

**SOCIAL INCLUSION OF WOMEN AND THEIR EMPOWERMENT
(A case study of Bhattedanda and Badikhel VDCs of
Lalitpur District)**

A Thesis

Submitted to

Central Department of Rural Development

**in Partial Fulfilment of the Requirements for the Master of Arts in Rural
Development**

by

Dhana Neupane

Exam Roll No. 247

Redg No.24952-87

Batch: Second

Tribhuvan University Campus

Kirtipur, Kathmandu

June 2009

RECOMMENDATION

This is to certify that **Mrs. Dhana Neupane** has worked under my supervision and guidance for the preparation of this dissertation entitled "*Social Inclusion of Women and Their Empowerment (A case study from selected wards of Bhattedanda and Badikhel VDCs of Lalitpur District)*" for the partial fulfillment of Master of Arts in Rural Development. To the best of my knowledge, the study is original and carries useful information in the field of social inclusion of women and their empowerment. I therefore, recommend it for the final evaluation to the dissertation committee.

Dr. Mangala Shreatha

(Supervisor)

Central Department of Rural Development

Tribhuvan University

Kathmandu

APPROVAL SHEET

This Thesis entitled *Social Inclusion of Women and Their Empowerment (A case study of Bhattedanda and Badikhel VDCs of Lalitpur District)* has been approved by this Department in the prescribed format of the Faculty of Humanities and Social Sciences, Tribhuvan University.

Approved by:

Dr. Pradip Kumar Khadka
(Professor and Head)

(External Examiner)

Dr. Mangala Shrestha
Supervisor

ACKNOWLEDGEMENT

This thesis entitled ' *Social Inclusion of Women and Their Empowerment (A case study of Bdattedanda and Badikhel VDCs of Lalitpur District)* as a thesis is submitted to the Central Department of Rural Development, Faculty of Humanities and Social Sciences, Tribhuvan University for the partial fulfilment of Master of Arts in Rural Development. This study would have been incomplete and less worthy without the continuous supervision by my respected teacher and Thesis Supervisor Dr Mangala Shrestha. Whatever the word would be less to express against the guidance, I got regularly from Dr. Shrestha despite her busy schedule. I would like to express my most sincere gratitude to Dr Pradeep Khadka, Prof and Head of the Department for encouragement in doing research in this issue.

This study would have been less worthy without the valuable suggestions of all my respected teachers, so I am also thankful to all of them.

I also would like to thank all the respondents who welcomed me and shared with their valuable feelings and expressions in the field.

I am equally thankful to Mr Ram Krishna Khatiwada, my husband for his support on technical parts such as data management. Meanwhile, I would like to express my deepest gratitude to my parents and brothers for their kind support and inspiration in forwarding my academic career.

Lastly, I would like to express my deepest gratitude to my parents, sisters and brothers for their kind support and inspiration in forwarding academic career.

Hattiban, Lalitpur

June 2009

Dhana Neupane

ABSTRACT

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 impact of social inclusion on women's empowerment, where this study had found the socio-economic and political participation as well decision making power of women in Bahttedanda and Badikhel VDCs of Lalitpur District. One hundred and fifty 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.

TABLE OF CONTENTS

RECOMMENDATION	2
APPROVAL SHEET	3
ACKNOWLEDGEMENT	4
ABSTRACT	5
TABLE OF CONTENTS	6
LISTS OF TABLES	9
LISTS OF FIGURES	10
ACRONYMS/ ABBREVIATIONS	11
CHAPTER I.....	Error! Bookmark not defined.
INTRODUCTION	Error! Bookmark not defined.
1.1 General Background	Error! Bookmark not defined.
1.2. Statement of the Problem.....	Error! Bookmark not defined.
1.3. Objectives of the Study	Error! Bookmark not defined.
1.4. Rationale of the Study.....	Error! Bookmark not defined.
1.5 Limitations of the Study.....	Error! Bookmark not defined.
1.6. Organization of the study.....	Error! Bookmark not defined.
CHAPTER II	Error! Bookmark not defined.
REVIEW OF THE LITERATURE	Error! Bookmark not defined.
2.1. Meaning and Definition of the “Social Exclusion” .	Error! Bookmark not defined.
2.2. Theoretical Literature on Social Inclusion/ Exclusion	Error! Bookmark not defined.
2.3. The women's empowerment issues under the UN ...	Error! Bookmark not defined.
2.4 Status of World’s Women.....	Error! Bookmark not defined.
2.4.1 Education Status.....	Error! Bookmark not defined.
2.4.2 Economic Status.....	Error! Bookmark not defined.
2.4.3. Political Status	Error! Bookmark not defined.
2.5. Women Status in Nepal and Empirical Literature ...	Error! Bookmark not defined.
2.6. Institutional mechanism for the advancement of women	Error! Bookmark not defined.
2.7. Women's Issues in Development plans of Nepal	Error! Bookmark not defined.
2.8 Conceptual Framework	Error! Bookmark not defined.
CHAPTER III.....	Error! Bookmark not defined.
REASEARCH METHODOLOGY	Error! Bookmark not defined.
3.1. Sample Area.....	Error! Bookmark not defined.
3.2. Sample Size.....	Error! Bookmark not defined.
3.3. Nature and Sources of Data	Error! Bookmark not defined.
3.4. Sampling Procedure	Error! Bookmark not defined.
3.5. Data collection Techniques and Tools	Error! Bookmark not defined.
3.6. Data processing an Analysis	Error! Bookmark not defined.
3.7. Ethical Issues of the Research.....	Error! Bookmark not defined.
CHAPTER IV.....	Error! Bookmark not defined.
INTRODUCTION TO HOUSEHOLD POPULATION.....	Error! Bookmark not defined.
4.1. Age-sex composition of the household population..	Error! Bookmark not defined.
4.1.1. Population pyramid.....	Error! Bookmark not defined.
4.2. Educational Status of the Household Population	Error! Bookmark not defined.
4.3. Marital Status of the Household Population	Error! Bookmark not defined.
4.4. Occupation of the household population	Error! Bookmark not defined.
CHAPTER V	Error! Bookmark not defined.
INTERPRETATION AND ANALYSIS OF DATA.....	Error! Bookmark not defined.

- 5.1 Demographic characteristics **Error! Bookmark not defined.**
 - 5.1.1. Age-composition of the respondents **Error! Bookmark not defined.**
 - 5.1.2. Marital status of the respondents **Error! Bookmark not defined.**
 - 5.1.3. Age at marriage of the respondents **Error! Bookmark not defined.**
- 5.2. Social characteristics..... **Error! Bookmark not defined.**
 - 5.2.1. Caste/ethnicity of the respondents **Error! Bookmark not defined.**
 - 5.2.2 Religion of the respondents **Error! Bookmark not defined.**
 - 5.2.3. Educational status of the respondents **Error! Bookmark not defined.**
 - 5.2.4. Family types of the respondents **Error! Bookmark not defined.**
 - 5.2.5. Head of the household of the respondents **Error! Bookmark not defined.**
- 5.3. Economic characteristics **Error! Bookmark not defined.**
 - 5.3.1. Engaged in income generating activities **Error! Bookmark not defined.**
 - 5.3.2. Sources of income **Error! Bookmark not defined.**
 - 5.3.3. Monthly income level of the respondents **Error! Bookmark not defined.**
 - 5.3.4. Reasons for not engaging in any income generating activities **Error! Bookmark not defined.**
 - 5.3.5. Having “PEWA” livestock **Error! Bookmark not defined.**
 - 5.3.6. Ownership of the land by the respondents **Error! Bookmark not defined.**
 - 5.3.7. Ownership of the house by the respondents **Error! Bookmark not defined.**
 - 5.3.8. Keeping household income **Error! Bookmark not defined.**
 - 5.3.9. Having saving accounts **Error! Bookmark not defined.**
- 5.4. Political participation **Error! Bookmark not defined.**
 - 5.4.1. Participation in community based organizations (CBOs) **Error! Bookmark not defined.**
 - 5.4.2. Political participation and political awareness.. **Error! Bookmark not defined.**
 - 5.4.3. Reasons for being a local representative..... **Error! Bookmark not defined.**
 - 5.4.4. Knowledge about the constitutional provisions relating to women **Error! Bookmark not defined.**
 - 5.4.5. Knowledge about the fundamental rights **Error! Bookmark not defined.**
 - 5.4.6. Knowledge about the property rights..... **Error! Bookmark not defined.**
 - 5.4.7. Knowledge about the divorce rights **Error! Bookmark not defined.**
- 5.5. Women in decision making process **Error! Bookmark not defined.**
 - 5.5.1. Decision on their marriage..... **Error! Bookmark not defined.**
 - 5.5.2. Decision on taking education after their marriage **Error! Bookmark not defined.**
 - 5.5.3. Decision on having children **Error! Bookmark not defined.**
 - 5.5.4. Decision on using of family planning methods **Error! Bookmark not defined.**
 - 5.5.5. Decision on buying or selling surplus food **Error! Bookmark not defined.**
 - 5.5.6. Decision on buying or selling livestock **Error! Bookmark not defined.**
 - 5.5.7. Decision on visiting the relatives **Error! Bookmark not defined.**
 - 5.5.8. Decision on participating in social activities **Error! Bookmark not defined.**
 - 5.5.9. Decision on to be member of political parties .. **Error! Bookmark not defined.**
- 5.6. Causes and consequences of exclusion of women... **Error! Bookmark not defined.**
- 5.7. Women in decision making process **Error! Bookmark not defined.**
 - 5.7.1. Women in decision making process in their marriage by literacy status... **Error! Bookmark not defined.**

5.7. 2. Women in Decision Making Process in taking education after their marriage by literacy status	Error! Bookmark not defined.
5.7. 3. Women in decision making process in having children, using FP methods and children's schooling by literacy status	Error! Bookmark not defined.
5.7.4. Women in Decision making process in visiting relatives, to be member of Social-Institutions and political parties by literacy status	Error! Bookmark not defined.
5.7.5. Participation in local community committees of women by literacy status ..	Error! Bookmark not defined.
5.7.6. Political participation and political awareness of women by literacy status .	Error! Bookmark not defined.
CHAPTER VI	Error! Bookmark not defined.
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS ..	Error! Bookmark not defined.
8.1. Summary of the findings.....	Error! Bookmark not defined.
8.2. Conclusions.....	Error! Bookmark not defined.
8.3. Recommendations.....	Error! Bookmark not defined.
8.3.1. For Policy Implications.....	Error! Bookmark not defined.
7.3.2. For Further Research Area	Error! Bookmark not defined.
REFERENCES	Error! Bookmark not defined.
APPENDIX 1	Error! Bookmark not defined.
Section B. Household Schedule	Error! Bookmark not defined.
APPENDIX 2	Error! Bookmark not defined.

LISTS OF TABLES

- Table 4.1: Distribution of the Population by age and sex . **Error! Bookmark not defined.**
- Table 4.2: Distribution of population six years and above by their literacy status ...**Error! Bookmark not defined.**
- Table 4.3: Distribution of population 10 years and above by their marital status**Error! Bookmark not defined.**
- Table 4.4: Distribution of population six years and above by their occupation **Error! Bookmark not defined.**
- Table 5.1.1: Distribution of the respondents by broad age group **Error! Bookmark not defined.**
- Table 5.1.2: Distribution of the respondents by marital status **Error! Bookmark not defined.**
- Table 5.1.3: Distribution of the respondents by their marital age-group **Error! Bookmark not defined.**
- Table 5.2.1: Distribution of the respondents by their caste/ethnic group **Error! Bookmark not defined.**
- Table 5.2.2: Distribution of the respondents by religion . **Error! Bookmark not defined.**
- Table 5.2.3 (a): Distribution of the respondents by Educational status **Error! Bookmark not defined.**
- Table 5.2.3(c): Distribution of the respondents by reasons for not taking education after marriage **Error! Bookmark not defined.**
- Table 5.2.3(d): Distribution of the respondents by satisfaction with educational status **Error! Bookmark not defined.**
- Table 5.2.5: Distribution of the respondents by household head **Error! Bookmark not defined.**
- Table 5.3.1: Distribution of the respondents by engaged in income generating activities **Error! Bookmark not defined.**
- Table 5.3.2: Distribution of the respondents by sources of income **Error! Bookmark not defined.**
- Table 5.3.3: Distribution of the respondents by their level of income **Error! Bookmark not defined.**
- Table 5.3.4: Distribution of the respondents by reasons for not engaging in income generating activities **Error! Bookmark not defined.**
- Table 5.3.5: Distribution of the respondents by having “PEWA” livestock **Error! Bookmark not defined.**
- Table 5.3.6: Distribution of the respondents by ownership of the land **Error! Bookmark not defined.**
- Table 5.3.7: Distribution of the respondents by ownership of the house **Error! Bookmark not defined.**
- Table 5.3.8: Distribution of the respondents by keeping the household income **Error! Bookmark not defined.**
- Table 5.3.9: Distribution of the respondents by having saving account **Error! Bookmark not defined.**
- Table 5.4.1: Distribution of the respondents by their participation in CBOs **Error! Bookmark not defined.**
- Table 5.4.2: Distribution of the respondents by their political participation and political awareness **Error! Bookmark not defined.**
- Table 5.4.3: Distribution of the respondents’ views to be a local representative **Error! Bookmark not defined.**
- Table 5.4.4: Distribution of the respondents’ views about constitutional provisions **Error! Bookmark not defined.**
- Table 5.4.5: Distribution of the respondents’ views about the fundamental rights ..**Error! Bookmark not defined.**

Table 5.4.6: Distribution of the respondents' views about the property rights **Error! Bookmark not defined.**

Table 5.4.7: Distribution of the respondents' views about the divorce rights **Error! Bookmark not defined.**

Table 5.5.1: Distribution of the respondents' decision on their marriage **Error! Bookmark not defined.**

Table 5.5.2: Distribution of the respondents' decision on taking education after their marriage **Error! Bookmark not defined.**

Table 5.5.3: Distribution of the respondents' decision on having children **Error! Bookmark not defined.**

Table 5.5.4: Distribution of the respondents' decision on using FP methods **Error! Bookmark not defined.**

Table 5.5.5: Distribution of the respondents' decision on buying or selling surplus food **Error! Bookmark not defined.**

Table 5.5.6: Distribution of the respondents' decision on buying and selling livestock **Error! Bookmark not defined.**

Table 5.5.7: Distribution of the respondents' decision on visiting relatives **Error! Bookmark not defined.**

Table 5.5.8: Distribution of the respondents' decision on participating in social activities . **Error! Bookmark not defined.**

Table 5.5.9: Distribution of the respondents' decision on to be member of political parties **Error! Bookmark not defined.**

Table 5.7.1: Distribution of respondents' decision making of their own marriage by their literacy status **Error! Bookmark not defined.**

Table 5.7.2: Distribution of respondents' decision making of their education by their literacy status **Error! Bookmark not defined.**

Table 5.7.4: Distribution of the respondents on decision making by literacy status .**Error! Bookmark not defined.**

Table: 5.7.5: Distribution of the respondents' participation in local committees by literacy status **Error! Bookmark not defined.**

Table: 5.7.6: Political participation and political awareness among respondents literacy status. **Error! Bookmark not defined.**

LISTS OF FIGURES

Figure 4.1: Age distribution of the household population by broad age **Error! Bookmark not defined.**

Figure 4.2: Population pyramid of the household population **Error! Bookmark not defined.**

Figure 4.3: Population distribution by their literacy status (6 years +) **Error! Bookmark not defined.**

ACRONYMS/ ABBREVIATIONS

AGI	Alan Guttmacher Institute
CEDAW	Convention on the Elimination of all forms Discrimination against Women
ESP	Enabling State Programme
FGDs	Focus Group Discussions
FWLD	Forum for Women Legal and Development
GDI	Gender Development Index
GEM	Gender Empowerment Measures
ICCPR	International Covenant on Civil and Political Rights
ICESCR	International Covenant on Economic, Social and Cultural Rights
DFID	Department for International Development
ICPD	International Convention on Population and Development
MA	Master in Arts
MWCSW	Ministry of Women Children and Social Welfare
MDGs	Millennium Development Goals
NPC	Nepal Planning Commission
PAN	Population Association of Nepal
PSSN	Population Students' Society of Nepal
QEH	Queen Elizabeth House
SIRF	Social Inclusion Research Fund
SRS	Simple Random Sampling
TU	Tribhuvan University
UN	United Nations
UNDP	United Nation for Development Programme
UNFPA	United Nations Population Fund
UNIFEM	United Nations Development Fund for Women