

**SOCIAL INCLUSION OF WOMEN AND THEIR
EMPOWERMENT:
A study of Phungling Municipality, Taplejung, Nepal**

A Thesis Submitted to

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Development

By

Raj Kumar Karki

Exam Roll No. 10045

T.U. Reg. No. 6-2-1-401-2012

Mahendra Ratna Multiple Campus, Ilam, Nepal

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Deceleration

I hereby declare that this Thesis entitled **Social Inclusion of Women And Their Empowerment: A Study from Phungling Municipality Ward No. 10 Taplejung, Nepal** It submitted to the Department of Rural Development, Tribhuvan University, is entirely my original work prepare under the guidance and supervision of my supervisor. I have made due acknowledgement to all ideas and information borrowed from different sources in courses of preparing this thesis. The research of this thesis have not been submitted anywhere else for the any degree or for any other purposes. I assure that no part of the content of this thesis has been published in any form before.

.....
Rajkumar Karki

Date: 10-05-2080 (B.S)

27-8-2023 (A.D)

Recommendation Letter

The thesis entitled **Social Inclusion of Women And Their Empowerment: A Study of Phungling Municipality Ward No.10, Taplejung, Nepal** has been prepared by **Raj Kumar Karki** under my guidance and supervision for his partial fulfillment of the requirements for the Degree of Master of Arts in rural Development. This is his own innovative work. I, therefore, recommend this thesis for its evaluation and approval.

.....

Chandika Parajuli

(Supervisor)

Date :27/08/2023 (A.D.)

:10/05/2080 (B.S.)

Approval Letter

The thesis entitled **Social Inclusion of Women And Their Empowerment: A Study of Phungling Municipality Ward No.10, Taplejung, Nepal** submitted by **Rajkumar Karki** in partial fulfillment of the requirements for the Master's Degree (M.A.) in Rural Development has been approved by the evaluation committee.

Evaluation Committee

.....

Milan Chandra Sanyasi
(Head of the Department)

.....

Dil Nath Fuel, PhD
Associate Prof.
(External Examiner)

.....

Chandika Parajuli
(Supervisor)

Date : 13/09/2023 (A.D.)
 : 27/05/2080 (B.S.)

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ABSTRACT

The Social Inclusion is the best key pathway for women's empowerment because social inclusion is as participation; increase opportunities for people especially, the most disadvantaged to engage in all aspect of community activities such as; social, cultural, economic and political spheres. The great participation of women enhances their status, that strength their self-confidence, which ultimately leads towards their empowerment. The general objective of this study was to examine the social exclusion and inclusion of women in terms of social and political participation, and decision-making power of women in Phungling Municipality of Taplejung, District. 21 sampled households were taken randomly as sample size and the respondents were married women aged 15 years and above. This study is based on the primary sources of information. Information was collected through both qualitative and quantitative tools. As quantities tool, the questionnaire was used and check list (Focus Group Discussion) was used as a qualitative tool. In the study area, women's participation in all sectors was seen very negligible. They were excluded from their household decision making, political participation as well as community level decision making process. The proportion of higher level educational attainment women was very low. That is why majority of them had engaged in only household chores. Very few women had participated in income generating activities and the income level of working women was below 10,000 per month. There was very low number of women was included in decision making process in household. Most of time, they were dominated by their husband. Majority of them compelled to follow their husband's decisions.

In the study area, it was found that literate women were more conscious than illiterate women. Among them it was seen that literate women's participation was higher than illiterate women. They were more aware about their rights and they also included in decision making process than illiterate women. So it can be concluded that education is the most important factor to increase women's participation, to uplift their socio-economic status and to aware political rights and other rights. Participation of women in all sectors helps to enhance their self-confidence and decision making power which ultimately leads towards their empowerment.

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ABBREVIATION/ACRONYMS

AGI	Adjusted gross income against women
CEDAW	Convention on the elimination of all forms of discrimination
CFUG	Community forestry user group
DFID	Department for international Development
ESP	Environmental Social program
MDGs	Millennium development goals
MWCSW	Ministry of women children social welfare
NGO	Non-government Organization
NWC	National Women Commission
UN	United nation
UNDP	United Nation Development Program

CHAPTER I

INTRODUCTION

1.2 Background of the Study

In the field of women empowerment, social inclusion of women is one of the most burning issues since women have the greater roles to make a society more inclusive and just. Nepalese society is a male dominated society, where incidences of female marginalization and deprivations are wide-ranging. Though, they are playing their roles and responsibilities very sincerely as mother, daughter, sister, wives, etc, they are not able to make their self-identity. The discrimination of women is widespread not only in the form of gender but also witnessed among caste and ethnicity.

Because of their low participation, the status of women is not well, they are compiled to face various types of injustice. Women lag far behind men in social, economic, political, and legal aspects thus, restricting them from leading complete and dignified life (Pradhan, 2006). There are various socially constructed supposed systems, which are the main responsible factors to create discrimination, prejudice against women in our society (Pandit, 2003).

The status of women is not well, they are compiled to face various types of injustice; these all because of their low participation. Women lag far behind men in social, economic, political and legal aspects thus, restricting them from leading complete and dignified life (Pradhan, 2000). The right of women to own or inheritance property is limited in many countries. Women frequently lack the right or the power to make personal decisions or to participate equally with men in family decision-making. Women are seldom equally represented in political or economic power structures, even in wealthier, industrialized countries (AGI, 1995).

Women's empowerment means reinforcing their capacity to participate as equal partners in cultural, social, economic, and political system of a society; without empowering women, actual and effective development impossible (Baral, 2004). So, women's empowerment must involve women making choices that enhance their individual as well their families and communities. Women's empowerment is a prominent issue in Nepal because of the continuing deprivation of Nepalese women. In spite of Nepal's constitution and international agreements signed by Nepalese government has guaranteed women freedom from discrimination (ESP, 2000). Therefore, empowerment process cannot become sustainable without eliminating entrenched socio-cultural norms as discriminatory practices.

Hence, social inclusion of women is the way to reach their empowerment. where," Inclusion is about reducing inequalities between the least advantaged groups and communities and the rest of society by closing the opportunity gap and ensuring that support reaches those who need it most" (<http://www.scotland.gov.uk> accessed on 3rd June 2008).

Women's empowerment is a prominent issue in Nepal because of the continuing deprivation of Nepalese women. Despite Nepal's constitution and international agreements signed by Nepalese government for guarantying women freedom from discrimination (ESP, 2000;1). Therefore, Empowerment process cannot become sustainable without eliminating entrenched socio-cultural norms as discriminatory practices.

Sustainable empowerment is defined as a situation where people are empowered socially, economically and politically (UNDP, 2004). The Nepalese women's situation is not indicating that they are empowered. In the context of empowerment Nepalese women have limited gains in the last couple of decades. Women's educational status and visible economic participation have improved in absolute terms. But on the other hand, gender disparity in access to modern resources and power structure is increasing (Acharya, 1997). Therefore the proposed study has an aim of obtaining information from Phungling Municipality of Taplejung district on the social exclusion of women and their deprivation.

1.2. Statement of the problem

Women's empowerment refers to enhance the capacity of the women, which is only possible by increasing their participation in every sector. Social inclusion of women eliminates the inequalities and barriers. Women's empowerment itself is a challenging job in male dominant social structure. Empowered women can take more active roles in the household and community to confront the challenges of poverty, improve family health as wellbeing and increase household income (Dhakwa, 2001).

For the sustainable development, the empowerment of women is very essential because men and women are two wheels of a cart; in absence of one, it cannot be driven. Women in Nepal live in an oppressive, backward and feudal environment, which is caused by patriarchal system, unequal power relation, and socio-religious and cultural norms and traditions. The religious, cultural as well as existing laws of Nepal permit male to be superior, which set free to man to govern over women. Therefore, women are largely excluded from education, legal aid and feel to have lost their own identity. Whereas half of the population is represented by women but is still, women are treated as second citizens.

The reality is that without social inclusion of women or equal participation of women, empowerment and equality of women are not possible; and without equality and empowerment of women, the sustainable development of nation is entirely impossible.

Women have remained voiceless and their representation in social, economic, and political life has been minimal. Problems related to women in power and decision-making have qualitative and quantitative dimensions. The First dimension involves the capacity of women to assert and exercise their rights, and the lack of an enabling environment in which to do this. On the other hand, some quantitative improvements have been made with the introduction of reservation of local election. The overall participation of women in decision-making position is very low and remains unsatisfactory. The statutory provisions alone do not adequately facilitate women's entry into these positions. Quantitative growth has been horizontal and only observed at the lowest levels of representation. Higher levels, of both local and national politics, are still regarded as the "Male sector". Thus far, the political parties and legislature have failed to substantiate their commitment to ensuring women's access to powerful decision-making positions (Gurung, 2007).

The main purpose of this study is to show that how the social inclusion of women plays a vital role to improve their status and to show how inclusion is the way of empowerment. So, it is suitable to choose the topic social Inclusion of women and their empowerment.

1.3. Objectives of the study

The general objective of this study is to examine the social exclusion and inclusion of women in terms of social and political participation, and decision-making. The specific objectives of the study are as follows:

- To explore social economic status of women included in local level government and local organizations,
- To explore status of women at different local organizations,
- To bring out challenges women faced in these organizations.

1.4. Significance of the study

Women population in Nepal is more than half but their participation in social, economic and political sector is very pitiable though they have equal rights to be participated. Without participation of women, it is impossible to achieve the expected goals of development of the nation. Empowered women can perform their own duty with an honorable way. In our society, the Hindu culture is the root of the patriarchal systems; women are excluded from participation in social, economic, and political area. Therefore, to empower the women, all the barriers and inequalities should be eliminated which is possible only through their social inclusion in every aspect. Social inclusion of women improves their confidence and decision-making power.

Many studies have been conducted on the issues of women's inclusion and empowerment by various national and international agencies of organizations, freelance researchers, NGOs and university students. It is hoped that this study will also be another foundation in the field of social inclusion of women and their empowerment. This study focuses in women's inclusion and their status in socio-economic and political area in local level of the study area.

1.5 Limitations of the study

Every study has own limitation due to the limited time and the lack of sufficient financial sources. This study will be concentrated to analyze the participation of women in social activities and household decision-making power and the focus of the study has been Phungling Municipality 10 of Taplejung district. This study aims to find out the socio-economic political and demographic characteristics as well the major causes and consequences of the exclusion of female in the study area. It was also micro study, which attempted to explore the major processes of inclusion and status of women in the process of their empowerment. Moreover, this study aims to find out the socio-economic as well as political participation of women in local organizations, which are the indicators of women empowerment and their extent of social inclusion.

1.6 Organization of the Study

The study is divided into five chapters. The first chapter is introduction that consists of background of the study, statement of problem, objective of the study, significance of the study, limitations of the study and organization of the study. Second chapter is related with the review of the literature which includes theoretical review of literature and empirical review of literature and policy analysis. It also includes research gap. Third chapter deals with the research methodology which comprises research design, sources of data, data analysis tools, data presentation, sampling procedure and sample size. Fourth chapter deals

with conceptual framework, research design, study period, sampling procedure, sample size, data collection methods, sources of data, data analysis tools and data presentation. Fifth chapter deals with the summary, conclusion and recommendations provided by the research.

CHAPTER II

REVIEW OF LITERATURE

Review of literature is an integral part of a research undertaking to enrich the knowledge. This chapter presents literature on social exclusion/inclusion and women's empowerment based in available reports, articles and some web-based information prepared for purposes of the study. It is mainly based on reports and research works on the related issues by national and international agencies, research institutes, research scholars and human rights organizations.

2.1. Meaning and definition of the social inclusion and exclusion

The term social exclusion and inclusion were introduced at first in France and then popularized in social polity discourse in Europe in 1970 to crisis of the welfare state and then used in other regions especially in development paradigms based on poverty reduction (Silver, 1994). Though the forms of exclusion and inclusion were emerged at first in 1970 but lots of studies have shown that social exclusion and inclusion exist from the very beginning of civilization.

Social inclusion is a concept that can describe, on the one hand, a condition or outcome, and on the other, a dynamic process. As an outcome or condition, is a state in which excluded individuals or groups are unable to participate fully in their society resulting from their social identity such as gender, ethnicity, caste, or religion or from their social location such as areas that are remote, stigmatized or suffering from war, conflict or with their origin (DFID, 2006). Social exclusion is thus used to refer to the various types of social disadvantages related to social problem arising from economic crisis and crisis of the welfare state, long term unemployment, growing instability of social bonds and lack of integration on the basis of origin (Pradhan, 2006). Therefore, social exclusion said to be occurred when a group is excluded from rights or entitlements as a citizen, where rights include the social right to a certain standard of living and to participation in society (Gurung, 2007).

At present social inclusion and exclusion continue to be significant issues in many societies around the world. Social Inclusion: Advancements in Diversity and Inclusion: Many organizations and institutions have made efforts to promote diversity and inclusivity in the workplace and various public spheres. This includes creating equal opportunities for people from different backgrounds, races, genders, sexual orientations, and abilities. Mental Health Awareness: There has been a growing awareness and acceptance of mental health issues,

leading to a reduction in stigma and an emphasis on providing support and resources to individuals facing mental health challenges.

Disability Rights: Efforts are being made to improve accessibility and accommodation for people with disabilities, promoting their inclusion in various aspects of life.

Education and Employment Opportunities: Initiatives to bridge the gap in education and employment opportunities for marginalized groups have been undertaken, though progress varies by region. Social Exclusion: Income Inequality: Economic disparities continue to be a major factor contributing to social exclusion. The rich-poor divide widens in some regions, leading to limited access to basic necessities for certain groups.

Racial and Ethnic Discrimination: Discrimination based on race and ethnicity still persists in many places, affecting people's opportunities, safety, and overall quality of life. Gender Inequality: Despite progress, gender-based discrimination persists in various forms, including unequal pay, limited access to education, and limited representation in leadership roles. Refugees and Immigrants: Displaced populations, including refugees and immigrants, often face challenges related to integration, language barriers, and discrimination.

Digital Divide: The increasing reliance on technology and the internet can further exacerbate social exclusion for those who lack access to digital resources and skills.

Ageism: Discrimination and marginalization based on age, particularly affecting the elderly, can lead to exclusion from social and economic opportunities.

It is important to note that these trends are not universal, and progress varies widely across different countries and communities. Social inclusion and exclusion are complex issues influenced by a variety of factors, including cultural norms, government policies, economic conditions, and societal attitudes. Efforts to address these challenges require continued awareness, advocacy, and collective action from individuals, communities, and governments (de Haan, 1995).

2.2. Theoretical literature on social inclusion and exclusion

Theoretical perspectives on social inclusion and exclusion provide frameworks to understand and analyze the complex dynamics of these phenomena. Scholars and researchers from various disciplines have developed several theoretical approaches to study social inclusion and exclusion. Here are some key theoretical aspects:

Social Identity Theory: This theory, proposed by Henri Tajfel and John Turner, explores how individuals develop a sense of belonging to certain social groups and how group membership influences their perceptions and behaviors towards others. Social identity can lead to both inclusion (favoring members of one's group) and exclusion (discrimination against

outsiders). **Social Capital Theory:** Social capital refers to the resources and benefits individuals and communities gain from their social networks and relationships. This theory focuses on how networks and social connections contribute to either including or excluding individuals from various opportunities, services, and resources (Pradhan, 2006).

Intersectionality: Coined by Kimberlé Crenshaw, this framework considers how different aspects of identity, such as race, gender, class, and disability, intersect and interact, leading to unique experiences of inclusion and exclusion for individuals with multiple marginalized identities. **Capability Approach:** Developed by Amartya Sen and Martha Nussbaum, this approach emphasizes the importance of enabling individuals to achieve valuable functionings and capabilities. Social inclusion is linked to the expansion of people's capabilities to participate fully in society. **Structural Functionalism:** This sociological perspective, associated with Emile Durkheim, views society as a complex system with interconnected parts that serve specific functions. Social inclusion and exclusion are analyzed in terms of their roles in maintaining social stability or contributing to social issues. **Conflict Theory:** Developed by Karl Marx, conflict theory emphasizes power struggles and inequalities within society. Social exclusion can be seen as a consequence of power imbalances and exploitation by dominant groups. **Feminist Theory:** Feminist perspectives examine how gender norms and patriarchal structures can lead to the exclusion of women and other marginalized gender identities from various spheres of life. It also considers the intersections of gender with race, class, and other identities. **Social Constructionism:** This approach suggests that social inclusion and exclusion are not inherent qualities but rather socially constructed through interactions and cultural norms. It highlights how language, symbols, and discourses contribute to shaping perceptions of belonging and otherness (Acharya, 1997).

Agency and Structure: Theoretical discussions often explore the interplay between individual agency (the capacity for action) and social structures (institutional arrangements and societal norms) in shaping social inclusion and exclusion processes.

It's important to note that these theoretical perspectives are not mutually exclusive, and researchers often combine elements from different theories to gain a more comprehensive understanding of social inclusion and exclusion dynamics. The application of these theories can vary across different contexts, cultures, and specific issues related to social inclusion and exclusion. (Dhital, 2005)

The concept of social exclusion is about all those individuals or groups that are excluded from basic means of livelihood, but it is also about those excluded from the process of political and economic decision making, and those excluded from any conceptualization of

social security. At wider level it may refer to exclusion from education health care and ultimately the freedom that and individual must have to organize or control his/her life in each social settings (Nayak, 1995).

Social exclusion is, thus a complex and multi-faceted notion. It refers to both individuals and societies and to disadvantage, alienation, and lack of freedom (Bhalla and Lapeyre, 1997). However, de Haan and Maxawalle (1998) have identified the key arenas of social exclusion and inclusion. They have emphasized that people are basically excluded from their rights, resources, and relationships. Social exclusion refers to exclusion in the economic, social, and political sphere. It goes beyond the analysis of resource allocation, mechanism and includes power relations, agency, culture, and social identity (de Haan, 1998).

Social inclusion and exclusion are contested concepts defined from the perspective or framework of different social science paradigms and disciplinary and theoretical perspectives, political ideologies and even national discourses (Pradhan, 2006). Social exclusion is the root cause of disempowerment of women. Empowerment is seen as occurring at the individual and group level and, to an important extent has to do with increasing their access to assets, capabilities and voice; and helping them to realize he power, they gain from collective action. Indian sociologist Kamala Bhasin defined, "Empowerment means the enhancement of social aspect, self dignity, self reliance and going control over resources"(Chaulagai ect 2003).

Empowerment refers transforming existing resource and power relations in favor of those marginalized, deprived and disadvantaged groups and more generally women, who have faced sever limitations in exercising power and making voluntary choice (Shrestha, 2007). So, unequal power relations or lack of power is the hindrances to women's empowerment. Equality and participation of women in all sphere is mostly needed. That is why; social inclusion is as the key pathway to empowerment of individuals and has at times tended to conflate empowerment and participation (<http://hdr.undp.org> accessed on 3rd June, 2008).

Women are named as vulnerable, marginal and excluded groups worldwide. Gender based exclusions from access to resources in particular land rights and common property resources, employment opportunities and income control, knowledge are mainly due to patriarchy values. Exclusion of women from the public arena and devaluation of their work have been highly realized for long. It was realized that their subordination is embedded in their role as care – taker and nurturer (Pokhrel & Mishra, 2001). Furthermore, women are being deprived socio-cultural, economic, legal and political rights. Economic discrimination against women

is responsible for socio-cultural, legal, educational and political backwardness of women in the context of Nepal (Pradhan, 2000).

DFID/World Bank (2006) defined, as "social inclusion is the removal of institutional barriers and the enhancement of incentives to increase access of diverse individuals and groups to development opportunities. And Empowerment is the enhancement of assets and capabilities of diverse individuals and groups to function, and to engage influence and hold accountable the institutions that affect them".

Hence, Social-inclusion and empowerment are closely related but separate concepts that through the social inclusion process, the empowerment process operates. Bennett put her statement that social inclusion and empowerment play their contemporary role for equity and development (Bennett, 2005).

2.3. The women's empowerment

On the issues of women's empowerment various conventions and conferences are held. Gender equality has become a motto for all international conventions and conferences sponsored by the institutions under UN-umbrella. All UN conferences and conventions have emphasized women's participation and their empowerment and mainstreaming. Since the 1975 UN conferences on women (Mexico) the world community has acquired or great deal of knowledge about the situation of women worldwide and gained valuable insight into process of development from a gender perspective (Acharya, 1997).

The Convention on Elimination of all forms of Discrimination against Women (CEDAW) 1979 is the first legally binding convention on the women's issues. It concerned to eliminate the obstacles to the participation of women, on equal terms with men in the political, social, economic and cultural life. This convention purposed to ensure the human rights of women and their fundamental freedom in the political, economic, social, cultural, civil or any other field. It focused the full movement of women such as education, employment, marriage and maternity field and political, which ensures their empowerment (Surethri, 2002: 214-223).

The fourth world women conference (1995) was held in Beijing, was the milestone in the field of women's issues. It has identified the twelve critical concerns area of women. It has focused on women empowerment and development by promoting their social, economic and political participation. The critical areas of concern of Beijing, emphasizing that the advancement of women and the achievement of equality between women and men are a matter of human rights, social justice and women's empowerment. All the actions of Beijing and Beijing+5 review has given main focus on women's right and empowerment through their equal participation in all aspects of production, employment, income-generating

activities and social activities, full involvement in decision-making and policy making activities.

The MDGs (2000) has focused that by empowering women, the sustainable development will be achieved. It forced to ensure the women's education, their reproductive, productive rights as well as combating all kinds of discriminations against women. Therefore, "promote gender equality and empower women" is one of the goals of the MDGs.

Women's empowerment in Nepal has made significant progress in various areas, although challenges still exist. It's important to note that the current state of women's empowerment in Nepal may have evolved further since then. Here are some key aspects of women's empowerment in Nepal as of that time:

Legal Rights: Nepal has made significant strides in legal reforms to promote gender equality and women's empowerment. The country's constitution guarantees equal rights for women and aims to eliminate discrimination based on gender. Laws have been enacted to address issues like domestic violence, human trafficking, and early marriage.

Education: Nepal has seen improvements in girls' access to education. There has been a focus on eliminating gender disparities in education, and efforts have been made to ensure girls' enrollment and retention in schools. (UN, 2008)

Women in the Workforce: Women's participation in the formal workforce has been increasing, particularly in urban areas. However, there is still a significant gender gap in terms of job opportunities, wages, and representation in leadership positions.

Political Representation: Nepal has made progress in increasing women's political representation. The country has a quota system that requires a certain percentage of seats in the parliament and local governments to be reserved for women, which has resulted in more women participating in politics.

Health and Reproductive Rights: Access to healthcare and reproductive rights has improved for women in Nepal. Efforts have been made to address maternal mortality and increase access to family planning services.

Violence Against Women: Despite legal reforms, violence against women remains a significant concern in Nepal. Domestic violence, sexual harassment, and trafficking continue to affect many women. (Nayak, 1995).

Social and Cultural Norms: Traditional gender norms and stereotypes still persist in some parts of Nepali society, impacting women's empowerment and access to opportunities.

Rural-Urban Divide: There is a notable difference in women's empowerment indicators between rural and urban areas. Women in rural regions may face more challenges due to limited access to resources and opportunities. It's worth noting that women's empowerment is a multifaceted issue influenced by various social, economic, and cultural factors. Progress may not be uniform across all regions and communities in Nepal. Additionally, as time passes,

there may have been further developments, policy changes, or new initiatives addressing women's empowerment in the country. For the most current information, it is recommended to more recent sources and reports on the topic (Bennett, 2005).

2.4 Empirical literature on women status

Although women are economically active, and female labour participation is underreported, many women are excluded from economic activities. Women are over represented in activities on land holdings often as unpaid family workers a sphere, which tends to disappear with the monetization of agriculture. Women are also active in the urban labor market, which is highly segmented and where barriers to entry are much greater for women than men. Thus, female labor market participation may mean inclusion, access to gainful activities (de Haan, 1995).

In many parts of the developed regions, there have been increases in women's economic activity rates over the past two decades. women's highest shares in wage and salaried employment are in eastern Europe and the Soviet Union, something that could change as new economic policies create wide spread unemployment there. Women tend to be in clerical, sales and domestic services. Women hold a mere 10-20 percent of managerial and administrative jobs worldwide and less than 20 percent of the manufacturing jobs (UN, 2004).

Women are poorly represented in the ranks of power policy and decision-making, women make up less than 5 percent of the worlds heads of state, heads of major corporations and top positions in international organizations. Women continue to be denied equal access to high-status and high-paying positions but there has been some progress since United Nations Decade for women began in 1976. Many countries have set up special offices to review complaints of discriminatory practice in political parties, parliaments, Unions and professional organizations (UN, 2008).

Women's political participation at the political level is very less even in highly developed countries such as America, Europe. The United State of America, which has been preaching practices of democracy, equality and human rights to the world, is very conservative regarding women's participation in politics. The participation of women in the world politics, there is only 13.7 percent. As per UNDP statistics, there is 43 percent women participation in politics in Sweden, 37 percent in Netherlands, 35.8 percent Norway and 30.4 percent in Finland. Women's participation in politics has become an issue of serious contemplation since the UN World conferences on women and development in 1975 to the fourth world women's conference in Beijing, China in 1995 (Dhital, 2005).

In recent times, the social and political participation of women has slightly been increased when the state formed a policy of positive discrimination but which is not in a satisfactory condition. The interim constitution of Nepal 2007 has provided 33 percent reservation in all state mechanism based on the caste/ethnic composition of women through the amendment of relevant laws and policies. It has also repealed of all discriminatory laws as according to the Nepalese international commitments. The state has taken the policy of increasing the access to and control over natural resources, making National Women Commission (NWC) autonomous, eliminating all discriminatory social norms to women and building women's capacity by providing modern skills and training are some positive actions to improve the condition of women in Nepal. Furthermore, property rights, sexuality rights, abortion rights and marriage and family laws after the 11th amendment of Civil Code in 2002 and further improvisation by Interim Constitution, 2007 are important benchmarks in the process of women empowerment.

2.5 Institutional mechanism for the advancement of women

Several institutional arrangements have been made as an effect of the Beijing Conference for the advanced of women. They include: -

- Establishment of separate ministry of women and welfare (renamed MWCSW).
- Establishment of the National Commission on women.
- Formation of the National Women Co-ordination Committee under the chairpersonship of the minister for MWCSW.
- Establishment of an informal caucus of women parliamentarians.
- Creation of Child Welfare Committees in all 75 districts.
- Separate women cells at the police headquarters and in some districts.

2.6 Legal provision for women in Nepal

The Constitution of Nepal 2072 (or 2015 in the Gregorian calendar) is the current constitution of Nepal. It was promulgated on September 20, 2015, by the Constituent Assembly and replaced the Interim Constitution of Nepal 2007. The Constitution of Nepal 2072 enshrines various provisions related to women's rights and empowerment. Some key provisions concerning women under the constitution are as follows: Right to Equality: Article 18 of the Constitution guarantees gender equality and prohibits discrimination based on sex, among other grounds. This provision aims to ensure that women are treated equally and have equal access to opportunities in all spheres of life. Right Against Gender-Based Violence: Article

18(2) of the Constitution explicitly prohibits violence against women, including domestic violence, and ensures that victims have the right to justice (Shrestha,2007).

Right to Social Security: Article 38 of the Constitution mandates the state to formulate and implement social security programs for women, among other vulnerable groups, to ensure their well-being and protection.**Right to Reproductive Health:** The Constitution recognizes women's right to reproductive health and ensures access to reproductive health services as a fundamental right.**Right to Participation:** The Constitution includes provisions to promote women's participation and representation in all state structures, including the parliament, local governments, and other government bodies. Article 63(3) requires that at least one-third of the total members in the federal parliament and the provincial assemblies must be women **quota System:** The Constitution establishes a quota system for women's representation in the federal, provincial, and local levels of government. It ensures that women are represented in decision-making positions, helping to address historical gender imbalances.**Maternity Rights:** The Constitution guarantees women's right to maternity leave and prohibits any form of discrimination against women based on pregnancy or motherhood.**Women's Access to Property:** The Constitution ensures women's equal right to ancestral property, irrespective of their marital status.**Right to Citizenship:** The Constitution allows for women to pass on their Nepali citizenship to their children on an equal basis with men.These constitutional provisions are essential for advancing gender equality and promoting women's empowerment in Nepal. However, it's important to note that despite these progressive constitutional provisions, there may still be challenges in their effective implementation and the realization of women's rights and empowerment in practice. Social attitudes, cultural norms, and administrative issues can pose barriers to full gender equality. Ongoing efforts by the government, civil society, and women's rights activists are crucial to overcome these challenges and ensure the effective implementation of women's rights under the Constitution of Nepal 2072 (Pradhan, 2006).

When women are empowered, they are more likely to take leadership roles and contribute to decision-making processes that impact their lives and the lives of those around them. Women's empowerment also leads to improved health outcomes, increased economic growth, and poverty reduction. Gender inclusion is a concept that transcends mere equality. It's the notion that all services, opportunities, and establishments are open to all people and that male and female stereotypes do not define societal roles and expectations. Social Empowerment: This type of empowerment refers to women's ability to participate fully in social and cultural life, free from discrimination and violence. It includes access to education, healthcare, and legal services, as well as the ability to exercise their rights and freedoms.

Women's empowerment has five components: women's sense of self-worth; their right to have and to determine choices; their right to have access to opportunities and resources; their right to have power to control their own lives, both within and outside the home; and their ability to influence the direction of social .Women in leadership positions can ensure that diverse perspectives are represented at all organizational levels, resulting in improved business outcomes. Diversity and inclusion are crucial for a healthy and productive workplace, and women's leadership can be crucial in promoting them.

he act of including someone or something as part of a group, list, etc., or a person or thing that is included: She is being considered for inclusion in the Olympic team. Women are the primary caregivers of children and elders in every country of the world. International studies demonstrate that when the economy and political organization of a society change, women take the lead in helping the family adjust to new realities and challenges.

A woman plays variety of great roles in everyone's life in various forms by being involved in various relationships. From her birth till her end of life, she plays various roles as a daughter, sister, wife, mother and other relationships. However, her main roles are as a wife and mother.men's control of decision-making and limits to women's independence. rigid gender roles and stereotypes. male relationships that emphasise aggression and disrespect towards women A literature review is an overview of the previously published works on a topic. The term can refer to a full scholarly paper or a section of a scholarly work such as a book, or an article. Either way, a literature review is supposed to provide the researcher/author and the audiences with a general image of the existing knowledge on the topic under question. A good literature review can ensure that a proper research question has been asked and a proper theoretical framework and/or research methodology have been chosen. To be precise, a literature review serves to situate the current study within the body of the relevant literature

and to provide context for the reader. In such case, the review usually precedes the methodology and results sections of the work.

Producing a literature review is often a part of graduate and post-graduate student work, including in the preparation of a thesis, dissertation, or a journal article. Literature reviews are also common in a research proposal or prospectus (the document that is approved before a student formally begins a dissertation or thesis).^[1]

A literature review can be a type of review article. In this sense, a literature review is a scholarly paper that presents the current knowledge including substantive findings as well as theoretical and methodological contributions to a particular topic. Literature reviews are secondary sources and do not report new or original experimental work. Most often associated with academic-oriented literature, such reviews are found in academic journals and are not to be confused with book reviews, which may also appear in the same publication. Literature reviews are a basis for research in nearly every academic field.

CHAPTER III

RESEARCH METHODOLOGY

This chapter represents overall research methodology, which has applied for this study in order to meet the research objectives. The methods of this study is as follows:

3.1 Research design

The study is based on Phungling Municipality Ward no.10 of Taplejung district of Nepal. Keeping in views of the problem formulation, the design of the study is chosen as a descriptive survey design. The descriptive survey design is a sample of the women and description of the issues related to the social inclusion and empowerment of women.

3.2 Rationale Municipality for the selection of study area

Ward no.10 of Phungling Municipality of Taplejung district of east Nepal is selected for the study. The Wada has been existed 933 household and 4,470 total populations (Municipality Profile, 2076). The survey has been taken from ward no. 10 of **Phungling Municipality** where 806 household the total population is 3567 existed in the area where the male population is 1620 and female population is 1947. The ward has been selected for behind reason such as feasible by time and cost, inclusive settlement of cast/ethnicity. There is a curiosity of gaining more knowledge from the women of ward to seem somehow empowered in every aspect of social life. So, the researcher is also local person in this Municipality and interested the self-ward.

3.3 Universe and sampling procedures

Sample size is the most important and difficult task of the field study. For this study, the total sample size has been 21 households from the selected ward of the Municipality. According to Municipality Profile (2074), 806 household and total population 3567 are existed in this study area. The Universe of the study area was 108 in different organization member of the women. The sample size has been taken 21 married women three from each local organization (community forest user group, aama samuha, poverty alleviation fund, drinking water committee, school management committee, farmers group and local government of related ward.)

3.4 Nature and sources of data

This study depends mainly upon primary data. Primary data has been taken from the field study through household survey, group discussion and informal interview. Secondary data

was collected from various published and unpublished literature such as books, journals, article, etc. wherever necessary.

3.5 Data collection procedures and tools

3.5.1 Interview schedule

A set of structured and unstructured interview questionnaires were designed and was applied for the study purpose. The structured questionnaire deals with the purpose of getting information about on socio-economic status of women, participation in decision making, family affairs, socio-cultural activities, and women's access/control over the economic resources of the households.

3.5.2 Focus group discussion

A focus group discussion were conduct with the women members of the related households. Discussions focused upon who makes major decision etc. In addition to these, some key informants has also provided information on various aspects of the social inclusion issues under the study. These key informants included political leaders, senior men and women of their community, teachers, social workers etc.

3.5.3 Observation

Observation method was applied for some related gathering field data. Physical settlement of respondent's households, socio-cultural activities, values, agricultural practices, behavior, and attitudes was observed by indirect participation. It was helped to the researcher to understand the local language, male and female communication in social activities, ceremony, and seeking behavior, household's works.

3.6 Data processing an analysis

The collected data were checked whether complete or not and edited for completeness, accuracy, and uniformity. After editing, a code book was prepared for the semi open and multiple responses questions. All responses were assigned to a numeric code. After that the collected data were processed using simple computer software. The collected data was analyzed and statistically interpreted by using methods such as simple frequency distribution, percentage distribution, cross tabulation wherever necessary.

CHAPTER IV
INTRODUCTION TO HOUSEHOLD POPULATION

This chapter represents the socio-economic, demographic and political representative characteristics of the household population and respondents of the study area.

4.1 Household population

In this segment, the sampled household characteristics by age, sex, marital status, educational status and occupational status were analyzed of the study area.

4.1.1 Age-Sex composition of the household population

The age-sex composition of a population is important in demographic analysis. A population’s age and sex composition is considered as a map of its demographic history. If age composition is destroyed, all age-specific information of vital events is eventually destroyed. The various demographic events differ in different age and sex. Therefore, age-sex composition has significant implications.

Information on age and sex of each household member were obtained from the married women of. In 21 sampled households, the total population was 108 with having 49 male and 59 female populations which is shown in following table.

Table No. 4.1: Distribution of the household population by age and sex

Age Group	Sex		Total	
	Male	Female	Number	Percentage
0 – 14	7	9	16	14.82
15 –2 9	10	13	23	21.29
30 – 44	13	15	28	25.92
45 – 59	12	13	25	23.15
60 and above	7	9	16	14.82
Total	49	59	108	100.00

Source: Field Survey, 2023

The population of the study area was distributed almost equally by all age groups. The age group 30-44 years (25.92%), the lowest in age group 60 and above and 0-14 is equally

(14.82%). The age group 15-29 years (21.29%) and the population of age group 45-59 years is (23.15%) of the total.

4.1.2. Marital status of the household population

Marriage is universal in our society. In Nepal, marriage is compulsion for both men and women. Marriage determines the social roles and responsibilities of the people. So it is called social institutions.

Table No. 4.2: Distribution of population by their marital status (10 years and above)

Marital Status	Sex		Total	
	Male	Female	Number	Percentage
Unmarried	14	13	27	25.00
Married	30	37	67	62.04
Widow	2	4	6	5.55
Divorced	2	3	5	4.63
Separated	1	2	3	2.78
Total	49	59	108	100.00

Source: Field Survey, 2023

In the household population, majority of the population were married 62.04%. Similarly 25.00% were unmarried, followed by 5.55% widow. The proportions of divorced and separated were 4.46% and 2.78% respectively.

4.1.3 Educational status of the household population

The higher literacy status and educational attainment affects the people's Participation in socio-economic, developmental as well as in policy making level. Education enhances the ability and capacity of human being to judge for right and wrong Majority of the school level student were gone near schools in other wards. The educational status of the household population is given below.

Table No. 4.3: Distribution of population by their literacy status

Literacy Status	Sex		Total	
	Male	Female	Number	Percentage
Literate	43	48	91	84.26
Illiterate	6	11	17	15.74
Total	49	59	108	100.00
Educational Attainment				
Primary	11	17	28	27.45
Secondary	18	28	50	45.10
SLC/Intermediate	10	8	20	17.65
Bachelor and above	6	4	10	9.80
Total	45	57	102	100.00

Source: Field Survey, 2023

Education by sex was found unequal among the study population. Female literacy is few lower than that of males. The female educational attainment was in SLC/Intermediate level and in bachelor and above, is low than the primary and secondary level. In lower level education like primary, the attainment was quite high than the male. The population of illiterate are 15.74% and 84.26% are literate. It is concluded that still women were excluded from higher level educational opportunities.

4.1.4 Occupation

Occupation is an indicator of economic condition of a person. The occupational status of the households population of the study area is given in table 4.4.

Table No. 4.4: Distribution of household population by their occupation

Occupation	Sex		Total	
	Male	Female	Number	Percentage
Agriculture	21	6	27	25.00
Student	8	9	17	15.75
Foreign Labor	5	1	6	5.56
Household work	2	28	30	27.78
Daily Wage Labor	5	4	9	8.33
Service	1	2	3	2.78
Business	3	5	8	7.40
Teaching	2	1	3	2.78
Social worker	2	3	5	4.62
Total	49	59	108	100.00

Source: Field Survey, 2023

The table in 4.4 showed that the huge portion of women population is engaged in household work where as the male engaged in agriculture. The household population is engaged in many occupations. Where, household work 27.78%, agriculture 25.00%, students 15.75% daily wage labor 8.33%, business 7.40%, foreign labor 5.56%, social work 4.62% and Service and teaching equally 2.78%.

4.2 Socio-demographic characteristics of the respondents

This sub-chapter deals with the socio-demographic characteristics of the respondents.

4.2.1 Age composition of the respondents

The age structure plays a significant role in demography whether it influences the values, roles, social mores, responsibilities, social relation and fundamental social hierarchy. In the study from the total sampled respondents, their ages were broadly grouped as 15-29, 30-59 and 65+ years of age.

Table No. 4.5: Distribution of the respondents by age group

Age group	Total Number	Percentage
15-29	6	18.57
30-59	13	61.90
60+	2	9.53
Total	21	100.0

Source: Field Survey, 2023

In the sampled population, 61.90 percent respondents were found in age group 30-59 years, where 18.57 percent respondents were in age group 15-29 years. Only 9.53 percent respondents were included in the study from the age group 60 and above.

4.2.2 Caste/ethnicity of the respondents

Caste is the system of dividing people in a society into different social classes and the a large group of people who have the same national, racial, or cultural origins, or the state of belonging to such a group. Nepal is a state of multi caste and ethnicity. In the sampled area various caste and ethnic groups were found. Among these identified caste and ethnicity, they were categorized into four broad caste groups i.e. and Others.

Table No. 4.6: Distribution of the respondents by their caste/ethnic group

Caste group	Total Number	Percentage
Chhetri / Bramin	9	42.85
Ethnicity	6	28.57
Dalit	3	14.29
Others	3	14.29
Total	21	100.0

Source: Field Survey, 2023

The above table showed that the majority of the respondents are from Chhetri/Bramin 41.85%, secondly Ethnicity 28.57%. Other caste groups are Dalit 14.29% and lastly others 14.29% in the study area.

4.2.3 Age at marriage of the respondents

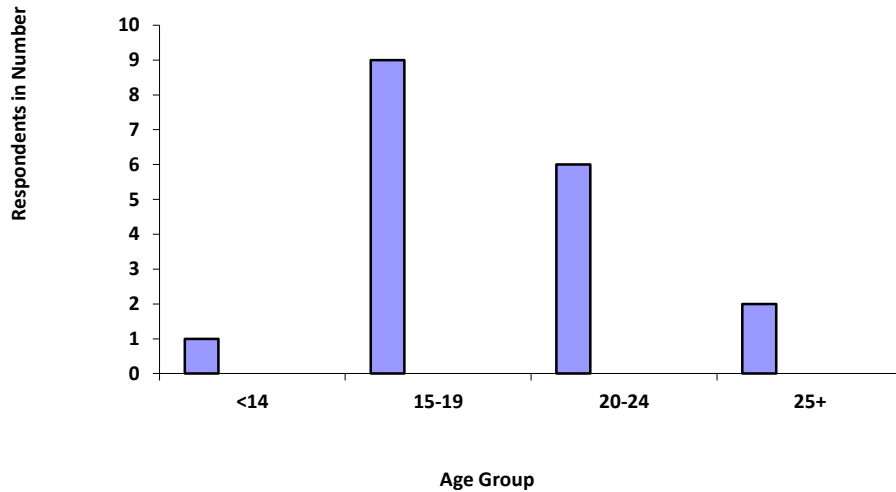
The age at marriage is also an indicator of socio-health status of the women. In this study, the age at marriage of the respondents were categorized into 4 groups such as; <14 years, 15-19 years, 20-24 years and 25+ years.

Table No. 4.7: Distribution of the respondents by their marital age-group

Marriage age-group	Total Number	Percentage
<14	2	9.52
15-19	10	47.61
20-24	7	33.35
25+	2	9.52
Total	21	100.0

Source: Field Survey, 2023

Figure No. 4.1: Distribution of the respondents by their marital age-group



The above table 4.7 and figure showed that 47.61% respondents had got married at the age group of 15-19 years, second portion 33.35% at the age group of 20-24, third 9.52% at the age group of 25+ and only one respondent 9.52% respondents had got married within her teenage period below 14.

4.2.4 Marital status of the respondents

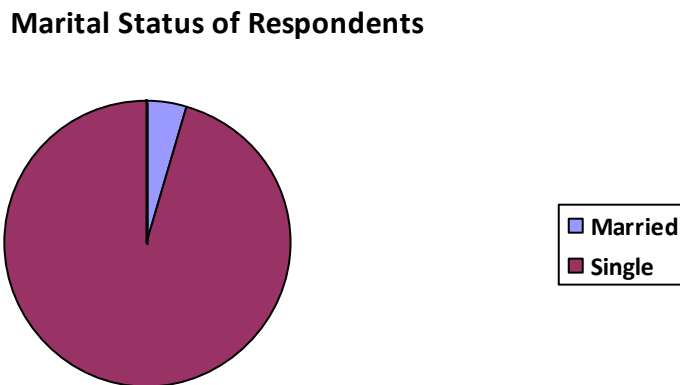
Marital status is another important determinant, which changes the life cycle of a woman. As we know, marriage is essential and universal in our society. It determines women’s position within family as well as her status within society. Female’s roles are increased in family only after her marriage and her decision making power is accepted if she is considered to be married.

Table No. 4.8: Distribution of the respondents by marital status

Marital Status	Total Number	Percentage
Married	18	85.71
Single	3	14.29
Total	21	100.0

Source: Field Survey, 2023

Figure No. 4.2: Distribution of the respondents by marital status



According to the table 4.8 and figure 4.2, out of 21 respondents, 85.71% respondents were married followed by Single 14.29%.

4.2.6 Religion status of the respondents

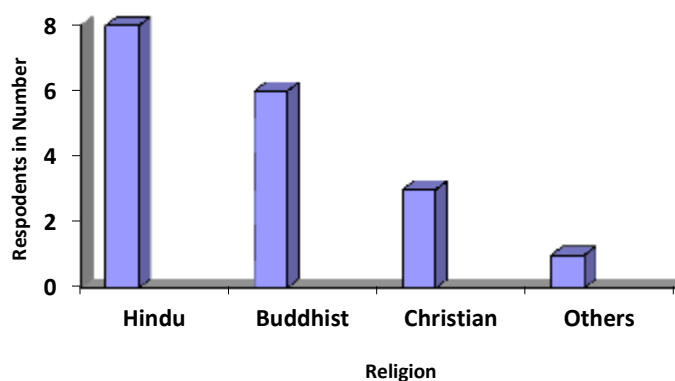
Religious composition is the important social characteristics of respondent. Religion also plays a vital role to unite a society and keep solidarity among respondents. It is also a factor that determines the role and responsibilities of a woman; because different religious groups have their own traditional values and systems which govern people beliefs.

Table No. 4.9: Distribution of the respondents by religion

Religion	Total Number	Percentage
Hindu	10	47.61
Buddhist	4	19.05
Kirat	6	28.57
Others	1	4.77
Total	21	100.00

Source: Field Survey, 2023

Figure No. 4.3: Distribution of the respondents by religion



In the table and figure four religious groups are found. The majority of the respondents from Hindu religion are 47.61% followed by Buddhist 19.05%. followed by Kirat 28.57 Out of the 21 respondents, and 4.77 only three persons are found Christian one person from others.

4.2.7 Family types of the respondents

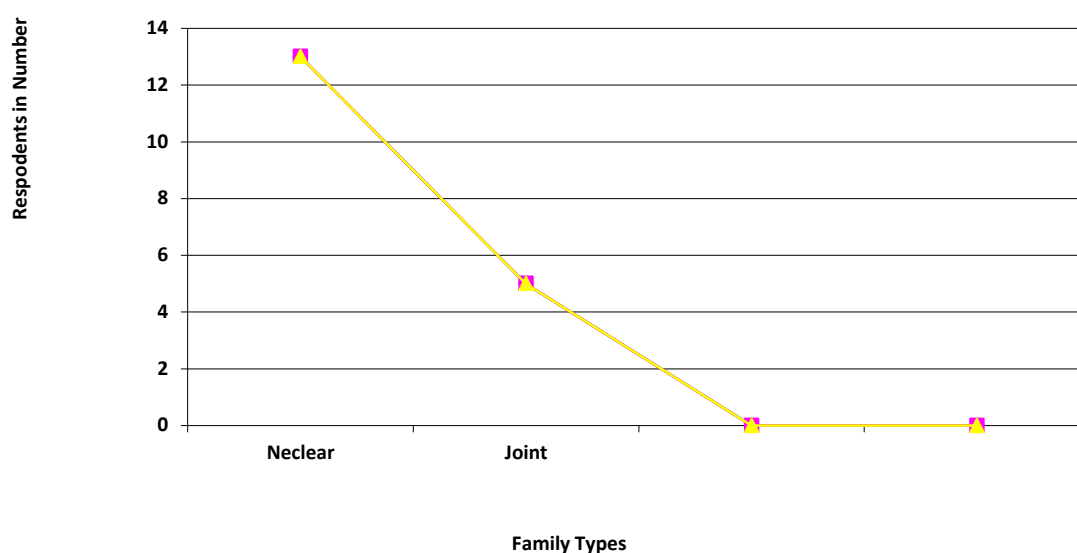
The family background determines the future of an individual. Family plays an important role to determine the career of a woman because of the social structure. In our society, a woman should fully depend upon their family, and without their permission and decision she is helpless to do anything on her own. It is believed that in nuclear family, a woman can get some extent of choices to do something freely than in a joint family. Here we know a consanguine family unit that includes two or more generations of kindred related through either the paternal or maternal line who maintain a common residence and are subject to common social, economic, and religious regulations and the nuclear family knows a family group that consists only of parents and children.

Table No. 4.10: Distribution of respondents by their family types

Family type of the respondents	Total Number	Percentage
Nuclear	13	61.90
Joint	8	38.10
Total	21	100.0

Source: Field Survey, 2023

Figure No. 4.4: Distribution of respondents by their family types



According to the above table and figure, less than one third (38.10%) of the respondents were from the joint family and remaining 61.90% respondents were from nuclear family.

4.3 Interpretation and Analysis of Data

This chapter deals with the socio-economic characteristics of women involved in local organizations, status of respondents, role and responsibility of decision making power of those women in these organizations and also deals with challenges these women are facing.

4.3.1 Socio economic status of women respondents

The women respondents' socio-economic and political status is very important for this study the inclusion status is given by different sub headings in in stated as under.

4.3.2 Educational status of the respondents

Education is the main part of personal as well as societal development. It has a multidimensional significance. Education is also considered to be an indicator of women empowerment. Greater participation of women in education is the backbone of their empowerment.

Table No. 4.11 Distribution of the respondents by educational status

Literacy Status	Total Number	Percentage
Illiterate	4	19.05
literate	8	38.09
SLC, IA or equivalent	6	28.58
Bachelor	3	14.28
Total	21	100.0

Source: Field Survey, 2023

Out of total only 19.05% of the respondents are found illiterate. Rest of the respondents, literate 38.09%, and 28.58% SLC I A or equivalent and very negligible percent of the respondents had attained higher education bachelor level which is 14.28%.

4.3.3 Monthly income and income keeper of the respondents

The income level of the respondents and income keeper makes a valuable status about the women inclusion in economic activities in the society. The income level of the respondents was not seen well in the study are. The distribution of the respondents is given in the following table.

Table No. 4.12 Respondents by their level Monthly of income and income keeper

Income level	Total Number	Percentage
Below Rs. 5000	4	19.04
5001-10000	7	33.33
10001-15000	6	28.58
15001+	4	19.05
Total	21	100.0
Household income keeper		
Husband	6	28.58
Parents	6	28.58
Self	4	19.04
Husband and wife Both	5	23.80
Total	21	100.00

Source: Field Survey, 2023

For sound and healthy family life, male and female both are equally responsible. They need to share benefits in family. The study had shown that only 19.04% women kept their family income where 33.33% kept both of them. The result shows that 28.58% of respondents had earned 15,000 per month where 16.67% respondents earned only 5,000 per month.

4.3.4 Sources of income

Source of income is that factor which helps to improve socio-economic status of the people. In Phungling Municipality ward no. 10, major occupation or sources of income are their traditional is farming. However, they are shifted in many kinds of occupation like service, business, etc. Among the respondents who were involved income generating activities, majority of the respondents' sources of income was agriculture & livestock.

Table No. 4.13 Distribution of the respondents by sources of income

Sources of income	Total Number	Percentage
Agriculture/ Livestock	16	76.19
Business	2	9.52
Wage Labor	2	9.52
Job/ Services	1	4.76
Total	21	100.00

Source: Field Survey, 2023

Figure No. 4.5 Distribution of the respondents by sources of income



According to above table and figure the majority 76.19% of the respondents is engaged in agriculture/livestock where as 9.52% are in wage labour and business equally, only 9.52% in job/service, and 0% teaching profession.

.3.5 Reproductive health right among the respondents

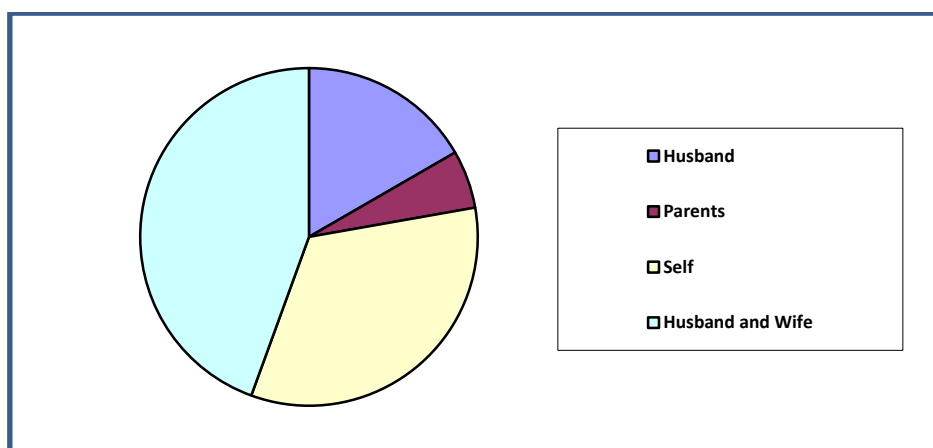
Reproductive right and taking the decision about this factor of life is essential part of women health. It can clear status of women inclusion in the society of their health access. The respondents are varied on the reproductive health right the distribution of the respondents about this issue is given in the following table.

Table No. 4.14 Reproductive health right among the respondents

Having Right	Total Number	Percentage
Husband	5	23.80
Parents	3	14.38
Self	8	38.09
Husband and Wife	5	23.83
Total	21	100.0

Source: Field Survey, 2023

Figure No. 4.6 Reproductive health right among the respondents



According to the above table and diagram, the majority of respondents are able to have right about the reproductive health in a combine way. Out of 21 respondents, 23.83% respondents are have in a mutual understanding with their husband, second portion of respondents 38.09% are have absolute right about the reproductive health. And remain portion of respondent's are influenced by the husband and parents 23.80% and 14.28% respectively.

4.3.6 Ownership of the house and land by the respondents

Ownership of the house and land also represents the socio-economic status and inclusion of women in economic rights. The study had shown that all of the respondents had their own house. Among the respondents having own house, small portion of the respondents are legal owner of the house. The status of house and land ownership system of the respondents is given below table.

Table No. 4.15 Distribution of the respondents by ownership of the house and Land

Ownership of the house	Total number	Percentage
Husband	14	66.67
Parents	3	9.52
Self	3	14.29
Husband and Wife Both	2	9.52
Total	21	100.0
Ownership of the Land		
Yes	7	33.33
No	14	66.67
Total	21	100.0

Source: Field Survey, 2023

Some of respondents had ownership of house in name of their husband. According to the data 66.67% of respondents had ownership of house in the name of their husband, 9.52% with their parents; negligible portion 14.29% ownership of house only had the respondents and only the women had the house ownership 9.52%. The study also had shown that little portion of respondents had own land on their ownership. Among the respondents 33.33% respondents had land on their own name and 66.67% respondents didn't have land on their own name. Thus, it can be concluded that most of the women were excluded from their legal rights on the land holding system.

4.3.7 Political participation of respondents

In the context of women's role and influence in the society, political participation needs to be analyzed from several angles. Conventionally, politics is understood to cover the science of governance in the public arena only. But in women's context it is imperative that politics includes gender politics within family and in the domestic scene, because that is where they are intensively exploited, repressed and excluded.

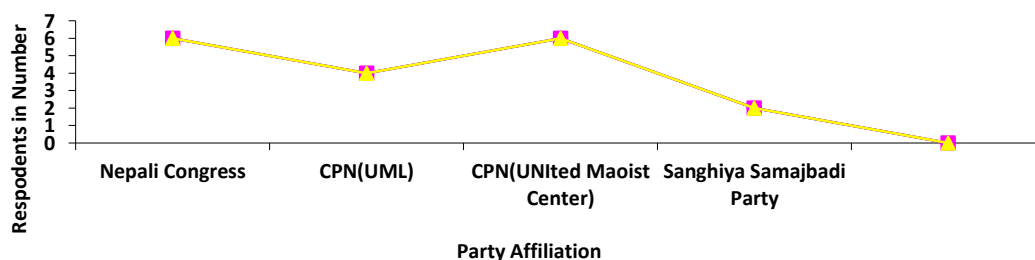
Women's political participation is defined as participation in social activities, participation in decision making roles within the domestic scene as well as in the community. Involvement in political movements and political parties forms another dimension of women's political participation. Awareness/knowledge about their rights and access to inheritance property are conceptualized as women's political empowerment. The party affiliation of the respondents is shown in the following table.

Table No. 4.16 Distribution of the respondents by their political affiliation

Name of the party	Total number	Percentage
Nepali Congress	8	38.07
CPN (UML)	7	33.33
CPN (Unified Maoist Center)	3	14.28
Sanghiya..others	3	9.52
Total	21	100.00

Source: Field Survey, 2023

Figure No. 4.7 Distribution of the respondents by their party affiliation



Above table and figure shows that the majority of respondents are from the CPM (UML) 14.28% secondly Nepali Congress and CPN (Unified Maoist Center) equally 33.33% and Sanghiya Samajbadi is 9.52% of the total.

4.3.17 Representation of women in rural municipality election 2074

The constitution of Nepal 2072 has formulated the provision for women representation in the political bodies in Nepal in all level centers to local level. The provision of the women in political bodies is the main way of the women inclusion in the main stream of the governing system. Many women in number were participated in the election but some few numbers of women were elected by the election. The status of women in the local political bodies is given in the following table.

Table No. 4.17 Representation of women in word No. 10 phungling Municipality election

Portfolio of the women	Participated in election	Elected number	Percentage
Vice President	-	-	-
Ward President	-	-	-
Ward Member	4	2	50
Total	4	2	-

Source: Field Survey, 2023

The participation of the women in local election 2079 in the study area 4 women was participated in the election from different political parties. But only 2 numbers of the women were elected by the election. The elected representatives were also from the women quota provided by the constitution of Nepal. Again it is the great work for the women inclusion in the political mainstreaming and governing system of Nepal as well.

4.4 Household decision making process and status of women in local organizations

The inclusion of the women in the local organization in the study area is not in the proper order. The government of the Nepal has implemented many rules and regulations to promote the social inclusion of women in local organizations and their empowerment. Locally available organization and inclusion of the women in these organizations is tried to present here as follows.

4.4.1 Respondents by making decision to join their child in school

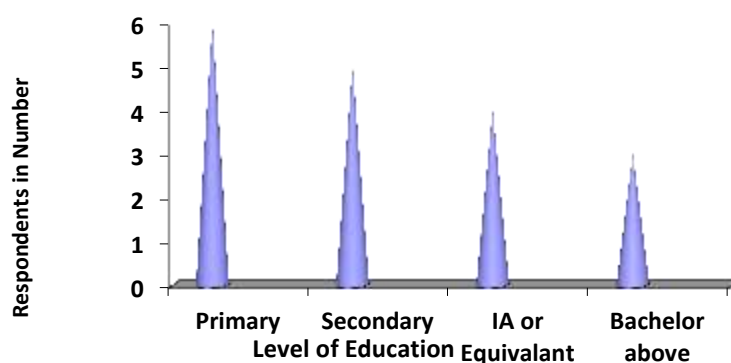
Decision power or the involvement of women about the providing the education to their children in the family is most important. By the role of women in such activities shows the empowerment and inclusion of women in the society and family as well. The distribution of the respondents in making decision to join their babies and the level is shown following table.

Table No.4.18 Involvement of respondents making decision to join their child in school/college

Level of Education	Total Number	Percentage
Primary	6	28.58
Secondary	8	38.09
IA or equivalent	4	19.04
Bachelor and Above	3	14.29
Total	21	100.00

Source: Field Survey, 2023

Figure No. 4.8 Involvement of respondents making decision to join their child in school



Above table and figure showed that the inclusion of women in decision making process in their home is considerably good. Where, 28.58% of respondents can make decision of joining their children in primary level of education which is followed by 38.09% secondary level. To provide the I A and above level of education to the children; the role of women in decision making significantly low. Where to join their children IA and equivalent 19.04% respondents can involve and only 14.29% of respondents are able to involve in the process of making decision to join B.A. and above.

4.4.2 Decision on using of family planning methods

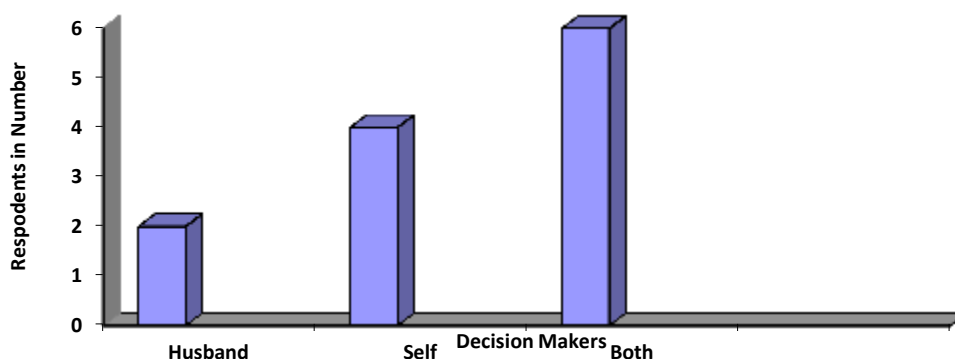
The decision on using the family planning is also a most important factor to indicate inclusion of women in health sector in the society. The varies of the respondents about the making decision on using family planning is given by the table 4.19.

Table No. 4.19 Decision on using of family planning methods

Decision Makers	Total Number	Percentage
Husband	2	16.67
Self	4	33.33
Husband and Wife	6	50.00
Total	12	100.00

Source: Field Survey, 2023 * Only 12 women had used family planning methods.

Figure No. 4.9 Decision on using of family planning methods



Above table and figure showed that out of total respondents only 12 respondents had used family planning devices. Among the 12 respondents, 50.00% couple had made decision together. Rest of the respondents had made the decision 16.67% by husband and 33.33% by respondents themselves.

4.4.3 Involvement of women in community forest user group

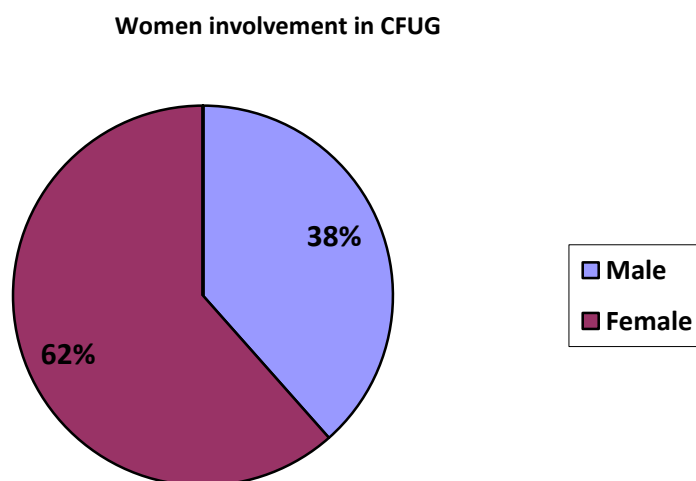
The involvement of women in the community forest user group indicates the inclusion of women and their position in the local organization in the study area. Respondents' involvement and the real status in CFUG is given in following table.

Table No. 2.20 Involving status of the women in community forest user group

Name of CFUG	Total Number	Male	Percentage	Female	Percentage	Percentage
Dhunge Bisauna CFUG	11	5	45.46	6	54.54	100.00
Dhanrok CFUG	15	5	33.33	10	66.67	100.00
Total	26	10	38.47	16	61.53	100.00

Source: Field Survey, 2023

Figure No. 4.10 Involving status of the women in community forest user group



Above table and chart showed that majority there are two CFUGs in the study area. Where 61.53% of the members are female and rest of the portion 38.47% are male. The female position in the community forest user group is in Dhunge Bisauna CFUG one treasurer and five members. Whereas in the Dhanruk CFUG secretary one vice secretary one and eight members.

4.4.4 Participation of women in Aama samuha

The status of the women in aama sumaha indicates the real picture of the inclusion of women in social activities based on the women right. In the study area most of the women are active in the aama sumaha. The status of the women in the aama sumahais sufficient level in the study area. The dhunge aama samuha is formed by only women 19 members (presidents to members) all (100.00%) members are women and their role also active in the samuha.

4.4.5 Women's involvement in poverty alleviation fund

Government has been implementing many programmes under the poverty alleviation fund in Nepal to reduce the poverty throughout the country. In the study area, eight PAF groups also running some activities of poverty alleviation fund. The status of the women in poverty reduction fund in study area is given below.

Table No. 2.21 Involving status of the women in poverty alleviation fund

Name of group	Total Number	Male	Percentage	Female	Percentage	Percentage
Chhuche dhunga	35	5	14.28	30	85.72	100.00
Lamathan	15	2	13.33	13	86.67	100.00
Dhungeni	24	3	12.50	21	87.50	100.00
Golphe	21	-	-	21	100.00	100.00
Gadi dada	23	-	-	23	100.00	100.00
Bhyakure	28	8	28.57	20	83.33	100.00
Therche	19	-	-	19	100.00	100.00
Nevhare	25	2	8.00	23	92.00	100.00
Total	190	20	10.52	170	89.48	100.00

Source: Field Survey, 2023

The table showed that there are eight PAF groups in the study area. Most of the groups are handled by the women leadership. Only three Panidhara, Dhanadada and Ampokhara Dhoren groups are led by the male. The three groups are formed by the all women members and others are by the participation of few male members. In the total eight groups the member number is 190 where as the male number is 20 (10.52%) and rest of the members are women 170 (89.48%) in the study area.

4.4.6 Status of Women by involving in drinking water committee

The involvement of the women in the local organization like drinking water committee can be an example of status of the inclusion of women in local organizations. The women in the study area only few numbers belong to the drinking water committee which is tried to clear by the following table and figure.

Table No. 4.22 Involvement of the women in drinking water committee

Name of group	Total Number	Male	Percentage	Female	Percentage	Percentage
Singha Devi DWUC	5	3	60.00	2	40.00	100.00
Pokhari DWUC	9	6	66.67	3	33.33	100.00
Total	14	9	64.28	5	35.72	100.00

Source: Field Survey, 2023

According to the above table there are two drinking water user groups in the study area. In both groups the women position is treasurer and members only the leadership is belong to male members. Total members of the two user groups are 14 where, 64.28% members are male and 35.72% members are female.

4.4.7 Women by involving at school management committee

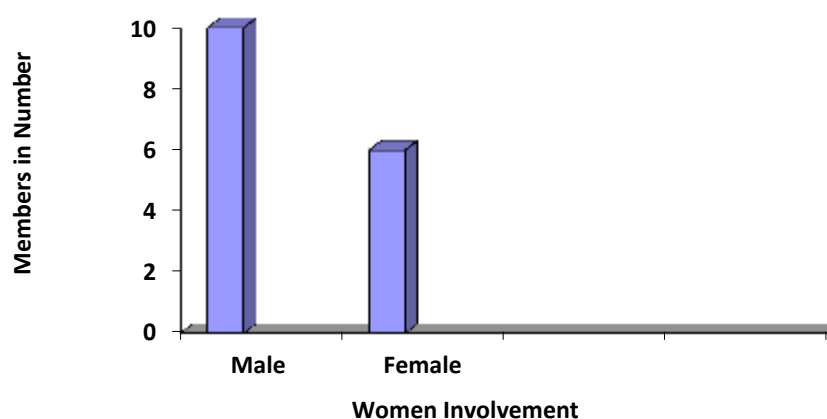
Government has been implementing many programmes to improve the education system and make a quality education in the country. The participation of the women in the school management committee is an inclusion of women in education management system. In the study area very low level of women are related to the school management committee which is cleared by following table.

Table No. 4.23 Women by involving in school management committee

Name of SMC	Total Number	Male	Percentage	Female	Percentage	Percentage
Mahakali Pra. Bi.	8	5	62.50	3	37.50	100.00
Janakalyan Pra. Bi.	8	5	62.50	3	37.50	100.00
Total	16	10	62.50	6	37.50	100.00

Source: Field Survey, 2023

Figure No. 4.11 Involving status of the women in school management committee



The table and figure showed that the involvement of the women in school management committee. There are two primary school management committees in the study area. 16 members are in both committees. Where 37.50% women and 62.50% are male involved in the school management committee. The position of the women members in these committees is only member.

4.4.8 Involvement of women in farmers group

Involvement of women in the farmers group also indicates the inclusion of women in the local organization in the study area. The participation of the women in the farmers group in the study area is cleared by the following table.

Table No. 4.24 Women by involving in farmers group

Name of FG	Total Number	Male	Percentage	Female	Percentage	Percentage
Aalubari FG	13	7	53.85	6	46.15	100.00
Lukuwa FG	11	8	72.73	3	27.27	100.00
Total	24	15	62.50	9	37.50	100.00

Source: Field Survey, 2023

The table showed that the involvement of the women in farmers group. Where 46.15% women are involved in the Mirmire farmers group and 27.27% women are involved in the Namuna farmers group in the study area. But the position of the women is only members in both farmers groups.

5.3 Challenges faced by women in these organizations

In the study area the women respondents are facing many more challenges inside the house and outside. Involving periods to the local organizations like community forest user group, drinking water management committee, saving and credit cooperatives, school management committee, aama samuha, poverty alleviation fund etc. The challenges and insecurities women experienced surrounding their work under this organization had a significant effect on their political economies, mental health, and physical wellbeing. The society of Nepal is not wide for the women inclusion to the local organization. The challenges, which are facing by the sample respondents in the study area is given below point wise.

5.3.1 Socio-economic challenges

The women's inclusion to the local organizations the socio-economic challenge is most decisive point. In the study area plays vital role to discourage women from seeking employment and better opportunities. In the study area respondents reported that mobile phones were increasingly being used as an instrument to increase a feeling of security but also posed new threats to women's security. The economic factor of the women is playing negative role in the women's involvement of local organizations. The male dominated economy of this area the female are not free from the economic point of view to participate and invest to the wellbeing of those organizations.

5.3.2 Legal challenges

The legal challenge of women in the study area for the participation in the local organizations is most important. It is a great problem of social inclusion of women in the study area. It is a problems to work freely and the treatment after any kind of harassment in the work places and out because of the weak implementation of law and order in our society. Most of the respondents are agreed to the law of Nepal for women are not implemented because of the male dominated society. According to the 21 respondents women are not able to report issues of workplace harassment to the police. According to the respondents legal provision of the nation as well as study area is immature.

5.3.3 Women violence/ harassment

Women violence is also reported by the respondents in the study area. It is the most affective challenge of women inclusion to the local organizations of the study area, which they are facing in their day to day life. The male dominated society and lack of proper level education in the study area, the women violence and sexual harassment to the women is still being a problem in the study area.

According to the respondents working together with the male in the local organization, women are feeling habitation and the situation also not in women's favor. They ask for the friendly environment to work in the society rather than the congested one. Respondents reported the use of abusive language by the male in the study area.

5.3.4 Cultural and religious challenges

Respondents reported that because of cultural and religious restrictions, the dual workload that women face posed a tremendous challenge to their successful employment and promotion at work, and respondents reported this as one of their central concerns relating to their lives at home and ability to work. According to them, the religion is guiding the society towards the male dominated society since the beginning. The society takes the women as helper and the property of the man. The disagreement of the respondents also go to this point that how we are the just a butterfly of the man? The question is raised. The women are not free from the religion of Nepal and the study area as well.

5.3.5 Low level of educational opportunity

The women have no more good opportunity of the higher education in the study area. Women are deprived from the opportunity of higher level education in the study area. Low level of education is a strong challenge to the inclusion of women in involving to the local level of

organization. According to the respondents they are not able to make competition with the male because the low level of the education than the male in the study area.

5.3.6 Low access of political participation

The women's political participation is a most important to the women inclusion. In this study, area the political participation of women and their status is very low. The main decision making place is political body where, the involvement of the women is negligible. Without the bold participation of women in the local political body no more laws and regulations will formulated for the favor of women. And without the proper law and provision for the women we cannot make the higher level of women inclusion in the local organization. So the poor political participation is the challenges of women inclusion in the study area.

5.3.7 Family support

In the study area respondents from study area reported that, without the support of their husbands and families they would not have been successful in their work, suggesting that families not only play a large role in whether women are likely to work but also in their success at work. According to the respondent's husband and family couldn't handle the pressure coming from the community and no longer allowed his wife to work outside the home. According to respondents women need the permission from their husband and family to work outside the home. Regardless of women's work outside the home, they were also expected to complete all of the duties that are assigned to them as daughters, wives, and mothers.

CHAPTER V

SUMMARY CONCLUSIONS AND RECOMMENDATIONS

This chapter presents the summary, of the findings of the study, includes conclusions of the study, and it policy recommends to the related stakeholders.

5.1. Summary of the findings

This study is conducted to show the situation analysis of social inclusion and women empowerment of Phungling Municipality of Taplejung, District of Nepal. The objectives of the study is to explore social economic status of women included in local level organizations, to explore status of women at different local organizations and to bring out challenges women faced in these organizations.

Keeping in views of the problem formulation, the design of the study was chosen as a descriptive survey design. For this study, the respondents were married women. All the sampled households respondent was selected by random sampling method and applied interview schedules.

This study is depends on both primary and secondary data. The collected data were checked whether complete or not and edited for completeness, accuracy and uniformity. The data was analyzed and presented by simple frequency table, percentage wherever necessary.

The population of the study area was distributed almost equally by all age groups. The age group 30-44 years (25.92%), the lowest in age group 60 and above and 0-14 is equally (14.82%). The age group 15-29 years (21.29%) and the population of age group 45-59 years is (23.15%) of the total. majority of the population were married 62.04%. Similarly 25.00% were unmarried, followed by 5.55% widow.

The population of illiterate are 15.74% and 84.26% are literate. The occupation of household population is household work 27.78%, agriculture 25.00%, students 15.75% daily wage labour 8.33%, business 7.40%, foreign labour 5.56%, social work 4.62% and Service and teaching equally 2.78%. Majority of the respondents are from Bramin Chattri 42.85%, secondly Ethnicity 28.57%. Other caste groups are Dalit 14.29% and lastly others 16.67% in the study area.

47.81% respondents had got married at the age group of 15-19 years, second portion 33.35% at the age group of 20-24, third 9.52% at the age group of 25+ and only one respondent 9.52% respondents had got married within her teenage period below 14. Out of 21 respondents, 85.71% respondents were married followed by widow and separated in each 14.29%. The respondents from Hindu religion are 47.61% followed by Buddhist 19.05%. of (38.10%) of the respondents were from the joint family and remaining 61.90% respondents were from nuclear family.

Out of total only 19.05% of the respondents are found illiterate. Rest of the respondents, literate 38.09%, and 28.58% SLC I A or equivalent and very negligible percent of the respondents had attained higher education bachelor level which is 14.28%.only 19.04% women kept their family income where 23.80% kept both of them. The result shows that 28.85% of respondents had earned 1000 per month where 19.04% respondents earned only 5,000 per month. 76.19% of the respondents is engaged in agriculture/livestock where as 9.52% are in wage labour and business equally, only 4.07% in job/service, teaching profession.

Out of 21 respondents, 23.83% respondents are have in a mutual understanding with their husband, second portion of respondents 33.33% are have absolute right about the reproductive health. And remain portion of respondent's are influenced by the husband and parents 16.67% and 5.56% respectively.

Out of total, 66.67% of respondents had ownership of house in the name of their husband, 9.52% with their parents. negligible protion ownership of House only hed the respondentsand only the Women had the house ownership 38.07%.

Respondents are from the CPM (UML) 33.33% Nepali Congress and CPN Unified Moist equally 14.28% and Sanghiya Samajbadi is 11.11% of the total. 28.58% of respondents can make decision of joining their children in primary level of education, 38.09% secondary level, IA and equivalent 19.09%, and only 14.29% of respondents are able to involve in the process of making decision to join B.A. and above.

Among the 12 respondents, 50.00% couple had made decision together. Rest of the respondents had made the decision 16.67% by husband and 33.33% by respondents themselves. 61.53% of the members are female and rest of the portion 38.47% are male. The female position in the community forest user group is in Dhunge Bisauna CFUG one treasurer and five members. Whereas in the Dhanruk CFUG secretary one vice secretary one

and eight members. Dhunge Aama samuha formed by 19 members (presidents to members) all (100.00%) members are women and their role also active in the samuha.

In the study area there are eight PAF groups and most the groups are handled by the women leadership. Only three Panidhara, Dhanadada and Ampokhara Dhoren groups are led by the male. The three groups are formed by the all women members and others are by the participation of few male members. In the total eight groups the member number is 190 where as the male number is 20 (10.52%) and rest of the members are women 170 (89.48%) in the study area.

Two drinking water user groups are in the study area, In both groups the women position is treasurer and members only the leadership is belong to male members. Total members of the two user groups are 14 where, 64.28% members are male and 35.72% members are female.

There are two primary school management committees in the study area. 16 members are in both committees. Where 37.50% women and 62.50% are male involved in the school management committee. The position of the women members in these committees is only member. 46.15% women are involved in the Mirmire farmers group and 27.27% women are involved in the Namuna farmers group and the position of the women is only members in both farmers groups.

The women's inclusion to the local organizations the socio-economic challenge is most decisive Challenges to women's social security in the places of work or occur on their way home. In the study area respondents reported that mobile phones were increasingly being used as an instrument to increase a feeling of security but also posed new threats to women's security. Legal challenge of women for the participation in the local organizations is spreading out in the society. Most of the respondents are agreed to the law of Nepal for women are not implemented because of the male dominated society. Women are not able to report issues of workplace harassment to the police. Even though, the Nepal Police is capable of addressing women's concerns, but it is seemed unaware of women's actual experiences and perspectives of security providers, especially in regard to workplace and public harassment issues.

Women violence is the most affective challenge of women inclusion to the local organizations of the society, which they are facing in their day to day life. The male dominated society and lack of proper level education in the study area, the women violence and sexual harassment to the women is still being a problem. According to the respondents

working together with the male in the local organization, women are feeling habitation and the situation also not in women's favor. In our society the cultural and religious factor is standing as a strong challenge in the inclusion of women. Respondents reported that because of cultural and religious restrictions, the dual workload that women face posed a tremendous challenge to their successful employment and promotion at work, and many women reported this as one of their central concerns relating to their lives at home and ability to work.

The women have no more good opportunity of the higher education in the study area. Women are deprived from the opportunity of higher level education in the study area. Low level of education is a strong challenge to the inclusion of women in involving to the local level of organization. In this study, area the political participation of women and their status is very low. The main decision making place is political body where, the involvement of the women is negligible. Respondents from study area reported that, without the support of their husbands and families they would not have been successful in their work, suggesting that families not only play a large role in whether women are likely to work but also in their success at work.

5.2 Conclusions

This study has focused on examining the social inclusion of women in terms of their socio-economic, political and decision making process and its impact on their empowerment.

It has concluded that majority of the respondents were excluded from their socio-economic aspects as well their political and decision making participation. On an average all the respondents' socio-economic status were seen not well, majority of them were excluded from their higher level education as well as income generating activities. They were compiled to busy in only household activities.

This study has also concluded that majority of the respondents were not participating in any local committees and other social activities regularly though they had willingness to participate.

Most of the respondents had heard about their rights, which ensured by constitution but in practice they were totally excluded from their basic rights. Due to exclusion of women, they were lag far behind to make self-decisions. However it was seen that educated women were more aware about their rights and also participated in social activities, income generating activities and decision making process than illiterate women. So, it is concluded that education is the main factor to inclusion and participation of the women. Women's

participation/inclusion is a good indicator of their empowerment. Therefore, it is essential to improve educational status as well increase their participation in all sectors of the society and development then only women will be empowered.

This chapter presents the summary of the findings of the study and it also includes conclusions and recommendations of the study.

5.3. Recommendations

On the basis of findings of the study the following recommendations are made to improve the women's status and to increase their participation in socio-economic, political and decision making process. Recommendations are divided into two parts. One for policy implications and other is for research.

5.3.1. For policy implications

Government should give priority to increase women's educational attainment with the help of proportional policies and programs.

- a. The Government as well as private sector should provide reservation system for women in service sectors to increase the access of women for gainful economic activities.
- b. Equal property rights and their access over land should be ensured.
- c. GOs/NGOs/INGOs concentration should be focused on awareness program about women's rights and responsibilities.
- d. Empowerment program and policies should be facilitated for women to enable for them equal access to participation in social, economic and political aspects.
- e. It is also recommended that family and society should encourage and provide them opportunities to participate in various social activities.
- f. Policy maker should share the ideas of women and should be participate them in development activities as well as decision making process.

5.3.2 For further research area

Social inclusion and empowerment is the very vague terms however empowerment's indicators are socio-economic and political participations. This study has been taken some selected variables of social inclusion in terms of empowerment. So, this study couldn't cover all forms of inclusion. This study is mainly based on quantitative tools (used open ended and close ended questionnaires both) however also used Focus Group Discussions (FGDs) method but it is not enough for qualitative research.

So, upcoming researchers are requested to study on this area to find out more information about social inclusion of women and their empowerment. If time, money and manpower are favorable, it is requested to conduct various tools of qualitative methods, include more variables of social inclusion of women and their empowerment and increase the sample population to get real situation of women.

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Annex- I
Social Inclusion and their Empowerment of Women
Survey Questionnaire

This Questionnaire has been designed to explore the informative for purely academic purpose. This is to enable the researcher Rajkuamar Karki. This thesis on the topic Social Inclusion of Women and Their Empowerment: A Study of Phungling Municipality Ward No. 10, Taplejung, Nepal in pursuance of Master of Arts in Rural Development.

A. General information

1. Name of respondent.....
2. Age:
3. Caste/Ethnicity
4. Address: Ward no..... Tole
5. Religion
6. Type of the family: 1. Nuclear 2. Joint

B. Household schedule

SN	Name of the respondents	Relationship with Hhs head	Sex	Age	Educatio n	Marital status	Occupation
1							
2							
3							
4							
5							

C. General information for married women as identified during Hhs survey

1. What was your age at marriage/? (Age in completed years).....
2. Who did decide your marriage?
 1. Father 2. Mother 3. Both parents
 4. Self 5. Brothers/ sisters 6. Relatives
3. What did you do at the time of marriage?
 1. Study 2. Services 3. Teaching
 4. Tailoring 5. Self activities 6. Household activities

7. Other (Specify...)
4. After marriage, have you taken any formal or informal education?

 If yes who decided for your education?

 If no, why didn't you get the opportunity to study?

5. Are you satisfied with your education?

6. Have you ever given any birth to live child? and how many?

7. Who made decision to have children?
- | | |
|--------------------|----------------------|
| 1. Husband | 2. Parent |
| 3. Self | 4. Both husband/wife |
| 5. Sister/brothers | 6. Other |
8. Does your son and daughters go to school?

9. Who makes decision of going to or not going to school?
- | | |
|----------------------|--------------------------|
| 1. Husband | 2. Parents |
| 3. Self | 4. Husband and wife both |
| 5. Brothers/ sisters | 6. Other (Specify)... |
10. Have your any children got married?

11. If yes, who made decision about their marriage?
- | | |
|----------------------|--------------------------|
| 1. Husband | 2. Parents |
| 3. Self | 4. Husband and wife both |
| 5. Brothers/ sisters | 6. relatives |

D. Property ownership and decision making

1. What is the main source of your income?
- | | |
|---------------------------|-----------------|
| a, Agriculture/ livestock | b, Business |
| c, Labour | d, Job/services |
| e, Teaching | f, Tailoring |

g, Others (Specify..)

2. Who keeps the household income?

- | | |
|----------------------|--------------------------|
| 1. Husband | 2. Parents |
| 3. Self | 4. Husband and wife both |
| 5. Brothers/ sisters | 6. Relatives |

3. Do you have any land in your own name?

.....

4. Who owns the parental property?

- | | |
|----------------------|--------------------------|
| 1. Husband | 2. Parents |
| 3. Self | 4. Husband and wife both |
| 5. Brothers/ sisters | 6. Relatives |
| 7. Other | |

5. Who makes decision on cropping?

- | | |
|----------------------|--------------------------|
| 1. Husband | 2. Parents |
| 3. Self | 4. Husband and wife both |
| 5. Brothers/ sisters | 6. Other |

6. Did you sell or buy any extra food by your own decision during the last year?

.....

7. Did you buy or sell any livestock by your own decision during the last year?

.....

8. Who usually decide to visit the relatives?

.....

9. Is it compulsory to ask permission to visit relatives?

.....

10. Is your family income sufficient for household expenses?

E. Participation/inclusion of women in social activities

1. What is your participation in the social activities of social institutions?

- | | |
|------------|--------------|
| 1. Regular | 2. Sometimes |
| 3. Never | |

2. Are you a member of any social institutions?

.....

3. If yes, who makes decision in participating on such social activities?

.....

4. Have you ever voted to any political parties in any elections?
.....
5. Have you ever been a member of any political parties?
.....
6. Who encouraged you to be a member of the political party?
.....
7. Have you any willingness to be a local representative?
.....
8. Have you ever heard of our constitution?
.....
9. If yes, what are the constitutional provisions relating to women's welfare and empowerment?
.....
10. Have you any idea about property rights?
.....
11. In which situation can a woman give divorce to her husband?
.....
12. Do you have local community organizations in your area?
.....
13. What types of community organizations are there in your area can you give the name of the organizations?
.....
.....

Thank you

Photo Of field Visit Area





फुडलिङ नगरपालिका

१० नं वडा कार्यालय

फुरुम्बु - ताप्लेजुङ

(कोशी प्रदेश नेपाल)

२०७३

प्रवसंख्या - ०८०/०८१

चलानीनं. - ८१

मिति - २०८०/०४/३२

विषय:- यो जो संग सम्बन्धित छ ।

प्रस्तुत विषयमा त्रि वि मानविकी तथा सामाजिक विज्ञान संकाय अन्तरगत स्नातकोत्तर तह म र व क्यापस इलाममा अध्यनरत छात्र श्री राज कुमार कार्कीले **Social Inclusion Of Women And Their Empowerment** सम्बन्धि ताप्लेजुङ जिल्ला अन्तरगत फुडलिङ नगरपालिका वडा नं १० फुरुम्बुमा महिला शसक्तिकरण तथा सामाजिक समावेशिता सम्बन्धि अध्यन प्रत्यक्ष रुपमा उपस्थित भई काम काज गरेको व्यहोरा अनुरोध छ ।

यहाँको भविष्यको उत्तर उत्तर प्रगतिको सुभकामना व्यक्त गर्दछु ।


सचिन रेग्मी
वडा सचिव
ताप्लेजुङ नगरपालिका