#### LETTER OF RECOMMENDATION

The thesis entitled "Role of Women's Empowerment in Poverty Reduction: A Case Study of Rajahar VDC of Nawalparasi District" has been prepared by Mr. Tek Bahadur Pun under my supervision. I hereby recommend this thesis for the final approval by the thesis evaluation committee as a partial fulfillment of the requirements for the Degree of Master of Arts in Sociology.

-----

(Thesis Supervisor) Guru Prasad Subedi Lecturer Department of Sociology/Anthropology Kumarwarati Multiple Campus Shivamandir, Nawalparasi

#### **APPROVAL SHEET**

The thesis entitled "Role of Women's Empowerment in Poverty Reduction: A Case Study of Rajahar VDC of Nawalparasi District" is prepared and submitted by Mr. Tek Bahadur Pun for partial fulfillment of the requirements for the Master Degree of Arts in Sociology.

### **Thesis Evaluation Committee**

- Jhab Bahadur Sunar Department of Head, Faculty of Humanities and Social Science
- Mr. Lil Bahadur Bhandari Shaheed Smarak College, Chitwan (External)
- Guru Prasad Subedi (Thesis Supervisor)

\_\_\_\_\_

-----

### Signature

#### ACKNOWLEDGEMENT

This thesis has been prepared in partial fulfillment of the Requirements for the Master Degree of Arts in Sociology, Tribhuvan University Faculty of Humanities and Social Science Department of Kumarwarati Multiple Campus ShivaMandir in Nawalparasi. This thesis writing helped me a great deal in developing basis research and communication skill. I would like to cater many thanks to Campus for providing me such an opportunity.

First of all, I would like to express my profound sincere and gratitude to my respected teacher and thesis supervisor Guru Prasad Subedi Department of Humanities and Social Science in Campus for his academic guidance, valuable suggestions, substantial directions and constructive feedback. This thesis has been completed with kind help and genuine encouragement rendered by him

Similarly, I would like to express my heartily gratitude to Guru Prasad Subedi Head of Campus. I would like to express my much more thanks to Mr. Lil Bahadur Bhandari, who provided me valuable comments in viva, Head of Department Humanities and Social Science as well as all the teacher and members for their kind co-operation.

And I am heartily grateful to Mr. Giblal Shrestha secretary of Rajahar VDC in Nawalparasi as well as Deepa Sharma community volunteer/social worker, Rupa Thapa member of Shamati Programme –NGOS, Yam Kala Karki, Sarita Puri and all respondents who provided me with the required information during the period of data collection. I am also grateful to all my family, friends and well wishers who encouraged and inspired me to study.

Finally, I would like to express my thanks to Mrs. Gyanu Baral for computerizing and setting this research report in time.

Tek Bahadur Pun

#### ABSTRACT

The study on the "Role of women's Empowerment in poverty Reduction", a general study about the women's empowerment and its role in poverty reduction, was conducted in Rajahar VDC of Nawalparasi district. It present the general status of women in the study area.

The government and private sectors in Nepal have been engaged in relentless promotion of Nepalese women's empowerment through education, training and various other programs and research since long, but still most of the women's social status seems awfully poor. Their representation in social, economic and political life has been minimal. As a result, they are living in wretched condition. It is national scenario of the country which seems in the study area too. Educational attainment one of the most crucial factors of development, was not found satisfactory in the study area. Among total respondents, only the 25 percent respondents' educational status was found above SLC. Similarly, women's access on health services was also found poor. 64.28 percent respondents' replied that they have access on Health services.

On the other hand, most of the women of the study area were found heavily engaged in agricultural and other household chores mostly of unproductive works. The data reveals that women contribute more than men in household activities but these are not counted in monetary value. Women work 11 hours in an average in day in Nepal and the same scenario seems in the study area. The excessive workload has badly affected their daily life. In fact, It has created various types of obstacles in the empowerment process of women. Women's access and control over resources was also found poor. The data shows that 60.71 percent respondents replied that women have not personal assets such as land, bank balance, and cottage industry.

Awareness about women's rights to reproduction was also not found satisfactory in the study area. Among total respondents, still 42.85 percent were found not properly aware about women's right to reproduction which is quaranteed by the constitution of Nepal, 2073. On the other hand, one interesting fact was found that 46.42 percent respondents express their view over the provision of women's right in parental property that is does not solve the problems faced by women in a sustainable way. The emphasized to provide better education and Opportunities rather than parental property. Likewise, most of the people were found positive about the increased involvement of women in politics which is a good sign of increased awareness. But the response about women's role in decision making was found awfully poor because among total respondents 50 percent total decisions were made by male alone while the percent of female in the same work found only 21 percent. It shows a real picture of male dominated society.

# **ABBREVIATIONS**

ADB	Asian Development Bank
CA	Constitution Assembly
CBS	Central Bureau of Statistics
CEDAW	Convention on Elimination of all kinds Discriminations against Women
DDC	District Development Committee
GDI	Gender Development Index
GoN	Government of Nepal
HHs	Households
INGO	International Non-Government Organization
MA	Masters in Arts
MoWCSW	Ministry of Women, Children and Social Welfare
NDHS	Nepal Demographic and Health Survey
NGO	Non-Governmental Organization
NLSS	Nepal Living Standards Survey
NPC	National Planning Commission
NWC	National Women Commission
PAF	Poverty Alleviation Fund
SAARC	South Asian Association of Regional Cooperation
SSNCC	Social Service National Coordination Council
TNW	Team for Nature and Wildlife
TU	Tribhuvan University
UN	United Nations
UNDP	United Nations Development Program
UNFPA	United Nations Population Fund
VDC	Village Development Committee
VOL	Volume
WE	Women Empowerment
WAD	Women and Development
WID	Women in Development
WSCC	Women Service Coordination Council

### **TABLE OF CONTENTS**

Page No.

LETTER OF RECOMMENDATION	i
APPROVAL SHEET	ii
ACKNOWLEDGEMENT	iii
ABSTRACT	iv
ABBREVIATIONS	V
TABLE OF CONTENTS	vi
LIST OF TABLES	ix
LIST OF FIGURES	Х

# CHAPTER-ONE

# INTRODUCTION

1-5

1.1	Background of the Study	1
1.2	Statement of the Problem	3
1.3	Objectives of Study	4
1.4	Rational of the Study	4
1.5	Organization of the Study	5

### CHAPTER-TWO

# **REVIEW OF RELATED LITERATURE**

		6-18
2.1	Theoretical Literature	6
2.2	Empirical Literature	10
2.3	Conceptual Framework	17

# CHAPTER-THREE RESEARCH METHODOLOGY

21-43

3.1	Research Design	19
3.2	Site Selection and it's Rational	19
3.3	Universe and Sampling	19
3.4	Data Collection Techniques	19
3.5	Sources of Data	20
3.6	Analysis and Interpretation of Data	20
3.7	Limitations of the Study	20

### **CHAPTER-FOUR**

### ANALYSIS AND INTERPRETATION OF DATA

4.1	Demographic Characteristics of the Study Population	21
	4.1.1 Age Composition of the Respondents	21
	4.1.2 Composition of Respondents by Caste and Ethnicity	22
4.2	Social Empowerment	
	4.2.1 Distribution of Respondents by Educational Status	24
	4.2.2 Distribution of Respondents by their access on Health Services	25
	4.2.3 Involvement in Social Organization	26
	4.2.4 Personality Development Training	26
	4.2.5 Women's Work Load	28
	4.2.6 Income Generation Training	29
4.3	Economic Empowerment	
	4.3.1 Land holding pattern of Respondents	30
	4.3.2 Food sufficiency of Respondent	31
	4.3.3 Distribution of Respondents by Income	32
	4.3.4 Distribution of Respondents according to the source of income	32
	4.3.5 Status of financial Authority of women in family	33
	4.3.6 Distribution of Respondents by the management of Women's personal expense	34

	4.3.7 Distribution of Respondents by women's personal Assets	35
4.4	Political Empowerment	
	4.4.1 View of Respondents in women's involvement in politics	36
	4.4.2 Distribution of Respondents by their view about female Right in Parental Property	38
	4.4.3 Distribution of Respondents by their knowledge about women's Right to Reproduction	39
	4.4.4 Distribution of Respondents according to Decision making Authority	39
4.5	Factors Affecting Women's Empowerment on the Basis of Data Analysis	41
4.6	Contribution of Women Empowerment in Rural Poverty Reduction	42

### **CHAPTER-FIVE**

# SUMMARY, CONCLUSION AND RECOMMENDATION

	44-49
Summary of the Findings	44
Conclusion	45
Recommendations	47
	Conclusion

REFERENCES

APPENDIX

# LIST OF TABLES

Page No.

Table 4.1.1	Composition of the Respondents by Age	21
Table 4.1.2	Composition of Respondents by Cast & Ethnicity	22
Table 4.2.1	Distribution of Respondents by Educational Status	24
Table 4.2.2	Distribution of Respondents by their access on Health Services	25
Table 4.2.3	Involvement in Social Organization	26
Table 4.2.4	Personality Development Training	26
Table 4.2.5	Women's Work Load	28
Table 4.2.6	Income Generation Training	29
Table 4.3.1	Land holding pattern of Respondents	30
Table 4.3.2	Food sufficiency of Respondent	31
Table 4.3.3	Distribution of Respondents by Income	32
Table 4.3.4	Distribution of Respondents according to the source of income	32
Table 4.3.5	Status of financial Authority of women in family	33
Table 4.3.6	Distribution of Respondents by the management of Women's personal expense	34
Table 4.3.7	Distribution of Respondents by women's personal Assets	35
Table 4.4.1	View of Respondents in women's involvement in politics	36
Table 4.4.2	Distribution of Respondents by their view about female Right in Parental Property	38
Table 4.4.3	Distribution of Respondents by their knowledge about women's Right to Reproduction	39
Table 4.4.4	Distribution of Respondents according to Decision making Authority	39
Table 4.6	Contribution of Women Empowerment in Rural Poverty Reduction	42

# LIST OF FIGURES

Page No.

Figure 4.1.2	:	Composition of Respondents by Cast & Ethnicity	23
Figure 4.2.1	:	Distribution of Respondents by Education Status	24
Figure 4.2.4	:	Personality Development Training	27
Figure 4.2.5	:	Women's Work Load	28
Figure 4.2.6	:	Income Generation Training	29
Figure 4.3.7	:	Distribution of Respondents by women's	
		personal Assets	35
Figure 4.4.1	:	View of Respondents in women's involvementin politics	37

# ROLE OF WOMEN'S EMPOWERMENT IN POVERTY REDUCTION (A Case Study of Rajahar VDC of Nawalparasi District)

A Thesis Submitted to Tribhuvan University Faculty of Humanities and Social Science Department of Sociology Kumarwarati Multiple Campus, in Partial fulfillment of the Requirements for the Master Degree of Arts in

Sociology

#### By

Tek Bahadur Pun Kumarwarti Multiple Campus Kawasoti-2, Nawalparasi Symbol No.: 2990019/067 T.U. Regd. No.: 9-3-28-202-2005 2016