

**IMPACT OF MIGRATION ON ELDERLY PEOPLE OF THARU COMMUNITY OF  
LAMKI-CHUHA 4, KAILALI**

A Thesis Submitted to  
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for Partial Fulfillment of the Requirement of the  
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**LETTER OF RECOMMENDATION**

This is to certify that Mr. Rajesh Chaudhary has completed the dissertation entitled Impact of Migration on Elderly People of Tharu Community of Lamki-Chuha 4, Kailali under my supervision and guidance. This research report is based on primary data, which were collected by the researcher himself. I, therefor, recommend the dissertation for final approval and acceptance.

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**LETTER OF ACCEPTANCE**

This dissertation entitled Impact of Migration on Elderly People of Tharu Community of Lamki-Chuha 4, Kailali submitted by Mr. Rajesh Chaudhary under the supervision of prof. Dr. Surendra Mishra has been accepted as the partial fulfillment of requirements for the Master's Degree in sociology.

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**Rajesh Chaudhary**

**November, 2021**

## **DECLARATION**

I hereby declare that the thesis entitled “Impact of Migration on Elderly People of Tharu Community of Lamki-Chuha 4, Kailali” submitted to the Central Department of Sociology, Kirtipur is entirely, my original work prepared under the guidance and supervision of my supervisor. I have made due acknowledgements to all ideas and information borrowed from different sources in the course of preparing this thesis. The result of this thesis have not been presented or submitted anywhere else for the award of any degree or for any other purpose. I assure that no part of the content of this thesis has been published in any form before.

**Rajesh Chaudhary**

**November, 2021**

## Table of Contents

LETTER OF RECOMMENDATION.....	
LETTER OF ACCEPTANCE.....	
ACKNOWLEDGMENTS.....	
DECLARATION.....	
<b>CHAPTER ONE: INTRODUCTION.....</b>	<b>1</b>
1.1 Migration.....	1
1.2 Conceptualizing Ageing.....	3
1.3 Tharu Community of Nepal .....	5
1.4 Statement of the Problem .....	8
1.5 Research Question.....	11
1.6 Objective of the Study.....	12
1.7 Rational of the Study.....	13
1.8 Organization of the Study .....	13
<b>CHAPTER TWO: LITERATURE REVIEW.....</b>	<b>14</b>
2.1 Migration and Ageing .....	14
2.2 Theories of Migration.....	16
2.3 Theories of Ageing.....	19
2.4 Empirical Studies .....	21
2.4.1 Elderly People In Nepal.....	21
2.4.2 Tharu Community of Nepal.....	22
2.5 Summary of Literatures.....	23
<b>CHAPTER THREE: RESEARCH METHODOLOGY .....</b>	<b>27</b>
3.1 Selection of the Research Site.....	27
3.2 Research Design.....	28
3.3 Nature and Source of Data .....	28
3.4 Universe and Sampling .....	29

3.5 Tools and Technique of Data Collection.....	29
3.5.1 Interview .....	29
3.5.2 Field Observation .....	30
3.5.3 Case study.....	31
3.6 Field Experience of the Researcher.....	31
3.7 Process of Data Analysis.....	32
3.8 Limitations of the Study .....	33
<b>CHAPTER FOUR: IMPACT OF MIGRATION ON ELDERLY PEOPLE OF THARU COMMUNITY .....</b>	<b>34</b>
4.1 Profile of Respondent.....	34
4.2 Case Studies .....	36
<b>CHAPTER FIVE: SUMMARY AND CONCLUSION.....</b>	<b>52</b>
5.1 Summary .....	52
5.2 Conclusion.....	57
REFERENCES.....	59
Annexes.....	66

# CHAPTER ONE

## INTRODUCTION

### 1.1 Migration

According to current migration trends in Nepal, widespread out-migration of young individuals from rural areas to foreign or international capitals is coinciding with an increase in the problem of older couples in rural areas. This research draws on the findings of sociological and demographic field studies in Lamki-Chuha 4, Kailali, a multiethnic community in Far-western Nepal, to evaluate the influence of migration on the living conditions and internal feelings of old age couples. International migration has increased dramatically in far-western Nepal, particularly from rural areas to nations such as Qatar, Saudi Arabia, Kuwait, and the United Arab Emirates. These are the Gulf countries where young people have relocated in search of better work prospects and a better education for their children. As a result, the problems experienced by elderly couples living alone at home after their sons left for foreign employment are examined in this research. International migration has been a major contributor to many of the challenges faced by elderly couples in Nepal's rural villages. From a sociological standpoint, foreign employment has caused severe challenges for elderly couples, burdening their duties in society and at home. Many young and adult migrants are mostly migrating for economic reasons from Lamki-chuha 4, Kailali, while the elderly are experiencing major challenges.

Lamki-Chuha, located in the far-western section of Kailali District, is regarded as a hotspot for international migration. People from the neighborhood continue to show a lot of interest. Lamki-Chuha 4, Kaillai, in particular, was chosen as the study's foundation since it appears to be a typical location for Tharu community migration.

Individuals or groups relocate (more or less) permanently across symbolic or political boundaries into new residential regions and communities as part of migration (Oxford Dictionary of Sociology, 2000). That is, migration is the movement of individuals from one country to another with the purpose of settling in the destination country (Collins Dictionary of Sociology, 2000).



Migration is defined as a movement of people that involves a change in place of abode or customary residence as well as the crossing of a designated border. Migration is described as "the action or an act of moving from one place to another; the migrating of a person, a people, from one country or a place of residence to settle in another" by the Shorter Oxford English Dictionary (2002). (IOMI, 2012).

According to a United Nations study, migration is a sort of population mobility in which people move from one geographical unit to another. The term "migration" describes a change in residence from one place to another. Because migration is a time-based occurrence, the temporal as well as the spatial aspects are equally important. Internal migration refers to movement within a country; international/ external migration refers to movement across national borders; and emigration refers to travel beyond the country and immigration from other countries (UN, 2013).

Migration is frequently studied as a reaction to the "pull and push" forces that characterize the zones of departure and arrival. For a long time, this type of analysis has been used to study attention. On the one hand, the key push causes have been mentioned as underemployment and poverty in rural regions, a lack of amenities and services, population pressure in the land, and so on. Greater options for employment in the city, higher chances for the existence of facilities and services, a more diverse socio-cultural life, greater individual autonomy, and so on have all been highlighted as pull factors (UN, 1996).

Migration is of enormous importance and interest to economics, sociologists, human geographers, policymakers and planners, social philosophers, and social psychologists, in addition to demographers. Economists are interested in migration research because it is linked to the business cycle, the supply of skilled, semi-skilled, and unskilled workers, industry growth, and migrants' occupational and job status. Migration is a source of concern for planners and policymakers because it is linked to the country's socioeconomic development. Migration is studied by sociologists and psychologists because they are interested in the social and psychological issues that come with it (Bhende, 2008).

Migration of people from one location to another has been a common occurrence since the dawn of human civilisation. The migration began for the aim of obtaining food and exposing new regions for security reasons; but, as time passed, the migration took on a variety of forms that are

now widespread all over the world. The majority of the projected 150 million migrants are people looking for better economic prospects in other nations (Joshi, 2011).

## **1.2 Conceptualizing Ageing**

Every person will be born, grow up, age, and die at some point in their lives. Everyone is forced to travel from all of these stages, and there is no way out. It is a natural part of life to grow old. A person's physical and mental state changes dramatically as he ages. There are various more things that influence an elderly person's life. When a person reaches retirement age, it is the responsibility of his family and society to work together to improve his quality of life. A person's physical strength deteriorates as he ages, necessitating suitable assistance from his environment. If he does not receive adequate support from his family, he becomes lonely and seeks mental tranquility elsewhere (Thapalia 2001).

Growing old is, by definition, a process of going through a wide range of life experiences. Old folks are living reservoirs of incalculable riches amassed throughout the course of their life. This is evident in their wisdom, which can be observed in the information, talents, and invaluable experiences they have gained. However, today's senior citizens face a slew of issues relating to information, services, and social inclusion. Traditionally, family members were responsible for care and assistance, but owing to modernization and advanced development, people are not giving their elders access time, causing elderly people to leave their homes and seek for the ideal spot to alter their lives (Bhandari 2002).

The world's population of elderly people is growing in both absolute numbers and proportions. In this study, the terms population ageing, old population, elderly population, and ageing population were used interchangeably. Population aging is a global phenomena with economic, social, health, and political implications. The elderly population is aging as well. In developing countries, the rate of aging is faster than in developed countries. Less developed countries will have less time to respond to the effects of aging than developed countries (Bista, 2002).

The proportion of people aged 65 and up varies by location. One out of every ten people is now 60 years old or older (16 Populi, December 1998, January 1999). One in every five Europeans and

one in every twenty Africans is over 60 years old. One out of every five people will be 60 years old or older by 2050, and one out of every three people will be 60 years old or older by 2150. It implies that aging will have a significant impact on people's social, economic, and health situations (Bista, 2002).

People reach old age as a natural part of the human life cycle. As people reach this age, their socioeconomic situation and other characteristics change, necessitating the use of various services. The human being's old age is an introduction in and of itself. External aspects introducing old age include facial expressions, hairs, body shape, and physical conditions. However, these are not the only elements that define old age. A person's physical health is heavily influenced by his or her previous life, particularly from early childhood until that age (Thapalia, 2001).

Caring for the elderly is a difficult task. The fast changes in social conditions, urbanization, and industrialization have had a significant impact on aged care and well-being. Modernization's rapid rise is always accompanied by intergenerational conflicts of interest and societal transformation. Feelings, behaviors, and interactions with elderly individuals are constantly different. It has also been highlighted as one of the key causes of generational loneliness among the older population, according to studies (Thapalia 2001).

Growing old is a natural and unavoidable part of life. Every live being is born, develops, ages, and eventually dies. People do not perform at the same level physically or psychologically as they did when they were younger. "Aging is a natural, universal, progressive, inherent, and harmful process." It differs from physical and mental retardation caused by other factors such as diseases, disabilities, or other external factors. Some of the formal aspects of ageing are physical infirmities, mental disorders, memory loss, and decreased socializing" (Yadav, 2012).

Aging is a global issue that affects everyone since it produces social and economic changes in every country. Because of improved facilities and new technologies, the number of senior people is gradually increasing over the world. The steady ageing of the world's population has been accelerated by worldwide decreases in fertility rates and increases in life expectancy (Yadav, 2012).

Aging can induce depression in people because they lose their work status, freedom, health, loved ones, and family as they get older. Nepal is currently in a similar scenario, with an aging population

and an increasing number of old individuals. In comparison to developed countries, Nepal is unable to provide better care for the elderly. Furthermore, the government's old age allowance is insufficient to maintain Nepal's older population. The country's current old age allowance is one thousand rupees (about ten euros) per month, which is enough for eight cups of tea each day. According to the country's tradition, the elderly's well-being is the duty of their own children and families (Khanal, 2015).

### **1.3 Tharu Community of Nepal**

The Tharu community faces obstacles in meeting human needs such as security, identity, self-determination, and quality of life. Tharu have long been marginalized in mainstream political systems (Upreti, 2009, pp.206-7). As a result, the indigenous method is one of the most practical and viable solutions for resolving these issues. The nature and reasons of everyday confrontations in the Tharu community are also investigated in this study. In the Tharu village, confrontations between landowners and tenant farmers, or between males and females, are all common (Guneratne, 2002).

The Tharu are Nepal's second-largest indigenous group and one of its most influential. The Tharu ethnic group had a total population of 1,737,470 people in 2011, accounting for 6.6 percent of Nepal's total population (Nepal Central Bureau, 2013). The Tharu people are divided into various sub-groups, some of which share a fairly similar culture and others of which there are 25 different sub-cultures (Krauskopff, 1989). Others who reside in Terai speak a different language, have a different culture, and follow a different religion. However, some privileged Tharu-led political organizations aimed at forming a common Tharu identity have been effective (Guneratne, 2002, p.198). According to Guneratne (2002), there are two levels of Tharu identity in Nepal. The first is the local level, which is well-established, firmly embedded, and structured through Tharu sub-group intermarriages. The second is a more fluid identity, a self-reflexive identity that expresses Tharu's place in the world, particularly on national and regional levels (Guneratne, 2002).

The Tharus are likely one of the Terai Nepal's oldest ethnic groupings. They frequently reside in or near extremely forested areas. A large number of Tharuwan communities are located in small clearings in the center of the forest. The majority of the Tharu communities are located in malaria-

infested tropical malarial environments, which are home to wild animals such as elephants, rhinoceros, bears, tigers, and dangerous snakes. Areas that are easily accessible in the open are usually occupied by other individuals (Bista, 1967). "The Tharus are one of the oldest and distinctive indigenous tribal peoples spread all throughout the Southern foothills of the Himalayas from a long time ago," according to the worldwide scenario. The Tharus are culturally and linguistically distinct from other ethnic groups" (Bista, 1967).

Mr. Ramananda Prasad Singh, a Nepali scholar and former Attorney-General, and his son, Nepali author Subodha Kumar Singh, believe that the Tharu are descended from Emperor Asoka the Great and Lord Buddha (Singh, 2006). The Tharu's ancestors, according to Ramananda Prasad Singh (Krauskopff, 2000; Singh, 2006), were the kings of Banaras. They were split into two clans, the Sakyas and the Kolyas, and 29 of them settled in the Kapilavastu woods. T.N. Panjiyar went on to explain that the Tharu people settled around Kapilvastu and were descended from Lord Buddha (Krauskopff & Meyer, 2000). Only a few Tharu elites agree with these claims. Tharu people in Chitwan claim to be Rajput descendants (Guneratne, 2002, p.155). They are classified as Vaishya caste, touchable, matwali, or alcoholics by the Nepalese government. Subodha Kumar Singh, on the other hand, believes that the Tharu are tribal people who have been influenced by Hinduism (Singh, 2006). It's still debatable whether Tharu people should be classified as a caste or a tribe. Tharu can be traced back to Hinduism if they are identified as a caste; however, if they are identified as a tribe, their roots can be traced back to Buddhism. It is critical to understand caste in this context. Castes are ethnic groups within a single society whose interactions are governed by a specific purity and pollution ideology (Guneratne, 2002).

Nepal's government passed a progressive land reform act in 1951 that centralized unregistered land. Dichlorodiphenyltrichloroethane (DDT) was also used to eradicate malaria in the late 1950s and early 1960s. As a result, the migration of hilly populations to plain areas increased. The Tharu had their own administration territory before the Government of Nepal's actions, such as the Praganna system, which administered to carry out justice, development, religious, and ritual actions. In their lands, the Tharus had easy access to natural resources (Chaudhary 2019).

Nepal's rice basket is the Terai, or plains, region. The Western Terai region of Nepal was extremely productive, with 909,743 Tharu people living in six districts (Dang, Banke, Bardiya, Surkhet, Kailali, and Kanchanpur). These districts are home to half of the Tharu population. The Tharu

indigenous people cultivated the lands in these districts. It is also the most productive and desirable agricultural land. Only Tharus lived in the area at the time, and other non-Tharu people came to the area during the winter season after fleeing the area during the summer. They put up with the malaria and wild animals of the jungle in exchange for plenty of land to live on. Senior Tharu citizens remember a time when a family moving to a new settlement could carve out as much land as they wanted from the jungle. The Tharus developed largely self-sufficient communities in and around the jungle in this environment, with distinct building styles, settlement patterns, religion, and agricultural practices. The Rana aristocracy, despite having legal ownership of parts of the land, had no desire to live there. Instead, the Rana regime used only countable Tharu people by appointing them as Chaudhary, or local village headmen, to collect revenue and send it to the Rana regime at the central level. The revenue collection agents, known as "Patwari," were also appointed. In practice, the land was free to cultivate, but the Rana Regime required payment of taxes (Chaudhary 2019).

Scholars have not been able to come to a clear conclusion about the Tharus' origins due to numerous controversies. Some scholars have attempted to trace their origins using etymologies, while others have attempted to do so using legends. Physically, especially in terms of facial features, says the author. The Tharus appear to be descended from mongoloid stock. They communicate in Aryan. The Tharus may have accepted Buddhism in the past, but Hinduism later influenced them. 1982 (Pyakurel).

It was mentioned that the Tharus are Terai's oldest and original inhabitants. Tharus live near the dense forest, and their culture, living standards, and traditions differ from those in western Nepal to those in eastern Nepal. Despite the fact that various ethnic groups are culturally distinct ethnic entities. Tharus are influenced by a variety of groups in addition to their own. Traditional peasant farmers, the Tharus are exploited by landlords and revenue agents. The Tharus are said to be divided into two main categories, Pradhan and Apradhan, in theory. Marriages among the Tharus are polygamous and patriarchal. Tharus, in general, follow their own tribal religion, which entails worshipping spirits as well as some Hindu deities that have been incorporated. Those who continue to practice the Tharu religion have their own guruva (Priests). Any religious or ritual activity in the family is always done in the name of the family's senior member. Some Tharus bury their dead

bodies, while others, like me, bury them. In Tharu society, a joint family system is common (Bista, 1967).

Tharus do not have their own language. It is a mixture of people with whom they came into contact (Gautam & Thapa Magar, 1994). It combines Hindi, Khas, Maithili, Bhojpuri, Awadhi, and even Urdu. The dominant population of the region influences the language variation among Tharu sub-groups. In eastern Tharu (Sunsari, Morang, and Jhapa), Maithili is the dominant language, while Bhojpuri is the dominant language in the central region (Bara, Parsa). The Chitwan Tharu speak their own regional language. Tharu of Nawalparasi, Rupandehi, and Kapilvastu, on the other hand, lean towards Awadhi. Similarly, the Tharu of Nepal's mid- and far-western regions mostly speak Dangaura, which is mostly mixed with Khas. Kathariya and Rana Tharu, on the other hand, have their own language that is more Hindi-influenced. Nepali and/or Hindi are the languages that connect Tharu from east to west. Though there are minor differences between the Tharus of Nepal and the Tharus of India, landlessness and backwardness have drawn the attention of Tharu elite across the country, increasing feelings of caste and ethnicity (Guneratne, 2002).

#### **1.4 Statement of the Problem**

Migration is one of the most common ways for people to improve their living conditions. The bright light of the city attracts rural people, while city dwellers seek refuge in the countryside. Because the aggregate movement of migrants often causes significant shifts in the policy, power, and economic factors of the countries to which they migrate, migration is equally important to governments, planners, and policymakers (Seddon, 2005).

Poverty, unemployment, dwindling natural resources, and, more recently, political unrest are all contributing factors to international labor migration becoming a more important source of income. Migration to India, a neighboring country, has a long history, whereas migration to the Gulf and Tiger states, Europe, and the United States began only about 15 years ago. There is little documentation of migrant worker movements and remittances, and national census data has been accused of understating migration figures (Seddon, 2001).

The steps or institutions involved in international labor migration (gathering information, making a decision, preparing for it, and raising funds) are critical. These processes have an impact on

people's willingness to migrate and the potential contribution of labor migration to their livelihood. Without dismissing the importance of incentives from potential receiving countries (pull factors) and limited options in the countries of origin (push factors), it must be emphasized that these factors are reflected in how migration occurs and the assets he demands (Bhandari, 2004).

Labor migration is on the rise these days, owing to a desire for a higher standard of living or a higher socioeconomic status, as well as the fulfillment of other socioeconomic desires. Nepal was once a popular tourist destination from both north and south. Emigration from Nepal was unknown at the time. The pull factors that cause emigration to the Gulf countries include unemployment, food insecurity, increased spending, a lack of security, a lack of agricultural land, and other issues. Emigration has a variety of economic, social, and demographic consequences. There are both positive and negative consequences. Income increases, living standards improve, work is respected, and opportunities to develop skills are all positive effects. People are more aware of their surroundings. They are more concerned with education and sanitation. Lack of labor force, lack of mobility in urban areas, school dropout, change in social role, demonstration effects, and agricultural neglect are some of the negative consequences. Other negative effects of emigration in the study area include the dominance of children and the elderly, low development activities, and family problems (Bhandari, 2004).

People have been moving from one location to another since the beginning of time, and this continuous movement has become an international phenomenon due to a complex mechanism involving social, economic, psychological, political, institutional, and other determinants (Singh, 1998).

Aging is largely regarded as a negative condition that must be managed, and as people get older, this management is frequently taken away from them. Older people, like other groups in society, can be affected by social and financial inequalities; some are a continuation of inequalities that have already developed over time and can be related to gender, class, or ethnicity. However, in the Western world, aging often brings with it a new layer of discrimination or exclusion. How will the emerging longer living populations in low and middle income countries like Nepal manage this process if wealthy countries struggle to maintain a healthy aging process and provide adequate health and social care for their older citizens? The goal of this project and paper is to begin asking



these fundamental questions and to create space for further research and dialogue on aging in Nepal (Parker 2014).

Because of the biomedical model's dominance, intrusive and invasive medical techniques are used to combat aging, and the aging body can become the property of outside experts rather than the self. Furthermore, this model ignores the social and cultural contexts of aging, as well as the diversity of life-course and aging experiences (Vincent 2006).

The dangers and dilemmas posed by medicalization of aging, which has become "such a powerful and pervasive process," are explored by Estes and Benney (1989, 587-588). The biomedical model has become the "institutionalized thought structure" that underpins the response to aging, and it often dominates funding streams and policy-making. Aging is thus viewed as a medical category through "medical definition, management, and treatment," rather than as part of a larger social, behavioral, or cultural context. These authors are not attempting to "undermine the importance of biomedical research or medicine in the eradication of disease," but rather to demonstrate the model's ability to define what is, after all, a natural but increasingly complex social phenomenon (Parker 2014).

"The Tharu are most likely the Terai's oldest inhabitants. They prefer to live near heavily forested areas. Their villages are located in tropical malaria-infested areas populated by wild animals such as elephants, rhinoceros, bears, and poisonous snakes." The Tharu people are seen to practice ancient agriculture, with animal breeding on one side and land cultivation on the other. The majority of Tharu families raise cows, goats, pigs, and a large number of chickens (Bista, 1972).

Nepal is a multi-ethnic society with nearly 59 castes and ethnic groups, each with their own religious beliefs. The Tharu are one of Nepal's second largest indigenous ethnic groups. According to the Central Bureau of Statistics (CBS), 6.6 percent of Tharus live in Nepal, out of a total population of 6.6 million. From ancient times, they have settled throughout Nepal's Terai belt, living in close proximity to densely forested regions and the Inner Terai. Tharus are divided into sub-groups based on their culture and language. Morang Kochila are the Tharus of Jhapa, Morang, and Sunsari, Dangoura, Dangaura) and Desauri are the Tharus of Udaypur, Saptari, and Midwestern Terai, and the Rana Tharus of Kailali and Kanchanpur are the Tharus of Far Western Terai (CBS, 2012).

There are many controversies surrounding the Tharus' origins, and scholars have not been able to reach a clear conclusion regarding the Tharus' origins. Some scholars traced their origins back to etymologies, while others attempted to trace them back to a legend. states that physically, particularly in facial features The Tharu look like they are descended from mongoloid ancestors. They communicate in the aryan language. The Tharus may have accepted Buddhism in the past, but they were later influenced by Hinduism (Pyakurel, 1982).

### **1.5 Research Question**

The migration is a new form of remittance in Nepal but it is expected to continue. For the study area, there is no more research on migration in Tharu community. Thus, the study is conducted to investigate the impacts of migration on elderly people in Tharu community, socio-economic condition.

This study found both positive and negative impacts of migration on elderly people in Tharu community, economic and social environment. The more specific research questions are:

- What is the impact of migration on elderly people of Tharu community in Lamki-chuha municipality?
- What is the change in life-style of elderly people before and after migration took place in family?
- What is the consequence of migration in family structure of Tharu community of Lamki-chuha municipality?

## **1.6 Objective of the Study**

The main objective of the study is to analyze both positive and negative impact of migration on elderly people of tharu community, social and economic. The specific objectives are:

- To analyze the change in life-style of elderly people among Tharu community after family undergone through migration.
  
- To explain the consequences of migration in the elderly people of Lamki-chuha municipality?

## **1.7 Rational of the Study**

Few engage in the process the elderly population and international migration. The necessary impact of migration has resulted in a number of changes in the size, structure, and durability of the family and household. The elderly population, which was previously primarily comprised of joint families, has shifted as a result of increased migration. My research will attempt to identify the impact of migration on Tharu elderly people living in Lamki-Chuha Municipality kailali. The study will help to expand the academy's space in the line of Nepal's elderly population.

Is has concentrated on the impact of migration on Tharu community elders. Nepal has a large number of unskilled and uneducated people. However, due to a lack of job opportunities, they are fleeing their villages for foreign employment. As a result, this type of international migration has far-reaching consequences for the country, both locally and nationally. Many scholars in the field have concentrated solely on international foreign migration, its consequences, and remittances. As a result, the purpose of this study was to demonstrate how migration affects elderly people in rural areas. This study will benefit policymakers, administrators, researchers, and anyone else who is interested in it.

## **1.8 Organization of the Study**

This study has been organized in six chapters. The first chapter is introductory chapter, which includes general background, statement of the problems, research objectives and rational of the study respectively. After this, second chapter has reviewed the literature, which includes theoretical review, theories of migration, empirical studies aging and theories of Tharu community. The third chapter is methodology of research which includes rational of site selection, research design, nature and sources of data, universe and sampling, techniques and tools of data collection, process of data analysis and limitation of the study respectively. Similarly, the chapter four describes the profile of respondents and the case studies as the compilation of data collected from the field. The fifth chapter is the lay out of key findings and its analysis, and the final chapter includes the summary and conclusion of my research study.

## **CHAPTER TWO**

### **LITERATURE REVIEW**

A literature review is an important part of the research process because it makes any research more relevant on the ground level. It makes the research more relevant by utilizing existing scholarly articles and literatures. Literature reviews aid in the researcher's understanding of the research theme and preferred research topics, as well as in the design of the research framework. This allows the researcher to learn from the experiences of others. As a result, in order to make my research more relevant, I will review the published or unpublished books, articles, journals, reports, previous research works, or literatures of many intellectual scholars.

#### **2.1 Migration and Ageing**

Separately list the personal and general reasons for migration. Personal reasons for migration include the desire to assist or be near relatives, to find a climate more conducive to health, to find more congenial neighbors, and to volunteer for military service. The general causes of migration are population pressures, trade fluctuations, and so on (Cox, 1976).

Ravenstein's "push and pull" model is followed. When a person believes that he cannot meet his needs and that the environment is undesirable, unpleasant, or intolerable, he migrates to another location where he may find relief from the unpleasant situation. He's the one. Natural resource depletion, a lack of employment, and natural disasters are all push factors. The pull factors are superior employment opportunities to earn a large income to obtain desired specialized education or raining, as well as a preferable environment and living conditions. Only when disequilibrium is eliminated will migration cease. Migration benefits young males and educated people, and it affects the population's size and composition. Furthermore, migration is a serious issue, particularly in developing countries (Bouge, 1969).

Everest S. Lee proposed the full obstacles model of migration in 1963 and 1966. According to Lee, most migration decisions are well-thought-out and planned. Before migrating, migrants consider factors associated with the origin, factors associated with the destination, transitional and

intervening obstacles (distance, transportation cost, etc.), personal factors (age, sex, education, race, etc.), factors associated with the origin and destination are assumed to be both positive and negative, which attract and repel migrants. Both the origin and destination plans have both positive and negative aspects. Migration occurs when the difference between positive and negative factors in the destination is greater than the difference in the place of origin (Everest S. Lee, 1963).

International relationships based on kinship, friendship, and shared community create contact between migrants and non-migrants, and this contact helps to provoke the migration flow by acting as the primary impetus of migration. It reduces the monetary costs and risks associated with international migration (Massey S, 1993).

Stoffer has contravened yet another migration law. He goes on to say that the flow of migration between two places is inversely proportional to the number of opportunities for migrants to meet their needs (employment, housing, etc.) in the intervening area. This, rather than a negative approach, is regarded as a hypothesis of intervening opportunities (Stouffer, 1960).

Aging is widely regarded as a negative condition that must be managed, and as citizens grow older, this management is frequently taken away from them. As with other groups in society, older people can be affected by social and financial inequalities; some are a continuation of inequalities that have developed over time and can be related to gender, class, or ethnicity. However, in the Western context, aging frequently adds a new layer of discrimination or exclusion. If wealthy countries struggle to maintain a healthy aging process and provide adequate health and social care for their elderly citizens, how will emerging longer-living populations in low and middle-income countries like Nepal deal with this process? The goal of this project and paper is to begin asking these fundamental questions and to create space for research and dialogue on aging in the Nepalese context (Parker 2014).

Aging theories emerged in the West in response to increased life expectancy and the need to manage the lives of the elderly. Gerontology is a multidisciplinary approach to the study of aging that includes sociological, psychological, and biological components, though the latter is often dominant. Health and social policies affecting the aging population are not only dominated by a medical discourse, but are frequently caught up in an ideological battle between the state and the market (Powell and Biggs 2003). Despite increasing calls for "healthy aging" and a life course

approach, aging is still dominated by a "deficit," dysfunctional, or biomedical approach, according to WHO (2012). (Parker, 2014).

The biomedical model's dominance results in intrusive and invasive medical techniques, and the expert-driven quest to combat aging means that the aging body can become the property of outside experts rather than the self. Furthermore, this model fails to recognize the social and cultural contexts of aging, as well as the diversity of life-course and aging experiences (Vincent, 2006).

For all elderly people, old age is a very vulnerable age. It is extremely difficult for them to adjust to changes in health, income, physical and mental ability, and a variety of other things that they are accustomed to in adulthood but are no longer possible in old age. At this time, their family and their warm love and care are the most important supports they need to cope with such changes and encourage them to live their lives to the fullest. However, the changing attitudes of the younger generation are influencing the lifestyles of the elderly. The custom of living with elderly parents is gradually dying out. "In the past, Nepal, as a traditional society, benefited from familial ties with the elderly; however, the changed family model no longer supports the elderly, and people need their own income sources even to meet basic needs in old age" (Yadav, 2012).

The inability of elderly people to accept change, as well as a lack of understanding of elderly needs among young adults, are major roadblocks to a happy family life. According to a survey, Nepal has a significant generational divide (Himal Magazine, 2005). The younger generation wishes to modernize, while the older generation wishes to maintain traditional norms and values. Family conflicts and migration of younger generation members to urban centers or abroad result from the gap' (Yadav, 2012).

## **2.2 Theories of Migration**

A push-pull methodological framework emerged in relation to neoclassical theory, which tends to emphasize the economic context of worker flow (Bauser and Zimmerman, 1999 : 20). Push-pull factors introduce relational aspects into migration thinking and help to create dyadic frames in which migration flows can be empirically studied. Because push and pull factors are nearly

identical, the framework has been chastised for its inability to identify dominant factors (Hass, 2008).

Develop mentalist'migration optimists' believe that migration accelerates the exposure of traditional communities to liberal, rational, and democratic ideas, modern knowledge, and education by facilitating a North-South transfer of investment capital. Return migrants are seen as important change agents, innovators, and investors from this perspective. The general expectation was that remittances, as well as the experience, skills, and knowledge that migrants would gain abroad before returning, would significantly aid developing countries in their economic development. Return migrants were expected to invest significant sums of money in businesses in their home countries. Migration is also viewed positively by neoclassical economists. It is important to note, however, that remittances have no place in neoclassical migration theory. Migration, according to neoclassical proponents of the balanced growth theoretical model, is a process that contributes to the optimal allocation of production factors for the benefit of all, in which the process of factor price equalization plays a role. In this light, the re-allocation of labor from rural, agricultural areas to urban, industrial sectors (both within and across national borders) is seen as a necessary condition for economic growth and, thus, as an integral part of the entire development process. In migrant-sending societies, free movement of labor in an unrestricted market environment is expected to eventually lead to increased labor scarcity, which will lead to higher labor marginal productivity and higher wage levels. The expected direction of capital flows is the polar opposite of labor migration (Hass, 2007).

Even in prehistoric times, migration was a common occurrence. The Stone Age nomadic tribes used to migrate in search of food and safety (David, 1970).

There are certain undesirable factors in the place of origin that encourage or compel an individual to migrate to another location, and there are also certain desirable factors in the destination that draw migrants in. In other words, the former factors are 'push' factors, while the latter are 'pull' factors that cause migration events. Furthermore, he claims that the distance between origin and destination determines the volume of migration between the two. The greater the distance between two points, the lower the volume of migration, and vice versa (Revenstein, 1885).



People migrate to contribute to their livelihoods, which is a cross-cultural and historical phenomenon. Labor out migration has become an increasingly important livelihoods strategy in Nepal as a result of poverty, unemployment, declining natural resources, and, more recently, the Maoist insurgency (Thieme, 2006).

Among Nepali youths, labor migration has remained consistent and strong. In the five years since Nepal's transformation from a Hindu monarchy to the world's youngest federal democratic republic, 1.2 million Nepali migrant workers have left for foreign employment. This steady growth is due to the fact that the 3.5 percent annual economic growth rate has been unable to absorb approximately 400,000 new labor market entrants. Despite the politicians' lofty promises made during the Jana Andolan 2nd (People's movement led by major political parties and civil society against autocratic king's rule to establish Nepal as a federal democratic republic state) in April 2006, many young people do not see a future in the country. Because of the global economic meltdown, the number of Nepali men and women migrating overseas for foreign employment decreased in fiscal year 2008-09, but it has increased in recent months. Political instability, frequent closures and strikes, businessmen's reluctance to invest in Nepal, and the closure of many industries that provided jobs and income opportunities have all been blamed for the situation (Gurung, 2011).

Many factors contribute to migration, including conflict, political and social instability, and economic incentives (Haas, 2000).

Poverty, unemployment, dwindling natural resources, and, more recently, political unrest are all contributing factors to international labor migration becoming a more important source of income. Migration to India, a neighboring country, has a long history, whereas migration to the Gulf and Tiger states, Europe, and the United States began only about 15 years ago. There is little documentation of migrant worker movements and remittances, and national census data has been accused of understating migration figures (Seddon, 2001).

The steps or institutions involved in international labor migration (gathering information, making a decision, preparing for it, and raising funds) are critical. These processes have an impact on people's willingness to migrate and the potential contribution of labor migration to their livelihood. Without dismissing the importance of incentives from potential receiving countries (pull factors)

and limited options in the countries of origin (push factors), it must be emphasized that these factors are reflected in how migration occurs and the assets he demands (Bhandari, 2004).

People have been moving from one location to another since the beginning of time, and this continuous movement has become an international phenomenon due to a complex mechanism involving social, economic, psychological, political, institutional, and other determinants (Singh, 1998).

### **2.3 Theories of Ageing**

Although the rapid growth of the elderly population is a recent phenomenon, the concept and images of the elderly are not. Increasing longevity and a decrease in birth and death rates were two major demographic trends in the twentieth century. Old age is defined in various ways depending on the social and economic structure. It is defined as "retirement age" or "the age at which people are eligible for social security benefits" according to economic structure, and as "the elderly persons," "Golden age," "Senior citizens" according to social structure. The beginning of old age is also marked by the loss of working capacity as people's physical, mental, and biological conditions deteriorate, limiting operational definitions of old age to 60, 65, and 70 years or more (Bista, 2004). When people reach their senior years, they can no longer consider themselves self-sufficient, independent, or self-reliant (Subedi, 1996).

The conflict perspective on aging is depicted in the subculture theory of aging. According to this viewpoint, the elderly compete with younger members of society for the same resources and social rewards, and as a result of their lack of social power, they face a variety of disadvantages. Older people form subcultures in order to interact with others who have similar backgrounds, experiences, attitudes, values, beliefs, and lifestyles, according to the subculture theory of aging. This occurs not only by choice, but also as a result of segregation, social differentiation, and age discrimination. According to this theory, as people get older, they cut ties with people from other age groups and strengthen ties with people their own age. As a result, people are more aware of their age, forming social bonds based on age that are more important than other factors that distinguish people (Levine, 2007).

The chronological age of 65 years has been accepted as a definition of "elderly" or "older person" in most developed world countries, but this, like many westernized concepts, does not adapt well to the situation in Africa. While this is a somewhat arbitrary definition, it is frequently linked to the age at which one can begin receiving pension benefits. There is currently no standard numerical criterion set by the United Nations, but the UN has agreed on a cutoff of 60 years or older to refer to the older population (UN, 2001).

The activities of development, modernization, and industrialization are not the same in every country. Some countries have already reached replacement fertility, while others are in the midst of a demographic transition. The rate of death appears to vary by region. There is a link between aging and a decrease in fertility and mortality rates. When fertility and mortality rates continue to fall, life expectancy rises in the region, and the proportion of the population over the age of 65 rises as well. As mortality and fertility rates decline, the average life span grows longer in developing countries. The proportion of the population over the age of 65 is expected to rise at a faster rate than ever before (Acharya, 2001).

Aging is a universal process that affects every individual, family, community, and society, and it is a dynamic process that is abnormal. The aging of the population is now a global phenomenon, and the world is becoming increasingly aware of the problems it is causing, which are threatening to create societal imbalance (Regmi, 2006). Since the twentieth century, the global trend of an aging population has been increasing. Ageing occurs at a faster rate in developed countries than in developing countries. Less developed countries will have less time to adapt to the effects of aging than developed countries (Bista, 2000).

The International Conference on Population and Development (ICPD), held in Cario from September 5 to 13, 1994, brought to light some key issues concerning the elderly. It advised and advised countries to develop policies to increase the elderly's self-reliance, promote quality of life and independence, develop the health-care system, and develop the economic and social security systems (UN, 1994). The United Nations organized the second world assembly, which took place in Madrid, Spain from April 8 to 12, 2002. Priority directions on older persons and development, advancing health and well-being in old age, and ensuring, enabling, and supporting environments were recommended in the political declaration and Madrid international plan of action on ageing. Active participation, employment opportunities, improving living conditions, alleviating

marginalization, integration access to knowledge, education, and training, and full utilization of potential and expertise were also recommended. The Madrid International Plan of Action on Ageing recognizes some key areas of action as strengthening solidarity, eradication of poverty, health promotion, universal and equal access to health care services, abuse and violence, images of ageing, and research on ageing as some key areas of action (Chhetri, 2006).

## **2.4 Empirical Studies**

### **2.4.1 Elderly People in Nepal**

According to a survey, elderly men work an average of 5 to 10 hours per day, while elderly women work up to 16 hours per day. Women in their eighties and nineties work from dawn to dusk, assisting their families. Elderly men play an important role in passing down traditions and cultural values, as well as imparting knowledge and preserving culture and traditions. They also contribute to the development of capable citizens by instilling in young people the values of truth and nonviolence (NEPAN and Help Age International, 2003).

The size of the family plays an important role in the social structure of Nepal, as it does in most other countries. The size and structure of the family household structure or co-residency patterns, living arrangements, family support system, marital status, and the gender gap in life expectancy all change as the population ages (Bista, 2005).

Old age is stereotyped as a time of decline, and it can be difficult to learn more about oneself and easy to become isolated. As the world's population ages, resources to address the problem become more limited, as the need to find ways to assist elderly people in continuing to live their normal lives grows (Upadhaya, 2004).

Nepal's demographic situation is characterized by a large proportion of young people and a lower proportion of adults and the elderly, but the rate of growth of the elderly population has been faster in all three age groups, namely young (0-14 years), mature (15-59 years), and elderly (60 years and over). In Nepal, the elderly population is growing at a faster rate than the rest of the population. According to Nepalese census data, the elderly population has grown at a rapid rate over the last three decades, from 1970 onwards. Between 1991 and 2001, the elderly population grew at a faster

rate of 3.5 percent per year, compared to the overall population's 2.24 percent growth rate. According to the high growth rate of the elderly population in the 2001 census, the number of elderly people will double in less than 20 years (Bista, 2004).

#### **2.4.2 Tharu Community of Nepal**

The Tharu are Nepal's second-largest indigenous group and one of its most influential. The Tharu ethnic group had a total population of 1,737,470 people in 2011, accounting for 6.6 percent of Nepal's total population (Nepal Central Bureau, 2013). The Tharu people are divided into many sub-groups, some of which share a very similar culture and others of which there are 25 different sub-cultures (Krauskopff, 1989). Others who live in Terai speak a different language, have a different culture, and follow a different religion. However, some privileged Tharu-led political movements aimed at forming a common Tharu identity have been successful (Guneratne, 2002, p.198). According to Guneratne (2002), there are two levels of Tharu identity in Nepal. The first is the local level, which is well-established, deeply rooted, and structured through Tharu sub-group intermarriages. The second is a more fluid identity, a self-reflexive identity that represents Tharu's place in the world, particularly on national and regional levels (Guneratne, 2002).

Tharu is a Nepalese ethnic group. However, the book is a general history of Nepalese people, and the chapter on Tharu was insufficiently detailed (Bista, 1967, pp. 118-127). Dron Pd. Rajaure (1981) looked into the Dangaura Tharu's economy, rites of passage, festivals, and some village rituals, particularly tattooing customs, child rearing, and women's status (Rajaure, 1981, 1982; Krauskopff, p. 198). Dron P. Rajaure is the first scholar to conduct a comprehensive empirical study of the Dang district, which is home to the Dangaura Tharu. C. McDonough's Dangaura Tharu studies focused on social organizations, rituals, and Dang Tharu culture, with a stronger emphasis on kinship relationships (Ibid).

Rishikesab Raj Regmi (2003) described the Kochila Tharu customs on house building, fishing, agriculture, social organization (that and gotra, marriage regulations and rituals), religious practices (Dhami village rituals and healing practices), and rites of passage, as well as the classical Tharu origin controversy (Krauskopff, 1989). Ashok Tharu (2007) is a Tharu scholar who specializes in Tharu folklore, history, art, and philosophy. Gurbabak Jarmauti, phulwar (garden),

and Tharu folk Ramayan have been his main interests (Tharu, 200). Similarly, the Nepal Folklore Society conducted a study on Dang's Tharu folklore and folk life (Diwasa & Bhattarai, 2009). Eastern Tharu, according to Gunaratne, share cultural symbols with other Madheshi residents in their languages, dress, and rituals, as well as living in multicaste villages (Guneratne, 2002).

The legend indicates that they originated in Rajasthan, in northwestern India. According to legend, the Tharus originated in the Thar Desert of Rajasthan, India, and were thus given the name Tharu. The majority of them sincerely believe they came from Rajputana, India, during the Islamic invasion (Bista, 1967).

Tharu is one of Nepal's ethnic groups, consisting of various castes, ethnic groups, and tribal groups. They account for 50.86 percent of the country's total population. In terms of population, they have 1737470 people (6.6 percent ). Tharu people mostly live in Bardiya, Kailali, Dang, Nawalparasi, Chitwan, Sunsari, and Bara among Nepal's 75 districts (CBS, 2017).

Farming is the primary occupation of the people of Bara, Dang, Bardiya, and Kailali. Tharu are the most populous ethnic group in the districts of Dang, Kailali, and Bardiya, but they are the third most populous in Bara (Nepal Central Bureau, 2013). Tharu's main occupation has traditionally been agriculture. The majority of Tharu cultivate or work for landowners. Farming, Bethbegari-free community service, and BargharMukhiya tradition and customs are all intertwined and work together to keep the village running smoothly. Tharu (Tharuhat) has been overlooked for centuries due to its low flat malaria epidemic land. Following the eradication of malaria, the Terai's economic potential was investigated. Terai is now the most populous and fertile region of the country (Nepal census, 2011).

## **2.5 Summary of Literatures**

The most common reasons for moving are to assist or be near relatives, to find a healthier climate, and to volunteer for military service.

Kinship, friendship, and shared community bring migrants and non-migrants together, and this contact helps to elicit migration flows by acting as stimulants to the primary impetus for migration. It also reduces the financial costs and risks associated with international migration.

The law of migration states that the number of opportunities for migrants to meet their needs is inversely related to the flow of people between two locations (employment, housing etc). This is viewed as a hypothesis of intervening opportunities rather than a negative way. Stouffer, 1960.

The biomedical model's dominance leads to intrusive and invasive medical procedures. The social and cultural contexts of aging are ignored in this model. According to Vincent (2006), the quest to combat aging means that the aging body can become the property of outside experts rather than the self.

The inability of elderly people to accept change and a lack of understanding of elderly needs among young adults are the major roadblocks to a happy family life. According to a survey, Nepal has a significant generational divide. The younger generation wishes to modernize, while the older generation wishes to maintain traditional norms and values.

The economic context of worker flow is emphasized in neoclassical theory. Push-pull factors introduce relational aspects into migration thinking and help to construct dyadic frames. Because push and pull factors are nearly identical, they have been chastised for their inability to identify dominant factors.

According to anthropological and archaeological studies, migration as a process existed even in prehistoric times (David, 1970).

For developing countries, international labor migration is a significant source of revenue. Migration to India, a neighboring country, has a long history, whereas migration to the Gulf and Tiger states, Europe, and the United States began only about 15 years ago. The movements of migrant workers and their remittances are poorly documented.

The process or institutions involved in international labor migration (information gathering, decision making, planning, funding, and so on) are critical. Without dismissing the importance of incentives from potential receiving countries (pull factors) and limited options in the countries of origin (push factors), it is important to note that these factors are translated through migration patterns.

The chronological age of 65 has become the accepted definition of 'elderly' or 'older person' in most developed world countries. This does not fit the African situation well. There is no universal numerical criterion at the moment, but the UN has agreed on a cutoff of 60+.

The activities of development, modernization, and industrialization are not the same in every country. Some countries have already reached replacement fertility, while others are in the midst of a demographic transition. Although mortality appears to vary by region, there is a link between aging, fertility decline, and mortality.

The aging of the population is now a global phenomenon, and the world is becoming increasingly aware of it. Ageing occurs at a faster rate in developed countries than in developing countries. Less developed countries will have less time to adapt to the effects of aging than developed countries.

In India, elderly women work up to 16 hours a day, while elderly men work 5-10 hours. Traditions and cultural values are passed down through the generations by elderly men. They also contribute to the development of capable citizens by instilling in young people the values of truth and nonviolence.

The size of a family has a significant impact on Nepal's social structure. The size and structure of family households are changing as the population ages.

As the world's population ages, resources to address the problem become more limited, as the need to find ways to assist elderly people in continuing to live their normal lives grows. Old age is stereotyped as a time of decline, and it can be difficult to learn more about oneself and easy to become isolated.

Nepal's demographic situation is characterized by a large proportion of young people and a smaller proportion of adults and the elderly. Between 1991 and 2001, the elderly population grew at a faster rate of 3.5 percent per year, compared to the overall population's 2.24 percent growth rate.

The Tharu are Nepal's second-largest indigenous group and one of its most influential. In Nepal, there are two levels of Tharu identity. Through intermarriages, one is well-established, deeply rooted, and structured. The other is a more fluid, self-reflexive identity that symbolizes Tharu's existence in the world.



According to legend, the Tharus originated in the Thar Desert of Rajasthan, India, and were thus given the name Tharu. The majority of them sincerely believe they came from Rajputana, India, during the Islamic invasion (Bista, 1967).

The Tharu are a Nepalese ethnic group. In terms of population, they have 1737470 people (6.6 percent ). Bardiya, Kailali, Dang, Nawalparasi, Chitwan, Sunsari, and Bara are the main Tharu settlements.

Tharu are the most populous ethnic group in the districts of Dang, Kalali, and Bardiya. Tharu's primary occupation has always been agriculture. Following the abolition of malaria, the Terai's economic potential was investigated. Terai is now the country's most populous and fertile region.

Dangaura Tharu and other Madheshi residents share cultural symbols in their languages, dress, rituals, and living in multicaste villages. Ashok Tharu is a Tharu folklorist who studies history, art, and philosophy. Rishikesab Raj Regmi described the classical Tharu origin debate.

## **CHAPTER THREE**

### **RESEARCH METHODOLOGY**

The goal of this chapter is to go over how the field was prepared and run for this study, as well as the theoretical foundations of each instrument. My primary goal in conducting field research is to get closer to the people and situations being studied in order to produce an authentic and effective outcome. The process to be followed in order to achieve the research goal is referred to as research methodology (Creswell, 2003). This includes interpretivism, which is an epistemological position that seeks subjective meaning rather than objective reality in social action. My research study's methodological approach is based on ontological and epistemological assumptions. As an interpretive social science researcher, exploratory research is the most appropriate research design for my project. The qualitative approach is the most appropriate and appropriate methodological approach for my research study. In my study, open-ended questions for in-depth interviews are required research methods.

#### **3.1 Selection of the Research Site**

As a study area, I have chosen my own hometown (Lamki-Chuha Municipality), where I have lived for several years. Despite my best efforts, I have not been able to live in my village for the past decade. However, through visits and communication, I have remained an integral part of the municipality. Before deciding on the site, I gathered information about the area by visiting some homes and asking questions, and I discovered that the majority of the people who lived there were elderly people, women, and children. According to them, the area's potential literate/illiterate manpower, primarily males, are fleeing to other countries in search of work. This has impacted their family's situation, as well as the elderly people in the Tharu community.

Lamki-Chuha Municipality – 4 is one of the ten wards in Kailali district's Lamki-Chuha Municipality. It is located in Nepal's far western Development Region. The emigration of labor has dominated this region. In terms of the study area, it was decided to focus on the impact of international migration on the elderly. International migration is primarily driven by the large size

of young and adult males. Being a researcher at home (Municipality) makes it easier to conduct research, and I am familiar with the study area, making the study more comprehensive and reliable.

### **3.2 Research Design**

A research design is a strategy for gathering and analyzing data. It's a framework for determining the answers to research questions. The primary purpose of research design is to describe how the researcher will come up with a solution to the research question. The choice of an appropriate research design is critical for any investigation because it allows the researcher to arrive at valid findings, comparisons, and conclusions.

My study is exploratory in nature. I used an explorative research design. It explores the impacts of migration on Tharu's older population. The plan is the research's overall scheme or program. As a result, the research was conducted using qualitative data and an exploratory research design to achieve the study's specific goal.

### **3.3 Nature and Source of Data**

The model of research design demands qualitative data. The data are collected from both primary and secondary sources. The primary data are collected from direct field work. In this process, individual respondent has been chosen as sample unit. The sampling in my research is purposive. The collection of primary data involves interview, field observation and case study. The interview conduct with parents of Tharu community who has gone for foreign employment. It also includes field observation provides insights in to behavior, activities and processes by observing elder persons of the Tharu community.

The major sources of secondary data are published and unpublished journal articles, relevant literatures about foreign labor migration such as research, report, journals, news paper, library, published books, documents, scholarly journals, thesis, Tharu documentary video, Tharu community written paper related books written by the sociologist, internet and records of CBS Nepal as well as published and unpublished reports of the offices of the VDC and central level of the related area were also used, as the source, to grab the objective of the study.

### **3.4 Universe and Sampling**

Sampling procedures are different for different types of data collection. My research follows purposive sampling method. A purposive or judgmental sampling is a form of non-probability sample in which the subjects are selected to meet the study's needs. This form of sampling generally considers the most common characteristics of the type it is desired to sample, tries to figure out where such individuals can be found and then tries to study them. There is Tharu tole placement of Tharu population in Baliya. By applying purposive sampling, in my research mainly I selected the Tharu old people head of the family respondents their son who has gone for foreign employment from that home.

At there are 103 household in ward no. 4 Baliya, Lamki-Chuha Municipality. According to the (VDC profile 2074 B.S.) in this study 17 households are the purposive sample method of this study.

### **3.5 Tools and Technique of Data Collection**

Many different methodologies can be used for data collection and analysis. Most are based around a core set of basic tools. The collection of primary data requires the following tools and techniques: Interview, field observation, and Case study.

#### **3.5.1 Interview**

Interviews are used to investigate the contextual boundaries of experiences or perceptions in order to uncover information that is hidden from ordinary view or reflection, or to gain a deeper understanding of the nature of experience. Its goal is to gain access to the self's hidden perception. I used an unstructured interviewing format to gather information. I selected interview as an appropriate method to collect data with the objective that it can bring the hidden commonsense perceptions, explanations, and understanding linked with migration impacts on elderly people of Tharu community. The open-ended questions are preferred choice for interview. In this process, a

total number of 17 elder age persons were selected. This includes the number of 11 male and 6 female respondents.

An interview is a conversation in which information is gathered. A qualitative data collection technique based on systematic questioning in a formal or informal setting, an interview is essentially a qualitative data collection technique. Face-to-face interviews were conducted. On the other hand, an interview encourages respondents to elaborate on their responses. As a result, interviews were used to collect data from the field. To conduct my case study with the respondents, I used an interview. There were open-ended questions included in this process. And the elders to make the research more meaningful and to collect as much data as possible.

### **3.5.2 Field Observation**

The researcher must spend many hours in direct personal contact with those who will be studied during the observation process. Observation in the field is an important task when collecting data. By observing targeted individuals in their working environment with their consent, field observation provides insights into behavior, activities, and processes. A qualitative data collection method that involves observing people's natural behavior in their natural environments.

In my research, observation is one of the most important research tools. It was easier for the researcher to observe the overall activities of respondents because he was familiar with the study area. The observation method was used to gather reliable data for the study. Because observation is a key technique, it provides more accurate information about the subject. This study used observation techniques to examine the impact of migration on Tharu community elderly people's lifestyles, social work, behavior, income, and standard of living. Some photographs were taken during the observation, and their voices were recorded on a mobile phone.

### **3.5.3 Case study**

A case study is an in-depth investigation of a person or a unit with the goal of generalizing across multiple units. A case study is also defined as an in-depth, systematic investigation of a single person that the researcher investigates. Case studies are in-depth studies of a single individual (interviews). A case study's overall goal is to – describe a specific situation (case). Case studies are a popular method of qualitative research.

A case study is a research method that entails an in-depth, in-depth examination of a specific case. Qualitative case study methods are primarily used to discipline personal and particularized experience. In my research, I have conducted case studies of 17 old people of Tharu Communities in their houses who moved for foreign country. For this, I have carried open ended interview. In this case study used to get the personal experience regarding migration impacts on old age people of Tharu Community.

### **3.6 Field Experience of the Researcher**

The first thing I realized was that my research can only be truly effective if it aligns with impacted people's problems and needs, which can only be accomplished through close collaboration with them. As a researcher, I've gained a broad range of experience in the field.

In the course of my visit, I came across a variety of respondents. Some accurately interested, some overly enthusiastic, some story tellers. That made me clear that I must be completely transparent about my research with respondents. Some stories being extra-exaggerated, I completely understood what they expect was some aid via my interviews and I had to tell them my real purpose of the study or research. And I was so touched by their stories.

I asked with questionnaire, there were hesitation to answer properly or openly so I had to change my approach. I had to start from their own language so I make them comfortable to communicate. I used their own Tharu language to communicate with them like their own son and own grand-son

in the most of the cases. In spite of all these circumstances, I collected every data necessary needs to complete my research. I have great memory in my long future.

### **3.7 Process of Data Analysis**

Data interpretation is the process of reviewing data through some predefined processes which will help assign some meaning to the data and arrive at a relevant conclusion. It involves obtaining result of data analysis, making inferences on the relations studying and using them to come out with the conclusion.

Data analysis is a process of obtaining raw data and converting it into information useful for decision making. This process is used in different business, science and social science domains and has multiple facts and approaches, techniques under a variety of names.

Different tools and techniques were used which lead to quality rather than quantity data. With primarily and secondarily data collected. It helps me in identification of problems to be encountered and remedies needed.

Using these are the tools and techniques, I was able to collect all the qualitative data, which as per my knowledge are accurate and around the periphery of my academic interest. I have analyzed and critically recognized most of my research data and placed them organized. Overall data collected from different sources are scanned, tabulated and interpreted under which they are presented in explorative form. In this study explorative method has been used for presenting the collected data. After completing the field visit period, data has edited and tabulated as per the need of report mirror.

### **3.8 Limitations of the Study**

There is no research can be conducted with any limitations and this research is not an exception due to the shortage of time and resources. Every study carries some limitations which are unavoidable. This study is mainly based on the primary data which have been collected from the field. This study is restricted only to Lamki-Chuha Municipality of Kailali district. Thus, this study has following limitations:

- This study was limited on Lamki-Chuha 4, Baliya of Kailali district. It may not be generalized in other places of Kailali district.
- This study was totally based on the old age people and impact of international migration.
- It included these persons from households where at least one member was migrated.
- The impact of migration was studied in place of origin with participation of old age people their aged between 65-90 age groups.



## CHAPTER FOUR

### IMPACT OF MIGRATION ON ELDERLY PEOPLE OF THARU COMMUNITY

In this chapter the data, which are collected during the field study, are showed in different tables, mainly primary data are used in this study. And also this chapter covers the profile of respondent and the data collected from them. It includes case studies of samples who are the person migrated in foreign employment and from their household elderly age people are selected. The presentation of data involves the brief introduction of the candidate and their experiences. Also the major impacts of migration on elderly people from the respondents from their personal experience.

#### 4.1 Profile of Respondent

In my research, 17 cases were selected for the case study in which 6 were females and 11 were males from Tharu community. All the respondents were undergone through interview. Field research was conducted in month of June, 2021. I interviewed those people who are elderly aged in between 65 to 90 years old. The priority of the respondents were local inhabitants who were living in Lamki-Chuha 4, Baliya.

Table 4.1: Age wise distribution of Respondents

S/N	Age Distribution	Number
1	65 – 70	6
2	71 – 75	5
3	76 – 80	2
4	81 – 90	4
Total		17

*Source: Field Study, 2021*

According to the table 4.1 there are people from the age of 65 to 90. The problems of different groups of age are different thus it is apparent to distinguish the old according to their age. In my study people of age group 65-70 years were found at maximum. Similarly, interviewed people of age group 71-75, 76-80, 81-90 were 4 in numbers which was found comparatively in minimum number. The study reveals that old peoples feel burden they suffer with physical, mental, psychological problems. In terms of their family members do not provide adequate care and concern towards them they became lonely. If their own sons moved for foreign country or far from hometown and also their family and relatives don't provide enough care to the elder age it is difficult for them live happily.

Table 4.2: Change in Household Structure

<b>Household Structure</b>	<b>Before Migration (No. of Households)</b>	<b>After Migration (No. of households)</b>
Nuclear	2	5
Joint	12	11
Complex	3	1
Total	17	17

*Source: Filed Study, 2021*

This table shows how households after migration breakdown and became nuclear than before migration. The international migration shifting the sources of income from agriculture to remittance from foreign country. The data show the foreign employment is also fascinating internal migration from village to town. The internal migration is due to search of better education for children and for good health facilities.

Table 4.3: Level of Education of Respondents

<b>Education</b>	<b>No. of male</b>	<b>No. of female</b>	<b>Total</b>
Illiterate	8	5	13
Literate			
School Attendance	2	1	3
S.L.C	1		1
<b>Total</b>	<b>11</b>	<b>6</b>	<b>Total=17</b>

*Source: Field Survey, 2021*

The table 4.1 According to the table most of the respondents involved in data collection were male. It shows that there is higher rate of illiteracy elderly age people of Tharu community. The number of Tharu elderly women who are illiterate are much higher than that of males. The picture of Tharu elderly women in my research study is either illiterate or general school attendants. The number of elderly male involved in education is comparatively higher than elderly females. This shows huge gap in education elderly people of Tharu Community while comparing education of respondents.

## **4.2 Case Studies**

I interviewed the elderly people of Tharu community. In this research study the respondents in case studies were living in Lamki-Chuha municipality. I had took these homes who were migrated for foreign employment in foreign country.

### **Case 1: Desh Raj Tharu**

#### Introduction

My name is Desh Raj Tharu. I am 75 years old. I had three children—one is son and two other daughter. The source of family income of our family was agriculture. We, entire family, were initially engaged in agriculture before our son moved for foreign employment. This had formed joint family. It has formed inter-dependent relation among family. My daughters were married

and they stay at their home and they occasionally visits us, mainly in festivals. I have my own house with 1 *bigah* land for farming.

### Impact of Migration

We, had a happy family until my son moved for foreign employment in Malaysia. My son moved for foreign employment after his marriage. He used to come time and again after two or three years and stay for months. Now, he had 2 sons and a daughter. My daughter-in-law stays at Dhangadhi for the purpose of education. This, in a way, is good for new generation. It makes the future of my grandson and grand-daughters good. In this time, my son stay few days here while he spent most of the time at Dhangadhi where my daughter in law stay by renting room.

He occasionally sends money to us. He used to send money in his wife account. His wife also visit rarely. We, both the couples, stay of our own mainly by the support of our daughter. Sometimes, I feel as if there is no need of having son in these Kalyug where son rotates around his wife. The parents don't matter for them.

## **Case 2: Khushi Ram Dahit**

### Introduction

My name is Khushi Ram Dahit. I am 70 years old . I have five sons and three daughter. Our main earning resource is farming. My elderly son Suk Lal Dahit moved for foreign employment in Qatar. My three sons are in India for employment. They came in home for seasonal farming in rainy season. My three daughters was married. At that time we are living in single family, now my three sons living in with their separate family. Me and my wife living with our younger son. At That time we had three Bigah land, but my five son's separated their family. After separated their family now one's son have 15 kattha land.

### Impact of Migration

My elder son before going for foreign employment in Saudi Arabia, we had one single family. Now my five son's they have separate family. My first son Suk Lal Dahit have two sons. Suklal before going foreign employment his both sons are studying in Government school. Now both of them studying in Boarding school. He sends money always his wife's personal bank account

number. His wife always do shopping or buy always new things like clothes, shandle, and her make up things. She always go in beauty parlor but, she never tried to ask for anything for both of us. My son sends money for us—me and my wife. But his wife did not say anything to us. Sometimes, we feel we are childless. Yeah, it has contributed in our economic upliftment but we feel emotionally break up. In some way, we think that having child is in a way matters only in terms of money. We feel humiliated from our society. They laughs at us as my daughter-in-law take a neutral emotional bonding with us.

### **Case 3: Rup Lal Chaudhary**

#### Introduction

My name is Rup Lal Chaudhary. I am 65 years old. I have only one son his name is Narayan Kumar Chaudhary. He has got married and he has one child. My son has gone for foreign employment in Dubai. After three years he came back to home for one month. His daughter studying in boarding school. Our main resource is farming and another is “Kirana Pasal”. My daughter-in-law’s behavior is very good. So that our family is living happily.

#### Impact of Migration

I have one son but he moved for foreign employment. My son before going foreign country we had “kacchi Ghar”. Son going foreign country after two years now we made “ Mini Wala Pakki Ghar” and we have small shop also. Another positive thing is that my grand-daughter is studying in English Boarding school. Our mainly earning resource is now “Kirana Pasal” and another is remittance also. My daughter-in-law treat us very well. My son also time to time contact on video call from Dubai on mobile. My family lifestyle totally changed my son after going for foreign employment. So it’s all about goes to this credit my son Rup Lal Chaudhary. Our family is quite pleased and turned to be more strong economically from foreign employment.

#### **Case 4: Dal Bahadur Chaudhary**

##### Introduction

I am Dal Bahadur Chaudhary. I am 77 years old. I have two sons and three daughters. We are totally engaged in farming and livestock. My three daughters was married. Our household was running smoothly from this farms. As soon as my sons got married and they were moved for foreign employment. One is still living in Saudi Arab. While one had just returned from Malaysia. My elder son have two daughter and another son have one son. My two grand-daughter and one grand-son studying in boarding school.

##### Impact of Migration

My elder son's wife and my two grand-daughters living with us. But my second son's wife and one grand-son living in Dhangadi Bazzar. Because of that our breakdown the family. And another thing is my son sends money in his wife's bank account number. His wife's and his son living in Dhangadi Bazzar. At that time we had integrated family or each and everything was inter-dependent family, caring, sharing with each other. My son's before going foreign country I am a head of the family. Now it totally changed their wife's are head of the family. That time we had mainly earning resource is farming and livestock. In this time our family is running with both of farming and remittance.

#### **Case 5: Santoshi Devi Dangoriya**

##### Introduction

My name is santoshi Devi Dangoriya. I am 90 years old. My husband name was Mahadev Danguara. He died after a long illness. I have three sons and one daughter. They all are married. My elder son have one daughter and one son. His son moved for foreign employment in Dubai. My second son have one son and another third son have one daughter. Our main earning resource is farming and livestock. Another thing, my grand-son studying in boarding school but my grand-daughter studying in government school.

### Impact of Migration

Our family is joint family. We are living with my three sons and their family together. We are doing goat farming and seasonal farming also. We have integrated family or interdependent family so that easily handle this Goat farming business successfully. My elder son wife is so good. She is caring and take care of whole family. Elder daughter-in-law give me time to time “Dal Bhat Tina” and medicine also. When I feel boar my grand-daughter talks and play with me. My sons are busy in their works. My Grand-son sometime contact with us in video call from foreign country. He came home last month and he gave me foreign sun glasses from foreign country. He earn money and he sends money in home time to time from foreign country.

### **Case 6: Bishamati Devi Rajbangshi**

#### Introduction

I am Bishamati Devi Rajbangshi. I am 73 years old. I have four sons. My Second son Anganu Rajbangshi moved for foreign employment in Saudi Arabia. My three sons are married and younger son is unmarried. My younger son Bikram Rajbangshi is studying in Kaillai Multiple Campus Dhangadhi. Our main earning resource is “Kheti-Pati” (Farming). We are living with joint family. My elder daughter-in-law is so good behavior for me and she treat me very well. My three grand-daughter and two grand-son studying in boarding school. My grand-son and grand-daughter also loving, caring and they have good behavior for me.

#### Impact of Migration

We have joint family. Our integrated family and we work together in the field. My second son Anganu Rajbangshi sends us money from foreign country. So that their children studying in boarding school or they are getting good education. And also another thing is that our family life standard improved because of foreign employment. My sons and daughter-in-law are working together so that i feel happy and we are living happily living with integrated family. It also another thing is that grand-daughters and grand-sons are happy and they are enjoying with their integrated family. I feel also happy my sons and daughter-in-law living with integrated family they are sharing, caring, loving and supporting each and others.

## **Case 7: Som Mati Devi Kathariya**

### Introduction

My name is Som Mati Devi Chaudhary. I am 69 years old. I have one son his name is Dev Kumar Kathariya. He moved for foreign employment in Kuwait. My son is married and he has one daughter and one son. My grand-daughter and grand-son both are studying in boarding school. We have small shop in Baliya Bazaar. We have one Bigah land but we gave for Bataiya this land. In that land small or poor family farmer do Batiya in that land. They produce there crops in that land and after one year they give us half of percent rice from that land. Our main earning resource is first small shop “Kirana Pasal” and foreign remittance. My son still living in Kuwait. He spend three years in Kuwait.

### Impact of Migration

I have only one son and he also moved for foreign employment. He has gone in foreign country after that our family is in good condition. But, my daughter-in-laws behavior is not good for us. She was did job in “Laghu Bitta Samuha” in finance bank limited. My daughter-in-laws behavior is not good because of this reason she drinks alcohol in hotel in the evening time. After my son knows everything her behavior and he stops send the money in home for her. And my daughter-in-law also moved for foreign employment in Oman. My one grand-daughter and grand-son with us. My son and my daughter-in-law both of them moved for foreign employment in gulf country. They send us money time to time from foreign country but we are both me and my wife is not satisfied from them. Our neighborhood also use bad words for my daughter-in-law. We don't feel good they think about my grand-daughter have bad character. We are not happy me and my wife and we always think about them when will my son and daughter-in-law come in home. When we will be together with our happy family.



## **Case 8: Bhagwan Din Tharu**

### Introduction

I am Bhagwan Din Tharu. I am 87 years old. My wife name is sarswati Devi Tharu. I have four sons and two daughters. And my three daughters is married. Initially we are totally engaged in farming. Our household was running smoothly from farming. My sons also they are married. My elder son Dul Ram Tharu moved for foreign employment in Qatar. My three sons are living with us in home. But my young son sometime move in India and he come in rainy season like crops farming time. Elder son have two sons and they both are studying in boarding school. My sons and daughter-in-law they work together in the field. We have three bigah land.

### Impact of Migration

We are living with joint family. Our family is integrated family or interdependent family. My elder son before going foreign employment we have only one earning resource is that farming but after going foreign employment our second earning resource is the remittance also. My son sends money after that we bought a power tailor tractor and we can easily buy “Mal Jal” eurea, diapi farming crops in the field. Now we can easily buy anything. My grand-sons and grand-daughters are getting good education. And my family lifestyle is improving from this is the only one thing foreign employment. We are doing well farming also and after one year we sell our crops in the market rice and wheat. After that in our neighborhood also talks about good thing of our family. In my family i am a head of the family and my sons and daughter-in-law work together so that i feel happy and well. Our family is living happily.

## **Case 9: Tej Ram Dangaura**

### Introduction

My name is Tej Ram Dangaura. I am 67 years old. I have two sons. My wife name is Ful Kumari Devi Dangoriya. My elder son is teacher in government school. My second son is moved for foreign employment in Saudi Arabia. He is still living in Saudi Arabia. My two sons are married. My elder son have two daughters and my second son have one son. My grand-daughters and grand-son studying in Boarding school. My two daughter-in-law behavior is very good for us me and my

wife is living happily with our family. My elder daughter-in-law working in the cloth tailors in the Baliya bazaar. And younger sons wife is working in home like she is cooking food for us and she works in the field. We have three bigah land but we gave bataiya. Small poor family farmer do bataiya in that land.

### Impact of Migration

My both sons family living with the like single family. My elder son do prestigious job in the school he is teacher. My second son moved for foreign employment after that we have second resource is add for us. We have one motorbike also. My grand-daughters and grand-son are getting good education. My younger son after going for foreign employment our family life style is totally changed. My neighborhood also talks about that you have two nice sons and they are doing well job. So i feel very well from both of my sons. Now we can easily buy anything for us like small things new clothes, new model motorbikes and many basic things also. We made a house “Lenter Wala Pakki Ghar”. We bought a land five kattha Jagah near main high way road. I am a head of the family when I made a plan for anything my both sons are supporting me so that we are living happily.

### **Case 10: Pahun Lal Tharu**

#### Introduction

I am Pahun Lal Tharu. I am 75 years old. My wife name was Sakuntala Devi Tharu. She was died of cancer. I have four sons and two daughters. Initially we are engaged in farming and livestock. Our household was running smoothly from our farms. As soon as my sons got married, they moved for foreign employment. One is still living in Oman while another son just returned from Malaysia. My three grand-daughter and two grand-son studying in boarding school. Now my four sons have their own separate family. I am living with my elder son. My elder son wife working in small hotel “Chiya Nasta Pasal”, she works there and she is whole day busy in the small hotel. Now our two main earning resources one is the small hotel and second is that foreign employment.

### Impact of Migration

My two sons are moved for foreign employment. My four sons are married after that our integrated family breakdown now. So that time I am the head of the family but after going foreign employment their wife's are the head of the family. My sons have single-single house their children are getting good education but they don't think about me. My daughter-in-laws are busy in their own works but they don't think about me i am a old persons sometime I feel sickness. My sons have better family life in future time but now my conditions is not good. Now I am living with my elder son family. He sometimes send money for me but his wife bank account number. I have one good grand-daughter I share my every problems with my grand-daughter. My son is far from me and my daughter-in-law is busy in the work. Sometime I share my problems with my neighborhood friends.

### **Case 11: Saraswati Devi Chaudhary**

#### Introduction

I am Saraswati Devi Chaudhary. I am 67 years old. I have two sons and three daughters. My husband was died after a long illness. My sons and daughters all are married. My elder son do farming with us he has one son. And my younger son he moved for foreign employment in Saudi Arabia. Our main earning resource is farming. My sons sends money monthly Nprs.45 thousands sometime Nprs50 thousands. My son has gone for foreign employment for better future for better opportunity. He don't have any skill before going foreign employment. He told me he is doing job in company line in Saudi Arabia. My younger son have one daughter she is studying in boarding school. My elder sons have one son he is also studying in boarding school. My two daughter-in-law are work with both of them. My elder daughter-in-law work in home but my younger daughter-in-law she do is teaching in boarding school.

#### Impact of Migration

My younger son after going foreign employment my family lifestyle totally changed and improved also. My elder son do farming well in our field. I have two sons and their family living with us happily. My grand-son and grand-daughter are getting good education from good school. My both

daughter in law work with us they help each and others. We utilize remittance amount we made a “pakki Ghar” and we bought a power tractor for do work easier in the farming field. After that we do farming in our field but we use modern technology. So its all about goes credit my younger son. So that it is possible for modern type of farming. My son go for foreign employment for better living standard. Many kinds of changes I am facing after my son gone for foreign employment my grand-daughter and grand-sons future will be bright in the next level.

I have all the works of our house decision making future plan my elder sons makes plan and he handle and manage these all kinds of our house problems. One thing I am so happy because of that only one reason I have to say my both sons are living with single family.

## **Case 12: Bhagi Ram Chaudhary**

### Introduction

My name is Bhagi Ram Chaudhary. I am 71 years old. My wife name is Chunni Devi Chaudhary. I have three sons and one daughter. My all sons and daughters are married. My elder son have two sons, second son have one daughter and younger son have one little daughter. My elder grand-son moved for foreign employment in Qatar. Our family doing farming and we have small “Kirana Pasal” in Baliya bazaar. Our main earning resource is farming and small shop. My three sons family living with us in like single family. My elder daughter-in-law is teacher in primary government school. My elder grand-son contact with us in mobile video call he also talks with me. And time to time he sends money in home.

### Impact of Migration

I have three sons and we are living with like one single family. We are doing farming well in our field. We have total four bigah land. My elder grand- son he is only moved for foreign employment from our home. He don't have any technical school he has only tenth class education qualification. My grand-son sends us money in home Nprs. 35 thousands sometime Nprs 50 thousands. He go for foreign employment for better living standard and his friends are also there in foreign country. So that he has gone in foreign country. My grand-son after going for foreign employment our family condition is so good time to time he sends money we can easily spend that money in buying “Krishi Mall” and we can buy technical things for farming field like seeds, mall jall, biu bijan and

pharhuwa, kuto, kodalo these all kinds of things. We utilize this remittance amount in like buying land and many personal things. Yes its made our life easier.

My daughter-in-laws are also work with like single family they help them each other. When I feel boar I talks with my grand-daughters and grand-son. Now my elder son is head of the family he handle these all kinds of house future plans and many kinds of working plans. But I feel happy I am happily living with my family.

### **Case 13: Lahanu Prasad Chaudhary**

#### Introduction

I am Lahanu Prasad Chaudhary. I am 85 years old. My wife name is Suntali Devi Chaudhary. I have one son and one daughter. My son and daughter are married. My son have one child. My daughter-in-law studying in bachelor level now. We have three bigah land we gave batiya this land. Poor farmer family doing farming that land and they gives us after one year crops from that land annually. My son moved for foreign employment in Singapore. He is doing job there security guard. In Nepal he is Usshu player. He has knowledge of security guard training. He did job of security guard one year in Kathmandu. After he applied visa in Singapore for security guard job.

#### Impact of Migration

I have only one son but he also moved for foreign employment. My son wife she is my daughter-in-law moved to Kathmandu for the purpose of study. My sons family also living far from us. My daughter-in-law and my grand-son living in Kathmandu. My son wife rarely visit in our home town Baliya. My daughter-in-law don't think like we should meet our family time to time in home and how we feels bad or good she don't think like that. We are old couples living in home town or village. We are happy or not happy they don't give any attentions for us. We are feeling illness or not we are healthy or not they don't have any love for us. We are old couples live in our hometown. We feel loneliness. We have grand-son but we are not close because my daughter-in-law and grand-son living in Kathmandu.

So my son sometime he contact with us in mobile. He sends money from foreign country but he sends money his wife bank account number. After that her wife send us money from Kathamandu

in IME number. Now her wife is head of the family. My son after going foreign employment our family is breakdown.

#### **Case 14: Naya Ram Tharu**

##### Introduction

My name is Naya Ram Tharu. I am 80 years old. My wife name is Phulmati Devi Chaudhary. I have four sons and one daughter. My daughter and all sons are married. My elder son have one son he moved for foreign employment in Kuwait. Our main earning resource is farming and hardware shop in Baliya bazaar. My grand-son only moved for foreign employment. My four sons are living with their family in separate house. I am living with my elder son family. My wife was dead after long illness. My sons before separating with their family we had four bigah land. But now my sons after separating with their family one son have only one-one bigah land. My younger son open hotel in Baliya bazaar they also busy in their work. My two sons are moved for employment in india. My elder son have open in hardware shop in Baliya bazaar he work in the shop and my elder daughter-in-law work in home.

##### Impact of Migration

I have four sons but after separate their family they have living with single family. We had integrated family or inter-dependent family but now my sons have separate family life. That time I was a leader of the family now in their family my sons are head of the family. My elder grand-son he is in foreign country he sends us money from there and he contact with us in video call form there. When I feel boar we meet our friends in our village near “People Chutara”. I live with my elder son family sometime I feel alone in home. My elder grand-son far from me and my sons is busy in hardware shop in Baliya bazaar in market another thing is that my daughter-in-law also busy in work in house.

I have four sons but they are busy in their works so I don't have any friends like whom to share my personal problems. In old time our main earning resource is only farming but now my family main earning resource is fully changed first earning resource is from hardware shop and second is foreign employment or remittance. My sons have living happily with their single family but I am not satisfied from my sons and daughter-in-laws behavior. Some time I feel like that I don't have

any child or childless and I don't have any family. I have sons family but they are happy but I am not happy with them.

## **Case 15: Punshi Devi Chaudhary**

### Introduction

My name is Punshi Devi Chaudhary. I am 73 years old. My husband name is Lakhi Ram Chaudhary. I have two son and one daughter. My sons and daughter are married. My elder son have two child and younger son have one daughter. My younger son moved for foreign employment in Malaysia. Total we have nine members of my family. My elder son and daughter-in-law working in home. And my younger daughter-in-law is teacher in boarding school. Our main earning resource is farming and another is the foreign resource remittance. My grand-sons and grand-daughter are studying in boarding school. I have two sons family but we are living like single family. So I am the head of the family. My younger son contact with us in mobile video call from foreign country. He sends us money monthly sometime he sends us money after two or three months. After we bought "Khadhya Mall, Biu Bijan" other basic things also.

### Impact of Migration

Our family is joint family so that this family is interdependent and integrated. My elder son and elder daughter-in-law is busy in their work. My younger daughter-in-law also busy in teaching in boarding school. In the evening time and morning time my daughter-in-laws gives us "Dal Bhat, Tarkari Khana". My son go for foreign employment for better employment and better attraction salary its comparison to Nepal. He is doing job in food packaging company line. He was doing job in Nepal as a teaching line in boarding school. My son after going foreign employment our family condition is improved. Yes, our life is easier and we utilize remittance amount in this sector we bought a land from remittance amount and we are saving in bank for better family future. Also like emergency illness or for basic things.

Many kinds of changes I am facing after my son moved for foreign employment like now our family condition is good we can easily invest in money in any sectors and my own neighborhood relationship is so good. In elderly age me and my wife is satisfied from our son and also sons

family. My relatives visualize our family situation they comments us their family condistion is improved or they are in good position and also they comments us this family is prestigious family in this village.

## **Case 16: Rogihi Devi Rajbangshi**

### Introduction

I am Rogihi Devi Rajbangshi. I am 87 years old. My husband name is Dal Bahadur Rajbanghsi. I have four sons and two daughters. My sons and daughters all are married. My elder son have two sons, second son have three child and third son have one son and younger son have one daughter. My elder son have two sons and his younger son moved for foreign country in Malta. My four sons all are living their separated family. But, my all sons family work together in the field and rice mill. Our main earning resource is rice mill and farming. I am living with my elder son family. We have rice mill in Baliya Bazzar. My four sons are work there in rice mill. My daughter-in-laws are also work together in the field. My sons before separating their family we had three bigah land but after dividing the land one son have twenty kathha land. My grand-son contact with us in mobile video call from foreign country. Time to time he sends us money in home. My daughter-in-laws are housewife so that they are busy in their house works.

### Impact of Migration

My sons families are separated but works together in the field and rice mill. In our family my grand-son moved for foreign employment. He has completed minimum level of education twelve class pass out. He don't have any technical skill. He moved for foreign employment because he wants better living standard and attraction salary. He is earning money there monthly fifty to sixty thousands. My grand-son told me that he is doing job there in company line. My grand-son after going foreign employment my family condition is good. We utilize that remittance amount like we are buying basic things and we bought a modern technological power tailor tractor for cutting rice and wheat. And also we are saving this amount in bank for better future. I am the head of the family and my elder son also helps me for that making plans for our home. My daughter-in-law gives us in time to time "Khana". My sons have separated houses but near one after one houses thy made in same line houses.



When I feel boar I meet my friends near in “Pipal Chautara” we are sharing our feelings each and others. My neighborhood also speak good things about our family condition that time I feel so good. Like I am belongs to prestigious family. I think foreign employment is so good. Yes I miss him because he is my grand-son and I have good relation with migrated grand-son. Of course I suggest my grand-son once if he return to home I have to say, like you to do any job in Nepal or you have to do business here you have to use your foreign technological skill in Nepal. Many opportunities is waiting for you in Nepal I told him all things.

### **Case 17: Daya Ram Tharu**

#### Introduction

I am Daya Ram Tharu. I am 67 years old. My wife name is Phulmati Devi Tharu. I have three sons and two daughters. My sons and daughters are all married they have family. My elder sons have three sons, my second son have two child and my younger son have one daughter. My elder sons and younger son moved for foreign employment one had just returned. We are totally engaged in farming. Our household was running smoothly from this farms. As soon as my sons got married, they were moved for foreign employment. One is still living in Saudi Arabia while one had just returned from Malaysia. My second son and daughter-in-laws are in home. My younger daughter-in-law has opened beauty parlor in Lamki bazaar she works there whole day.

#### Impact of Migration

My two son after moved for foreign employment. They made their home in Lamki bazaar. They are separate from us. One son family is living with us in village. Now, our family is breakdown. My two sons family is living in Lamki bazaar. They sends money from foreign country in their wife bank account number. Now my sons wife are head of their family. My sons wife rarely visit with us in our village. Our family bonding is breakdown. We are old couples in this time what kind of need we need it only we need it family support and sons family support. But, my all sons have separated family. They don't think us my old parent father and mother happy or not what kinds of needs they want in old age time. This is kalyug I thought that time I have three sons and when I will old age time my sons support me and me and my wife live with happily. But, now my

sons are living far from us my daughter-in-laws are busy in their own work. Yes, it is really my sons family have better future but we are old couples we are not happy from them because all of them very busy in their own life. I want my sons family is live with happily, they have better family future. But, they don't good treat for us recently my wife is seriously ill. My sons money from foreign country but they never asks us what we want. In this old age we need support from sons.

## **CHAPTER FIVE**

### **SUMMARY AND CONCLUSION**

#### **5.1 Summary**

In my research, there we can see both positive and negative impact of foreign employment in elderly people. In case 1, in the life of Desh Raj Tharu, the elderly couple suffer from foreign employment. The couple did not get any kind of support from their sons rather the daughters who were married found to be helping the parents. In a way, the son is satisfied from foreign employment but the elderly parents were getting neither the financial support, nor they are finding the hand of their son in their old age.

Similarly, in case 2, Khushi Ram Dahit have family their sons have separate family. They are living with younger son. In this case they are not satisfied from their sons family. They also feel ignore from their daughter-in-law and sons . It shows us their son before going foreign employment their daughter-in-law behavior was good but after sons going foreign employment they feel that not good behavior or bad treatment from their daughter-in-law. The couples did not get any kind of support from their son and daughter-in-law. But, sons and his wife and their children life style is totally changed from this foreign remittance or employment. But old mother and father they did not get any financial or emotional support. In this case it clearly shows us old couples they are suffering bad impacts from foreign employment.

In case 3, In this case Rup Lal Chaudhary family living happily with their sons family. They have only one son and their son moved for foreign employment. But their daughter-n-laws good behavior they feels very good treatment form their son wife. And their daughter-in-law she is very good and she take care of the whole family. Because of that she is very responsible for family. Their son also time to time contact with family. And another thing is that their son before going froing country they did not have any kind of financial resource but after that his son moved for foreign country they have good house and their grand-daughter also studying in English medium boarding school. Its all about things it shows us in this case positive impact for this foreign employment in this family. An also another thing old couples are happy from their son and daughter-in-law and grand-daughter.

In case 4, In this case Dal Bahadur Chaudhary he has two sons both sons are moved for foreign employment. But in this case both of the good and bad impacts he suffer from his sons family. In that way, we could say good impacts his main earning resource was livestock and farming but add another resource is that remittance. In this foreign employment they have good condition of the family. Their gran-daughter and grand-sons studying in English Medium school their life style is totally changed. But, another thing is that bad impacts their wife's are the head of the family. Two sons have separate family one son family living in Dhnagdi bazaar and also breakdown the family. Old couples thing that we have everything wellbeing family but, they feel that we don't have any kind of support from sons and their family.

In case 5, In this case Santoshi Devi Dangoriyas family they living with joint family and they are living happily. Their sons doing work together in the field and doing livestock farming very well together. Their wife's also work together and their family is in good condition. And old mother she is also happily living with them. In this case it shows us old mother sons and her daughter-in-laws supportive and caring for her. Another thing is that grand-daughter and grand-son also caring and supporting for her. Whole family is living together so that old mother also happy from their supportive family.

In case 6, in the life of Bishamti devi Rajbangshi the elderly couples are they are living happily. The old couples are getting good support from their sons family and their daughter-in-laws also supportive for any kinds of work. Because of that their sons living with their joint family and they do any kind of work together and they help each and other problems. Old couples are head of the family in this case. They are satisfied from this foreign employment. They feel good treatment from their family. In this case it shows us old couples have positive impact from this foreign employment.

Case 7, in the life of Som Mati Devi Kathariya here we can see old couples are not satisfied from their son and daughter-in-law. Both couples one by one they moved for foreign employment in foreign country. They don't have any support from their son nor daughter-in-law. They have bad experience from this foreign employment. One grand-daughter and grand-son both are small and they are studying in school. It this case it shows us both old couples don't have any kind of support from son. Neighborhood also think bad character of her daughter-in-law.

Case 8, in this case the life of Bhagwan Din Tharu have well settled family. His elder son moved for foreign employment. After that their family lifestyle is improved and well settled. So it shows us family work together and help each and others sons family. They have prestigious family in their neighborhood in this village. They have power tailor tractor and they do well farming in the field with the whole family. So this is the case old people or elderly people have positive impact from the foreign employment. Elderly people head of the family if he planned for anything their family support him also. The whole family is living happily.

Case 9, in the life of Tej Ram Dangaura have two sons. In this case old couples have positive impact from foreign employment. They are living happily with their both sons family. They have bought land near the high way road. In this family a lots of future plan and they will be success in that their field. Old couples if they make a plan their both of sons help or support for them. Their another earning resource is the foreign employment. Their younger son time –to-time sends money for them. In this family their children getting better education. Foreign remittance because of that this family lifestyle is totally changed. Because of this remittance they can buy anything and they fulfillment of their any basic needs also.

Case 10, in the life of Pahun Lal Tharu he has four sons but after his sons going for foreign employment his family breakdown. Here Pahun Lal Tharu is living with his elder son family but her daughter-in-law she does not care for him she is busy in works in the “Chiya Nasta Pasal”. She don’t think like how can she helps her Father-in-law. In this case we can see his sons after going for foreign employment first problems is that family breakdown and another problems is the they don’t care old person. Their family lifestyle is improving day by day but old people don’t have any help for life easier. Its shows us clearly in this case old people have bad impact from this foreign employment.

Case 11, in the life of Saraswati Devi Tharu has two sons and three daughters. Her all daughters and sons are married. Her son after going foreign employment in her home positive impact it shows us in this cse. Her both of sons family living with one single family. They have better family life and they do farming with modern technology. They use modern technology power tailor tractor in their field. And old female daughter-in-law they also good treat of her. In this case its clearly shows us its all kind of positive impact from foreign employment. So we can say old lady have positive

impact from foreign employment. Her younger son have always send money from foreign country and they use this remittance amount for their future plan.

Case 12, in this case the life of Bhagi Ram Chaudhary he has joint family and he has four sons. His elder grand-son moved for foreign employment. But they don't have any big differences from foreign employment. Also their family is smoothly running from farming and "Kirana Pasal". They don't feel like big differences from foreign remittance amount. In this case not big impact from foreign employment. Old couples also they don't have any big difference from foreign employment. Because of their sons and daughter-in-laws are in home. From there home their grand-son only moved for foreign employment. old couples have getting good support from their sons and daughter-in-laws. In this case it shows us good impact from foreign employment.

Case 13, in the life of Lahanu Prasad Chaudhary sons family is in good condition his family also good condition but the old couples only living in village that is bad impact from foreign employment. Lahanu Prasad Chaudhary's only one son but he also moved for foreign employment. His son family daughter-in-law and grand-son living in Kathmandu far from village. His directly sends money from foreign country his wife bank account number he don't think I could directly send money from foreign country for my old father and mother. So in this case we can see old couples are not good treat from his son family. It shows us their son is fully satisfied from that foreign employment but old parents don't have any support getting neither financial support nor they are finding the hand of son family in old age. Clearly we can say old couples have bad impact form foreign employment.

Case 14, in the life of Naya Ram Tharu he has four sons family but he don't have any kind of support from their sons family. He is living with elder son family. Elder son is busy in the shop of hardware in Baliya bazaar and her daughter-in-law is busy in house work. His grand-son living far from there in foreign country. Sons family living happily they have good family but old person don't have any kind of support from their family. Old time he don't have any support from family like faninacila support or kindness nor hand of family. So this is kalyug old person thought that time I have four son I will happily living with my sons but now his sons family living happily with their family. Where he can share his feelings old persons wife also died after long illness now we can say he is living like single.

Case 15, in this case the life of Punshi Devi Chaudhary have two sons and one daughter they are all married. In this case younger son is moved for foreign employment and elder son is in home. Sons family is living in like single family. Old couples living in happily they are getting family support. Here we can see old father is the head of the family this is also positive things. Totally we can say this old couples have positive impact from foreign employment. This family life is in good condition and family decision making plan do also old person that is good thing for them. Their daughter-in-laws are handle house works and sons are busy in their works. Old couples sometime they spend time with their grand-sons and grand-daughter. In this case it shows us old couples life they are spending better life.

Case 16, in the life of Rogihi Devi Rajbangshi, she has four sons and their family. In this case her grand-son moved for foreign employment. Her sons and daughter-in-laws are in home they don't have any big impact from foreign employment. Old couples are happy from their sons and daughter-in-laws and from gran-d-son also. Her gran-son contact with them from foreign country and he sends money from there. After they use remittance amount in their future plan for family. Old person is the head of the family and their sons are supportive. In this old age time they need to support from sons and daughter-in-laws family. In this case we can see old couples have supportive family and they are getting good support from their family in old age. In this case their sons family they have separated houses but work together in the field and work together in mill. We can see also they help each other family. It clearly shows us old couples have good impacts from foreign employment.

Case 17, in the life of Daya Ram Tharu, the elderly couples suffer from foreign employment. In this case it clearly shows us they have bad impact from this foreign employment. Because, their integrated family is breakdown and they are feeling helpless from their own sons family. This case shows us they are getting financial support from their sons but, they are not getting emotional touchy support from nor sons neither sons family or daughter-in-laws support. Their sons family future is better for them. In this old age, the old couples wants our sons live with them and they can share any kinds of problems, feelings and help from them. Old couples miss their sons and its really they need happy family, they need also grand-son and grand-daughters love. Their sons after going foreign employment their sons family lifestyle is improved but old couples have not good, they are in bad condition and also they need help of sons family.

## 5.2 Conclusion

The research study shows that there is mixed impact of foreign employment in elderly people. In almost all case studies, it can be seen that there is financial boost in the family due to foreign employment. However, the family structure has been changed after the family undergone through foreign employment. The structure of family has been broken down after their sons enrolled in foreign migration. The behavior of daughter-in-law in most of cases has seen changed after the son moved to foreign country.

The scenario also shows the internal migration as the impact of foreign employment. The breakdown of family is due to uplift in economic condition of family which resulted in the search of better education and health facilities in nearby cities. However, the nature of internal migration is for partial members of family omitting the elderly in village. The internally migrated daughter-in-law with children, in many cases, show that the family dissociation with elderly as well. In such cases, the suffering of elderly has intensified as they were neither receiving financial aid nor they are achieving emotional and physical help.

However, in some family, the foreign employment has played positive role as the family has managed more assets and the overall situation of family has been changed. The search of better education has caused internal migration of partial member of family. The elderly in such case are getting better care and their lifestyle has become better than earlier.

In the site of origin, there are migration impacts. Home alone for elderly couples. Their daughter has married and moved in with them. Sons are stationed in other nations. Grandchildren and daughter-in-law are together. The elderly couples are now responsible for the empty homes that are waiting for children in the hopes of meeting and staying together sooner or later.

Migrants are able to purchase land and homes and relocate permanently away from their home countries. Another issue is that migrants are abandoning elderly couples in their homes. Migration of old people's sons when no one is with them or when they are physically frail or ill, or to work. There is no one at home, no one to converse with the elderly. They raise their children, but they



are now alone. They feel completely helpless in such situations. Helplessness has become another big issue for elderly couples.

In the far-western developing region, migration is common. International migration patterns are followed by Kailali Nepal. Increased migration has a number of positive as well as negative consequences. One of these issues is that of an elderly couple. In the villages, the number of elderly couples living alone is increasing. These senior couples are dealing with a slew of new issues that they never had before.

Helplessness, loneliness, family dissolution, and growing social and cultural duties, including housekeeping ones, are some of the major issues experienced by elderly couples. They've been secluded in their lives. Their son's family wished to relocate to a more modern location. However, it is preferable for elderly individuals to remain in their birthplaces and live with their entire family rather than relocate.

Despite the fact that this study only looked at one hamlet, similar findings on the impact of migration on Tharu community senior people were found. Their family structure changes as a result of migration, and the problem of family breakdown is on the rise. As a result, increased domestic mobility is aided by international migration. Because of the well-developed places, the sons of older marriages went to city areas with their families.

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## Annexes

### IMPACT OF MIGRATION ON ELDERLY PEOPLE OF THARU COMMUNITY: A CASE STUDY OF ELDERLY PEOPLE LIVING IN LAMKI-CHUHA KAILALI

#### Interview Schedule

1. Information of Respondent

- a. Name:
- b. Age:
- c. Gender :
- d. Education:
- e. Ward no.
- f. Tole:
- g. Number of Family:

2. Family Background:

S/N	Name	Relation with family	Age	Sex	Marital Status	Education	Occupation

3. How many members of your family have gone for foreign employment?
4. Did he/she have any technical skill before going for foreign employment?
5. Your son before going for foreign employment your daughter-in-law how she behaves you? Could you explain?
6. Your son after going for foreign employment your daughter-in-law how treat you or behave you? Could you explain?
7. How much money he/she sent monthly or annually?
8. Why did he/she go for foreign employment?
  - Push factors
    - a. Family loan burden
    - b. Unemployment
    - c. Others
  - Pull factors
    - i. Employment
    - ii. Better living standard
    - iii. Friend
    - iv. Attraction salary
    - v. Other
9. What is your family condition / situation before and after going for foreign employment? could you please tell?
10. What are the changes you facing after your son / daughter gone for foreign employment?

11. How you manage your work before and after the enrollment to foreign for employment?
12. How do you utilize remittance amount? Does it made your life easier?
13. What are your views regarding foreign employment / far from home country?
14. What kind of problem do you face due to elder age?
15. How does you feel in your problem when you find your son/daughter are in fpreign country?
16. How does your relation with your migrated son/daughter or else? Do you miss him/her?
17. How does your relatives visualize your situation? What types of comments do you face?
18. What is your situation or your sons family/daughter-in-law/grand-son/grand-daughter who cares you most? Before and after going for foreign employment?
19. What is your future plan? How have you planned for your elderly age?
20. What will you suggest to your migrated son/daughter once they return to home?

## 2. Photos from Research Field



*(Researcher taking interview with Dal Bahadur Chaudhary and his wife Manu Devi Chaudhary)*



*(Researcher taking interview with Tej Ram Dangaura and his wife Lahiya Devi Dangoriya in front of their house yard)*



*(Researcher and Saraswati Devi Chaudhary in her residence)*



*(Researcher and Bhagwan Din Tharu in his home)*



*(Researcher and Santoshi Devi Dangoriya in her house)*