their biogrammars to reproduce and care for the children. The basic family unit consists of mother and children. Nature intended to mother and child to be together (Tiger & Fox, 1972).

In his report 'Equality of Access of Women in Education in Pokhara', Shrestha (2000) finds that, public life of female is culturally restricted to the degree that it is casually related to the patriarchal social system, which confines them to subordinated position.

Starting with a conflict- and feminist perspective, the pregnant woman is not just an individual member of society; it is as if she and her body belong to the society. Her body is like a commodity as it is reproducing the raw materials of society. Those who encounter her may feel some ownership over her developing contribution to their community and our society (Raskoff, 2013).

For more than two decades feminists challenged the negative value the patriarchy applied to the female aspects of reproduction. Yet many didn't question their own construction of unwanted pregnancy as a disease when this construction figured prominently in the arguments in favor of abortion legalization. Arguing convincingly that pregnancy is not a pathological condition; pro-choice feminists reverted to the language of disease they disdained to characterize unwanted pregnancies. Although pregnancy is not a sickness, it seems that it must be cast as a very heavy disability in order to justify abortion. Casting an unwanted pregnancy as a deviant condition that profoundly disrupts the victim's existence and utterly violets her bodily integrity supplies a compelling justification to end it. Therefore, motherhood can come to represent "the annihilation of women."(Derr, 2016).

Marriage is the foundation of a women's reproductive role. Women would be offered to another man with rights over her body and rights and responsibilities of the

management of household would be given to her. Basically, however, it is said that the man is the breadwinner and must provide for the family. So, in this way, marriage is the popular social institution in South East-Asia. It fulfills quite successfully the requirements of the social system for reproduction and maintenance

Women are problematic – partly because of their association with sexuality and fertility. Women will be segregated especially during the period of menstruation and pregnancy culturally and religiously. In traditional society like Nepal, women are considered as the source of fertility. The women seem to be patrifocal – giving importance to the family rather than her. They must be able to produce children if the lineage is to continue. At the same time, they are a threat to the joint family as a unit and their own husbands individually. Women are main responsible for the husband and family's wellness and fortune (Bennett, 1983)

Haralambos (2002) cites that Bowlby examines the role of a woman, and in particular, their role as mothers, from a psychological perspective. He argues that a mother's place is in the home, caring for her children especially during their early years. Bowlby conducted a number of studies of juvenile delinquents and found that the most psychologically disturbed had experienced separation from their mothers at an early age. It is genetically based psychological need for a close and intimate mother – child relationship, and for that the women have to give time and effort to their children. Thus, the mother role is firmly attached to the female.

Acharya and Bennett (1981) in their study, 'The Rural Women in Nepal: An Aggregate Analysis and Summary of 8 Village Stations' concluded that:

In hills of Nepal, usually men are the household heads as well as decision maker while women contribute valuable inputs. Although the whole process of decision making in the household is common, men are culturally accepted as being the decision maker in the household. Gender differentiation in decision making varies with ethnicity, economic status and farm size. Bajracharya (1994) observes that poor women have strong decision making role as compare to economically better off women. Some researchers have found that women make more decisions than men with regard to crop production activities. It has been reported that women make more decision on

crop selection, method of storage, crop yields and grain to be consumed, and crop processing (p. 432).

NESAC (1998) in their report, 'Nepal Human Development Report' concluded that women in Nepal as elsewhere hold triple responsibilities of reproduction, production and community management. However, reproduction isn't treated as work and household activities are not considered as predicting job at least by the state organs. Women suffer from discriminatory practices in opportunities for education. Personal mobility which is required among others for skill development and independent decision making is highly restricted. Nepalese women work longer hours than that of man but men have many opportunities in the occupational sectors. Women has limited access in opportunity, limited property rights, decision making etc.

CHAPTER THREE

RESEARCH METHODOLOGY

Research methodology is that part which includes the procedures which has been followed to carry out this study. To incorporate its objectives and to formulate more reliable valid data, some different sorts of methodologies have been exercised.

3.1 Study Area and Rationale for the Selection of the Study Site

Batulechaur-16, Pokhara, Kaski district has been selected for the study considering its population with multi-ethnic composition. Women are backward in socio-economic condition. There is no significant political awareness mainly among women and they have no economic as well as employment opportunities as they are mostly involved in non-paid household works. Pokhara is a sub-metropolitan city where Batulechaur-16 is one of the wards of it. Although, it is a sub-metropolitan city, most of the people of this area practice traditional behavior. Their concept and behavior are also traditional. Therefore, the perception and problem of the pregnant women of this area is also affected by this practice.

3.2 Research Design

Research design is an outline picture of a research study in sequence. Its main objective is to find perspective of family members towards the pregnant women and how it has been practiced. It analyzes the relationship between the socio-economic, demographic characteristic and perception of family members towards the pregnant women. Thus, according to different context and situation, both exploratory and descriptive research design were practiced.

Exploratory research design is often conducted to explore the research issue when the alternative options have not been clearly defined or their scope is unclear. It helps researchers to explore issues in detail in order to familiarize themselves with the problems or the concepts to be studied. Also the descriptive research is used to describe an event, a happening or to provide a factual and accurate description of the population being studied (Singh, 2007).

This study explores the perception and problems of pregnant women. So, it is exploratory research. It not only explores the perception and problems but also describes them, so, it is also descriptive research.

3.3 Nature and Sources of Data

This research work was the mixture of primary data and secondary data as the sources of information. The primary data was obtained through the case study method. While, research articles, books, journals, seminar papers, occasional papers, case studies, research reports, and related thesis were counted as secondary data. As a whole, the methods of the study were qualitative but in some finding it was tried to make quantitative.

3.4 Universe and Sampling Method

The universe of this study was the household built within Batulechaur-16, of Kaski district. The universe of this study consists of around households which are composed of different ranks with the features like multi caste, ethnicity, religion, and language. As we couldn't know the exact number of pregnant women, the universe was indefinite for this study.

To collect the required information, non-probability sampling technique was used. For that, the help of local health volunteer was taken to find two respondents and the respondents were met more than once to collect the required and reliable information. Through them other respondents were found. By making this type of chain, the required information regarding the perception and problem of the pregnant women was collected from 21 respondents.

3.5 Tools and Techniques of Data Collection

Case studies were taken to collect the data required for the study. The respondents were met to conduct case study. The respondents were met more than once to gather the reliable information. The respondents were met directly in their place for their convenience. The respondents were met through health volunteer in that area.

Case study is a method of exploring and analyzing the life of a social unit that unite a person, a family, institution, culture group, or even an entire community. Its aim is to

determine the factors that account for the complex behavior patterns of the unit and the relationships of the unit to its surrounding milieu (Young, 1982).

3.6 Database Management and Analysis

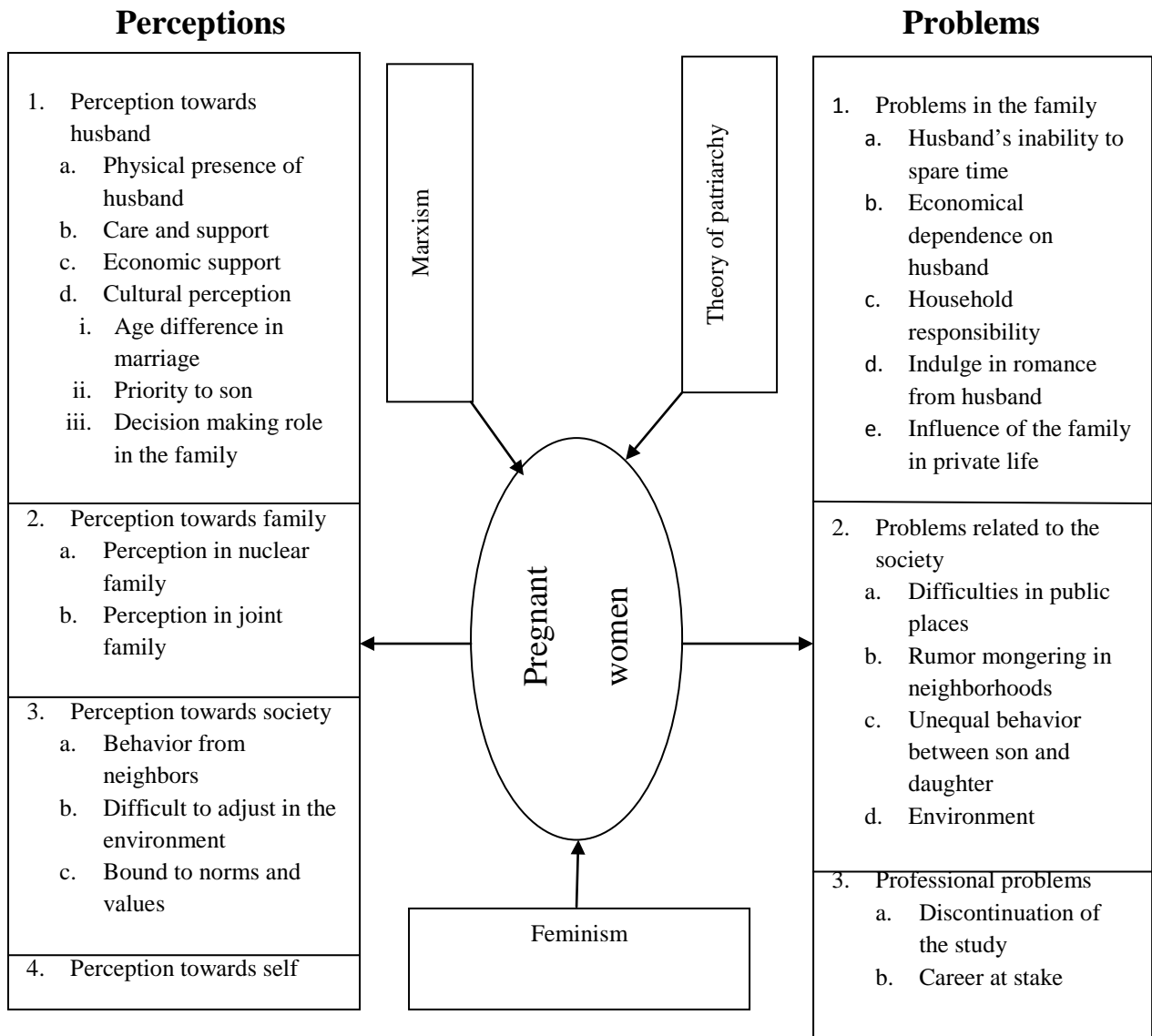
After collecting data through case study in the field, effort was given to analyze them systematically and scientifically. The collected qualitative data was analyzed by using the content of the case studies.

The qualitative data was interlinked in terms of various topics and sub-topics to analyze them descriptively. Attention was paid to minimize data error through comparison of various data which was interpreted sociologically. The use of the computer software in this study is only for typing and sorting the data. Simple and appropriate figures like pie charts and graphs were prepared for analysis.

3.7 Conceptual Framework

In this study, the women are considered affected mainly by different variable like husband, family and society. Analysis of this study is based on the conceptual framework in the following page to show how these variables affect the pregnant women. They have their own perceptions towards husband, family, society and self. They have their problems related to husband, family and society. The conceptual framework of the study is shown in the next page:

Fig 3.1: Conceptual Framework of the Study



CHAPTER FOUR

PRESENTATION OF DATA

This chapter contains the cases which are conducted for this study. These 21 cases which are collected by snowball sampling method are collected using the case study method with appropriate direct interview questions. The cases in this study are listed as follows:

4.1 Cases 1 – 21

Case 1

Case 1 is a 35 years old woman from Pokhara-16, Samgam chowk. She is Brahmin woman who follows Hinduism living in a joint family with mother-in-law, father-in-law, husband, son, sister-in-law and niece. She has already a son of 8 years old and its her final week of pregnancy. She says she gave birth to a first baby in the same year of marriage because she married late and husband as well as family member wished to have first baby soon. According to her, they were busy and didn't have enough time to look after next child. So, they didn't bear second baby but now they felt that her son needs a friend in the home and they also wanted to be secured of children in case of misfortune. Accordingly they have never used any contraceptives tool rather practice natural method. Husband is of 33 years old service holder man. She finds husband being more cooperative during pregnancy incase of sexual activities. According to her, her maternal house is in Mahendrapool and they became very happy after listening about her pregnancy, whereas her family members beside husband didn't show any reaction, whether had felt by heart or not Maternal family makes phone calls which make her happy emotionally and get energy charged.

She has passed SLC examination and she is a tailor. She has her own tailoring shop at Chipledhunga but she is planning to close it from this week because she has very big belly and feeling difficulties to continue it. She thinks that they could not give time to first baby because both of them were busy .Now, at her pregnancy, husband takes care of her. Being in a joint family, she has to perform all the household chores like cooking, washing, cleaning etc. She says she has to perform all the activities as earlier

as she can. Her mother-in-law is quite conservative and tells her about her days how they used to work during their pregnancy. During the observation and interviewing with the respondent her mother in law was boasting her days and her daughters how they used to do so many works and complaining daughter in law and her works. But according to her, being self entrepreneur, she manages all her expenses, balance diet, medical checkup and household expenses. Even her husband is a service holder, she earns more than him.

She said that she is feeling more physical difficulties in her present pregnancy than the first one. She is feeling more difficult to do work by sitting. She makes food by standing and other works but can't work by sitting. So, she calls people to wash and help other works to be done by sitting. She has no problem to pay for helper. At home she cooks every day, that's why she makes food according to her interest because she also manages all things needed in the kitchen. According to her, people of neighborhood give her sour things to eat and ask what does she likes to eat they suggest what to be done and not to be done. They even said what should be eaten and not to be eaten for good health of both mother and child. People of society show positive response to her. While traveling, women give her seat to sit in public bus than men. Some people ignore as if they have not seen. She said she has got full support from her husband. So, she is happy even mother in law is not responding her positively. Husband couldn't help in his office hours but at other times he helps in cooking, washing, cleaning, serving etc. She feels lucky to find such caring husband even she marries late at the age of 26. She wished that family members should be positive, loving, and caring to pregnant women. In this period, she feels weaker emotionally. She wishes nobody speak with satire and bitter words to her. According to her she should be happy at the time of pregnancy. She thinks couple shouldn't make more than three years gap between two children.

Case 2

Case 2 is of 25 years old Newari woman lives in Batulechaur-16 of Pokhara Municipality. She had got love marriage 10 months ago and she is in her last week of pregnancy. She lives in a joint family with mother-in-law, father-in-law and brother-in-law. Her husband is 27 years old who is working in Dubai. He went there just after the 3 months of their marriage. According to her, both husband and wife

have planned to bear baby. They thought it's their right time to give child because husband will come back after 3 years and child will be grown up, so, that both of them can go to abroad. Till this time she is also planning to complete her bachelor degree too.

According to her, she has delivery date within 10 days. She has very big belly. She says she is afraid of looking herself at mirror because body her structure is changed a lot. She says that she was so slim but now become huge. She says that she is the luckiest person to get such family member because family has only two son, so family treat her as a daughter. According to her, mother in law is as loving and caring as mother and as understanding as friends. Mother in law takes her to hospital for regular check up and manages all fruit and diet for her. She says that her mother in law and even father in law help in every works. She needs not to do any work alone. She adds that love and care of family members help her to cope the time without husband during pregnancy.

She used to work in one of the boarding school of Pokhara as a primary teacher. She taught 3 years before marriage and taught 10 month after marriage. But from a month ago, she left the school for teaching because she felt difficulty to teach and body also got swell. According to her the duty is strict and private sector deserves more outcome than income. She wishes working should be decreased to pregnant women to continue their job. According to her, her family and maternal family are medium class family. Brother-in-law was also in abroad. He has come a week ago. He is also so helpful to her. In the interview time of the researcher, he was helping to clean her room for making ready for delivery time. Her maternal home is in Kathmandu and parents are farmers. Her maternal's home is also a medium class. She tells that her maternal family members were very happy to know her pregnancy. From maternal home, she receives phone calls daily in these days.

Even her husband is in abroad, they have phone calls, chatting video calls too. She says means of communication have made easy to share their ideas even being far which have made their life comfortable. She says that husband cares and guides in every steps of her life. He learns about the information of pregnancy through internet and tells the precaution to be taken. She also gets information from internet to do exercise as doctor recommends her to have exercise during pregnancy. Neighbors

offer her sour foods to eat. She is also kidded by them to make her happy and laugh. She enjoyed it. She says while travelling in public places, pregnant women should be given priority. Sitting, rest places and especially public toilet should be made in public places mainly for women.

Case 3

Case 3 is a 31 years old dalit woman who has a 4 years old daughter studying in Nursery. She had got arranged marriage. She has a step-son whose mother was passed away. She is a farmer who has taken some land on rent 1 year ago for 5 years to do farming. She has kept goat, hen, cow and a buffalo. She has also tried to do seasonal vegetable farming like potatoes, cauliflower, and cabbages.

According to her, her husband is a 38 years old driver who drives a heavy van of a merchant. He goes to the office at 8 am and comes lately at or in the evening. According to her, it is already 2 days past the delivery date. Doctor told her to come after even if she doesn't have pain. She goes to a nearby maternity hospital for her medical checkup. She is living near her maternal house so that she gets full support from her mother. Mother comes daily to do household and farming activities to help her. Mother takes her to hospital for medical checkup. She says that she is getting good care, treatment and responses from doctors of maternity hospital than regional hospitals due to low flow of patients. She manages all the food she likes to eat during her pregnancy. She is living with a daughter, a step son and husband only. Her in laws are separated. She says they don't come so much to care her because they had to do work for themselves. She has to stay alone at home during day time. Since their home is single in the area so she has got fear of not getting help in the time of difficulties being alone at home.

Her husband helps her lots .He wakes up early in the morning and does the activities related to cattle and farming too. He cooks food for the family and goes to his duty at 8 o' clock in the morning. She says that she feels uneasy to do work by sitting but has to perform work because there is no one to help her. In the time of preparing case study, cow delivered and she was managing calf and caring the cow during and after its delivery. There was no one at home to help her. She says that it's normal because they are living is a nuclear family and husband has to go for his duty to have regular earning. She has very big belly but working as if she is not pregnant managing her

positions. She adds she has to perform all activities due to pressure of responsibilities toward home.

Even she has taken land on rent to do farming, she is not being able to commercialized it because she couldn't keep labor to do work and herself alone can't perform household, activities, animal rearing(cow, buffalo, goat, hen,) and agriculture. She says. She is worried about the delivery time since sister in law from maternal house also has delivery date near to her. If she delivered, her mother couldn't come and care her. She has managed the expenses from the income of husband. She earns occasionally little from animal farming and agriculture. Once she earned Rs. 20,000 from tomatoes but not later days. She says that she tries to help him economically. Now, she is planning to sell cow because after her delivery, she couldn't give more time to care cattle.

According to her, she had taken 3 months injection for family planning after a first baby for 3 years after having first baby after a year of her marriage. Husband told her to stop it because he thought it degrades woman's health. So, he wished to have next child and then after that they want to do for permanent planning. But they didn't have conception for a year and also had her irregular menstruation. Then after a year she became pregnant. Now, she has arranged most of the requirement and money needed during and after her delivery. She knows from ultra sound, baby in the womb is daughter. But she is accepting it she says she knew it a month ago so, she couldn't do abortion. She also adds that they had not asked earlier about it with doctor because they were happy whatever they had .She also says that she is not confirmed that she will give birth to next baby or not for son. But she wished to have son. She says son is taken as the source of happiness, future security and care taker in the old age.

She is only educated up to grade 3. She says, she has not got any facilities or opportunities in the public places being pregnant. She has to be in queue in the public places and also stand on buses. She manages her all the diet and expenses according to her interest. As her house is alone and feels loneliness as there are not any houses near her house, she has not got any help from neighbors. But mother offers her interested food during pregnancy.

She says she prepares alcohol at home for husband. Mostly, he drinks at home but sometimes drinks heavily from outside. At that time he prefers to have sex wildly. She

wishes to stop him because she feels terrible pain. At other time, he is fine but while drunk husband couldn't control him. So, she prepares alcohol at home and serves him in limit amount. Community people says she is pregnant even she has a daughter and a step son. She says she loves, cares, supports but people say she is rude, cruel and not loving towards the step son. People say that she shouldn't have been pregnant. But according to her it's her will what to do and not to do. She wishes that husband would have control over alcohol. She says it would be good to be in the joint family during and after the pregnancy to get support and look after her when she is alone. She even adds there must be reserved quota for pregnancy women in buses and no need to be in queue.

Case 4

Case 4 is a 17 years old girl from dailt community. She was married at the age of 16 while studying in grade 9. She denied the marriage but mother and her elder sister married her forcefully. According to her, in the morning boy come to look her but she denied the offer and went to school. After she returned from school she was forcefully brought to bridegroom house. Her house is in Batulechour-16, Pokhara. After 5 month, they had given feast on the occasion of their marriage. According to her she has 11 years age difference between her and husband. She says that as she didn't sleep with husband in same bed for 4 months, even they stayed in the same room. Day by day, his care, love and counseling to her makes closer to him. She says, even today, she is not happy with her marriage because she couldn't continue her study and it was not the right age to marry. She used to go school which was in Fulbari from Batulechour every day. She didn't transfer near to her house because she felt a shame to wear school uniform in front of in laws. So she used to go outside of the house in her maternal home and change her school's uniform. Again after school she used to change school's uniform and come home. She had gone for 4 month in this way. But the behavior of mother in law forced her to abandon the school. Her husband is now in Qatar for work. He had gone after 6 month of their marriage. She knew that she is pregnant after husband went to abroad. Family members were worried about her that she couldn't bear child because she had irregular menstruation. She had regular menstruation after intercourse only. She says she had physical contact with husband only after 4 month of her marriage. Only once they used contraceptive pills to prevent pregnancy because she didn't wish to have child. But because of the age of her

husband, the family wanted to have the child immediately. Family member also felt suspicious about my fertility. So, we didn't use any contraceptives to prevent pregnancy.

According to her, husband and family members are happy and dignified now. Mother in law takes a lot of care to her. Her mother in law manages any things she want to eat even it is off seasonal. Mother in law also helps her to wash clothes and dresses too. She says, she has plenty of time to rest as she has to cook in the morning and evening. She says that she is feeling missing husband as she has back pain, leg pain, at night. Sometime she couldn't turn while sleeping and wished to have husband with her. Husband counsels her from phone calls and tells her to share her problems with family members. So, she does but everything is not easy to tell them as to the husband. According to her they are living in rented house. Although she is living near neighbors too, she doesn't know and recognize them. She stays inside house all the time. People around her house don't know and recognize her. While going out in the market, she thinks and feels, people don't give priority to the pregnant women. Even at public places like hospitals bus station, she has to be in queue. She has to stand up in the public buses only few people give their seats for pregnant women. No one give her first priority for her comfortable being pregnant. Her sister who married her is near to her. So, she also takes care of her. At home, even family members care, provide money, manages food for her and take her to the hospital, still they behave as a daughter in law. Mother in law is strict compare to father in law. Father in law is land broker (Dalal), mostly doesn't stay at home. She has to show more respect and politeness to them even they speak harsh words to her. She says she feel very shy, uncomfortable to go out also due to physical change. She wishes to have late marriage after completing education. She thinks marriage means being pregnant at the pressure from family, husband, relatives and has to bear child even woman doesn't want.

She says that she doesn't go to maternal house. If she goes also, doesn't speak with mother frankly because she was married forcefully without her will. She says she has broken heart which is paining all the time. She says she should have completed her education then gets married. She says she has no problem because problem of girls can't be fulfilled. She says public places should be made pregnant women friendly places. Toilet in public should be made for frequent urination to pregnant women.

Doctors should be sufficient, so pregnant women don't need to wait for whole day for their medical checkup.

Case 5

Case 5 is a 26 years old Brahmin woman. She is pregnant for 8 months. She has a daughter of 6 years studying in L.K.G. She is housewife now. Earlier, she used to work in the one of the NGO of Pokhara. Her husband is lecturer. She had got arrange marriage. She is from Pokhara Batulechour-16, and her maternal house is in Lamachour. She is studying master level in Sociology. She got her first pregnancy at the age of 20. Her husband was 30 years at that time.

It's her second pregnancy and it's been seventh months. According to her, she knew her pregnancy within 15 days because she had vomiting and morning sick. She says that she had vomiting continuously from conception of baby to birth in her 1st baby too. Now in second pregnancy also, she has vomiting but compare to earlier, it is less. Smell of cauliflower used to make her vomiting. Smell from cooking curry in the house as well as the neighbors' makes her vomiting which made her very weak.

She says that she shares her pregnancy with her husband and becomes happy and husband share it with family members. She lives in joint family with father in law mother in law, husband, daughter and brother in law with his wife and son. But the family of brother in law used to live in quarter of hospital, so they sometimes come home.

Being in joint family, she has to perform all the household chores. Both father in law and mother in law are social workers, so both of them go outside after caring a cow at home. Receiving guest, managing tea, launch etc. are to be done by her. Her husband is a lecturer. So, he goes to college early in the morning and comes home for meal then goes to next collage and returns in the evening. She has planned to be pregnant for second baby because she thinks first baby will have friend to share. She adds if it is possible, she wishes son but she is also happy if it is daughter. She says that our culture and festivals needs both son and daughter. She says husband wished to have only one child but it was her force to have second baby whatever it is son or daughter. Her husband takes her for medical checkup and manages all the expenses by himself,

because she is just a housewife after her pregnancy. She left the job because it was too difficult for her in her first pregnancy. So, now she left job in her second pregnancy.

She says that she has just joined master level but due to pregnancy, morning sickness, and 1st baby who goes school she couldn't continue college class more than a week. According to her, she doesn't get help in her household activities as the mother in law does the work of farming and rearing a cow. Mother in law thinks the household works can be done by daughter in and law. It is not a matter of touching the sky, which means no other need to assist to do it. She says that she wakes up early in the morning to clean house, prepare tea and takes room to room to the family members, then prepare launch and serves all, preparing and sending daughter school and eats herself. Then she would be busy in washing utensils, cleaning kitchen and washing clothes. Then serving tea, Khaja, receiving daughter, preparing dinner and serving and cleaning and so on. It is late 10pm to go in the room. She says she hardly gets time to rest for half an hour in a day. She has to be present with smiling face with husband. He doesn't like crying and complain when she shares her problems, Husband being busy, couldn't give time to her. As he also thinks that the household chores are to be done by women. He doesn't help her and feels uneasy to support her in front of parents. Instead he watches TV or plays games or busy in face book. She says even her family is educated and politically conscious, the behavior towards daughter in law is miserable. She says, She gets love care, support and help from father in law .She says when there are no one at home father in law does the work which support her. . Father in law knows that her husband is lazy to perform the work. So, she says she is disappointed with husband. She adds, husband didn't fill up her bachelor level exam form even he goes daily in the same collage. So, she went campus carrying daughter to fill up exam form.

She says husband buys her everything she needs but she is not getting the emotional attachment by helping in her activities. Husband wants to have sex even in her pregnancy by evoking her for it. It's not forcefully but sometime even she doesn't have desire but acts as she is ready. It's painful at that time. He even says if she earns as much as he earns, he will do all the works done by her. This sentence also strike and hurt her mind painfully.

During her pregnancy, she says she works whole day in the kitchen, So, She can eat whatever she like. These are no restriction on food. She wishes food offer from husband and family members during pregnancy but never got such chances. In her opinion, family attachment, love, care and support is very essential in the life of a person though it is most during pregnancy .Harsh words, bitter words, praising and boasting the past period how they used to do work use not preferable. She says that she denied use of temporary family planning. So they practiced natural method of throwing out sperm.

Case 6

Case 6 is a young lady of age 28. She is from Pokhara - 16. Her maternal house is in Pokhara - 19. She had done arrange marriage 4 years ago. She studied PCL Dental hygiene. Her husband is in Japan. She returned Nepal 1 month ago. She went to Japan after 6 month of her marriage in dependent visa of Husband. Now, she lives in Joint family with father in law, mother in law and sister in law. Her husband is in Japan and brother in law is in Sweden.

She says that it is her 7 month of being pregnant. She was in Japan but a month ago she came to Nepal because they (she and her husband) thought it is good to be with family than being in Japan for a pregnant woman because husband is a student as well as working in company. She says husband couldn't give time to her as he has to go work and college. She used to stay at home alone. She says she doesn't have fluent Japanese language. If any complications arise and has to go hospital alone, she has language problem to interpret her problem on other hand. Only husband is working and she has stopped working from 5 months of her pregnancy. Expenses was more and earning is less. If she comes to Nepal, she could get good care from family all time. So, they decided to have her delivery in Nepal and come a month ago.

According to her, she knew pregnancy after a month of her pregnancy because her menstruation stopped. Then she had done pregnancy test and got positive. She becomes very happy and overjoyed to know her pregnancy because she is going to mother. She shared with husband and him also become very happy. Then, both of them shared their happiness with parents in Nepal in phone calls. Then parents were also pleased to hear her pregnancy because they had wished to bear child earlier than this because respondent was the eldest daughter in law and the baby to be born is first

in a family. So, all were happy and waiting new family member in house. She says it was the same happiness enjoyed by maternal parent when they knew her pregnancy who are in Australia with her brother and his family in Australia from last one year.

She is with family member in Nepal. She feels secured in family. All the members are caring and loving her a lot. They are helping her to do every work. She doesn't need to do any work alone they are restricting her to carry heavy things, works to be done by sitting and bending. Mother in law and sister in law use caring and loving her a lot. Even mother in law does the oil massage in her hair and head. Manage her time to time food to eat, ask her to do rest too. In Japan also, Husband used to help in every work when he was at home. He used to clean floor, wash utensils clothes, manages fruit and food of her interest which are good for health. He uses to massage her legs, and also used to help change the side of sleep. Respondent adds she is getting very care and love from all the members. She says she is missing her mother because she is in Australia who is also planning to return in the time of her delivery. She says during this period, she wished to love and care her only. She says that emotional change is found on her. Feeling proud to mother, she says. She felt shy in earlier two three days in Nepal but now feeling comfortable. She says that child in right time with planning. So, accepting all these changes are natural process. She adds she learns more about pregnant women through net, which helps her to cope with every change during this period. She also says members of family cares a lot and tells what to be done and not to done during this period time and again.

She has her medical check- up in Komagane hospital as well as Manipal. According to her, service it quite good but the behavior towards the patient from health personalities' is poor. Even Doctor doesn't tell the full information about the patient's condition and advices to be reinforced. During the period patient want to know the condition of mother and child but the doctors are not responding clearly. If inquired, then only tells little she says the medical service to the patient in Japan is excellent with respect, politenesses's, cares, and love but in Nepal is not.

She says that she has never used other contraceptive except condom sometime for temporary family planning. Mostly she says they have adopted natural method of throwing sperm out. She says that she had difficult period for first 3 months of her pregnancy. She had vomiting and felt irritating. Even she cursed herself for being

women. But after 4 month, she has no any problem. She is getting full support from family in food, working, check- up and every step she feels missing husband sometimes but the behavior of family and especially mother in law is making her comfortable in this period and waiting to welcome new baby. She says that she has no problem for expenses as she has bank balance for her expenses. But, now family members are managing all her expenses at home.

Case 7

Case 7 is a Brahmin woman from Lamachour - 19, Pokhara. She is 17 years old. She married 6 months ago. It was arranged marriage. She is from Baglung though she was grown up in Pondicherry, India and studied up to 12 over there. Her husband studied engineering and works in PU. She is pregnant and it is her 3 months of pregnancy. She says that at the very beginning, she denied sexual intercourse too because she feared of being pregnant. But husband refused it and tells her that he wants child then 2 month late they had unsafe sex and became pregnant. She also got pressure to be pregnant from the husband, mother in law, sister in law (husband's sister) grandmother and members from maternal house. She says she has 14 years difference with husband so, all counsel her to be pregnant as the husband is matured enough to be father.

She says that she knew her pregnancy as her menstruation stopped as it used to be regular. She confirmed by pregnancy text and knew it shared with husband, mother in law and other. She says all were happy and pleased with her pregnancy. She is also happy though she thinks herself too young to bear child and also says she is afraid of it. She has gone to hospital for her regular check-up she says husband is caring her too much. Mother is law also helps her in her leisure time because mother in law is a teacher in government school. Being jobless both until now (husband recently appointed), mother in law is providing money for them. It is being difficult to manage all the expense with limited money. Mother in law manages fruits and other wished food of her interest. Husband also brings whatever she likes to eat. She says husband helps in her every household activities likes to washing clothes cleaning utensils, floor etc. She says, husband speaks what he has seen, but such habits irritates and touches badly to other and her too.

She says that she is only daughter in maternal house with a brother and parents. She never had done household activities in the maternal house in India. She also didn't know the Nepalese culture too much. It was only 6 month earlier she visited to Nepal before marriage. So, she has to face many problems. She says I have to learn many things like how to respect, cook, sweep, wash utensils. In such condition, mother in law supports her but sometimes gets irritated to teach her and behave as daughter in law. Husband is very innocent and doesn't tell what to be done and not, being confused. This had her very difficult time 1st 3 month. Now, she says she feel more responsible as being pregnant and also cultured to Nepalese society. She says she has language problem because she speaks Tamil language which sound harsh and straight in tone. Family member dislike this tone which makes her uneasy. She says family comments her behavior as a childish. She says that maternal family is going to shift their residence from India to Nepal within 2\3 years, so she was married to Nepali boy. She wishes to marry later but maternal family counsel her that bridegroom from Pokhara and engineer is best chances for her to marry. Her father is security guard in India.

She says that she has stomach pain and had done medical checkup. She say she has not faced any problem now of pregnancy due to early stage or month. But she is worried about her education. She is to be appointed in bad or but

Case 8

Case 8 is a Dalit Woman of 38 years from Pokhara - 16. She is a house wife. She got married at the age of 21. It was arrange marriage. She studied up to 10 but failed SLC. Her father in maternal house was India Army. She had good living in the material house. Her maternal house was in Syangja district but now migrated to Bardiya. Her husband is a foreign employee. He is an accountant in Qatar. He has good earning.

She says that she is pregnant for 3rd time. She had two daughters of ages 8 and 9 years who study in class 1 and 3 respectively. She is living in a joint family with 2 daughters, mother in law. Mother in law is 77 years old who need support from other. Respondent tells researcher that she has called her mother from maternal house. Her date of delivery is 1 month later. She is always cared and looked by her maternal mother. She says that she never feels lazy, weak, pain during her pregnancy. She adds that she does all the household responsibilities by herself. She has got buffaloes,

goats, and hens and even had shop of groceries. In this 3rd pregnancy she had once pain in her leg so, called her mother 1 month earlier. No, she has sold all buffalo, goat and even shop because she thinks it would be hard for her to manage all these and become difficult to manage time as well as she feels physically uncomfortable to look shop which was aside new house in the old house. So, now she has sold it and given old house in rent.

She says she didn't have any child 9 years after her marriage. She says that she had very difficult time. Everyone prefer child but she didn't have. She says they have both medical as well as Jhakri treatment. She had a daughter. After first daughter, in next year, she had a second child. She says that she didn't menstruated, so, didn't used contraceptive, but became pregnant unknowingly. At that time, she accepted it happily because earlier, we didn't have any child. So, thinking it as a gift of God.

After 8 years having two daughters in 2 year, again become pregnant. She says when husband come home from abroad, she uses pills. But, she forgot to take 3 days dozes and got pregnant. She knew it after 2 month of pregnancy. It was not planned pregnancy. She adds that she didn't prefer son. But it happened unknowingly. Husband had gone to Qatar, so she planned herself and went to do abortion also, but she met her friend who haven't bear child and married her husband and had children. Her friend counseled her not to do abortion. It would be curse and sin for doing abortion that had once had problem of not having child for 9 years. Then, respondent says she returned house without abortion. She adds that she had done operation to give birth to earlier two children. So, they were not in planning to bear next baby but now it is already nine month.

She says that she doesn't feel any difficulties to do work during pregnancy. She says she had gone hospital without any labor in her earlier 2 pregnancy and had operation. She says that she doesn't know what labor pain is. She manages all her expenses by herself for medical checkup and food. Her husband sends money monthly. She manages money and all the expenses by herself. She is looked and cared by her maternal mother and other members (husband's brother's family,).

She doesn't call husband even husband wants to come home during her delivery time from abroad. She says mother from maternal house looks after house and children at home. Sons of brother in law and sister in laws, relatives care her in the hospital in the

time of hospitalized. She says she never miss her husband because she doesn't have any difficulties to perform household activities and doesn't have any physical problems. She says money is everything. If husband send money, she can keep helper to look after her. So, she never lets the husband to come home. If husband earns there, she can keep person to wash clothes and perform other activities in the house. She even adds, if husband comes, she will not get help from other relatives says husband can't perform house hold activities perfectly so she need to do herself. Thus, she doesn't wish to have husband with her rather send money from the foreign country. She tells that she has no problem for expenses. She is having her medical check-up at hospital which is a private hospital.

Case 9

Case 9 is 25 years old woman who is pregnant for 9 months and according to doctor her deliver date is near about 20 days. She had got arranged marriage at the age of 18. She has completed +2 but she didn't wish to continue it because she is living in a nuclear family where she has to look after a son and husband. Her house is in Ramechhap district but her husband is alone. Her husband doesn't have family. She says that her husband is in Nepal police and has job in Pokhara. So, they are staying in Pokhara in rent.

She has a son of seven years old. He studies in class 2 in the boarding school. She and her husband didn't plan for next baby. They were planning to have only one child but she felt the need of friend to the first baby. According to her, only one child is also unsecured. She says that her husband rejected to have second child but because of her force, they planned for second child. So it's her second pregnancy. She says that she used three month injection and after it she used copper T. It was also not good for her health because it creates irregular menstruation and she became fat. Then, she request husband and became pregnant with planning. She says that she had problem of vomiting in the first 3 month. She is feeling very heavy body back pain, feeling sleepy and weak. She says that her husband works from 10- 5 in police station (in community police center) .In the rest of time he helps in washing carrying heavy things. Husband is only one member in a family who earns. He takes her to the hospital for medical check-up. She says that she has gone 3 times to Gandaki hospital and planning to go within a week for 4th check up. She says that she is getting full

support. Neighbors are also living in the same house in rent. They are also caring her by words also even they don't give anything. Husband manages fruits, and interested food she liked to eat also. She says she has reared hens in the top of the house to eat after her delivery for diet.

She also gets help and care from maternal mother. In her first delivery mother and sister cared her who also live near to her in rent even they are from parbat. Now, also she is going to be cared by mother because her sister is all married who also used to care her earlier. According to her, husband brings salary every month and handover to her. So, she manages all the expenses of our family she adds, after 213 years, she is planning to grow up, she is planning to take skills training on tailoring or parlor and do business. She says family member is going to increase. Expenses are increasing. So, she is planning to do something to assist husband.

Case 10

Case 10 is a 19 years old lady. She is just housewife. She has just completed her +2 but not joined Bachelor and also doesn't want to continue her study. According to her, after sometimes, she wished to take training on parlor and run business by herself or taking Montessori training and wished to teach. She says studying for 4 years in Bachelor and no security of job is the reason she doesn't want to study the Bachelor degree. She was married at the age of 17 when she was studying at class 10 by her parents. But she stayed in hostel after marriage until the completion of S.L.C in Chaitra. But in Baisakh, husband went to abroad. Both husband and wife planned to bear child after +2. So, they used pills for contraceptive. Now, husband returned 9 months ago. They were planning to bear child but they didn't have conception for 2/3 months. They were worried that whether they would have child or not and very much interested to bear child. Family members also want me to be pregnant. Even neighbor and relatives used to tell mother that their property would be eaten by stranger after death. Society used to doubt on her fertility. She says that she feared for not having child. After 4 months of husband return, she became pregnant. They got extremely happy as she thought that this was the right time to bear child. Mother in law is also very happy to know her pregnancy. Now, it is her 7 month of pregnancy. She lives in joint family with sister in law, husband, and mother in law. But father in law is in Qatar. She says that she is getting support from family. But she has to cook both

morning and evening. She says she doesn't need to go outside the house for work. But inside the house household chores i.e. cooking, cleaning, and washing are to be done. While doing work at home, mother in law, sister in law also help her. She says that she is vegetarian. Thus, doesn't eat meat. She says that she has vegetables in her own garden she has to buy fruit. It is also managed by mother in law. Until now she was taken to the hospital in Gandaki by husband. Now, a week ago, husband has gone to India for training. If he passes the training, he will be staying in India for job. So, she says that she will be facing problem to go hospital. She has gone twice until now. Husband used to do all the management while going to hospital like taking ticket, transportation etc. Now onwards if the husband doesn't return, she is planning to take mother in law or sister in law. She says that she used to do checkup at Gandaki hospital but planning to go to Komagane hospital, because it is near and easy to go. She says that she is just a student and now a housewife. She has full economic support from family members. Mother in law gives her money to spend for her need. Sometimes, husband used to send money to her while he was in Qatar. Maternal mother also gives her while returning home from maternal house. She says she doesn't need money so much because all the economic responsibilities are performed by mother in law and husband. She is managing the money gives by them for her expense.

She says she is getting full support from house than the only one son and she is only a daughter in law. Mother is law is going to have grandchild. So, they are caring her a lot. So, they are keen interested and caring her.

Case 11

Case 11 is a 28 years old housewife who is pregnant for seven months. She is a housewife. She has a son of 7 years old. Her husband is a taxi driver. She lives in a nuclear family with son and husband. She says that her mother in law, father in law and brother in law also live in the same house but separated. She had got arranged marriage at the age of 18 years. She had given examination of IA but could not continue it after marriage. She had back papers but did not give exam again. She says that while marrying her, husband was a foreign employer. According to her, he had gone to Saudi Arab after 45 days of their marriage. In that day, they didn't use contraceptive tools because husband wished to have child. He thought that she would

have friend and would be busy in caring child. That's why they didn't have conception. At that time, they were in joint family. After 2 years of their marriage, her husband returned from abroad. They didn't used contraceptives and wanted to have child. But they didn't have child until 6 months, she and her husband were worried. Family member used to suggest them to bear child, she wished to have medical test but husband used to say to wait for 2/3 months. In this way 6 months past then she become pregnant. She says she became very happy when she knew her pregnancy first time. She says she overjoyed and became happy that she is also able to be a mother. She says that she gave birth to a son. Now, he is 7 years old studying in class 1 in nearby boarding school.

She says that it is her second pregnancy. She says that she didn't wish to have second baby. So, she had kept copper T as a contraceptive after 18 months of first baby. But husband wished to have second baby. If it is possible, husband is wishing for daughter. So, she took out capper in 5 years after keeping it. She says that she should have given birth to second baby earlier because she is feeling lots of problem in this pregnancy. She had totally problem in first 2 month that she couldn't eat anything, feeling weak, vomiting and even had problem in passing stool because she hadn't eaten any things. She says that she is facing more problems on swelling of hand and leg, back pain etc. Since her husband is a driver, husband has to go for driving but if he has time, and at home he helps her by washing clothing, bathing son, looking etc. But mostly he doesn't have time to be with family. She says even she is staying in the same house, with other member like mother in law they are separated.

She says all the economic activities are carried out by the husband. She doesn't know about it. She says if she needs money, she has to say reason to get money, and husband provides her money needed for her she need to ask money but can't took it by herself. She says she is getting helps from maternal house and mother. She says that when she needs something, she goes to maternal house and gets things and treatment from mother. In her 1st delivery, she kept helper to look after her but food was given mother in law even separated for 11 days of her delivery. Then, she went maternal house in her 11th day of delivery. She stayed for 8 months. She gets supports from sister as she helps her in clothing for her and son, foods and emotional case.

She says that there is no work except household chores. So, she is doing household works herself, because she thinks exercise is also needed in this time. She is a health volunteer (swayam sebika) for 14 years in Nayabazar. She became CSS while reading in class 8 in her maternal house. She has continued it even married. She goes for work of SSC on the here of phone calls. From this also she is managing some expenses for her. She says she has sexual relation even during pregnancy because husband is driver, if he doesn't have it and goes outside for it. So, she has sex but husband is conscious about it and does it without any harm and difficulties to her. She doesn't feel irritating to have it because it freshen and strengthen the relationship between husband and wife. She rejects it when feeling tired and uneasy.

Case 12

Case 12 is a 24 years old housewife from Pokhara-16. She lives in joint family with mother in law, daughter and husband. And her husband is aboard at this moment. She had got arranged marriage at the age of 19 years while studying in +2 but she couldn't continue her study because she got pregnant. She has a daughter of age 5 years who is studying nearby boarding schools.

She says that she married with consent to continue her study. It was the 4 days of menstruation in the day of marriage Husband refused to use contraceptive and wished to have child. She immediately got pregnant. Husband went to abroad after months of marriage. Family member got happy to know her pregnancy. She says that she got all help and support in her 1st pregnancy than her second pregnancy. She was first daughter in law and mother in law wished to have grandchild as brother in law was not married. So, she is getting good support in her 1st pregnancy than 2nd pregnancy. She feels mother in law might feel uneasy to help her like her first pregnancy because sister in law is also there near home.

It is 9 months of her pregnancy. She says that her husband came after marriage from abroad. At that time he told to not have second baby. He stayed for 1 year. During their period she used 3 months injection but had regular bleeding, then stopped it and took pills for a year. Again husband went abroad again and come 1 year ago, in this period, husband wished have baby. Mother is law also always says that one baby, one eye is not fair. Then they didn't use contraceptive tools. She wished husband to be with her during her pregnancy and told husband that she will bear child if he remains

with her. But it was not possible because money is important to run house. So, he went abroad even she wished him to stay. Mother in law told to bear 2nd baby because 1st baby is being stupid, and disobedient because of too much is love and care only to her.

She says that all the economic and social management is to be managed by herself. Earlier before separation mother in law used to do but now respondent herself does it. Every 2/3 months, husband sends her money and it is managed by her. She says that she got job in bank nearby house but husband didn't let her to do that job. He told her to look after daughter and house we even told his earning is no enough then what will happen if she works for 8/9 thousand. She says that he even told that daughter will be like orphan, will not get proper food, clothing, love and care. So, she says that she doesn't have economic problem even she is not employed. Anyway she says that she manages all the interested foods, balanced diet needed for her during her pregnancy. She says mother in law also helps to do household activities like washing cooking sweeping. She adds mother in law didn't used to help before her pregnancy. But after pregnancy mother in law is caring and supporting. She says she is taken to hospital by mother in law. She has gone to Gandaki hospital for treatment. She says neighbor doesn't need to help her there is no work at home. Except cooking washing and cleaning she says it is done by herself and mother in law. Sometime to wash big clothes and coverings, she calls the woman who lives in rent to wash by paying money.

She says in her earlier delivery he had gone to maternal house for 8 month after 1 month of delivery. Since her maternal house is Hetauda, she gets less support. She says her younger sister is coming to care her who is not married.

She says in her pregnancy she is having the problems of back pain, difficulties while walking leg being short very big belly. She has to perform daily household activities, care child etc. She says she feels irritate to receive phone calls because of tiredness and laziness during this time. But husband calls her daily she even adds she is getting suggestion husband good loving and caring words from which relief her pain.

She thinks if it is possible it is good to be with husband during pregnancy. She misses husband a lot because he does all the husband activities as she does with full responsibilities. She says, she gets seat in the public buses when she has to stand with

very big belly. Otherwise, people behave as they have not seen her and don't help in the public places.

Case 13

Respondent of case 13 is from Chhetri Tamang caste. She is 22 years old housewife. She lives in nuclear family. She was married at the age of 17 when she class 8. She was married by her step mother by calling her from school to a Tamang boy. Her father was in abroad. She says tht relationship between mother and father is not good from her marriage because mother in law married her forcefully with Tamang boy. She says that her mother died when she was one year old. She was cared by Thulomumy (father's brother's wife). Step mother never loved and cared her.

She says that after 1 month of marriage, husband went to abroad. During this period they had done nothing for contraceptive tools but didn't have conception. During this 1 month period, she says she used to escape and run away from house and to go to maternal house, she used to fear with husband but husband used to take her home again . After 1 year he returned from abroad. She used to live mostly at maternal house. She says that she used to paint in houses for living about 8 month herself. But husband used to tell her not to go for work while he was in the abroad.

Then husband returned from abroad and she got pregnant immediately. She has 4 years old daughter studying in nearby government school. She says she become happy to be mother because she is going to bear child and becoming mother. It's her 2nd pregnancy it's been 4 months. She used to take 3 month injection for 3 year but she had bleeding problem so, she stopped taking it. But she got pregnant. She is not happy to give birth to this baby because her daughter is very small. They are living in rent, and no one is there to look after daughter and herself during pregnancy and delivery. So, she told husband for abortion too. But husband suggest her to have 2nd baby and whether son or daughter and then will have permanent family planning. Husband works in hardware shop as a helper. She says they are from Chauthe, and her maternal house is in Chhorepatan. According to her, her husband goes to work in the morning and returned home in the evening. She says that her husband takes care and loves her. He cares her by performing household chores like bringing bucket of water, heavy things, washing clothes, cleaning and mopping the floor. She says that her husband's mother is also step-mother. So, she doesn't get mothers help. At home her husband

and father in law have always fought and quarrel. Father in law is drunkard. Both of them have quarrel for parental property.

She says that she lives in a room. She doesn't do any economic works because husband doesn't let her to do any work because she has to look after daughter as well as take rest during pregnancy. He goes to the work early in the morning. And return back in the evening. She gives money to him needed for him as husband gives his salary to her.

She says that she goes to the hospital with a woman who lives in the same house in rent. She says she is also getting help from the people living in the same house in a rent. Neighbor suggest her not carry heavy things, water bucket etc. The respondent is also very lean and thin. She says neighbor suggests her to eat everything and many things to have good physical health.

She says that she had gone to elder aunt's house after her 1st delivery. Now, also, she is planning to go there. She says husband drinks only beer but not alcohol even he is a son of Tamang. He prefers physical contact but makes her ready by emotionally evoking for it. She has rest at day time because daughter also goes to school.

Case 14

Case 14 is a 29 years old Newari woman. She is from Pokhara-16. She has completed BBS and she is an employee in a bank. She is permanent job holder. She was married 2 years ago. She has studied up to bachelor level. Her husband is catering manager at a regional level school in Pokhara. She is pregnant for 7 months. Although she was married 2 years ago, they had not bear child for 2 year because they had planning to bear after 2 year. She says that she shared her pregnancy with mother in law and husband. They were very happy to know. She had never used any contraceptive. Instead of it, they had practiced the way of throwing out sperm. She says she didn't bear child because it will be easy for her to bear child after proper adjustment in the family and office. She says she is doing job from 5 year ago in Everest Development Bank. Before marriage, she was doing job in Kathmandu but after marriage, she shifted and transferred to Pokhara.

She is job holders she goes after at 9 am and returns at 6:30 to 7 pm. So, she says that she stays at home only at morning and evening and holidays. In morning, she cooks

food but evening she comes late. So, mother in law and grandmother law cook food. She says that she is helped by mother in law and grandmother in law. As she says, she has limited time and busy at her work, she doesn't know neighbor. She says that it is winter and wearing jacket and sweater, most of the people don't notice her pregnancy. So, their behavior is normal as usual. She says that she is getting positive behavior from the friends working in office. She does most of her works herself. Even she has physical change, she feels energetic and comfortable to do work. She says she works for good health and mind of both baby and herself. She says husband is busy from early morning to evening. So, he can't help in household activities at home except holidays. She shared her every problems with her husband because it's easy to share with him. She says that during pregnancy period, she wishes to have more love and care, positive behavior towards her. She is getting these things from husband and family member. When she feels lacking these, she asks and shares with husband. She says she shares with mother in law too if any problem arises to her. She has a habit of saying in front of all if she has problem. If she is feeling sick, she shares and rest.

She says her maternal house is in Tanahun, Bhimad. But she studied in Kathmandu after her SLC. Her two brothers are abroad. Parents calls daily. Before pregnancy, she used to go frequently but after pregnancy, she is going hardly in two or 3 month. Parents are extremely happy to know her pregnancy. She says that she is feeling excited to be mother because it's her right time to bear child. She says that she doesn't need any economic support to her from maternal house because she is earning herself. Being far, other support is emotional support from phone calls with loving, caring and suggestion to be done and not to be done. She is living in a joint family with husband, mother in law, father in-law, and grandmother in law and brother in law. Being in joint family, she feels easy to take rest sharing with mother in law when she has problems like sickness.

Case 15

Case 15 is a 21 year woman living at Pokhara - 16, Gairabari in rent. She had got love marriage at the age of 19 with her own classmate. She had studied up to 10. She failed in class 10 class and left the study. She says both of them failed in 10. She left and stayed at home whereas her lover went to recruit in police. He got recruited and they got married after 5 years of love two years ago. Her husband came to Pokhara for job

but she stayed at home with all members in joint family. There are father in law, mother in law, sister in law, bother in law etc. She says she stayed for 1 ½ year at home working in the family. She used to go for 'Mela' as a daily wage labor in farming and also used to do their own also, she says that she came to Pokhara for visiting with husband. She says that he used to work at lakeside office but now transferred to Lamachour check-post. She says that she didn't returned back to home because she was not appreciated even whatever works she did. She says that she didn't have easy and comfortable relation in joint family. So, she is not willing to return back to home.

It's her first pregnancy and it's been four months. She had willingness to be mother, so they didn't use contraceptive from the time she come to Pokhara. She pleased when she knew about her pregnancy, on other hand she feels as curse due to vomiting. Now she says that she feels very uncomfortable for her physical change. She says that she has increasing belly with breast. She has the problem of head paining extremely. She has the headache for 1 or 2 days most often. She also has vomiting but is less now. During first two month, she has too much vomiting and no desire to eat foods. She didn't know that pregnant women shouldn't take medicine randomly. Her friend and neighbor, house owner told her not to take medicine. She says that she has gone to Komagone hospital for medical checkup. She went there for check up with owner of house where she is living in rent.

She says that after her husband goes to the office, there is nothing to do at room. So, she doesn't need helps. She tries to perform household chores but her husband helps her lot. According to her, she doesn't have any work. She says that her husband brings whatever foods she likes to eat. She adds income of husband is sufficient for them. They sent 10-15 thousands in 2/3 months to the family. She says that she gets money needed for her. She says that she didn't wants to be pregnant earlier because she thought that she couldn't enjoy and go to visit different places. But husband wished to have children. She denied and hasn't conception earlier. She says that she didn't go to home but only husband goes to home. She says that she doesn't have any support from family. Her family members hadn't known about her pregnancy because she had not shared with them for a time being. But after they came to know that she is pregnant they became happy. During the time of delivery, she is planning to call maternal mother and sister. She says her husband friend's wife is also living near to them. She

says that wife of her husband's friend is also caring her and also telling to look and care her during delivery too. She says that she gets vegetables, rice from maternal house while returning from there. Parents are also farmer. Economic supports are not getting from there. Living in rented house but house owner is caring her, takes her to the hospital and also gives her to eat sour and new taste food to her. She is feeling familiar relationship with them because she also looks after owners children when they went out. She says husband want to have sex because we are only living in room and have teasing, loving and having romantic time with each other. So, we are having sex regularly except the time of illness, headache.

Case 16

Case 16 is a Brahmin woman of age 29. She was married at the age of 17 years. She has a son of 9 years and studies at the class 2 in the boarding school. She was studying I.A 1st year when she got married. Her maternal home is in lakeside where as her home is Gharmi, lamachour. Now, she bought a land in Pokhara-16, Gairabari and made house and living there. She is a shopkeeper too. She says that she was married to Gharmi and there was no transportation facility. So, she didn't continued her study after marriage because she has to perform all household chores, need to go campus after walking 1 hour steeply and jungle road even husband told her to study.

After the marriage, her husband stayed with her only a month. He returned after a month of their marriage to Saudi Arab. During this period, she didn't use any contraceptive tools but didn't have conception. She says that she used medicine to control her menstruation during her marriage. That's why she thinks that she had no pregnancy at that time. She says that she lives in joint family with mother in law, sister in law, son and son of sister in law. Sister in law (husband's younger brother's wife) is a widow. It is only 35 days, brother in law died due to heart attack.

She says that her mother in law is very innocent and doesn't know any economic and social activities. So, all the economic and social activities were performed by sister in law who was married already (her husband and brother in law were in abroad). She says after her marriage. She started to perform all the household activities as well as economic and social responsibilities. She says that her life was full of difficulties. She has to do farming also and water tap was far too and that needs her to walk for an hour for a pot of water.

She says that husband returned after 2/2 years but at that time she didn't have conception for a year. He came home after two years of marriage from Saudi Arab. He stayed for a year at home. They didn't use any contraceptives but she couldn't be pregnant. She worries because neighbor started to talk about her fertility. They make fun of her and rumored that she is the women without fertility. She says that he went to Kuwait after that. She says she knew that she become pregnant after husband went. She became very happy because they were not having any child for 4 year of their marriage. She says that she was feeling proud to become mother at that time. After being pregnant also she has to perform all household activities and economic activities because husband had gone to abroad. She had no one to share her feeling. She says she used to come once a month in a market. If she takes fruit and other thing, it was only for few days. Other days, she used to eat whatever is at home. She could not eat and buy in the village even she had money at that time. Nowadays, even a street vendor brings fruits, vegetable, clothes. Conditions have been changed. She says that there were no means of transportation. There were no young and energetic people near her house to help. So, she came alone when she has stomach pain to her sister in laws house. Sister in law took her to the hospital and had her first baby. She says that she is pregnant after 9 years again. She is pregnant and it's her 4 month of pregnancy. She says that it's not her willingness to have child. She says that she was happy with a son but husband wished to have second baby. She says that she became pregnant and her husband went abroad. According to her, husband doesn't need to bear any difficulties. It is only the women who have to bear all difficulties in the time of pregnancy. She says that it could be better if he could be with her but it is impossible because husband has to go for earning.

But remembering her 1st pregnancy, she says its heaven. Now, she is in Lamachour. She says that she has sister in law as a friend in house. She has facility of bus and taxi in front of house. She can go to the hospital within few minutes. She can eat whatever she likes to eat and wear. Now, she says that she has started to shop keeping where she can earn some money for the family. Now she is the one who decides for the family. So, life is very comfortable now. No work is there except household chores and shop keeping. Earlier in the village, had to work whole day in the field, reared animals like goat, buffaloes etc.

Now, she says that she is feeling uneasy to be pregnant. Though she is accepting it and doing what will be better for the child in her womb. She says that she has problem of vomiting and back pain. But being in joint family, sister in law is also helping her. She says that she has grown a son of sister in a law from 35 days because sister in law went to job in a bank. She says that she is getting help from sister in law too. Mother in law comes sometime but stayed at old house Gharmi. She says that she is being ready to cope with any difficulties arise during her pregnancy as there are not any male members in a family.

She says that she is getting help from maternal house during the time of hospitalized sickness. She thinks it is uneasy to ask for help after marriage. She says she manages her problems by herself instead of showing other about her problem.

Case 17

Case 17 is a Brahmin caste woman of 21 years old. She had got arranged marriage at the age of 19 years two years ago. She studies in BBA third year. She had given exam of BBA 2nd year but not attending 3rd year at the campus. She is planning to give theory exam by self study and others later. Her maternal family is in Chitwan. Her brother's friend managed her marriage. Her husband is a priest in the Bindhyabasini temple. He has completed Acharya in Sanskrit and M.A in Nepali .She is pregnant for 9 months. After a month she is going to deliver baby. She lives in a joint family of 10 members. She says that she has to perform her daily household chores inside the house like cooking, washing and cleaning. She used to go to field for farming while being at home before pregnancy. But after pregnancy she doesn't need to go to field. Before pregnancy she used to go to campus but while at home had to go in the field.

As she married 2 years ago, she had planning to bear child only after 4 years later after completing BBA. So, they were practicing natural method of contraception by throwing out sperm. But they had unsafe once and had conception. She says that she became sad because she could continue her study regularly whereas she also became happy because some people are not having children even they are wishing. She is also happy as she is going to be mother. She shared with husband at first. According to her, she didn't share at home but husband shared it. She says that no one at home gave pressure to her to have conception before her pregnancy because she was studying BBA. Family member accepted it as good. She says that she has to manage her

expenses and nutritious food herself. She says that husband gives her money. She doesn't have the habit of spending money. So, she can manage the expenses by the money given by husband. Sometimes she asks for it also. She says that her husband pays 50 thousand per semester and provides other expenses for her.

According to her, being in joint family and father in law is also dead, all the economic responsibilities is carried out by the elder brother in law through the income of house rents, shop. She says that all the brothers contribute for the house expenses that are unmarried and involved in economic activity. She says that her husband doesn't have enough time to be at home. Her husband goes to temple and also performs other religious rituals as he is priest. There are no more different in the behaviors of husband after her pregnancy. But he is washing his clothes by himself after she shares the difficulties to wash by sitting. Her husband says to takes rest if she has any problem. He asks and brings fruits and food she likes to eat. She is pure vegetarian who hasn't taken meat until now. She says she likes to eat homemade foods. She says family member doesn't manage nutritious food for her but they encourage eating. Mother in law always shares about her past activities during her pregnancy. She said, nowadays pregnant women takes a lots of rest and do not do exercise, so need to do operation .She says that mother in law says and family members don't support in household activities because these activities are to be carried by the youngest daughter in law as she is the youngest.

She says that she is not having sex from 6 month of pregnancy as husband is religious priest, it is forbidden to have sex for the mother and child's good health. She says that she doesn't expect any special help during her pregnancy but wishes to have support after delivery because she will be weak at that time.

Case 18

Case 18 is a 28 years old Brahmin woman. She has 2 daughters who are of ages 9 and 5 year studying in 2 and LKG respectively. She had got arranged marriage at the age of 19 years. She had given birth to the 1st daughter at the age of 20 years and had 2nd baby at the age of 26 year. Her maternal house is in Lahachowk and her house is in Pokhara -16. She is a housewife and her husband is in abroad. She lives in joint family of 7 members. She says that she married at the age of 19 years while reading in class 10 because parents thought that the bridegroom house is good with property and

location, and then married her. She says that she was unable to continue her study due to irregularity in the study and failed test. She didn't use any contraceptive just after marriage but adopt natural ways for contractive just after marriage. They practice natural ways for contraceptive for some time. She says that she became pregnant within 6 months of the marriage because husband wishes for children because husband was 10 years older than her. She says that her husband used to kidding her because she was small and does the things as a child. But he wished to have child. She didn't reject because everyone at home used to tease her to have child. So, she didn't use any contraceptive tools. Her husband is abroad from 8 years. She is being eldest daughter in the family; she has to care all the household responsibility. As parents in law are farmer and sister in law and brother in law are studying, they have the economic burden to look after them. She says that her husband comes home in the interval of 2 year. She adds, she wished to have son. So, she didn't used contraceptive to be pregnant while husband came home a year ago only for 4 months. It's her 8 month of pregnancy. She told husband that she wished to have child as son because everyone suggested her to give birth to son. Son will be looking after them at their old age because daughter will get married and goes to their house. She adds, even educated people shows bad and bitter reaction and black face after knowing that they have two daughters. During festivals too, she finds the needs of son. In the Tihar daughters feel absence of brother. So, she becomes pregnant. During her pregnancy she says that she is getting help from the entire family member in her household activities. In laws are also happy with the hope of grandson.

Especially sister in law and mother in law suggested what to do and what not to do. She also performs her household activities as well as farming. Mother in law also shares that mother in law had given birth to children in the field while farming. So, mother in law thinks she can also work and no need of special care and rest. Mother in law thinks causes of operation during delivery is the lack of exercise, works and over rest. So, she performs all her activities as usual. She says she share her pregnancy with husband in the telephone who is in Dubai working as a waiter. According to her, her husband said to do whatever she likes. She says that she is feeling physically uncomfortable due to big belly, swelling, vomiting and terrible headache too.

She goes to maternal house during festivals and rituals. She says that she doesn't go often because she has to take care of two daughters, in laws, house animals, farming

etc. Now being pregnant, she received phone calls from maternal parents which makes her happy and relief.

Case 19

She is a Brahmin woman of age 25. She had got arranged marriage at the age of 17 years while studying in class 9. She is living in the joint family and her husband has a hardware shop. She has completed her study up to CMA. Her daughter is 6 years old who is studying in UKG nearby boarding school. She is a service holder in an INGO as a health worker. She is pregnant and it's been 5 months. She becomes pregnant only after years of her miscarriage. She had miscarriage a year ago when she was in a meeting at health center of Mauja VDC. Mauja is a VDC where she used to work. She used to go on foot and had to work for 3 hours. She was brought to Manipal Hospital and had check-up then, she left that Job. She thought life is struggle and went for job due to physical difficulties left that job and it's been six months that she has joined the job.

She is the elder daughter in law in a family. She says that being eldest daughter in law, she has to perform most of the responsibilities. She thinks herself a less speaking and doesn't share most of her feelings. She works as much as she can but never hope any help from others. She says that family members knows her pregnancy but haven't shown any responses until now. She thinks they might be happy but not shown it verbally. His husband became very happy to know about the pregnancy. She got pregnant only 5 months ago. She says that his maternal parents take care of her. She thinks that they are only thinking about her. They do phone calls, manage things for her, and care while being in hospital. She is getting love, care, money, commodities everything.

She says that husband is the main supporter and helper to the married women. She says that her husband doesn't help in household activities because they are living in joint family. Husband takes her to the hospital for medical check-up. She needs to take leave for check-up. Family doesn't manage special care for pregnant. According to her, she has to eat normal food as other family members eat. She says that she can afford the fruits and other expenses by herself being employed. She adds that husband brings fruit and other things for her.

She says that she is not so much familiar with other people in the society; she doesn't get any responses from them. While going to market and health service centre, some people in the society look towards her as if they knew her. She feels that people in the public place give seat to sit in the bus and priority in the line. But some people say pregnant women also need to be in queue and wait her turn.

She says that she feels irritating during pregnancy for sexual intercourse, thus husband also doesn't force her to have it. So, she is very thankful towards husband for it. His father in law is dead and most of the responsibilities are to carried out by themselves. She wishes to have nuclear family and thinks if fathers in law was alive, they could have been separated and do this task. She also adds that she is feeling easy in a joint family as her daughter is cared by brother in law and sister in law. She goes office at 7:30 am. Her daughter is feed and prepared for school by them.

She says that family doesn't manage the special care during pregnancy but they will manage after the delivery like managing ghee, rice, for delivered women. She thinks that it is lack of knowledge or responsibilities they are not giving any special priority during pregnancy. Family members think that all the household responsibilities are to be carried out by daughters in law.

Case 20

She is a 31 years old Newari woman from Hindu family. She is a housewife and her husband is abroad employee. She has two daughters of age 15 and 8 years who are studying in 7 and 2 classes respectively. She had got arranged marriage at the age of 16 while studying at class eight. After the marriage she left the study. She lives in nuclear family. Her husband worked in Quarter for 14 years and now he is in Dubai. He stayed 15 months at home after 14 years.

She is pregnant for 7 months. She has already aborted three times after knowing that it was daughter. She says that she wants to have son because father in law insulted her to give birth to the daughters only as her sister in law has a son and a daughter. Neighbors, relatives, maternal families also suggested to give birth to 3rd baby as a son. Everyone used to tell her that son is necessary in the life time. Her sister in law (husband's brother's wife) also has son. So, she wishes to have son.

Husband is in Dubai, so he can't be physically present at the time of delivery as he couldn't be present at the time of earlier deliveries. He is also interested and happy to know that they are going to have a son.

She is getting help and care from maternal house since her relation in a family was bad and terrible. She was even beaten by father in law while drunk being not satisfied with her works during her 1st pregnancy. She was cared and looked after by maternal house during 2nd pregnancy. Now, she has built a house and by that they have credit. She adds that after knowing that it was the son in her womb the family members are providing delicious food helps to do work in the kitchen garden, tell to take rest. She is getting vast different like sky and land in the behavior towards her knowing the gender of womb is son.

She manages all the expanses by her from the money send by husband. She is getting help from neighbors to go to the hospital for medical checkup. She says that she always gets support from neighbors emotionally, they give full support in the time of being sick, ritual functions, social activities et al. Neighbors also offer special food to her. Neighbors too tell her to not participate in any social activities of their tole community due to pregnancy she feels happy with their co-operation.

Case 21

She is a 19 years old Chhetri woman. She had got love marriage with Brahmin boy. She is a Hindu religious lady who studies up to 7. Her husband is an employee in a private company. According to her he left her study because she failed and married. She lives in a maternal house because she was not accepted by the in-law family as a daughter in law. She was married a year ago and pregnant for seven months. She stayed for 6 months in the in law's house. She was mistreated, no one spoke to her. The family member charges unnecessary blames to her husband and blame her husband that she didn't do any works, speaks harshly to them. Family members don't want them to have her as a daughter in law. Although it was the love marriage, her husband listened to his family members. He also started to misbehave and scold her for no reason. According to her, her life was dependent on her husband but become cruel and harsh. Family members never let her to cook food thinking her as lower caste.

She is pregnant for seven months and she is living in her maternal house because her husband has left her and gone missing and he is now out of contact. So, she comes to maternal house after 6 months of marriage. According to her, her husband wants to do abortion but she rejected it. She says that she will give birth to a child and fight for her right also. But her husband rejected and left the house that is out of contact until now. He has switched off his mobile too. Nobody of the relatives and family members has seen him. No one knows where he has gone. He had told her to do divorce with him and he will give her 5 lakhs but she rejected because it was a month she became pregnant. Then in the next day he left the house. After he left the house, it became more horrible time for her to stay in law house. Then she comes back to maternal house.

In her material house, she has mothers, fathers, brothers, brother's wife and brother's son. She told all the incident and living in the maternal houses. At first, she become more emotional and didn't do abortion but she now feels she should have done abortion. It is already 7 months of pregnancy with big belly. Now, she couldn't abort it. She says that she cries every day but laughs in front of other. She has no income source and has to dependent completely on her maternal family. She has to be completely satisfied with her situation and what has been provided to her. Her mother is the head member in a maternal house because father is drunkard. She has run her life by making and selling alcohol.

She had not gone for treatment and medical check-up but a neighbor wants who is health volunteers told and took her for health check up to the health post. Now she is taking regular health service. She finds that some of her neighbors asking about her husband and her stay in maternal house but she doesn't tell anything except ignoring them. So, staying at material some people took at her with doubtful eyes on her which makes her uneasy.

She says that she is getting full support, love and care from mother but sometime the family members strike with harsh word that she was married without their will and have to look after her. Her brother speaks well with her but sister in law at first deals with love but late note responding and even some time not speaking to her. She says, she couldn't anywhere expect material house but it is being troublesome to be in material house also.

She says one should not do love marriage. It is terrible and hard time to share if the relationship is broken like me. She says she should have taken some training even though she discontinued her study because she was poor in study. If she was trained, she could have done some work to earn money. Which would be some relief in her painful life?

Father scolds her while drunk, brother speaks but hardly to her, Mother suggests her to be any inside the house, not to go outside the house and neighbors. She feels like caged. She feels no physical difficulties but is more hurt in her mind and heart.

She doesn't like people asking about her pregnancy and husband in the society. But they do while going market most of the people leave their seat and affairs to her. She feels comfortable being cared by unknown people where she is mistreated by own and known persons.

Figure 4.1: Summary of the cases 1-21

Case no	Age	Age at marriage	Education	Caste	Occupation	Type of family	Age of husband	Occupation of husband	Month of pregnancy	No of prev. children	Age at first pregnancy	Decision to have baby
1	35	26	SLC	Brahmin	Business	J	43	Service	Final	1	26	Both
2	25	24	10+2	Ethnic	Service	J	27	Foreign employee	Final	0	24	Both
3	31	26	Literate	Dalit	Housewife	N	38	Driving	Final	1	27	Husband
4	17	16	9	Dalit	Housewife	J	28	Foreign employee	Final	1	17	Husband
5	26	20	Master	Brahmin	Housewife	J	36	Lecturer	8 months	1	20	Both
6	28	24	10+2	Chhetri	Service	J	31	Foreign employee	7 months	0	28	Both
7	17	17	10+21	Brahmin	Housewife	J	31	Service	3 months	0	17	Family
8	38	21	10	Dalit	Housewife	J	43	Foreign	8 months	3	29	None
9	25	18	10+2	Ethnic	Housewife	N	35	Service	Final	1	25	Wife
10	19	17	10+2	Dalit	Housewife	J	24	Foreign employee	7 months	0	19	Both
11	28	18	SLC	Chhetri	Housewife	N	39	Driving	7 months	1		Husband
12	24	19	SLC	Chhetri	Housewife	J	29	Foreign employee	Final	1	19	Husband
13	22	19	8	Ethnic	Housewife	N	31	Laborer	4 months	1	19	Husband
14	29	27	BBS	Ethnic	Service	J	32	Business	7 months	0	28	Both
15	19	19	10	Ethnic	Housewife	N	23	Service	4 months	0	21	Both
16	29	17	SLC	Brahmin	Housewife	J	40	Foreign employee	4 months	1	21	Husband
17	21	19	BBA	Brahmin	Housewife	J	29	Service	Final	0	21	None
18	28	19	10	Brahmin	Housewife	J	38	Foreign employee	8 months	2	20	Wife
19	25	17	10+2	Brahmin	Service	J	36	Business	5 months	1	17	Both
20	31	16	8	Ethnic	Housewife	N	40	Foreign employee	7 months	2	16	Wife
21	19	18	7	Chhetri	Housewife	J	22	None	7 months	1	19	None

* J = joint N = Nuclear

Source: Field Survey, 2016/17

CHAPTER FIVE

PERCEPTION OF PREGNANT WOMEN

This chapter includes the perception of pregnant women towards their husbands, family and society. Perception is the process by which organisms interpret and organize sensation to produce a meaningful experience of the world. The pregnant women have their own perception towards their husbands, family as well as society. Most of the women reported they feel happy when they were pregnant. Mostly, pregnancy and childbirth made them feel valued by their families' husband and society. Although, pregnancy was undeniably a happy occurrence, women become more tired and more emotional when pregnant (Sychareun et al, 2016).

The pregnant woman can expect that people will react to her in very intense patterns whether inclusive and personal or exclusionary and detached. In this study, the following are the perceptions that were concluded by the study of the collected case studies:

5.1 Perceptions Towards Husband

Most of the respondents told that their husbands are supportive and they felt that they had got special care during pregnancy. Husbands of some respondents are abroad, but they support emotionally and economically, although they are not physically present like cases 2, 4, 6, 8, 10, 12, 16, 18 and 20. The respondents have some perceptions towards their husbands. They are listed below:

5.1.1 Physical Presence of Husband is Important

Women become emotional while they are pregnant. They want more care and love especially from the husband during pregnancy. They want especial care and support from the husband. First of all, they want their physical presence.

Case 6 is a 28 years old lady who is pregnant of seven months. She was in Japan with her husband until six months of her pregnancy. She came back in Nepal after the pregnancy but still her husband works in Japan. She feels more isolated and helpless,

although she has got frequent messages from husband through phone calls, video chat etc. and her family members are helpful and supportive.

Likewise the case 2, who is 25 years old lady and she is going to give her birth to her first child after a month. Her husband is also abroad. So she really is in need of her husband physically and emotionally. Although her husband is making contact with her using different means of communication like phone calls, video calls, chatting etc and her family members support and care her, that doesn't give her full satisfaction. She needs her husband physically near.

Similarly the cases 4, 10, 12, 16, 18 and 20 have the same feelings except the case 8, whose husband is abroad but she doesn't feel the absence of her husband because of the care and support of the family members. She thinks that the family needs money which can hire people to perform works of house during and after the pregnancy. Her maternal mother does all the household activities for her. Thus, she doesn't want him to return home because she has debt to be paid which was made during the building of their house.

Husbands of some respondents are with them in the house. Like the cases 1, 3, 5, 7, 9, 11, 13, 14, 15, 17, 19 and 21. Out of them most of the husbands are supportive, some of them are busy but some hesitate to help their spouse. But the women are happy that their husbands are near them. Their husbands are supportive and helpful in their leisure time except who lives in the joint family and husbands feel hesitate to support the women in front of the elderly members of the family like cases 5, 14, 17 and 19.

Case 5 is 26 years old pregnant woman whose husband is a lecturer and busy in his profession. He can't give time to her in the household chores. Also, he thinks that household chores are to be done by women. He doesn't help and feel uneasy to help her in the household duties in front of the parents, instead he spends time by watching TV, playing games or busy on social media. Even though the family is educated and politically conscious, the behavior towards the daughter in law is miserable.

It seems that for some the family and society seem patriarchal where the male is considered as the household head and he decided what to do and who do what in the family. Male are supposed to perform outside the household and females are inside the household (Markin, 1984).

5.1.2 Care and Support

Women need especial care and support from their husband in the time of pregnancy. In traditional societies like Nepal, household chores and responsibilities within the household are done by women. During the time of pregnancy, the women become weak, lazy, tired, and heavy so, they need care and support. Husband is the main and closest person to help her. In this study, the women have some perception in the care and support from the husband. Since most of the husbands are busy in their job and profession, they can't give full attention to the wife but in their leisure time they care and support their wives. (Cases 2, 6 sought about the difficulties of pregnant women in the internet, websites etc, what should they do, what food shouldn't eat, etc)

Husband of case 3 is very supportive and she feels that husband should be like hers. Her husband woke up early in the morning and he manages all the responsibilities of cattle and farming. He also cooks food for her if needed and goes to the work after that. He completed all the household chores before going to the office.

Husband of case 9 is a policeman and they have nuclear family. Since he works in the community police centre, he has 10-5 office schedule, so he has spare time in the morning and evening. At that time, the husband helps her in all the household chores and gives her time to take to the medical checkups. Similarly the cases 1, 7, 9, 11, 13 and 15 have the husbands who support their wives whereas case 5, 14, 17 and 19 don't help their wives in the household activities.

So, from these cases we can deduct that women are limited in their household duties and by their pregnancy, the women are limited in their performance as some radical feminist asserted that the pregnancy is barbaric and it limits them (Tong, 1989).

5.1.3 Economic Support

During the pregnancy, the women become passive economically because of her physical change. She can't do any heavy tasks that bother her. So, in this period, she is totally dependent to others especially husband. In this study, most of the women thought that their husbands are and should be economically supportive. Case 2 was a primary teacher before pregnancy but she has to resign from the school because she can't perform well and give full effort physically in the job. Her husband is now fully responsible for the economic support of the family.

Case 12 is pregnant for 9 months and her husband is abroad. She had got job in the bank nearby her house but her husband didn't allow her to join because he thought that it will give her burden and her earning will not be sufficient for the economic support for the family. He also thought that the children wouldn't get enough care and rear from the family.

So for women who are pregnant are limited to their household and seems dominated by their husbands as Walby (1990) argued that male in the family acts as a working group whereas female as family managing group. Also Engels (1884) stated the role of women in the history is limited only between the four walls of the house where she had to perform all the inner – house performance and she had to rely on male for the subsistence in the family and society. The women in the family as well as in the society are acting as a free labor and sex labor.

But in the case 14 is an employee in one of the reputed bank in Pokhara. Since she is a permanent employee in the bank she doesn't have to quit the job and she is planning to continue her job even after the birth of the child. Her husband also supports her in that decision.

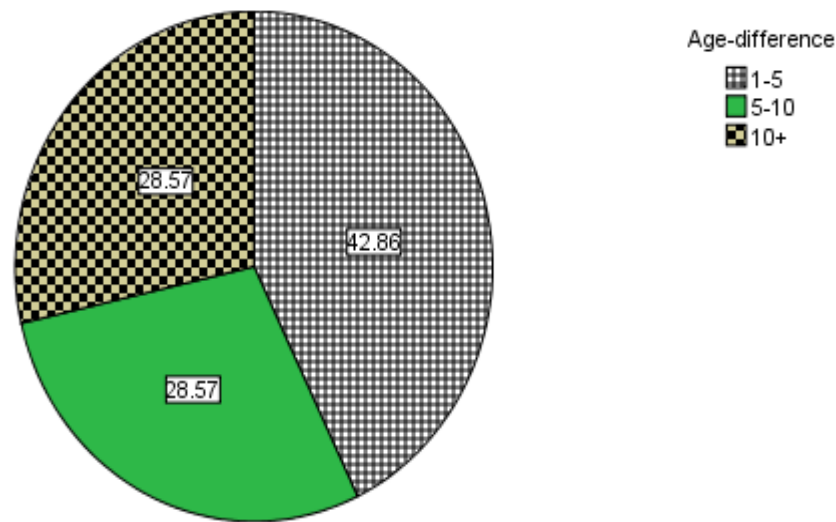
5.1.4 Cultural Perception

Since Nepal is a traditional country, it has boundaries and limitations to every individual. Women are severely bound and limited in family and society. In this study, the women feel that they are more bound and limited in the family and society. Cultural perceptions of the women further subdivided into some points which are discussed below:

5.1.4.1 Age Difference in Marriage

In Nepalese context, the women in this study feel that the age difference is okay for them. Some of the respondents have more than i.e. 28.57 percentages of the respondents have the age difference of 5-10 years whereas the data is same to the respondents with more than 10 years of age difference. But all of the respondents' husbands are older than the respondents. The distribution of the respondents according to the age difference to the husband in their marriage is presented in the following pie-chart:

Fig 5.1: The distribution of the respondents according to the age-difference with their husband:



Source: Field Survey, 2017

In the pie-chart above, the age difference between husband and wife is categorized into three divisions namely 1-5 years, 5-10 years and above 10 years. In this study, 42.86, 28.57 and 28.57 percentages of the respondents have the age difference of 1-5 years, 5-10 years and above 10 years respectively.

Case 7 is 17 years old young lady who is married six months ago and she is pregnant for three months. She had got arranged marriage with 31 years old man. Although she was aware of the age difference, she couldn't reject because of the family pressure. She wished to marry later but because the groom was engineer from Pokhara and the family didn't want to lose the opportunity. Similarly, the cases 4, 9, 16, 18 and 19 have the same conditions.

In this way, the women in this study has expressed their feeling towards their culture that they don't have right to see the age difference in the marriage. The age of the male could and should be more than that of female.

5.1.4.2 Priority to Son

The Nepalese society somehow seems son favored. The son in the family represents the prestige and value in the society. In this study, there are some respondents who also wants son even though there are more than two children.

Case 18 said that she wants son even though she has already two daughters. According to her, she needs son because of the family and society. Son is considered as the prior in her family and society, so she wants to have son as her third child. She feels that son gives her importance and value in the family as well as in the society.

Case 20 aborted three times before her pregnancy at this time. She has two daughters already of ages 15 and 8 respectively. So, after the pregnancy of third time, she aborted because she knew it by using ultra-sound. According to her, she was insulted by her father in law as well as neighbors, relatives and maternal family for not giving son

Although most of the respondents said that they don't see any difference between son and daughter, the family and the society makes difference in their lives.

5.1.4.3 Decision Making Role in the Family

Husband is the main person in the family who decides for the family and other family members wants to impress him to make that decision to be in their favor. In this study also, it is deducted that the women in the family don't have the right to decide for the future, instead the husband in the family decide to have baby, whether women have to work or not etc.

Case 7 is a 17 years old young lady who is pregnant for 3 months. According to her, she didn't want to have child but she couldn't refuse her husband who wanted to have child. Her husband is 11 years older than her and he provides everything for the family, so she couldn't refuse him.

Case 12 said that she was married at the age of 19 and got pregnant just after the marriage, despite of her will. She is now pregnant for second time because her husband has a desire to have second child. She couldn't use contraceptive at the beginning of the marriage because of the will of her husband.

Likewise case 13 said that she couldn't work without the will of her husband. She also didn't wanted to have the second child at first, but after she got pregnant she couldn't abort it because her husband didn't allow doing that.

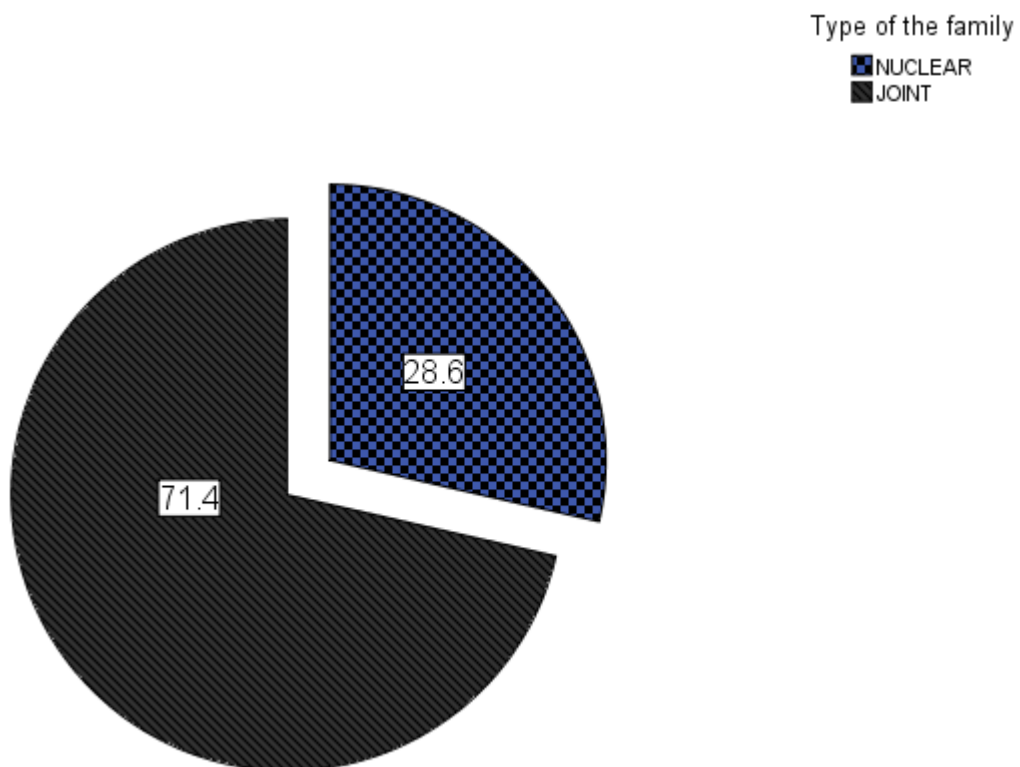
Case 6 said that she was not supported by her husband in her education. Her husband wanted her wife to be submitted to him.

So from these cases, it is deduced that the women in the family are dominated by her husband in the decision making role as argued by the theorists of patriarchy that the women are dominated in the family by patriarchs (Walby, 1990).

5.2 Perceptions Towards the Family

Family in terms of this study refers to both of the family from husband side and maternal side. Women have their own perception towards the family in the time of pregnancy. In the time of pregnancy, the women needs special support and care from the family members and the family members also feels same thing for the women. In this study, the researcher tries to see the perception of the women towards family in nuclear as well as in the joint family. In this study, the respondents are living in nuclear as well as joint family. The distribution of the respondents according to the type of the family are presented below in pie-chart, which shows that 28.6 percentages of the respondents are living in the nuclear family whereas 71.4 percentages of them are in joint family:

Fig 5.2: The types of the family of the respondents



Source: field survey, 2017

5.2.1 Perception in the Nuclear Family

In the nuclear family, the women have no elders to help and support in the time of pregnancy. In this study, it is found that most of the respondents, who live in the nuclear family, are supported by their maternal family. The women in the nuclear family also helped and cared by her husband also. 6 out of 21 i.e. 28.6 percentages of the respondents are in the nuclear family. The main problem in the nuclear family for women is to perform household responsibilities herself. Even though husbands of the women are helpful, the husbands can't give full attention to the pregnant women. So, some of the maternal family members of the respondents in this study come regularly to their house to help them. Like the mother of case 2 daily comes to her house and help her in the household responsibilities and caring and rearing cattle and garden.

Some of the respondents in this study feel very hard doing the household and other duties in the period of pregnancy. Case 11 is living with her husband and a son of seven years old. She has to do all the household responsibilities because her husband should go to the work early in the morning. So she is feeling very hard and wished to have some elder family members to help and care her.

In the nuclear family, women have to be sole responsible in the household management and husband takes care outside the home, so it is very hard for the women to be got care and love especially in the time of pregnancy.

5.2.2 Perception in the Joint Family

Most of the respondents (15 respondents i.e. 71.4 percentages) in this study are from joint family. According to most of them, although they are getting care and love in the joint family, they feel very hard in some cases.

Case 2 is a pregnant woman who is going to deliver her first child within 10 days. She is living with her in laws and her husband is abroad, so she is cared and helped by her mother in laws. According to her, it is her privilege and luck to be in the joint family like this. Her mother in law helps in everything inside the household and takes her to the hospital as well.

But in the case of case 5, it is different. She is also living in the joint family but she has to do all the household activities by herself because her in laws have to go outside

for the outer work and her husband is also busy in his work outside the home. According to her, her family and husband think that it is the duty of daughter in law to perform all the household duties. She said that her husband is also influenced by her mother in law for treating his wife as a subordinated person.

Case 7 is also living in the joint family. She said that she had 14 Years age gap with her husband. She feels too young to have child at the age of 17 but because of the husband's and family's pressure, she has to be pregnant. She said that she have been pregnant because her husband and mother in law want to have child. So, in this case the woman has to give up her desire and choice for the sake of the family.

In the case 8, the respondent is supported by her mother to manage and perform all the household activities because her mother in law is very old to do that. Since her delivery date is coming near, she is in really needed help. Her husband is abroad, so he can't be present at this moment with her.

Also case 12 said that she didn't have choice to stop to bear the child at the early age of 19. Their family became happy when she first gave birth to the child. It is her second pregnancy, and at first she didn't want to have child but because of the family and husband, she had to be pregnant. At her pregnancy, her mother in law cares and helps her in all the household duties and chores.

So, these women who live in the joint family, have the advantages to be cared and supported by their family members, but in decision making and in some cases the responsibilities they feel hesitant and hard. It seems that marriage and motherhood are the ultimate goals for girls. Their main goals in their life are that they have to marry and bear the child for the husband and family. The marriage and childbearing are the honor and prestige for the family in the society (Acharya, 1979).

5.3 Perceptions Towards Society

Human being is the social animal and without it human cannot survive in this world. In this study, the pregnant woman is also affected by society. Society comprises of different norms and values, beliefs, rituals, environment etc that influences the lives of people live in it. In her doctorate thesis 'Pregnant in Britain : a sociological approach to Asian and British women's experiences', Hilary (1980) states that

although all the women perceive fundamental experiences in common, related to their status as women in male dominated society, it is argued that there are significant socially determined differences between women in the way they react to these experiences. Society includes neighborhood, belief system, role of the woman in the society etc affect the status, role, condition, supporting system etc. Some perceptions of pregnant women towards the society deducted in this study are listed below:

5.3.1 Behavior from Neighborhood

Every person in the world have neighborhood. Neighborhood helps, quarrels, chats and addresses. In this study also, the women are in frequent touch with their neighborhood. They share things, feelings, support etc with the neighbors. Some of the respondents have told the researcher that the neighbors are very helpful and care and support especially in the time of pregnancy and in the absence of family members in the home.

Case 5 said that her neighbors frequently meet with her and suggest her to take care in many things and advise what to do and not to do in the time of pregnancy. Sometimes neighbors brought food for her.

Case 7 is living in a rented home where they had shifted just about three months ago. So, they don't know much about the neighborhood. That's why they don't have so much interaction with the neighbors. But some of the neighbors come near to her and shares the feelings, knowledge about child birth and spent few sometime with her.

Case 13 also shared the importance of the neighbors. According to her, her neighbors helped her to go for medical checkup and they help her to fetch the bucket of water. They also advise her to have heavy food and sometime they bring food for her. The same case is for case 15.

In some cases, the neighbors are the factors for affecting the child birth decision. They monger rumors, mock and make the issue of talking in the society if the women can't give birth. So, some respondents felt insecure and very bad to the neighbors. Like the respondent of the case 8 said that she couldn't have child for 9 years of the marriage, so the neighbors gave them too much advices and mocked them for not having the child. So, the respondent felt very bad and bitter in her heart towards the neighbor at that time. Similarly for the case 10, she didn't become pregnant for 3 months of the

marriage and neighbors started to give them advice about the cure. They also tell her in laws about the future of the house if the couple couldn't have the child. Similarly the case 16 have the same issue.

Another issue is that neighbors make fun of the women if she is not able to give birth to the son. Like the case 18 said that she has two daughters already and she is pregnant for third child because she wants to have a son. If she is not able to give birth to the son, she has feared that her neighbors as well as family members will be angry and mock her.

In this way, the neighbors are as important as the family members and relatives for the person in life. The thinking pattern, belief system and culture of the neighbors affect the individual in the society. Especially in the patriarchal society like Nepal, the condition of women is affected with these issues.

5.3.2 Difficult to Adjust in the Environment

During the pregnancy, the physical gesture, appearance, energy level, countenance etc all change. Because of this, the women in this study felt difficulties in the society fearing of ignorance and mockery. It is also deducted in this study that some of the respondents felt very hard to cope in the office and working place. Although there are facilities in the working place especially in the formal way, they feel hesitation and hard to work there. But some of the respondents took the facilities and tries to work even in the pregnancy.

Case 2 was working in the boarding school as a primary teacher but due to the physical weakness and lack of working efficiency, she left the job. She felt very hard to travel in the public bus and she felt very odd to walk in the street with big belly and huge physical gesture.

Case 4 said that she doesn't go outside the home often because she feels very hard and doesn't get support from the people in the public places like hospitals, buses, queues etc. Only few people give the pregnant women priority

Case 16 said that she feels that the people in the society are being money and status minded. She feels that people behave unequally regarding their statuses and class.

Most of the women feel that it is very hard to be in the public places like buses, hospitals etc. They felt that most of the time, people don't give priority to them but only look for their benefits.

For case 14, her office is friendly for the pregnant women. She is working in one of the reputed bank in Pokhara valley, so she is getting facilities regarding her pregnancy. So she is planning to continue her job even after the delivery of the child.

So, most of the pregnant women in this study, feel very hard to adjust in the environment of the society. They felt that they were not given priority and privilege in the society.

5.3.3 Bound to the Norms and Values

Society is comprised of different norms and values which bound individual with the social value. One has to cope with the social values to be adjusted and live in the society. Most of the respondents in this study expressed that they feel bounded to the norms and values in the society which make them uncomfortable and uneasy. Either they feel dominated or exploited by their family or other societal ingredients. Nepal is changing towards the modernity these days but the concept of the people in the society is still traditional. So, in this study, some of the respondents felt that they are limited within the household.

Case 12 was married by their parents while she was studying in +2 without her will. She had a desire to continue to study but because of the pressure of husband and compulsion to bear the child, she had to discontinue her study. She also couldn't decide to bear the child or not.

Respondent of the case 13 was married against her desire with another caste man at the age of 17 while studying in class 8. At first year of the marriage she had feared with her husband and come often to the maternal house. Her husband went abroad and she was working as a laborer in the houses for the living. But her husband continuously forced her to leave the work and go to her house. After the returning of the husband from abroad she used to live with her husband and she became pregnant at the age of 18. So, she feels that it is the fate of the women to marry and be a mother.

Case 18 has become pregnant for the third time willing to have son this time because she already has two daughters. She felt that her neighbors and family members felt bad for not giving the birth of the son. According to her, son is heir of the family and he is the one who perform all rituals after the death of the parents.

Case 8 is 38 years old and now pregnant for the third time. Even though she has got two daughters already, she is pregnant for the third time. According to her pregnancy is the compulsory for the women after the marriage. While she was not able to be pregnant for 9 years after the marriage, she was not treated well by the family members, relatives and neighbors. So, she was worried and taken the advice of many people for medical checkups, go to the sorcerers etc. She thinks that children are the gift of God for the family.

In this way, the norms and values of the society affect the lives and fate of the women. She is limited within the household by the social and cultural trends as Engels (1884) argued that the role of women in the history is limited only between the four walls of the house where she had to perform all the inner – house performance and she had to rely on male for the subsistence in the family and society. The women in the family as well as in the society are acting as a free labor and sex labor.

Also the ultimate goals for the women in the Nepalese society are to marry and bear the child. For that, family and society use different types of tools and techniques to limit them in the household (Acharya, 1979).

5.4 Perception Towards Self

Many times, woman forgets herself performing their duties as they are bounded in the family and society. In the traditional like Nepal, family and society become more important than individual. In this study also, these women are feeling that they are the one who have to sacrifice for the family and society. As concluded by Subramanyam (1999) that women from Southeast Asia are patrilocality i.e. they want to sacrifice their will and desire for the sake of family and society. Most of the respondents in this study thought that they are the one who has to give up and sacrifice their will and desire. They also thought that it's the fate and destiny for the women to be housewife and bear the child for the family.

Case 4 is a 17 years old young lady who is pregnant for two months. She was married forcefully by their parents while studying in class 9. According to her, she is not happy with her marriage but she has to accept it. She left the study and now is a complete housewife. She is limited to household and thought that it is the fate for the girl to be limited and live life according to the will of family and society.

Case 12 is pregnant for 9 months and her husband is in abroad. She has to manage the entire household. Although she got a job in the nearby bank, her husband didn't allow doing. She also couldn't make hard decision to do the job without the will of her husband.

Case 21 is a 19 years old lady who is pregnant for seven months. She is now living in her maternal house for about six months. According to her she had got intercaste love marriage. At first, her in laws didn't accept her as a daughter in law in the house. But now her husband is also out of contact with her. She said that after the few months of the marriage, her husband also began to mistreat her along with the in laws and forced her to divorce. But after the conception, she didn't agree to do that. So, nowadays her husband is out of the contact and she left for the maternal house and her husband is out of contact and his mobile is also switched off. According to her, she has nowhere to go and she has to face anything that comes on her way.

So, in this way these women are limited and thought themselves as the one who have to give up their will and desire for the sake of family and society. They look themselves as the caged one and thought that they are the limited ones like radical feminist argued that childbearing and family are burden to them. Child birth is barbaric (Tong, 1989).

In this study, the women are influenced by the society and their behavior and attitude in daily life are mostly influenced by the society. They give value to the family as primary group and the concept and traditions of the family have great effects in the life of a woman as explained by Cooley (1909) in his theory of self perception.

CHAPTER SIX

PROBLEMS OF THE PREGNANT WOMEN

This chapter includes the problems facing by the pregnant women during their pregnancy from family and society. In this study, it is deducted that there are some problems which are faced by the women during their pregnancy. Although pregnancy is considered as the focal point of the women, they are facing many problems during that period. These problems are categorized into following subheadings that were taken with 21 respondents during the study. Most of the pregnant women face common problems during their pregnancy. But because of the condition of the family and society, the severity and environment of the problems increase.

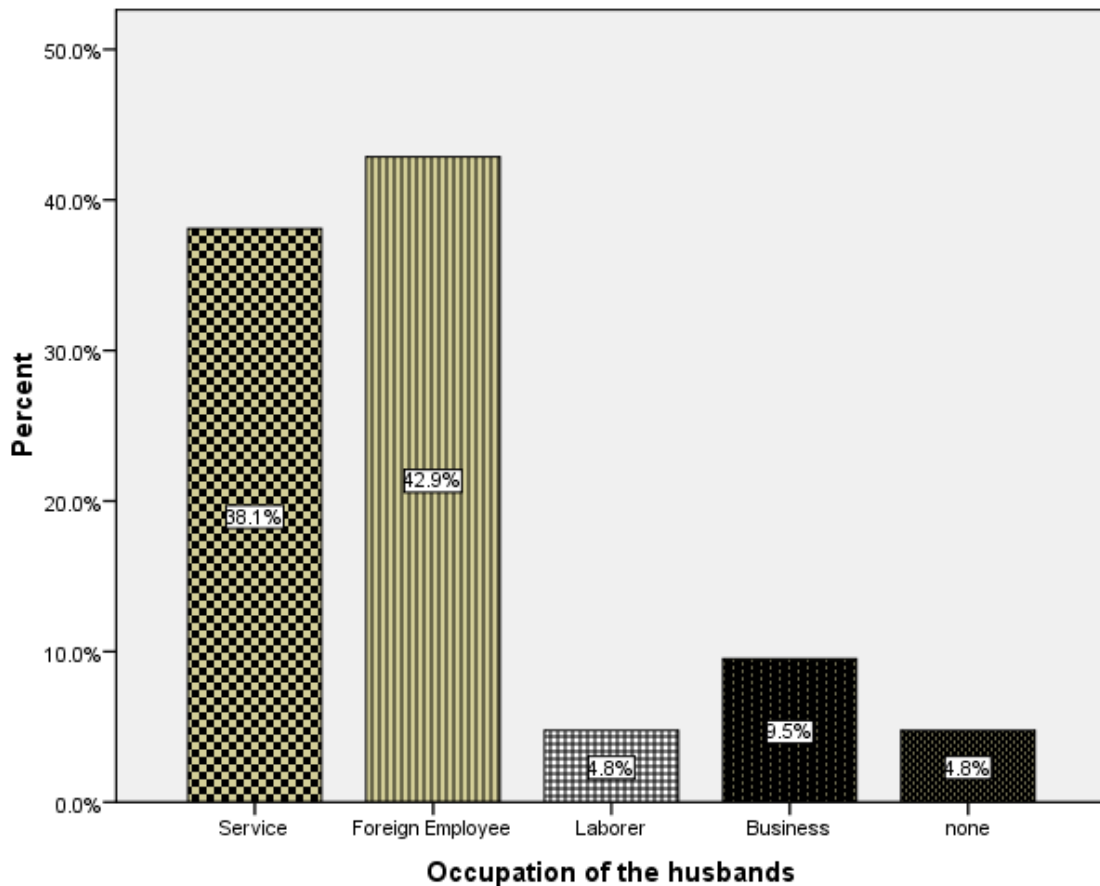
6.1 Problems in the Family

There are some problems of the pregnant women from their family. The family includes her husband and in laws. The pregnancy can accentuate the symbiotic relation of one's perception of self and to others and that this aids psychological preparation for mothering. The women may perceive close involvement with existing family can facilitate the women's preparation for taking in the new role of mother. There are some problems of pregnant women from the family which are explained here:

6.1.1 Husband's Inability to Spare Time

First of all, most of the respondents in this study sought the special care during their pregnancy by their husbands. Although they are cared and helped by their parents and relatives, they are in need of the support of physical nearness from their husbands. Because of the husband's profession and occupation, they can't give their time to their wives. The occupational distribution of the respondents is shown by the histogram below:

Fig 6.1: The Occupation of the Respondents' Husband



In this study, 38.1, 42.9, 4.8, 9.5 and 4.8 percentages of the husbands of the respondents have occupations as service, foreign employment, laborer, business and none respectively.

Case 6 is pregnant for seven months but her husband is in Japan. He usually is in contact with her through phone calls, messages, facebook etc but it doesn't give her full satisfaction. So, she is really needed of her husband's physical nearness. But she sacrificed for the family and for their future.

Husband of case 10 is in abroad and her family members also care and help her during the pregnancy. But she feels that if her husband is near to her, she feels very comfortable and secured.

According to case 14, even though her husband is educated and aware of her suffering, he doesn't give effort to help and care much to her. So, she sometimes feels that he is influenced by her in laws.

In this way, the love and care of the husband is very important for the pregnant women. The physical presence from the husband is very important from her husband.

6.1.2 Economical Dependence of Husband

In traditional society like Nepal, husband is the source of income and head of the family. Husband manages all the work outside the house and wife manages all the duties inside the house (Walby, 1990). So, the women in the family and society are highly dependent to their husbands. In this study, most of the respondents are complete housewife. Only few of them are employed and continuing their profession like cases 14 and 16. Cases like 1, 2, 5, and 7 have left the job because of pregnancy so they are totally dependent to their husbands.

Case 2 was a primary teacher and left the job because of complications and hardness of the job. So, she is dependent to the husband. Her husband is abroad and frequently sends money to her.

Case 3 is 31 years old and her husband takes care of the economic expenses of the household and manages all the expenses.

Case 8 is 38 years old lady who is pregnant for 9 months. Her husband is abroad and he wished to come home but she doesn't want him to come because she thinks that he is the only source of income and he has to earn money for the family. Since he is the head of the family, she has to earn and care all the expenses of the family.

Case 9 believed that husband is the head of the family and he is the only source of income. Her husband takes all the economic and social responsibilities and manages all the expenses in the family.

So, according to these cases, husbands are the main responsible for all expenses because he is the head of the family as argued by Walby (1990) that male is considered as the head of the family over women and children. Also Marxist theorists argued that male are the male dominate the women in mode of production (Ritzer, 2000).

6.1.3 Household Responsibilities

Women are bound to the household responsibilities before and after the marriage. Women can't be going beyond the household chores in the traditional society. Luitel (2003) in her unpublished thesis, 'A study of Married and Unmarried Students of Women's Studies Program from Gender Perspective' stated that, though the women were educated and aware of the gender issue, they were forced to be subordinated and forced to be submissive to the patriarchal views, norms and values. They were forced to act as same which women had been playing since long. In this study, most of the women are not out of the boundary of household chores. This gives them problem in their health and lifestyles.

Case 5 is a complete housewife and she becomes busy in her household chores all the day. So, sometimes it gives her problems to their pregnancy. She feels very hard to perform all the household chores.

Case 12 is pregnant for 9 months and her husband is in abroad. She has to manage the entire household. Since she is at the final moment of the delivery, she feels very hard and pain to perform the work.

6.1.3 Indulge in Romance from Husband

According to survey of Healthblow.com, 2016, romance is the most cherished delight for a lady and every one of the adolescent girls grows young cherishing the dreams of a romantic life partner in future. Well, this is the best pampering that woman desires and deserves during her pregnancy. You can also get intimate and have sex in the early months but only after your gynecologist's advice. Sex hormones like estrogen increases multifold and generates the sex drive during pregnancy. So, it could be serious issue for the women to have sex in the time of pregnancy.

Case 3 said that her husband wants to have sex while drunk but she doesn't desire to have sex because she has got fear to get harm to the baby and herself. Also, the husband of case 17 is a priest and he thought it would be harmful and profane to have sex after the six months of pregnancy. So, she is very happy for the decision of the husband which is according to her problem.

6.1.4 Influence of the Family in Private Life

Human is the social animal and he needs everybody around him but he still needs some privacy and freedom of choice. In this study most of the respondents i.e. 15 respondents (71.43 percentages, from figure number live in the joint family. Most of them are heavily influenced by their family. Some of the respondents want to have private life where they can decide in their personal life, future and children. In joint family, there would be heavy household chores, family responsibility, interruption in the private decision of husband and wife etc.

Case 15 is a 21 years old lady who is pregnant for four months. She didn't feel comfortable in the joint family. So, she doesn't want to go back to the family. She is happy to live with her husband only.

Case 19 is an elder daughter in law in the family and she has the great responsibility towards family. She thinks that she has to perform every detail in the household including household chores, family care along with her job. So, it gives her frustration. She doesn't feel any privacy in their personal life, so she expects to be separated from the joint family.

Case 21 is 19 years old lady who is pregnant for seven months. She is heavily influenced by the family members. Her husband is not with her these days and she is feeling very hard to live in the maternal house. According to her, it was her inter-caste love marriage but the family didn't accept her as a daughter in law. At first her husband seemed fine and happy with her but in course of time; he began to listen to his parents and started to treat her badly. He began to scold her and force her to divorce him but she refused. Her husband didn't give attention and left the house, so she also left the in laws and now living in her maternal home.

Although the joint family is important in the case of care and support, there is less chance of privacy. Women needs husband more than others in her pregnancy and they need their personal time with each other. But in the case of Nepalese society, there is heavy influence of in laws in the life of son and daughter in law. This is their honor and prestige to dominate and lead the life of the son and daughter in law. So the Nepalese society is traditional and it behaves women as the commodity of the family as argued by Engels (1884); the role of women in the history is limited only between

the four walls of the house where she had to perform all the inner – house performance and she had to rely on male for the subsistence in the family and society. The women in the family as well as in the society are acting as a free labor and sex labor.

6.2 Problems Related to Society

Human reproduction should not be viewed as independent process but it is also connected to the society. Since pregnant women are in the society, they have to face many things in the society. Human being is the social animal and without it human cannot survive in this world. Society comprises of different norms and values, beliefs, rituals, environment etc that influences the lives of people live in it. In her doctorate thesis ‘Pregnant in Britain : a sociological approach to Asian and British women’s experiences’, Hilary (1980) states that although all the women perceive fundamental experiences in common, related to their status as women in male dominated society, it is argued that there are significant socially determined differences between women in the way they react to these experiences. Society includes neighborhood, belief system, role of the woman in the society etc affect the status, role, condition, supporting system etc. Some problems of pregnant women from the society deducted in this are discussed below:

6.2.1 Difficulties in Public Places

Pregnant women have to face different challenges and hardness in the public places like hospital, public bus, public toilet etc. In this study, most of the respondents express that they feel very hard in the public places like mentioned above. Cases like 2, 3, 4, 5, 9, 14, 16, 17 and 20 are feeling very hard to walk in the public buses. Some of the respondents are feeling uncomfortable that most of the places don’t have public toilet.

In this study, it seems like the women have practical problems in the public places. Like case 3 faces very hard time in the public places. She sometimes has to stand in the bus while going to the market and hospital. In hospital, she has to stand in the queue for a long time in the governmental hospital. She also said that the pregnant women have to be aware of toilet problem otherwise it would give them problem.

Case 2 was a primary teacher in a boarding school but she had to leave the school because she couldn't give her full effort and time to the school. She is not happy that the employer wants to have good result from the employee even in the condition of pregnancy.

So, from this study, it is concluded that the women in the pregnancy want to have friendly environment in the society.

6.2.2 Rumor Mongering in Neighborhoods

Since human is social animal, he/ she can't be go far away from the neighborhoods. Although neighbors help, support, communicate, sometimes they become problem in some senses. In this study, it is deducted that some of the respondents are not satisfied with their neighborhoods. Since Nepalese society is influenced by its tradition and mostly Hindu culture, the lifestyle and opinions of society is influenced by it.

Case 8 couldn't have any children even after the marriage for Nine years and her neighbors and relatives started to make rumors and mock of her. So, she felt very bad and bitter in the beginning of her marriage. Similar condition happened to the cases 10 and 16.

Case 18 is pregnant for third time and this time she needs son for the family and neighbors. Son is considered as prior in her family and society, so it gives her problem in her life.

Case 20 is a 31 years old lady who is also pregnant for third time and she wished to have a son as next child because her in laws and neighbors are scolding and mocking her for not giving son for the family. Her neighbors make fun of her and her family for not having son because they thought that there will be nobody to take care of the cremation process after the death and there will be nobody to be their heir to take care of their property afterwards. This gives her agony and feels very bitter to the neighbors.

Since the society and neighbors have patriarchal and traditional minded, that affects the condition of women in their pregnancy. Society is patriarchal and male oriented, so the value of a woman is degraded and they are considered as the second class citizens as argued by Sylvia Walby (1990) in her book 'Theorizing Patriarchy'.

6.2.3 Unequal Behavior Between Son and Daughter

The Nepalese society is patriarchal and give importance to the son even the scenario is changing day by day. As Walby (1990) argued that patriarchy is sustained by the activeness of the state which is still patriarchal as well as capitalist and racist although there may have been some limited reforms such as educational opportunities, and easier divorce laws which somehow protected women against patriarchy. In traditional society like Nepal, male is considered as the head and heir of the family and that's why family and society give priority to son.

Case 18 is pregnant for third time in the hope to have son. Her family members especially in laws want to see the face of the grandson before death. Also the case 20 is pregnant for the third time and everybody wants the child be son. For that the family aborted illegally three times earlier after knowing that it was the daughter. She also wants to have son because of the family and social pressure. She wished to have the society without the gender discrimination.

So, from these cases, it can also be deducted that society is changing day by day but the mind of the people should be changed. Since gender discrimination is minor in the Nepalese society, the pressure to the pregnant women seems minor. They have their problem from society that the condition would be changed even in the educated society.

6.2.4 Uncomfortable Environment

Environment in this study refers to the places where pregnant women go, work and perform their daily routine. Pregnant women are affected heavily in their situation of pregnancy and they feel very hard to adjust and act in the environment of the society and working places.

Pregnant women have to face different challenges and hardness in the public places like hospital, public bus, public toilet etc. In this study, most of the respondents express that they feel very hard in the public places like mentioned above. Cases like 2, 3, 4, 5, 9, 14, 16, 17 and 20 are feeling very hard to walk in the public buses. Some of the respondents are feeling uncomfortable that most of the places don't have public toilet.

In this study, it seems like the women have practical problems in the public places. Like case 3 faces very hard time in the public places. She sometimes has to stand in the bus while going to the market and hospital. In hospital, she has to stand in the queue for a long time in the governmental hospital. She also said that the pregnant women have to be aware of toilet problem otherwise it would give them problem.

Case 2 was a primary teacher in a boarding school but she had to leave the school because she couldn't give her full effort and time to the school. She is not happy that the employer wants to have good result from the employee even in the condition of pregnancy.

So, from this study, it is concluded that the women in the pregnancy want to have friendly environment in the society.

6.3 Professional Problems

Many women in this study have their professional problems in their lives. Some of the respondents in this study have study to be completed. Some of them have left their study because of the pregnancy. Luitel (2003) concluded in her unpublished thesis. 'A study of Married and Unmarried Students of Women's Studies Program from Gender Perspective' that, though the women were educated and aware of the gender issue, they were forced to be subordinated and forced to be submissive to the patriarchal views, norms and values.

6.3.1 Discontinuation of the Study

The women were forced to act as same which women had been playing since long. In this study, most of the respondent have either left the study or stop it for a time being for the pregnancy period. Like cases 4, 5, 7, 9, 10, 11, 12, 13, 16, 18 and 20 have left the study because of the marriage and pregnancy.

Case 17 is studying in BBA. She had given her second year examination but she couldn't attend the third year class. So, she is planning to give the examination with self study. She is expecting to complete the BBA with the help of husband and family after the delivery.

So, it becomes very tiresome for the women to continue her study after the pregnancy but they expect to complete the study. For that they expect help from their husband

and family. Bhandari (2005) in her unpublished master degree thesis ‘Married women pursuing higher education in Padma Kanya Campus’ also concludes that the triple workload i.e. household responsibility, study and job make them stressful physically as well as mentally. So, in this sense it seems true as radical feminists argue that pregnancy and natural childbirth is at best necessary and tolerable at worst like shifting a pumpkin (Tong, 1989).

6.3.2 Career at Stake

Some of the respondents, who had job, left their job due to their pregnancy. Like case 2 was working in the boarding school as a primary teacher but due to the physical weakness and lack of working efficiency, she left the job. She felt very hard to travel in the public bus and she felt very odd to walk in the street with big belly and huge physical gesture.

Because of their physical gesture and weakness they can’t give their full effort to the work and performance. Although the government has provided them the facilities to have leave during their pregnancy, it seems very hard in the private sectors. It is very hard to get that opportunity in the private sectors.

So, in case of some respondents the radical feminists is somehow right in the sense of their condition in the pregnancy as argued by some radical feminists that pregnancy is barbaric and it limits the capacity and performance of the women in their professional life and career (Tong, 1989).

CHAPTER SEVEN

SUMMARY, FINDINGS, CONCLUSIONS, AND SUGGESTIONS

This chapter includes summary, findings, conclusions and suggestions of the study which are discussed below

7.1 Summary

As pregnancy is the compulsory process in the lives of couple, women have to bear child after the marriage in the traditional society like Nepal. The women have their own problems and perceptions towards husband, family, society and self. This study is trying to explore and describe the perceptions and problems of the pregnant women from husband, family, society and self. The study is conducted in the area of Batulechaur-16 of Pokhara Municipality.

To sum up, this study was an attempt to explore the problems and perceptions of the pregnant women in the area of Batulechaur-16 of Pokhara. Specifically the objectives of the study were:

- i. To find out the perception of pregnant women towards husband, family, society and self
- ii. To analyze the problems of pregnant women during her pregnancy

Although this is an academic thesis for the fulfillment of the master degree, it can provide some genuine information related to the pregnant women. Following the techniques of purposive and snow-ball sampling, case studies were taken to 21 respondents who reside in the area of Batulechaur-16 of Pokhara municipality. Since the exact number of pregnant women in that area is uncertain, the snowball sampling is used to collect the required information. The researcher applied the theory of Marxism, Patriarchy and Feminism for theoretical perceptions. Both the dependent and independent variables were measured using the case studies. Data were collected from mid September, 2016 to mid February of 2017.

Only the primary data was used in this study. Primary data was collected directly from the respondents through case study. All the data were analyzed on the basis of the content of the cases. Although it is sociological study, the study has been made a qualitative study as the subject is sought. Owing to limited budget, time, manpower, source, records etc the whole pregnant women in the study site couldn't be covered. Most of the respondents were visited more than once to get reliable and trustworthy information. As we know the large number of sample size is to be taken for the reliable and effective data, this study lacks that field. In many cases, it is very hard for the researcher to get the appointment for the case study and field observation for the reliable and effective information. That's why it is sometime tiresome for the researcher as well to meet the respondents and collect information.

7.2 Findings of the Study

From the study, it was found that most of the respondents are from joint family i.e. 15 respondents (71.43 percentages) whereas the mean age is 25.62 years. Out of 21 respondents 11 respondents were from Brahmin-Chhetri followed ethnic group and disadvantaged with 6 and 4 respondents respectively.

Most of the women in this study are housewives i.e. 16 respondents whereas 3 respondents have left their occupation and rest in the home and 2 respondents are working. 20 respondents i.e. 95.24 percentages are from Hindu family and only a respondent are from Kirat.

The respondents i.e. 38%, 19.04%, 28.56% and 14.28% percentage were from under SLC level, SLC level, +2 and Bachelor level respectively. The respondents having the age difference with their husbands up to three years, three years up to six years, six to nine years and nine to 12 years are 28.56%, 14.28%, 23.80. 33.32% and 4.76 are respectively.

On the other hand, these pregnant women have different perceptions and problems. The main findings of the study related to the topic can be listed as below:

- Physical presence, care and support, economic support, age difference, priority to son, decision holder in the family are the problems of the pregnant women towards their husbands.

- The pregnant women have different perceptions in the joint and nuclear family.
- Pregnant women have their own perception towards their neighborhoods' behavior, environment and different norms and values to the society.
- They have also perception towards themselves during their pregnancy
- They have different problems in family, society and professional area.
- In family, they have problems like lack of physical presence from husband, economical dependence to the husbands, household responsibilities, indulgence in romance from husband and influence of the family members in the private life of husband and wife especially in the joint family.
- The problems related to the society are concluded as difficulties in public places, rumor mongering in neighborhoods, unequal priority to son and daughter, uneasy to the environment.
- The professional problems are deducted as discontinuation of the study and career at stake.

7.3 Conclusion

Pregnancy is considered as the vital moment for the life of a woman. At this stage, the women achieve the central place of importance in the family and society. She has different perceptions towards husband, family, society and self. Although all women perceive fundamental experiences in common, related to their status as women in male dominated societies, it is affected by their personal status. Pregnancy is a time of growth and hope, but it is also a time when a woman is very vulnerable and sensitive. At this period, they have their own perceptions towards their husbands, family and society. Some women have mixed feelings, and uncomfortable and uncontrollable mood swings. For women husband is the most important person at this stage followed by family and society. She needs special care from husband as well as by their family and society. She also has great problems from her husband, family and society.

The condition of pregnant women is somehow similar as explained by Marxist, feminists, patriarchy theorists. In the sense of economic dependence, bound by the norms and values, limitation of the performances etc women are dominated by the patriarchal or male dominated society. As explained by Marxist, women are dependent on their husband economically and they were tried to be dominated by the

male. In this study, most of the women are subordinated to their male partner in economic point of view. Most of the respondents are economically neutral, so they must be dependent to their husbands. Marxists explain that they were dominated and limited by mode of production but in this study, it is deducted that they were not only dominated in mode of production but also in cultural and social sense.

As the theorist of patriarchy Walby (1990) argues that most of the respondents in this study are limited in their household and they are the manager of the household. The husbands are the breadwinner and these respondents have to be limited in the household. Also, theory of patriarchy and some feminist theorists argue that the pregnant women were dominated by the patriarchs especially male but in this study, it is deducted that not only male but also female are the exploiter for the women in the society.

Feminists explained that women are dominated by male in every part of life. Pregnancy can be barbaric and burden to the female as argued by Tong(1990). In this study, it is deducted the women are limited by their pregnancy. For some it causes to give up the job and discontinuation of the study as well as career. But for some, it is considered as gifts.

7.4 Suggestion to the Future Researcher

This study tried to extract the best result as possible as it could be. However, this study suffers from some limitations. Theoretically, future researcher can be focused in single theory to test the related theory. Sample size could be taken more than that of this study, from where the conclusion and generalization could be more relevant and strong.

Since the scenario of the Pokhara Sub-metropolitan city is altering due to the different processes like modernization, globalization, urbanization, education etc, one can study the changing condition of pregnant women. Also, it is qualitative study, future researcher can apply the quantitative method to analyze the study related to the pregnant women.

And as the researcher tried to explore and discuss the perception and problems of pregnant, the future researcher can explore and describe the perceptions and problems of different factors like husband, family and society.

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Appendix B: Checklist

1. Tell me about your marriage.
2. Tell me about your family and husband.
3. Explain about your pregnancy.
4. Tell me about your children.
5. How is your educational status?
6. What is the behavior of your family during your pregnancy?
7. How do you feel towards your husband during pregnancy?
8. How do you get responses from your society?
9. What are the problems do you feel in the public places?
10. What is the behavior of your husband during the pregnancy?
11. Why do you want to be pregnant?
12. Explain about your educational status.
13. What were the contraceptive methods you practiced?
14. Explain about the economical status of your family.
15. What is the response from the medical staffs towards you?
16. How is the supporting system in the family?
17. Tell me daily routine.
18. What do you think about the factors affecting your pregnancy?
19. What is the difference between the behavior of husband, family, and society before and after the pregnancy?
20. What are you planning for your future?
21. How do your neighbors behave towards your pregnancy?
22. Explain about the support from your maternal family.

Appendix C: Photo Arcade



Researcher taking interview with one of the respondent



Respondent is working for her cattle



Respondent is helped by her family member



Respondent is working in her kitchen