

**LIFE EXPERIENCES OF LEFT BEHIND WIVES: A CASE STUDY  
OF DISTRICT CHAKWAL, PUNJAB PAKISTAN**



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**Department of Sociology  
Quaid-i-Azam University Islamabad  
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## Abstract

*Movement of people from place to another to achieve their purpose is migration. This research is intended to identify and highlight the life experiences of wives of emigrants in terms of their social, psychological and economic aspects. In the last few years, a large number of people have moved out of Pakistan with an aim to alleviate their poverty burden. Pakistan comes under the top ten countries of the world with highest number of migrant. The inflow of foreign remittances is also on the rise as per the recent statistics about \$ 23 billion were received by families in Pakistan. The main objectives of the present study was to explore the impact of husband out migration on their wives. The present study also identify the difficulties faced by left behind wives in the brought up of their children. The current study was conducted in District Chakwal, Punjab while applying the qualitative research design. For conducting this study, the researcher has interviewed 20 female respondents who were married to emigrants. The data was analyzed through thematic analysis technique. The researcher applied two theories to explain the phenomena of husband movement on the status of left behind wives which were The New Economics of Labour Migration (NELM) and the empowerment Theory. Moreover, findings of this study illustrated that in the absence of the husbands their respective wives had to face a lot of difficulties. Their husbands have migrated with an aim to fulfilling the basic needs of their families left behind. However due to which their wives and children had suffered a lot that includes social, psychological and economic. According to the results it can be concluded that these women face numerous problems i-e social insecurities, manage in budgeting. Furthermore, the finding of the study shows women also feels psychological issues like loneliness, tense, depression and anxiety.*

Keywords: Husband migration, left behind women, remittance, life experiences.

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**Chapter No. 1**  
**INTRODUCTION**

Migration is defined as human mobility from one place to another. (Channa et.al 2016). Male international migration always remains a common practice and worldwide it has significantly increased in recent years. The number of migrants around the world were more than 252 million during the time period of 2017 (World Bank, 2017) but the size has increased to 272 million (IOM, 2019:2).

The phenomenon of international migration is very common south Asian countries. Across the world, people are migrating for development of their economic conditions. As these economic changes are the cause of family variations that are the important focus area in social science. (Yabiku et al.,2010).

In addition to, it is globally practice that occurs genuinely affecting not only the lives of more than around 200 million emigrants; the same time it has influence upon migrant's family members, specially, those who are staying behind in their home towns (International Organization of Migration 2009). Although, specific focus of many researchers is on the international migration affects particularly on older their parents and their kids. However, there is dearth of researches which may specifically focus on wives who are staying behind in their families held responsible to take care of household chores and family members as a result of remittance they receive from their husbands.

In African and Asian countries, the impact of migration has mostly centered on households, human capital information, level of income, investments and mainly on pressure on family which are left behind. Many of the countries have particular indication that international migration reduces the ration of poverty on household level in the way that facilitates their left behind members. On the other hand, in short term contract it has better and more ability to decrease poverty. Motivations for migrant member for labor work are with the primarily to raise the economic conditions of their families.

According to the statistics of World Bank (2019), the data shows that more than 272 million people number of total of immigrants accomplished around 215.8 million people that is 3.2 percent of world population. There are various reasons behind such increased number of internal movements of people in this globalized world. Most often, in the developing countries process of migration is purely tied to men who are in the other words "real bread" earners for their families. When we also look at the actual cause behind



husband's international migration from the developing world there could be number of other pushing factors which influence them to do so.

The following could be the reasons; like to escape from poverty, emulation or culture of migration in which people follow the foot prints of other from their region, for higher education and majorly to escape from the environmentally hazardous situation. Generally, people move to international destinations which are known to them and most cases their close circles are already settled over there. So, they make suitable arrangements for the new aspirants at their destination place.

Most studies have found in south Asian context that male out-migration has positive impact for household from their migration, before that the wives had suffer financial problems and faced difficulties. Similarly, evidence has found that in some cases without a job of husband for a long time cause main problems, earnings were not even sufficient and owing their house was difficult for left behind families and wives.

The present statistic of Government of Pakistan shows that 10.6 million Pakistani migrants have moved abroad (BE&OE, 2020). The overseas Pakistanis are contributing in their households with continued transfer of remittances and in the current year they have sent about \$21 billion (IOM, 2019:36). The recent trends of international migration are varying as compared to the past few decades. More than eighty percent of Overseas Pakistanis are presently occupying the Gulf region especially in Saudi Arabia and other regions (BE&OE, 2019).

Over the year of 2006 to 2015 there were 900,000 labor migrants from Pakistan who were seeking opportunity to move abroad significantly increased. Later on, the labor force has grown to approximately 4 million people every year. There are numerous pull and push factors, these push factors behind people movement include the poor economic conditions and also labor market challenges. While the major pull factors are growing labor demand in main destination countries and a large income difference between Pakistan and overseas markets between 2015 and 2017, the number of outgoing emigrants can considerably change depending on destination countries labor demand and economic conditions.

Moreover, Pakistan is the largest among labor sending countries of Asia (Graham & Jordan, 2011). In time period of 1981 onwards to 2012 there was such a devastating number has been observed that is 41,498 specialized and skilled workers left in 2012 alone (Siddiqi 2013).

The data records according to the Ministry of Overseas Pakistanis and Human Resource Development shows that there were 2,765,789 citizens from entire population. However, from the last few years' movement of people to abroad for profession job opportunities over the past five years. Earlier, report indicated that 5,873,539 number of people is recorded.

In human history movement of people is substantial. Number of studies from histories examines the nations who left behind their native towns and also move to other regions because of multiple factors and crisis too (Mahmud, Sabur and Tammna 2009:44) and economic prosperity is one of the prominent reason. However, migration for the economic reason is less among females as compared to male (Hugo 2000). In this context, it has been stated that the migration decision has considerably affected the prosperity and social security of household, their home community and also very importantly national's economy in different way (Azam and Gubert 2006).

Although, to send the family members to abroad usually consider as the positive perception for the growing family's economy status. IOM (2006) survey illustrates migration of male member makes woman to accept his absence and the conditions and work efficiently for the present and the future that is why they become more active towards social interaction. Research found that woman's responsibilities are strengthened, when they start to live without her spouse. Apart from economic benefits, husband's international migration tends to make woman more of themselves; especially the decision related to family, children and making them more responsible towards certain aspects of life (Hughes 2011).

However, husband movements have turn into to a fundamental part of present worldwide economy. In both external and internal movements of people also have key improvements in addition to deficiency implication for their left behind families' instead of origin and place of destination along with country's economy (Ratha *et al.*2011) illustrated the movement of people gives to the expansion in human capital. Several researches indicated

such remittances received are particularly spent on educational and medical facilities, rather than ordinary use and other household activities (Adams et al. 2008).

As mentioned earlier, that migrant spouses are characterized as an individual who have been working overseas for a time period (six months). In financial expansion the role of money in sending networks has previously established much attention. The traditional and social outcomes of husband out migration on the status of left behind women have not been sufficiently investigated at this point, not many researches have concentrated on their wives who are in the category of migrant themselves. As their lives has been affected due to the migration of their absence spouse in terms of social, psychological and economic. Furthermore, the impact of husband international migration on the left behind family members has remained under discussion. But now it has various dimensions that can be explored. Husband in lesser developed countries often move away in search of work and leave their families behind for various causes. It is not economically practical for them to take their families along and the extended family structures that they live in and also keep their families secured in their home towns. Migration of male member has not only supported to country's economy but on the other hand it has influenced people who are stayed behind. In the time period of 1995 and 2004 it is claimed that due to labour out-migration a large part of poverty and inflation has been declined (Lokshin et al. 2007). The study emphasizes on numerous factors related to out-migration that facilitates changes in financial status, decision making in household autonomy and liberty and physical movement of wives. Male out-migration has resulted an increase in the decision making power of wives in both financial as well as in household affairs. Before migration the wives were not that active in dealing with people and faced troubles. It can be hypothesized that the husband absence implements to shifting in the roles and in decision-making authority of wives left behind. As the women in left behind families has play both the roles when their husbands have migrated to other countries.

Variable access to the assets is one factor that can determine how well left-behind wives can cope in the absence of their spouse (Findley and Williams 2001). Generally, these left behind wives are the in-charge of their families, they have to take care of their children and the elderly people in the family too. Specially, in some cases that they are the axis around whom the well-being of family is centered. This may central to a more permanent

change such that women become more empowered and more involved in family affairs than before. Particularly in decision making matters at family level (Hugo 2002).

The social status of the wives also increased due to money they received in the shape of remittance. Nevertheless, such migration also brings emotional stress upon the left behind wives, children and family members (UNESCO 2004). Families of migrants are usually located in a vulnerable situation, as those “left behind” especially dependent members that oppose social and emotional consequences (UNESCO 2004). The wife and children are deprived of those forms of emotional security that a father and husband could normally provide with their presence. Moreover, there is also possibility that migration also contributes towards traditional gender roles and relationships with an increased ‘disadvantage for migrants’ wives’ who become even more dependent on both their spouses and their families-in-law in few cases.

Migrant wives’ find their selves in raising difficulty and support the view of wives’ position as very difficult. More often than not, those left behind also have to pay a heavy emotional price, because they lose touch with those who have migrated to other regions. It also lead to increased work burden for wives left behind, that is not capable to gain resources in husband absence (Bloom *et al.*, 2001).

Moreover, migration is a regulatory process which includes social, economic, political and psychological aspects which has direct effect of the left behind family members of the migrant. One of the important impact of husband migration on the people of both host and home countries as well as on the economies of both regions. This also varies extensively depending on the type of migration and its origin of destination. The phenomenon of movement was in practice since the old times, people for the sake of better living condition, food and for protection. At times, people migrate to avoid unfavorable condition, harassment and more in their home country.

The occurrence of internal migration is not only limited to underdeveloped countries. In developing states the people also migrate internally (within the boundaries) to improve their social standard. Internal migration leads to a social change for the individuals in their daily activities. The children of migrants further likely to complete their education because of the remittance sent by their migrated father can provide additional source of their financial responsibility (Ratha *et al.* 2011). Not only to provide the shelter to family in left

behind families from their income, consumption variations but also to protect and strengthen a given social status. The spouse's absence has an extensive amount of effect on the left behind wives. (Lan, et al.2015).

Evidence suggested from India presented the statistics that over the time period of 2015 there were 3.5 million Indians leave their place of regions and move towards Asian countries and United Arab Emirates (UAE) (McAuliffe et al. 2017). Among the gulf regions, Saudi Arabia, Kuwait, Qatar, Oman and (UAE) are on the five top host destination countries for people belongs to south Asian regions.

There are numerous migrants belonged from the region Mirpur, Jhelum, Attock, Chakwal and other different regions of Punjab and Azad Jammu and Kashmir pushed to England in search odd jobs mainly at the seashores and later on they switched to the mills in various cities in England (Ahmad 2015).

It can be assumed that in coming years Pakistan is likely to experience a larger number of left-behind families due to the increasing number of cross-border emigrants. In collectivistic cultures, family is not considered to be complete without a male head that is more responsible for their family members (Carteret 2011). In the absence of husbands, wives have to play dual role to keep the equilibrium in the family which is emotionally tough and physically difficult (Moraes 2015).

On one hand, for the better expectations for everyday comforts and conditions an expansive number of individuals are on chase in developing nations. According to UN report there are about 214 million individuals under developed countries living far away from their nation and send money back (United Nation 2009). Frequently, international migration improves living condition of one's own self and also families left behind (Azhar 2007). Sometimes the decision to move abroad is made by head of household and many times it has been observed that whole family makes decision about migration. The relatives, friends also have influence on decision of migration (Kaspar 2005).

Furthermore, due to lack of empowerment opportunities and poor condition of food, and shelter also instability in the country's economy the important factors leading men labour migration to the other regions of the world. This social movement by male member of the family is to improve condition and also increase the development for the left behind families.

According to the report of United Nations Population Division UNDP, during the time period of 1965 there had been around 75 million international migrants has observed. Later on, in 2010 the figure is reached to almost 214 million (Gazdar 2003: 13). The huge increase of this ratio in migrants were those push and pull factors which motivates an individual to do movement, the reason of people displacement is lack of food, insecurity, economic crisis, and main of all is the unemployment (Guatam 2005).

Most citizens promote the migration of both spouses and sexes, but on the other hand many societies favor only either male migration or female migration. In other words the USA in favors in the both spouses movement to other regions. But Pakistan, Bangladesh, India and other south Asian regions, culture promotes the male out migration.

The study is focusing on the issue of life experiences of left behind wives in the case of their husband international movements towards other regions of the world. The spouse absence has an extensive effect on the left behind wives. Additionally, the wives who are stayed without their husband have some issues while living in particular settings.

### **1.1 Statement of the Problem**

From last few decades the ratio of poverty, inflation, poor economic condition and many other social issues are the factors behind International migration. The country is facing the crisis people decided to move abroad and especially to the Gulf regions of the world, where they can get labor jobs as well as to fulfillment the needs to their children and wives. It is very common for husbands to move from their home towns and work overseas for duration of long time as they can stay. Also return to their families back when it's economically practical to do so. Pakistan is currently ranked among the 7<sup>th</sup> largest countries who has sending migrants to other regions of the world specially in Gulf states, US, and European countries. So, this phenomenon has enlarged amount of money that these left behind families and wives can be in the position of consuming the remittances. Thus, the present study consists on the discussion of the after effects of husband out-migration on their left behind wives. When spouse become separate due to the movement, a major social change occurs. Wives want their husband with them but when they did not find with them, they face different problems. This study explores the difficulties faced by the wives of migrant member and also what she feels and how this male out migration effects their life. Husband's out migration has very deep influence on his wife which leads

to different psychological, social and economic hurdles that these left behind wives faced at different times in their life in the absence of their husband. The research has been conducted on the wives who are left behind in District Chakwal. The present research is to explore the life experiences of left behind wives in Pakistan.

### **1.2 Research Objectives**

1. To study the socio-economic and demographic profile of left behind wives.
2. To identify the socio-psychological problems of left behind wives.
3. To explore the difficulties of left behind wives in the brought up of their children.

### **1.3 Research Question**

What are the life experiences of left behind wives due to the absence of their husband?

### **1.4 Significance of the Study**

There are a significant number of researches which has been done in the domain of Migration specifically about the impact of migration on health, education, economy, community development and allocation of remittances. But in Pakistan a very limited number of researches have been conducted on this issue particularly about the wives left behind and how they are affected in the terms of psychological wellbeing and social stability on different levels. The study aims to fill the gap that how the left behind wives face the difficulties in the absence of their spouse. In this way, the significance of the present study is to gather evidences and extend body of knowledge concerning the issues of wives left behind.

**Chapter No. 2**  
**REVIEW OF LITERATURE**



In the present research, the researcher reviews the existing body of knowledge on husband's out-migration and life experiences of left behind wives. The researches carried out on the issue of left behind experiences found globally as well as in the regional context. Previously, there are a lot of researches that have been conducted on the topic of migration. With the existing literature in a particular field, one can lay the foundation of one's work in that area of study background of the previous studies presumed bases for certain field of study, thus determines the shape of study. This chapter is about the male out migration and experiences of left behind wives.

The following themes examine the literature which shows the relevant studies on the left behind wives that affects their lives. Migration and Autonomy of Left behind Wives, their Psychological, Social, Economic, and Independence in decision making process, change in gender role and difficulties in Raising Children will be discussed.

### **2.1. Migration and Autonomy of Left behind Wives**

The term migration is a movement which refers to the mobility from one place to another. People always moved around the world. In human history people moved to different regions as a result of natural disaster, and many other factors leave them to move or displaced from one region to another. Therefore, organization for international migration explains a person who is moving or has moved across the borders or inside the borders, whether the movement is voluntary or involuntary and also how long the migration of a person has stays. Other then, this migration plays a significant role in ratio of poverty, and other factors which leads to declining the income. It's a human nature that always searches for better opportunities, improve their living conditions, and also enhance their capabilities (Gebru and Beyene 2012).

Pakistan is the country in which people consume remittances for the fulfillment of their basic necessities. With the migration of husband, the status of wife also gets changed. They get independent in their lives. The consumption of money in the form of remittances provides the left behind wives a suitable change in their lives. Additionally, women can also take decision about their children's health, education, socialization, living standards and most importantly their wellbeing (Mahmood et al. 2010).The literature is about on inner movement in South Asian countries however, it shows a particular amount of the remittances consumed on varieties of things (Abril and Rogaly 2001).

In Pakistan, the behavior which fluctuate migrants was largely attributed to the economic conditions, of their home town along with host countries. Pakistan is one of the country which is over crowded with poverty, inflation and economic crisis which country's faced. The period of early 1970's there were a lot of workers with low skilled and unqualified who left the country and moved to Middle Eastern countries. An analysis by (Mayda 2007) examines the key factor of migration into fourteen OECD (organization for economic co-operation and development) countries in the time period of 1980-1995 from other countries of origin.

Research found that the remittance sent by husband has played a major part towards authorize and liberate wives in left behind families. Because of the role once played by husband shifted due to his migration. Their wives eventually turn to independent and owing to control on money. Furthermore, the women get become more autonomous in managing and controlling their family matters. (Gulati and Rahman 2009).

In the following section, the international migration of spouse has significant effects on the wives autonomy have been discussed. Movement of husband in terms of international migration has played a major role in the factors that leads to incline the poverty and unemployment issues. In above case study in south Asian regions that migrant members sent back to their home countries through which their wives spend on different level of consumption i.e. children health, education on the other hand the autonomy's linked with the migration of their husband leads to the freedom of left behind wives also. They are independent in there matters and household matters too. In Pakistani settings the family structure matters a lot in nuclear families usually in the absence of male member. Women are responsible of their families. Husband international migration takes a very helpful and optimistic impact on left behind wives' autonomy independence and social and economic status.

## **2.2. Migration and Psychological Effects on Left Behind Wives**

The impact of husband out migration and psychological position on left behind wives is observed under the circumstances of women in the absence of their husband. Absence of husband build a long lasting effect on left behind wives. They experience emotional deficiencies, and social insecurity while living without their spouse. As they face the family pressure and household obstacles, because she has to take care of their children

and other in laws. On other hand, absenteeism of spouse cause several difficulties for their partners, major examples reported in China, UAE and other Gulf states. Left behind wives wants to share their routine, but due to communication gap they cannot express her feeling and emotions. Additionally, communication between both husband and wife is necessary for maintaining a healthy relationship, left behind wives endure a lot of pressure and nervousness due to all problems and weakness because of the work load and loneliness. They suffer stress, anxiety, due to husband's migration (Rajan 2003).

The left behind spouse is weak sometimes to suffer from anxiety and depression alone. The study was conducted to see the prevalence of anxiety and depression among left behind wives of migrant workers. Desperation and loneliness were found in about one-third which is half of left behind wives of migrant workers. Due to husband absence their wives feel psychological problems like anxiety and depression. In the result she could not express her feelings. However, migrant member wants to sustain their associations with them over frequent contact i-e phone calls, but these contacts are not enough for emotional insufficiency and proper attention space due to absence. A connection with husband can be played very important for women who are staying behind (Thomas et.al 2003).

Chee (2003) in his article shows that one of the common hurdles that left behind wives faced along with loneliness is extra responsibilities. Furthermore they also face mental pressures when their husbands leave them in their home towns. Beside these problems their wives also feel sexually disturbed in case of recent marriage in terms of distance.

The impacts of long duration absence of husband on wives stress levels and kid care tension were inspected in a longitudinal and cross sectional research study. The usual pattern is, husbands leave the family, move overseas and work hard for a period of time to financially support and stabilize the family's needs. As the responsibilities in the family are reallocated, the family structures get changed (Gamburd 2000).

Social workers and sociologists have different framework to examine the phenomena of emigration and its impact on the wives empowerment, mobility, autonomy and decision making. Psychological cost and consequences of husband emigration on left-behind wives is not the area of their interest. In Pakistan, (Mansuri 2006) in rural Punjab investigated the impact of parents migration on children's health and education. He pointed that the

'issue of migration' needs more research. And also the psychological impacts and concerns has not been studied.

In the following section, the researcher analyzes the psychological effects on the left behind wives. When husband is migrated to other regions wives suffer from stress, anxiety, depression due to extra burden and responsibilities of their children and other family members too. Psychological effects cannot be neglected while studying the daily experiences of migrant wives. The one major reason is distance because due to that distance and lack of communication cause level of stress in her. As frequently, communication between spouses is important in maintaining a healthy relationship between them. The above case studies conducted in Punjab, Pakistan showing the evidence that due to long distance created from husband's migration the level of depression is high in wives.

### **2.3. Migration and Social Effects on Left behind Wives**

In past few years a large-scale labor migration has had a substantial impact on the social landscape countries where migrants moved. A research was conducted in south Asian countries that due to migration of male member, their wives faced many problems including lack of guidance and emotional disturbance. Work load on left behind female is the main reason that was observed. After their migration wives had to take all the household responsibilities and also get independent to utilize remittance sent by their husband. However, women feel insecurity, fear from relatives, in laws family members in the absence of their husband.

Male international migration has significant impact on gender based power structure within the family, where the male participants of family move abroad then sent remittances back to their spouse due to which it the female members of the family automatically get control over decision making power (Sabur and Mahmud 2008). In the absence of husband in household, women not only have authorized in household resources but also enhance their responsibilities in the family (Garcia 2006).

People bear pressure of society, there are so many factors behind men movement but one of the most important is to give a social security to families. Along with financial improvements these remittance helps family members to gain such social class and

achieve status. Evidence suggested that the life of wives has affected socially after migration of husband in many ways.

#### **2.4 Migration and Social Positioning of Left Behind Wives**

Social status increases to the one's position in society and with this regard that comes with that position (Giddens et al. 2005). Social positioning is closely related to social roles and the gender closely associated with the social positioning. That tag is associated with the position and defined roles.

The role of wives changes through different ways due to the migration of their husband. The life of wives affected a lot (Desai and Banerji 2008). In result of migration of husband the role of wives in patterns of agriculture and also agriculture abandonment. The duties of women in our context are double and to handle their outside activities that usually done by male member. So, wives should take proper care also in the absence of their migrated husband (Deere 2005).

However, in Bangladesh where most of the economic and industrial level tasks are in control of male members of the society. All the main decision made in supervision men only. In male dominant society, there is always very less control and status of female in society (Gardner 1995). Their contribution is always bound to everyday services. Even in some joint families there is no such great influence on status and power of wives, after migration of spouse because the important matters always handle by house head.

#### **2.5. Social Barriers Faced by Left Behind Wives**

Numerous issues and difficulties in terms of harassment has been observed and met by wives because of their husband migration. At times, these females face social persecution and maltreatment in different places like workplace, public place (markets, streets, colony etc.). More often this harassment usually met in household level in terms of violent behavior .It means disturbing, suffering, annoyance and includes an offensive nature. The word can be specify in law as it is conduct which seems to be threatening or distressing. Additionally, the left behind wives face multiple issues while living in a particular setting. They face social barriers in community and work place because their husbands are away from town. (Iftikhar 2016). Wives have to face multiple challenges i-e she needs to take out children for doctors' visits, for parents' teacher meeting, for groceries and many more. These are all her additional task in her spouse absence. She sometimes feels insecurities

from other males of the society. Later on, these fear leads to mental illness for wives left behind.

## **2.6. Migration and Economic Effects on Left behind Wives**

As one the most intervening factor of husband's migration is economic factor, which is the most useful and beneficial for the family who is staying behind. The transfers of money sent by male member of the family are usually used for numerous purposes in their home towns. Sometimes emigrant's households allocate money consumption on other matters (Khan et al., 2009).

Another aspect of male migration has noticed that remittance they send back to their homes is fruitful, for the members who are staying behind. A Research which conducted in the Bangladesh is concerned about the impact of migration remittance, particularly by the husbands'; on the position of left-behind wives that is occurrence of freedom and autonomy. Evidence suggests that husbands' migration gives the left-behind wives more authority in spending decision such as consumption of food housing, health-care, education of their child education and clothing; increases freedom of mobility. However, remittance is considered as more stable external financial flow and has an analytical trend to the country who is receiving economy from the destination (Ratha 2007).

The study of Drabo and Ebeke (2010:24) emphasized the positive impact of remittances which received by immigrant's families in developing countries. Remittance increases the income of those families then they can develop huge amount on their health services. In another study, (De Haas and Van Rooij 2010) have found in rural Morocco, the migration of male member who belongs to extended family is resulted to rather negative effects on the lives of the female left behind. As the money which is sent by husband's family members, the left-behind wives are assigned upon with traditional roles in which she has to look after her children and other members of the family for household activities. Additionally, women have to obey their in-laws in expenditure related decisions. A study indicated that the money generated by the workers approaches annually balance approaches 3 billion, which is representing an important part in the country's economy this could be increasingly in the employment and investments.

Brown and Connell stated in 1993 that when a male member from family has migrate, the finance that send to households becomes an appreciation that dependent towards women

which is left behind also raising their status and support their position in household decision-making. Through the migration of their husband they can consume more money on household also.

From the above analysis, researcher summarizes the findings from given case studies. In economic aspects the important factor is remittance and its consumption. Emigrants sent money to their left behind families in the place of origin. The contribution of money is help in increases the living standards too along with education, health. Evidences suggested that migration of husband provides the authority and freedom to the women in left behind families. Therefore, in other words they have authority to consume remittance on education, health, house consumption and also on their lives too. Mostly studies highlighted positive influences of remittances in developing nations. The literature is about on inner migration in South Asian countries. It shows a particular amount of remittances consumed on varieties of things (Abril and Rogaly 2001).

### **2.7. Migration and Independence in Decision Making Process**

Women's empowerment is always being a topic to researchers in social science (Suja 2012). Another aspect of husband international migration is wives independence in decision making process. Women have to play both roles in absence of their husband regarding household matters which includes management of financial issues and other activities. (Iqbal and Mohyuddin 2014). Wives remain in their house when their husband had migrated. They get constantly higher self-determination and decision making authority in her lives (Yabiku et al. 2010).

The empirical data shows that the migration also effects on the relationship of the family that suggests the migration of male members has a significant result of power and taking care responsibilities to the left behind women in the family, that increase their autonomy (Hadi et al.2001).

Additionally, in another research on the International labour migration of husband, the results showed that the husband migration on the family had negative impact on women. Sometimes women feel anxious without husband (Sabur and Mahmud 2008). Wives may be given the autonomy to handle the money sent by his migrated husband, but that managerial independence depends upon the flow of remittance. If husbands provide

consistent financial support, wives can better manage control over the expenditures and decisions but on the other hand in case of inconsistent remittances, wives turn has to bear the pressures of managing and utilizing their resources to fulfill the needs of the household.

Due to the absence of their husbands, they feel anxieties, distresses, and various socio-economic problems. Some of the wives who do not receive remittance directly from her husband, (Iqbal and Mohyuddin 2014) examined the impacts of male's labour migrations from Pakistan on their families left behind in Pakistan. Study also find that absence of male members from house-hold, changed the role and decision making autonomy of left behind wives. The impact of migration varies extensively depending on the type of migration and its origin of destination.

In African and Asian regions the impact of out movement on families stay behind has mainly focused on children without living their fathers due to his migration (Reed, et. al. 2010).

Different researches evaluated the women role in decisions making. They find that wives have greater control on income of her husband. Mostly, overseas emigrants sent remittances to their families staying back in home towns.(Hadi 2001) highlighted in his research that in Bangladesh remittance of migrants towards their homes from abroad regions interestingly reduces the male dominancy. Study shows that wives liberation indicates their own ability to include in household decisions like foremost in household purchases items, health care, purchase of daily necessities, and visits to family and friends (Desai, *et al.* 2005).

Although knowing that change in gender roles the way of decision making process shifted towards women from men because of his migration. Various studies indicated that due to control of wives resulted in luxuries in their life as they no more accomplish home tasks and also appoint helpers. In addition, the current studies on the wives those are stayed behind are inadequate as regard of the impact empowerment and status (Connell 1984; Pessar and Mahler 2003).

The above theme illustrates that husband migration has great effects on the independence of women in decision making process. Studies show that male member of the family had migrated eventually wives get the independency over resources. Additionally, wives



status can improve due to receiving remittances she can consume the money in many ways, greater autonomy and process of decision making, and most importantly flexibility in gender roles and individual personal freedom. This may increase their authority because of spouse movement. Furthermore, she takes decisions related to their children health, education, and careers.

## **2.8. Migration and Change in Gender Role**

Due to international migration of husband the responsibility of wives increases in everyday life. In most of south Asian countries the husband movement changes in gender role. Mostly in Indian society's researchers stated that the power of decisions making and autonomy is affected by migration. Gender role changed by migration of a person in India due to more burden. In everyday life the assigned roles and tasks on are double.

The situation may be different in scenario of Pakistan, results shows the main reasons of people movement are joblessness and inflation in this region. So it becomes a certainly effects on the economic status of left behind family but at the same time problems related to behavior among migrant's children has been observed. Additionally, the responsibilities and duties have also increased on females.

The female position relatively can be recognize in terms of contribution at several levels in the household decision making process. Wives involvement in the household decision making process like control over health, income, child care and other matters. This reflects their freedom and authority in household level (Lawrence 2001).

Furthermore, the attitude of wives towards rights and role in the everyday life also controls their status in the household. It has been observed that women take control in husband absence. Majorly, they also play a greater role in bringing about their empowerment relative to their economic independence (Sridevi 2005).

Mostly researches have evaluated that the role of wives in making decision find that women have increased ownership on the resources particularly migrants from overseas that sent remittances to their families but on the other side the responsibilities and roles of a female has increased in the absence of their spouse as she needs to do all the house chores.

The above theme is about the change in gender role due to husband international migration. It has been observed that female have usually less control over resources. She needs to perform all the tasks of men and women for the betterment of household. Additionally, when men are on move one has to take proper care of left behind family. Thus, migration changes the gender role of wives who stayed behind in their home towns.

## **2.9. Migration and Responsibilities of Left behind wives**

Due to husband movement it makes a state of affairs or position in which wives allow all the responsibilities within or outside the home on her shoulder (Thomas and Adhikary 2012). The assigned role and responsibilities of house is define the position of wives. Generally, in patriarchal system mostly females are doing in task performing like house chores, children care and protection and other basics (Luitel 2001).

Furthermore, evidence suggest that in the husband absence females have to accept more responsibilities and tasks (Maharjan *et al.*, 2012). Although, the role of women's role and responsibilities are generally assigned by their structure of family (Luitel 2001; Gartaula *et al.*, 2012). Study also show the similar outcomes such as husband out movement increases the amount of work load and the role and responsibilities of women left behind. In the Asian and African regions studies shown that women who lives in nuclear background and also face worst financial situations are facing more burden in the absence of her spouse. After their spouse movement they have to look after all the tasks and mainly duties are double on her shoulder.(Desai 2008; de Haas and van Rooij, 2010).

Researchers argue that male out migration may open the path of job connections for gender relations (Chant 2003; Mahler and Pessar 2006). The wives who are head of household may have additional power of decision-making and access to control over resources. Moreover female take new shifted roles and responsibilities once her husband had played. On the other hand the freedom and status of women is gradually improves (Chant and Craske 2003).

A report by (Dahal 2014) claims that women whose husbands are migrants depend on them for their household expenditures, but women with nonimmigrant men also depend on their husband but they cannot fulfil their requirements from that income. A study research by (De Haas et al. 2010) reported that women responsibilities increase due to male migration. At a time, male migration was promoted to make females more

responsible and to develop their decision making power. The international remittances bring more comfort and higher standards of living but they also bring uncertainties and increase work load. Their temporary effects are soothing but long term effects are tough. This theme is about husband out migrations and responsibilities of left behind wives. Researchers evaluated that responsibilities of wives are double due to the movement of husband. However, the increase in the responsibilities of wives may not only helpful for the women but also for the families left behind and society as whole. The duties she fulfills in the absence of their husband make her strong and increase independency. Therefore, to concluded that male migration makes women more authoritarian and enhance their decision making skills. (Boehm 2008) stated that the burden and over responsibilities on wives acquire higher autonomy and self-confidence by accomplishment of daily bases tasks.

#### **2.10. Difficulties in Raising Children**

One of the most concerned aspects is how international migration has influenced the upbringing of left behind children. There are number of obstacles in assessing children affected by the out-migration of their father. In rural Pakistan a survey was conducted on the migration effects children's education on temporary basis. In the father absence mother has to take the whole responsibility and in charge of their house.

Khan (2017) in his article stated that education is always stayed an essential of those who migrate to other regions of world. Moreover, one of the important reasons behind their migration is also to afford good education to their left behind children.

Mansuri (2006) studied how distinctions in structure of household amongst migrants influenced schooling choices of their children. One of the members is emigrant in the family and lived in abroad by the time of survey; the study linked educational outcomes, school attendance between children in households with and without migrants. Results show that emigrants 'children had high level of studying in school and dropout rates are lesser because the remittance they receive from their father income can consume on their education.

According to Lee (2010) there are two types of effects which are associated with international migration the higher income effect, which is usually the key of motivation

to migrate. International emigration is often connected with an increase in income and for betterment in living standards. Evidences from china indicate that having a migrant in a family increased 18% per capita income of the household. Through different results it has shown the significant increased income of household that has found the support from husband's in a significant analyst of the child's capacity to cope with stress, anxiety and also loss of control.

Antman (2012:589) states that migrant father is not able to play an active and key part in the education of their children and in academic outcomes. The connection between child and their father is supplementary problematic in families with emigrant parents, which might be harmful effect on educational attainment. To strength his argument researcher conducted research in different schools in Romania in 2015 and the majority of respondents 89.36% were on the view that the children whose parents were working in other countries have so many problems related to education which are lower grades at their school and poor performance in exams (Pesaru 2014: 678).

So most of, all it is obvious that there is a significant impact for children from the absence of father which supports the argument that children with migrant parents likely to be unhappy than those children who are living with both parents (Gao et al. 2010).

However, the academic attainments and scores are more likely to drop out of school, because children living with single (mother) parent are also more likely to suffer from psychological or behavioral difficulties. However, study has also shown that children with non-resident fathers who are not in their home towns the frequency of contact have little effect on child outcomes

As, women having children faced number of issues in the absence of their spouses. Exploring the extend of autonomy enjoyed by left behind wives, studies show women having higher autonomy in bringing up their children as the way they want and also take decision for them schooling and other activities. Another autonomy introduced to women left behind is that of movement some desire to accessories while other are forced to move around the area to get things done in the absence of their husband, who would usually take up task like buying groceries and paying bills, and also other chores that require public dealing. Possible problems for the education, health and socialization of left behind children rising from the absence of their emigrated father because of migration they have

always been analyzed. Father is the one who plays an active and major role in their children education, socialization, health any other aspects of life. Due to his absence they need as a role model and shoulder too.

Many aspects of the whole community as well as the migrants and the left behind individuals are affected owing to the increase in international migration trend among men. A positive affect is shown by the evidence of existing writing on worldwide migration on the economic conditions of the nation as well as household and also the wellness of the left behind families of the migrants (Yamanaka 2000; Pant 2008). The effect of migration on the social and cultural aspect is ignored. The studies on influence of migration on the left behind individuals are very limited as shown by the reviews of literature. The impact of migration on the social and cultural aspects is overlooked (Sharma 2008).

Therefore, wives faces such difficulties in children brought up especially in education, because father is always very important for their children. On the other hand, the remittance they receive from emigrant members consume to get good education is beneficial for them. In our context wives feel loneliness and could not give a proper guidance that a father can do. Children who have solid support from of their parents always try to do good work in school and develop a sense of control and behave well in school.

### **2.11. Reviewed of Analysis**

The present literature review has highlighted the understanding about wives in left behind families and the effects on their lives in the husband's absence. The linked arguments related to impact of husband out-migration on their left behind families. The movement of spouse effect wives' status in several ways. Generally, migrant delay his process of movement till someone relative becomes presented for look after of his family. Migration raises the income for left behind family and they start spending. Some members of the family are overburdened due to migrant member they have to play role of that emigrant in his absence. On the other hand, left behind children suffer from different emotional and psychological issues as a result of their father absence. Left behind wives also suffers from different hurdles after husband out migration.

Moreover, gender roles that are traditional for woman may change by developing the status of. But liberation of wives on house headed level is not considered the sign of “emancipation from male power” even then wives rely on their man for their freedom.

Furthermore, through the major of remittance has shown empower and emancipate women left behind, due to shift of role ones that were played by their husband. The wives become more independent because to control over the money and their consumption.

It has shown that left behind wives become more self-directed in managing and controlling the everyday matters. Study also focuses on several migration-related aspects, which assist the changes in economic status, household power and authority and independence of physical movement termed wives autonomy.

In addition, the socio-economic status of left behind family has upgraded due to the husband’s international migration. The absence of husband from household leads to shift in their defined roles and in the decision-making power, get freedom and also gain liberation to left behind wives.

Lastly, women having children faced number of issues in the absence of their spouse. wives feel loneliness and could not give a proper guidance that a father can do. Children who have solid support from of their parents always try to do good work in school and develop a sense of control and behave well in school. She always needs her husband to socialize their children together.

## **2.12. Assumptions**

The following assumptions are based on available literature about life experiences of left behind wives are deduced.

1. Movement of people from native regions to destination place has affected the lives of left behind families in many ways.
2. Husband out migrations became improve living standards in their home town, as a result of remittance.
3. Due to husband’s absence left behind wives and children suffer from different emotional and psychological issues.
4. Wives also faced different social and security issues due to husband migration.

5. With the absence of spouse the role and duties are double on left behind wives that became her life difficult sometimes.
6. Wives of emigrants are dependent to make their own decisions and on other household matters.

**Chapter No. 3**  
**THEORETICAL FRAMEWORK**



The following section will present and discuss the theoretical outline. Theoretical framework explains the way of research grounds and substantially theoretical constructs. The researcher has applied two theories on the “Life Experiences of Left-Behind wives”.

### **3.1 The New Economics of Labor Migration**

The New Economic of Labor Migration NELM model has given a true picture that why people migrate from one place to another and what are the reasons and factors behind their migration. According to Oded Stark and David E. Bloom (1985) people do comparison with in their groups and surrounding. Most importantly the environmental factors have significant role in the socio economic position of an individual and household. It affects the family household income and prosperous position. The movement of migration started during the period of 1980s and 1990s identified as the new economics of labor migration (NELM). In the imperfect market environment that describes main migration source regions, migrants can produce beneficial factors and feelings of relative deprivation. According to this migration model in the absence of well-functioning credit and insurance markets migrants serve as financial intermediaries, providing source households with capital to invest in native production as well as income assertion.

New economic of laour migration theory contains new migration factors household capital constraints, risk and community level variables as well as new potential impacts. The positive effect of remittances on left behind family is visible. It increase household income, and also contributes on society socio-economic development. But also have negative impacts such as people left their home and live away from their family. The labours also face multiple difficulties in abroad, including accommodation and jobs issues. It also draws attention to new forms of policy intervention to influence migration. The emphasize of NELM modelers is protection of capital, this could provide replacements to movements as a resources for household purposes.

#### **3.1.1 Application of Theory**

The new economics of labour migration theory is based on the idea of migration. The large number of migration started during the half of 19<sup>th</sup> century when different industries established in European countries. Most of the people left their countries and searching jobs in industries. Because in the country in which they live cannot find job and better life style and standards. They move forward. When any household person goes abroad for

earning money they send money back to their family members for making their life easy than before.

The given theory is providing a framework for migration model given by Stark and Bloom. It shows that migration patterns cannot be understood on an individual level. Usually when people migrate this is only due because of their insufficient income for their household to fulfill their needs. When these people migrate, they send back remittances to their families this remittance is used on the household expenditures and mostly on the health, education and living standards of their children left behind, because when a person migrates they also want to give better living standards of children and their families left behind. Migration can increase the welfare of household. This is possible because due to the remittance the consumption and investment also increase.

### **3.2 The Empowerment Theory**

The model of empowerment is presented by Kabeer (1999). It provides help to observe that in case the position of women is varying for better and the experiences when women have during their life due to economic and social issues. Author explained the model of women empowerment and their autonomy of given three dimensions: resources, agency and achievements. In Pakistan left behind women can achieve empowerment next to the movement of their spouse. All the household responsibilities come on the shoulder of women, such as look after their children, protection of household property, participate in neighborhood issues, take part in the decision-making procedures actively on her own, and develop their social and economic standards of living. As mentioned above, the author understands the term of empowerment as a three proportion. The first factor are resources, they can be human, social or material. This term should be assumed not only as economic resources (e.g. land, equipment, working capital), but also as human and collective resources which may increase the capability of women.

Kabeer (1999) describes this term empowerment as, “people’s capability and skills to make strategic life choices in a context where this ability was previously refuting to them” (p. 437). Although empowerment is an abstract concept; it is often operationalized by measuring decision making power, autonomy, agency, personal freedom, mobility, access to and control over resources, and bargaining power as well (Kabeer 1999; Quisumbing 2003).

Human resources are met on the individual and micro level and it's varying from one person to another. "Empowerment requires a change in the terms on which resources are acquired as much as an increase in access to resources" (Kabeer 1999:20).

The second major element indicates to agency, "The skill is to define one's goals and act upon them" The concept of agency is thoroughly interconnected to the idea of power in both senses positive (power to) and negative (power over). Positive sense leads towards the "power" that refers to people capacity to define their life choices. The measurement of agency includes both in satisfactory and in other words disapproving. Resources and agency collectively constitute to achieve outcome of empowerment, which is a third dimension of empowerment.

### **3.2.1 Application of the theory**

The 1st element of empowerment is "resources" indicate that in patriarchal society the resources are in the supervision of men. Wives have no rights on resources but male is the head member of family he has to decide all decisions. Wives are is completely dependent on her spouse both financially and socially. When husband moved to abroad there is new form emerging in migrant household. There is a significant change in lives of wives and this may increase to access new advantages in other words wives of emigrants also become a great ownership of resources. They get self-possession to develop a sense of identity after movement of their husband.

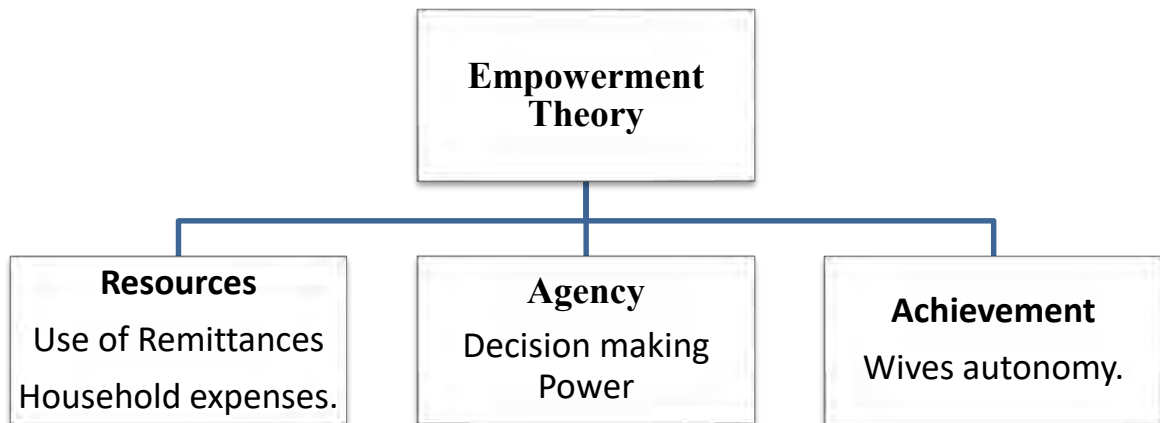
While explaining the other element of this theory is agency which indicates the migrant households. When the husbands are not at home for longer time, their duties and everyday jobs are allocated to these women. This can create the ability in their wives to involve in decision making procedure and practice it. They become independent and to go outside without any restrictions. They can also visit to their relatives and friends.

The last aspect of theory is achievement which refers that once husband out migrated. This could be easy to access and control over resources like remittances for women. Women can easily travel and get autonomy in their life. Left behind wives can also do visits outside independently. They get confidence from their spouse and live according to their will. Participate in outdoor activities e.g. move into work; get independence which is the main

sources of empowerment. Wives get through due to migration but mainly perform all the tasks on herself alone.

When spouse go abroad over a time period then woman have to perform both the roles in their absence, to give proper attention to their homes and take care their children. Migration of husband is observed as a common practice describing the purpose of searching for work. It results to leaving their wives and children in home country.

In the absence of their husbands, women may take very different duties with concern to household no matter they are performing the duties of males too. Females have more tasks to do and can exercise more self-sufficiently their lives including all the finance she gets from her husband. The new additional roles may be getting better authority, decision making in economic matters and freedom of movement, these aspects that have typically been used to describe autonomy of left behind wives.



**Fig. 3.1. Model of the Empowerment Theory**

### **3.2.2 Explanation of the Model**

Fig 3.1 indicates that the three dimensions of empowerment and link among these three dimensions of empowerment. In this model, resources are taken as remittance send by husband. Wives become financially strong and have the power of decision making of household. The household responsibilities such as activities of their children, expenses,

budgeting and other household matters. Due to migration of husband wife get more power and resources, in the absence of husbands their left behind wives are responsible for all household activities.

**Chapter No. 4**

**CONCEPTUALIZATION AND OPERATIONALIZATION**

In this chapter, the concepts which are used in this study are defined by the work of different researchers and authors. In this given chapter the researcher used the concepts of migration and left behind wives by the work of different researchers and authors. The researcher explains further.

#### **4.1 CONCEPTUALIZATION**

Conceptualization is the method to explain the concepts. In this process the researcher has used different variables and explains all possible ideas that the researcher mention in research. In which migration and left behind wives are included and also impact of husband out migration on their non-migrated wives.

##### **4.1.1 Migration**

The process of movement from one locale to another is known as migration. But in the context of present research this migratory movement refers to the displacement from the country of origin to host countries that comes under the domain of international migration. So, one of the most comprehensive definition has been given by IOM (2010) according to them, “the movement of an individual or a group of people out of the home country, or other national borders, or with in the state.

On the other hand, migration is the geographic movement of people across a specified boundary for the purpose of establishing a new permanent or semi-permanent residence. Along with mortality, fertility, and migration is a component of population change. The term immigration and emigration are used to refer to moves between countries (international migration). The parallel terms “in-migration” and “out-migration” are used for (internal migration Haupt and Thomas 2004).

It is a process which involved the movement from one region to another in search of a good life and for better facilities. The stay at that place may be lasting or may be for a short time period. The different terms which are used to describe the migration within the country and out of the country like in-migration and out-migration.

“International migration generally refers to the push-pull movements of populations across national frontiers, that is the circulation patterns of persons who emigrate (exit) and immigrate (enter)” (Messina and Gallya 2006: 4).

According to King and Skeldon (2010) migration is defined broadly here to encompass the movement of people from their place of origin in order to reside in a new location either for temporarily or permanent settlements. In recent years many of the research analysis on out migration in both gulf states and worldwide. This shows people move towards developed regions to get good income.

#### **4.1.2. Left Behind women**

The “Left Behind wives” are those whose husband had migrated for a duration of period, and moved to other region of the world for the purpose of work. They need to leave their native towns and families. The concept includes all the wives that have been left by their spouse who went abroad (Yagya 2015).

The term “Left behind women” illustrates women who are married in the age between 18 to 60 years and whose spouse have internationally migrated. (and living abroad for 6 months and more than one year) (Jacka 2012).

A situation or condition where one member of the family migrates to some other place and leave other members of the family behind, the people left over at home are called left behind. (Glasgow 2000).

A person, who is working abroad for a period of time. They leave their native towns and families behind. So, the woman who stated without their spouse is considered as a left behind wives.

### **4.2 OPERATIONALIZATION**

Operationalization is a procedure of defining the amount of an idea which is not quantifiable but its reality is specified by another idea. It is the procedure of explaining an ambiguous notion so as to make the theoretical concept clearly different or measurements and to comprehend it in terms of experimental observation. In a wider sense, it refers to the process of specifying the extension of a concept describing what is and not a part of that concept.

#### **4.2.1. Migration**

Migration of a person considered a movement from one geographical region to other within and across the borders of the Nation. Migrant has desire to settle temporarily in a place other than their place of origin. Migrant is a person who went into other nation for



time duration and lives there for many reasons. Individuals move as part of their effort to improve their lives and the lives of their families, to learn new skills to gain new experiences of life in search of good opportunities and many more.

The migration was a source of inspiration for near areas of Punjab. In result, people of these areas started to migrate to other countries. This male out-migration results a major role change of their wives left behind in the home country. Male-out migration affects the lives of staying behind wives. In most of the developed countries the jobs are categories into two major divisions. One is for the native people and second category is for the migrants, for jobs are manual labors and specified for those who are immigrants.

#### **4.2.2. Left Behind Wives**

For the present study the researcher will use the concept of left behind women so, the given term left behind associates to a situation in which husband leave their towns, usually after the departure of husband these wives and her children are not alone. In some cases, the wife with her in laws or with parent's. It is rare, that woman is left behind by herself and with children to look after the home and perform other additional duties too.

The focus of this research is to analyze the life experiences of the women who are left behind in Chakwal, Punjab. In this study the researcher's focus is on the impact of husband's out migration on the life experiences of the left behind wives. To know how their life gets affected socially, economically and psychologically.

**Chapter No. 5**  
**RESEARCH METHODOLOGY**

The following chapter deals with the methodology of research. Methodology is the designed knowledge and understandably organized way to define different procedures and techniques. Research methodology requires methods and tools which are compulsory to gather data while conducting a research.

### **5.1 Research Design**

To bearing this research qualitative nature of methods are used. The reason behind choosing qualitative research design was to know how the husband's migration affects their left behind wives and their life experiences in the absence of their husband. In this research study, the data is collected as the basis of qualitative research process; the researcher used the qualitative research process because it was the need of topic as well as this particular issue is very sensitive to get the information regarding life experiences of left behind wives in the absence of their husband's.

### **5.2 Universe of the Study**

The selection of population is the fundamental step for research. The research study was conducted in district Chakwal. The area of study is a rural area and literate as well as illiterate families of emigrants are the respondents of this study. The researcher selected this area to explore the life experiences of left behind wives due to the migration of their husband and for the purpose that what kind of obstacles wives faced in their families after the migration of their husband.

### **5.3 Unit of Analysis (Target Population)**

In present study the targeted population was those left behind wives who are staying behind in their families. The study was conducted to analyze the life experiences of left behind wives; each family represents the only unit. The wives of labour emigrants from Chakwal district were the targeted population. Because after their husband's migration she has to take care about her house living within a particular setting.

### **5.4 Sampling Techniques**

For the present research purposive sampling technique is use because the researcher selected only those females whose husbands have moved from the place of origin. A criterion is set for the selection of the respondent to the research. According to that criterion only those whose family members are migrated were sampled, which is actively

participating in the interview and share their view and impact of migration on their left behind wives.

### **5.5 Pre-Testing**

The researcher verified interview guide before data collection due to its workability and verification. Five interviews were taken by the respondents, the purpose of pre-testing was to know on the issue of left behind experiences.

### **5.6 Sample Size**

Targeted population was those females whose husbands are migrated, to other regions of the world and they left behind at place of origin. Being a researcher herself as a female it was easier way to collect the data from the female respondents. The researcher collects the data and takes 20 interviews, but till the point of saturation, the researcher collected data from this sample size.

### **5.7 Tools for Data Collection**

The researcher used interview guide for data collection from the targeted population. It is common tool in qualitative research. In interview guide the researcher do not collect already pre- code question in order to gather the information. As mentioned above the nature of the research study is qualitative so researcher used a semi structured interview guide as a tool which is used to collect the detailed information from the respondents about their experiences of life.

### **5.8 Techniques for Data Collection**

In the process of data collection, the researcher used face to face interview method is used for the present research. In addition to the responses of the respondents their behavior like the tone to answer the question and facial expressions were also observed and documented accordingly.

### **5.9 Techniques for Data Analysis**

The researcher used qualitative methodological technique as data coding techniques for evaluating data. At first written notes, then recorded and interviews. Themes was generate after participant's information according to literature review.

### **5.10 Opportunities and Limitations of the Study**

The data was collected from the district Chakwal which was easy to access for the researcher because researcher also belongs to the same region. So, it was not a difficult task to assure the emigrants wives to take part in the interviews. Respondents have given the information easily and they have been not reluctant and also comfortably discussed their life experiences while living in the absence of their spouses. Many of those wives were not educated so it was a little bit difficult to translate each question to them.

### **5.11 Field Experience**

The present study explains that life experiences of left behind wives after migration of their husband. The main research objective was to analyze their experiences. Researcher took interviews for this purpose. Firstly, I identified those families where the any male member of the house has been migrated to other countries. One by one I took interviews from the wives. The researcher faces such difficulties while collection of data but for the purpose of data she introduces herself in each respondent. One difficulty, I encounter was to introduced myself again and again then to build the trust level among migrant families was a bit difficult task. Some of the respondent becomes a little bit hesitate and do not fully cooperate most of the time while giving interview. Moreover, the researcher also clarifies them about the purpose of the study and explains that their information will be kept confidential and not leaked for any other purpose.

In first section, the researcher introduced herself and about research work also purpose for data collection. I also sure them that the data and information regarding anything will not be used for any negative purpose. In other section which had designed for knowing better about their circumstances and life experiences after their husband international migration. Researcher also interacts with the other family members too. Questions in interview guide evolve as understanding about international migration of their spouse. The respondents answer one by one about other sections too like (social, economic, psychological effects). I wrote down and recoded all their responses. Over all, the experience of data collection was very good and I satisfied for that.

## **Chapter No. 6**

### **RESULTS**

In this chapter the researcher explains and explores the findings and results of the conducted study on the life experiences of left behind wives a case study of district Chakwal. Moreover, the researcher interpreted their views and experiences while staying behind in their families. Qualitative research was to understand the Life Experiences of Left -Behind Wives in Chakwal (Punjab), Pakistan. The study finds out the well-defined and certain effects on their lives .Each of that aspect (components) is discussed further in detail according to the responses of interviewees.

### 6.1 Profile of Respondents

Age of Respondents	No. of Children	Education	Duration of Husband Migration	Family structure	Occupation
38	2	BA/B.ED	5	Joint	Teacher
40	4	MA(islamiyat)	6	Nuclear	Teacher
41	2	MA	5	Nuclear	Housewife
30	1	MBA	3	Joint	Teacher
35	3	BA	4	Joint	Housewife
44	3	MA(ENG)	5	Nuclear	Teacher
36	2	PTC	7	Nuclear	Teacher
45	4	FA	5	Nuclear	Teacher
51	5	MA	11	Nuclear	Teacher
53	5	BA	10	Joint	Retired teacher
55	4	FA	12	Nuclear	Retired teacher
42	3	MA	8	Joint	Teacher
39	2	BSC	5	Nuclear	Housewife
58	6	FA	7	Nuclear	Retired

The above table is about the demographic profile of the respondents. The age of respondents, their education level, occupation, type of family, number of children and duration of their husband migration. Most of the respondents were above 35. Many of them are household who are living in nuclear family settings but in some cases the left behind wives are not the household because they live in joint families. So, in that case their father in-law is the head of house.

## **6.2 Migration and Social Effects on left Behind Wives:**

Left behind wives faced numerous barriers and issues that has affect them in their social live, due to the absence of their husband. The problems vary person to person and according to the particular setting where they are living. Majorly, females having children and other family members need to manage their outside activities like shopping, grocery, for going check-ups etc. so, the need of their male house head is absent due to his migration. On the other hand, these wives are the owner of the house, and manage all the activities in husband absence. One of the major social problems my respondents highlighted was managing their outside and within the household activities due to the absence of their husbands. One of my respondents from district Chakwal whose husband was abroad from 5 years and was living with her three children, narrated her experience as following:

*My husband is living abroad since last few years so, I need to go outside for manage all the household matters and I also feel myself over burden due to extra tasks as, I live separate with my children so all the tasks I need to do without him.*

Another respondent who was living with her husband family in his absence shared her experiences and the problems she is facing as below:

*Most of the times, I have faced many problems in shopping when I don't have any male member of my house, my daughter is in grade 2. So, it is difficult some times to take her all the time. My husband lives in Dubai, and I am here living with in laws family.*

Outcomes of husband migration is that these wives facing issues while living alone in their home towns, as this is patriarchal society where the male dominancy prevailing so high, women may have very limited control (Gardner 1995). The role of husband is also playing by these left behind wives. Such as outside tasks of house, by a male member on the shoulders of these wives.

A respondent, who was living alone with her two children, shared some different experiences as under:

*The main social effect on my life after international migration of my husband is my role and responsibilities are double. I need to balance inside*



*and outside matters as the same way a husband does for his family. The major difficulty is that I need to arrange a driver for going to doctor, and bazar.*

Literature also support these findings as the study of Desai and Baneiji (2010) stated that the life of a female is affected by husband migration where she has to take care of her house along with performing outside the home activities. Additionally she also needs proper attention in the absence of their migrated spouse. However, the social duties of these wives are double on other hand wives changes through different ways due to the migration of their husband.

A study participant who was the mother of two children and were living along for three year due to the migration of her husband narrated her experience as below:

*I am working women, after come back home from job. I do all my house chores, doctors' visits and then look after the household matters alone. I have to take care of my in laws, my children so the duties are double too.*

These findings show that how husband migration has affected the life of left behind wives in many ways in terms of social tasks which they need to preformed in the absence of their husband, the responses show that mostly wives are facing difficulties while living with their in laws, and nuclear family structure. The life of wife has affected socially in many ways because the burden she bears, the budget she manages, the household activities, especially take care of her family and children and balancing everything has a great and significant of their lives.

### **6.3 Migration and Psychological Effects on Left Behind Wives:**

The given theme defines the psychological effects of migration on left behind wives, impact of movement varies individual to individual but there are some common factors that are nearly affected and faced by the wives due to absence of their husband.

The following theme illustrates those psychological issues that women faced staying in this society due to the movement of their spouses. These wives face numerous problems along with fear and insecurities also endure emotional insecurities because they become emotionally dependent on their husband, so that when their partner is away from home these women feel insecure.

One of my responded at the age of 40 having 4 children and she is living alone said that:

*I feel insecure and depress without my husband when nobody is at home. Whenever I want to do anything like change in the house, to live in a certain boundaries and could not do because his absence and I keep thinking that if he could be there life becomes so easy.*

The insecurities of these female are not just their inner feelings but sometimes they are reinforced by external surroundings. Additionally, in husband's absence these women develop the feeling of social insecurity because of people around them stare them and give them strange looks. Mostly, left behind spouses were hesitant in sharing their psychological experience and feeling of loneliness regarding this issue. Without husband's physical absence they faced hurdles their daily life.

Furthermore, my other respondent said that at the age of 30 and having her MBA degree argue that:

*"Whenever I need to share my personal matters and need guidance, I feel absence of husband due to his out-migration. For a wife it is very important that to share her matters like household and other personal affairs with him and I could not share my feelings on phone calls so, in this result I feel depress and tense".*

According of (Gulati 1993) there is a growing evidence to suggest that women in migrant household face many problems, in terms of tensions, pressure, anxieties of different types. In some cases, wives faced different problems like insecurity, fear of loneliness, bad comments of society and emotional disturbances are the majorly obstacles.

Similarly, one of the respondents stated that:

*"Sometimes I have faced a totally new and different situation and I also do not understand how to cope with such situations, while living with my in laws and 3 children because sometimes family issues disturb a person so need of a husband is always here to support the spouse".*

Whenever a woman gets married, she comes in a new house especially for her husband. Most of the times, behavior of in-laws, and my neighbors are very contradictory in the presence and absence of husband. So, left behind wives faces emotional disturbance in

many different situations. Somehow, maintenance in budget and fixing household things get a woman depressed in the absence of their spouse.

In addition, however the other respondent said that:

*“I feel the absence of my husband whenever I go on family occasions and other gatherings people come and ask about my husband in gatherings and especially in photo session by the end of functions.in response I get feel myself alone and depress”.*

The above responses show the psychological effects of husband out-migration on left behind wives that most of the times, left behind wives are failed to transfer their feeling to her husband on telephones and wants his physical presence also she finds herself alone and faced different emotional changes and problems in her lives due to the migration of her husband. These wives can do majorly tasks and sought out matters alone, and due to extra burden on them generally this resulted as mental illness for them. Furthermore, when they see a complete family in their relatives and neighbors they also get depressed and alone. On the other hand, the women who are staying behind in their homes feel good, secure and fearless in the presence of their husband.

#### **6.4 Migration and Economic Effects on Left Behind Wives**

The given theme is based on economic effects of migration on left behind wives. After the movement of husband the wives have to maintain and check on certain things which are based financially. Usually, the remittance that is sent by their husband consumes on different household matters. These families of emigrant member have chance to remit from their host countries, along with this to improve present situation and produce the abilities of the left behind families in the home countries (Raghuram 2007).

One of my respondents at the age of 55 and living in Chakwal and having 4 children mentioned that:

*“My husband was unemployed while living in Pakistan for 3 years after marriage We had suffer a lot our circumstances was not favorable, I give tuitions for our basic needs. So, our family decided for him to migrate in UAE. After his migration, he sent money back for all the household necessities. And my all children get good education from his remittances”.*

Due to transfers of money it has significantly positive and direct effects on the incomes of emigrant households. Mostly, these remittances are spent on consumption of housing, access to better nutrition and allocation of more resources. Husband migration has grown as key element in the livelihood strategies of an increasing number of households, across the developing world.

Similarly, according to the other Respondent stated that:

*“My husband is working in abroad (Dubai) and he is employ in a general store. He sent remittance to his father for me and my children. After migration of my husband within few years we get good access on resources in our home towns. We are eligible to live in our separate house. Now my children are getting good education in private schools”.*

Therefore, the receiving remittances from their husband are fruitful for their families. The role of remittances has play one of the major role in the standards of living and the wives left behind is living in better conditions. Furthermore, it is observed that a positive impact of husband’s international migration on the living standards of the families left behind through their remittance. As they utilize on their health and education. Remittance received by left behind wives can have positive effects on their lives.

Furthermore, one of the respondents stated that:

*“My husband was doing part time jobs for supporting his large family; even then it was difficult for him to manage. After some years, he decided to move to Saudi Arabia, he get job there in a factory. The money which my husband has sends us; we use a part from his income to purchase on food items. Our health is getting better and the nutrition we are taking is improved and we are satisfied from his migration. Our lives are settled here now”.*

Antman (2013:8) stated the positive impact of migration on left behind families they spend more amount of their household budget on girl’s health, education, and other facilities as they are giving to their sons and on some extend more. So the wives can spend the money on to educate their children socialize better.

Migrant household’s portion of expenditure spent on their food. The results are showing that remittances play a significant role in smoothing access to healthcare on children and

wives. The money those left behind families are receiving from their father or husband has one of the most valuable effects.

Similarly, According to one of the other Respondent said that:

*“I had faced many problems in maintaining budget; before my husband emigration like (low access on food, basic necessities we also take loans from relatives and I feel so helpless. So, lastly after his migration we are living in much more better conditions now”.*

According to my other Respondent stated that:

*“My family was living in poor condition before his (husband) migration. At that time we ask money from his brother in law. After he went to abroad there was a significant change in our lives, we are satisfied and comfortable”.*

The data also highlighted the major reasons behind husband’s international migration. Large number of respondent responses that they have deal with many financial problems due to unemployment and less income. So, husband migration has effects lives of left behind families.

Mostly respondent said that their husband income is consuming on basic things, to access on good food, to get good education, and majorly their wives can consume good health having money. However, they need to manage the whole budget in the absence of her husband. To fulfill the needs of the family their husbands have to migrate other regions and families expect them to earn money for them. In addition, one of the most visible developmental effects of international migration is the remittances sent by their husband.

### **6.5 Migration and Independence Decision Making Process**

This section highlights that how husband international migration has effects the decision power of the wives who are staying behind in their homes. Furthermore, wives also have the power to participate in the decision making matters within the family on another hand, that’s also play an important role in the migration decision. The role of women also enlarged in household decision-making that develop their self-sufficiency, bargaining power, autonomy, freedom, control over resources and power relations within the context of household (Shahnaj, *et al.*2004). In this section respondents were asked about their independency in decision making process that they usually take in the absence of their husband.

According to my respondent at the age of 55 and she is living in nuclear family structure stated that:

*“After migration of my husband I am the head of my house; I take all the decisions related to my family, my children schooling, their tuitions, and other things related to the household as well as outside of the house because he gave all the authorities to me”.*

Due to men’s migration the wives independency increases in many ways. Women those are remaining behind in house their husbands are internationally migrated frequently get higher autonomy, authority in decisions making and majorly independence in lives. (Yabiku et al. 2010).

In addition to one another respondent in the age of 40 said that:

*“I live in a nuclear family with my four sons. I am not dependent on anyone to take decisions regarding anything like household matters and others too. So, it is because of my husband is migrated to Saudi Arabia since last few years and my family is dependent on me to take all the major decisions. However, I always taking suggestion from my husband regarding such matters”.*

However, the outcomes of emigrant husbands certainly positive similar to their left behind wives in the case of decision making freedom in household level. Moreover, results also show the effects of migration on the household arrangement, as well as in their children and economic status, better condition also presented considerable effects on wives decision making process. Additionally, Emigrants husband’s wives are likely to take their own life decisions as well.

In this regard the other respondent in the age of 30 stated that:

*“After migration of my husband I do not need such strict approval from anyone but my father in law is the eldest in our home. So I always try to take suggestions and other decisions with his opinion (money consumption, visiting my children schools etc). He allows me to maintain the entire budget also take decision regarding my family”.*

With the decision of husband’s migration, the status of their wives also change, they get independent in their lives, the utilization of remittances sent by their husband is the major thing that is provide them a relevant change in their lives.

The duties and tasks these wives perform in their home for children and other members of house make her strong and majorly increase their independency. Women can also take decision about their children’s health, education, socialization and most importantly their wellbeing. (Mahmood et al 2010).

However, other respondent stated that:

*“After my husband migration, my father in law is the head of house and he decides everything like children education, money consumption and he has also proper check on the other household matters.so, my role in decision making is low in my family due to living in joint family settings”.*

Usually, in male absence female has to do all the chores and take responsibility of their children and family but in Pakistani society, where male dominancy is prevailing. So, its depend on them to take major decisions related to family matters.

## **6.6 Migration and Change in Gender Role**

The following section discusses that the migration of husband has change in the role of left behind wives in terms of different things. Mostly, it is observed that the assigned role and responsibilities of these wives are increases in the absence of spouse. There are number of duties and tasks that are approved and supported by male spouse, although after their movement someone has to take care of these assigned duties so, the left behind wives need to responsible of both the roles.

A migrant ‘wives’ in the age of 42 having 3 children stated that:

*“The duties of my husband (get groceries from market, maintain budget, pick and drop to my children and many others). I usually do it myself and sometime my father in law helps us, so the role of husband and as a father of my children is playing by me”.*

Women without their husband has to play and perform both the roles in their lives, as a mother she needs to take care of her house matters and children and on other side the role of a husband she is also responsible for other tasks too.

Another left behind women in the age of 38 said that:

*“Before migration of my husband, he performed all the tasks regarding his role as a father and a husband. As my husband went to abroad since many years.so the duties are double on me. I have to play double roles at one time. All the tasks of outside and inner matters of our house are look after by me”.*

Mostly, researchers found in south Asian countries that the wives who do the tasks and take decisions, related to household matters have affected by the movement of spouse. The role of migrant wives is shifted due to his migration. Their day to day responsibilities are increased.

Furthermore, one of the respondents said that:

*“I feel overburdened sometimes because I am a working woman so after my job I have to look after my home and my children they need me and my time. I try best to spend more time husband I have to perform his role too along with my other duties”.*

One of my research participant mentioned that:

*In the absence of my husband, I have to face and manage all the responsibilities especially related to all household matters and children too”.*



The additional tasks which is considered and assigned by a male member also play by their left behind wives especially outside of the house hold duties. These women take the responsibilities of their household head.

### **6.7 Migration and Wives Autonomy**

Independency and self-sufficiency is the capability to gain evidence and make decisions about one's own matter that enables access to material resources like basic need of food, land, income, within the family left behind. Additionally, due to absence of husband freedom of wives also increase. Left behind wives actively contribute and participated equally in many circles of life which include a lot to the lives of family members, children as well as common people of the society. Due to male migration woman participate in different fields that make her confident and active (Arif 2009).

According to my Research participant:

*“After the migration of my husband I get more access on material resources, I have also purchased land due to migration of my husband.”*

As, male movement to other countries is apparently as a common practice that describes the intention of searching for work, often resulting in leaving their wives and children in the place of origin. In the absence of their spouse, these wives may control and access to the recourses. The decision of staying home or work outside, other economic matters, usually been used to define female's autonomy at household level.

According to my other Respondent

*“When my husband migrated to the other state I and my son have more access over resources that become our lives easy in couple of years”.*

From most of countries it has shown that the age of women and their family structure are major factors of these wives authority in decision making. (Acharya 2010) stated that the male international movement has well-defined the position of wives in their community in terms of gender power. Furthermore, the results of study shown that in the absence of husband wives get authority and independence on part of male member. She also makes decision of household matters. On the other side, they freely go outside without such restriction along with her outdoor activities and tasks too.

Some of my findings were surprisingly different from literature in regard to women autonomy; because in literature researches find that in the absence of husband their wives take decisions, and get autonomy.

According to my Respondent stated that:

*“After migration of my husband, my father in-law has all the authority to decide everything regarding children education, budgetary things and many more because in joint family system the wives do not have the similar rights and powers after migration of husband”.*

Moreover, due to our traditional society the male dominancy and powers are associated to male members of the house. So, rather than wives who are staying behind in home countries it depend purely on male to decides and take decisions.

Similarly, my other Respondent said that:

*“My autonomy is very limited; I cannot visit to my mother place and markets without taking permission from my mother in law. When my husband visits to Pakistan I can go with him wherever I want to go”.*

Another important finding is revealed that wives who are living in joint family with their children have less autonomy and decision making power due to traditional settings.

Furthermore, the results also show the effects of husband migration on the economic status household structure, staying in better wealth condition has significantly effects on the autonomy of wives. The Findings also discovered that international migration of husband has certainly affected wives autonomy and also household economic status. But somehow, in joint family system where the male (father in law) members have rights is the different from other responses.

### **6.8 Difficulties in Raising Children Brought Up**

The given theme illustrates the difficulties in raising their children after migration of their husband. (Khuseyuova 2013) claims that family is the basic rearing institution where children socialize. When the male member of the family is absent the burden has increased on their wives who are staying behind. The result shows that women face great difficulties in child rearing when their husband are out of country for earning purpose.

According to my respondent:

*“The major difficulty I have been faced after migration of my husband is my children education; my son and daughter are in schools. I need to go to parent’s teacher meetings, their tuitions for their report on weekly bases. So, sometime it’s difficult for me”.*

One of the respondents stated that:

*“My children education performance is not much satisfactory, because I cannot visit their school regularly due to house chores tasks, so the role of father is disappeared in their education guidance”.*

Antman (2012:589) states that migrant father is not able to play an active and important part in the education of their children and in academic outcomes. The connection between child and their father is additional problematic in families with emigrant parents, which might be harmful effect on educational attainment. Most of the respondents highlighted the difficulties in their children education.

Similarly, of the respondent stated that:

*“Whenever my children get sick, firstly I need to arrange a drive to bring us to doctor and this often makes problem for me. Because we are living in a separate house so the need of my husband I always felt. Furthermore, the other tasks of the children are also on my shoulder. I need to look after all of them”.*

According to my other respondent:

*“After migration of my husband, whenever he visits Pakistan for vacations our children become happy and more secure due to his father presence and by the time of departure they get sensitive and my daughter starts carrying, but due to his job he need to go back abroad”.*

However, the respondents said that:

*“I and my husband wanted to give good education to our children that was the main reason his migration too. But in their education the need of father is missing I cannot fulfill his place”.*

The above results show that the left behind wives and children are facing problems in their education and health in the absence of their father. Moreover, some of the respondents stated that the guidance of a father is missing from their personality. Children always want

to live in a complete family. So major missing due to his international migration creates such hurdles form them. Therefore, data highlighted the absence of father creates issue in their education because of their educational performances.

### **6.9 Challenges Faced by Left Behind Wives**

There are so many challenges faced by the wives who are staying behind in their families they need to be responsible and emotionally strong due to absence of his husband. So this given themes, show the results and highlighted the challenges these women have faced after migration of their spouse.

According to my respondent in the age of 42 and live with her 3 children stated that:

*“I have faced social and psychological challenges faced after my husband migration, when he was there he allows me to go outside and never restricted us. But after the departure of my husband i need to ask permission to my father and brother in law”.*

In our Pakistani context usually male is considered as the guardian of his women and also in charge for her security, so due to his migration in joint family settings in laws put limitations and check on the mobility of wives left behind. Although, this is very necessary for children that somebody is there to ask them about their education, and other matters.

Similarly, other respondent reported that:

*“Sometimes there are few relatives who continuously asked when you will move to abroad, when your husband will come, when he (husband) will bring his all family. So, these kinds of things happen to me in most of family gatherings and I really feel absence of my husband”.*

Furthermore, according to my other respondent said that:

*“I have deal with so many hurdles after my husband migrated to abroad for earning, as the money brings positive change in our lives but on the other hand for a alone women this society is becoming very problematic day by day. My children also feel his absence because they get so emotional when they talk to their father on phone”.*

Therefore, the data highlighted and results show the different challenges by the left behind women in the absence of his spouse; our society creates problems for these wives who are

staying behind. Respondents reported that sometime due to long distance we cannot express our feelings and share our thoughts to our partners. I feel my family is not complete with him. So, there are many obstacles wives have to cope with. Result also show there is less security of children and wives left behind in families due to their male member migration.

**Chapter No. 7**

**DISCUSSION AND CONCLUSION**

## **7.1 Discussion**

The purpose of the research was to explore the impact of husband out migration on the lives of left behind wives and also the study explores the psycho-social challenges faced by left behind wives. The study also highlighted those wives who live in joint and in nuclear settings in Chakwal. Trends of migration change over time. Male members migrated to abroad for work and their left their wives stayed in home country.

There are some important reasons behind their international movement. Poverty, inflation, environmental issue were the leading factors. Migrants set up their mind to go abroad in search of jobs. However, to know about their life experiences, the researcher explores the impact of husband migration on their lives. The left behind wives have faced different types of problems in husband absence. The study is done to analyze the life experiences of left behind wives. There are certain issues and problems highlighted by them. The data has been collected from the qualitative method and purposive sampling technique was used.

Some wives face totally different situation in their spouse absence and it also take a time period for the settlement of left behind families. Additionally, majority of them facing the problem in raising their children particularly in their education and health matters. They need their husband for proper check, and protection. So that is missing due to their migration.

Besides that, according to relevant literature the money (remittances) they receive is fruit full for them in many ways. Their families can consume it on food, health, education. As, it provides many reliefs to children and wife to improve their life. However, they feel the absence of family member in that case, women (wives) of migrant member is play actively role in the household matters. Findings also reveal that their spouse international migration has certainly impacted on economic status of household in Chakwal. Because their husband's movement contribute much to change their financial position.

Furthermore, the women who are aged and their husband has migrated to abroad for long time period and also live in nuclear family systems are settled and more satisfied due to migration because of more access on money get them (good education, health and better standards). As long as, these women can take decisions related to their children and family.

They were not dependent on any one for their matters. To them (wives) their husband's migration brings the higher autonomy and decision-making authority.

while on another hand, women (wives) who were in the young age, educated and live in joint families have less access on authority and autonomy, their hold on household matters were very low, because of in-law's dominancy after the migration of male member (husband) they look after all the budgetary, groceries, and majorly the outside matters too. Their involvement in personal matters was more.

Moreover, the responsibilities and roles are double due to absence of husband. A wife has to play both the roles and need to be an active member. The results show that wives feel insecure, and depress due to continuous absence. The burden on their shoulders is more. The communication with spouse on telephone cannot fulfill their psychical presence. So, sometimes they get tense, depress and face loneliness because she could not even express her feelings and share personal matters. Evidence suggested from other developing countries shows that the age of women and their family structure are the important factors of wives' authority in decision making process.

The researcher applied two theories on this particular issue of migration. The NELM model and Empowerment Theory that links with migration and their left behind wives. The theories describe the association between husband out migration and their left behind wives. This explains the decision of migration is purely decides by the emigrant member. This research points out that it is very obvious and common phenomena of husband international is prevailing in our society but people needs to understand that this is very difficult for left behind wives to raises their children in the absence of husband, she has to play double roles, and perform all the duties living in that particular settings. She needs a proper guidance for herself and her children. Lastly, the findings of the study show that wives feel fear and anxiety due to extra burden of children.

The results of the study overall presented determine that husband international migration, has affected in many ways in the lives of their (wives) who are stay behind in families. They need to more responsible, and take care of the whole family the burden she (wives) feels in her husbands is double.



## **7.2 Conclusion**

International migration by husband to the other regions of the world for sake of work has extensive effects on their left behind wives. When migrant member from the family leaves his home country to the other regions of the world, that decision made by their families and their wives are actively participated because that migration decision brings positive effects to rise the earning of left behind wives. The study observes the consequences of husband international migration on the economic, psychological and social position of left behind women in Punjab district Chakwal. Although this phenomenon of migration has been greatly explained by different scholars, those families and wives who stay behind also need the attention in the whole migration discourse.

The study reveals that the wives have observed the major two consequences of international migration of their husband. First of all, is the economic conditions are improved due to income that brings positive change in the lives of their families. They can have better access on resources and goods. A part from it, it has also been observed that in our settings low income and unemployment is also main cause behind spouse migration. The decision to move the other regions and also work in abroad arises with such insignificant challenges consist of leaving their children and wives in home towns.

But on another hand, these women (wives) feel insecure, depress, and alone because of extra burden and duties on her shoulder. She needs to more careful about herself and her children. As, she has to play both roles in her husband absence. Additionally, study also reveals that wives of emigrant do not need to play key role in decision making process related to their children education, health and others. That's deal with their father in law in joint family settings. Furthermore, it has also been observed that women are dependent on the other male members of their families due to absence of his husband. Additionally, wives have faces different hurdles while staying without her husband but on the other side the financial improvements and benefits are advanced enough. So she has turned herself into ready to face the challenges and hurdles in family. Findings show that wives continuously bear the psychological pains like fear, depression, and anxiety these issues create serious mental health problems for wives.

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## **ANNEXURE-I**

**Research Tool**  
**Interview Guide for Data Collection**

**LIFE EXPERIENCES OF LEFT BEHIND WIVES: A CASE STUDY  
OF DISTRICT CHAKWAL, PUNJAB PAKISTAN**

I am Ammara Mumtaz, student of MPhil in the Department of Sociology, Quaid-i-Azam University Islamabad. I am conducting research study on the topic “Life Experiences of Left-Behind Wives A case study of district Chakwal , Punjab pakistan. The information given by you would be kept confidential and would not be used except for the research purposes. Your cooperation in providing response will be highly appreciated for making this research valuable.

**Section-1 Demographic Profile of the Respondents**

<b>Question</b>	<b>Categories</b>	<b>Responses</b>
1.	Name (Optional)	
2.	Age	
3.	Education	
4.	Family Structure	Nuclear___ Joint___ Extended___
5.	Monthly Income of husband	Rs _____
6.	Occupation of husband	_____
7.	Family Size	___ Male___ Female___ Total
8.	Age at the time of marriage (Husband , Wife)	Husband _____ Wife _____
9.	No. of children	_____

10. Age difference between you and your husband?
11. Was it arrange marriage?
12. Did you know about your husband's international migration before your marriage?
13. Where your husband is migrated?
14. After how long time your husband visit their home?

### **Section-2 Husband Migration and its Social Impact on Left Behind Wives**

15. Are you dependent on your in-laws for household matters?
16. Do you face any kind of restrictions (visits to doc, school, markets, purchase household accessories, hang-out with friends) from in-laws?
17. Do you feel extra burden and duties of your house?
18. Your family raises any objection in personal matters?
19. What are the main reasons of your husband's migration?
20. What kind of challenges you have faced after your husband migration? (socio-psychological, and economic)?

### **Section-3 Husband Migration and Its Psychological Impacts on Left behind wives**

21. Do you think wives suffer loneliness, in the absence of their husband?
22. Do you think women face anxiety in the absence of their husband?
23. Did you ever feel any depression during the absence of your husband i.e (family occasions, gatherings)?
24. What type of changes you have observed in yourself in the absence of your husband?

### **Section-4 Economic Effects of Husband's Out-Migration**

25. Does your husband send remittance on your name in your personal account?
26. What are the effects of the remittances on household consumption and investment?
27. Are you dependent on other male member of your family to receive remittance?
28. How migration of family member affects your access to food?
29. Have you ever been targeted by your in laws for remittance in the absence of your husband?

**Section-5 Difficulties in raising children Brought up**

- 30. Did you ever feel the need of your husband in raising your children?
- 31. In which educational sector your children are learning?
- 32. Do your children take tuitions for study purpose?
- 33. Did you ever need your husband for children education and health?
- 34. Are you satisfied from your children, upbringing after husband migration?

**35. Section -6 Migration and Decision- Making Process:**

- 36. Are you dependent on anyone to take your decisions?
- 37. Is anyone ever interfering in your decisions?
- 38. Are you independent to take your children decisions related to their education, health?