

**"Labour Migration & Its Impacts in Gender Role & Women Empowerment: A Study of Migrant Workers' Families in Rajghat Village of Sarlahi District"**



**A Thesis**

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**The Requirement of Masters' Degree of Arts in Sociology**



**By**

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## LETTER OF RECOMMENDATION

This thesis entitled “**Labour Migration & Its Impacts in Gender Role & Women Empowerment: A Study of Migrant Workers' Families in Rajghat VDC of Sarlahi District**” has been prepared by Buddha Singh Kepchaki under my supervision. I hereby recommend this thesis for Examination by the Thesis Committee as a partial fulfillment of the requirement for the Degree of Master of Arts in Sociology.

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## APPROVAL SHEET

We certify that this thesis entitled **“Labour Migration & Its Impacts in Gender Role & Women Empowerment: A Study of Migrant Workers' Families in Rajghat VDC of Sarlahi District”** submitted by Buddha Singh Kepchhaki to Central Department of Sociology, Faculties of Humanities and Social Sciences Tribhuvan University in partial fulfillment of the requirements for the Degree of Master of Arts in Sociology has been found satisfactory in scope and quality. We hereby accept this thesis as a part of said degree.

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Buddha Singh Kepchhaki

## **ABSTRACT**

This thesis basically looks into the changes in the experience and gender roles of Nepalese women in the pretext of rapidly increasing foreign labor migration of men. Literature on migration from Nepal mostly focuses on economic gains made through remittance inflows. The changes in gender role and the transformations in women's lives caused by labour migration are largely neglected. This study is therefore an attempt to examine women's experiences, as they assume the role of household heads, financial managers and single parents, in a society that has historically suppressed their freedom. The study specifically focuses on the changes in women's work responsibilities, their decision-making abilities and their participation in social activities to draw inferences as an impact of men's temporary absence at home. My analysis is based on insights from interviews with wives of migrant workers. In general, it is found that men's migration increases women's work responsibilities and often reduces their ability or willingness to participate in different socio-cultural activities. Also it is found that women's position in the household is central to influencing their participation in decision-making and their involvement in social activities. Women who take on the role of household head are more likely to gain decision-making power and experience an increase in social participation. These consequences are highly sensitive to the regional socio-cultural norms as well as women's caste, class, and individual characteristics. The findings from this study help the readers understand the consequences of migration from a gendered perspective and provide insights that may be valuable in developing policy measures for fighting against gender inequality and providing women with the resources to cope with the challenges faced during men's migration.

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