

The Importance of Remittances in Poverty Alleviation : A Study of Sauraha Rural Municipality, Kapilbastu

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Remittances are a significant source of money for the economic growth of poor nations, including Nepal. In this context, the study intends to investigate the role of remittances in rural poverty reduction in Sauraha Rural Municipality, Kapilbastu, as well as analyse the nature and scope of remittance income. The study employed quantitative and qualitative research, with an emphasis on exploratory and descriptive research designs, and stratified sampling from nine distinct wards of the rural municipality. The universe for this research was 797 migrants, and the sample was 100 respondents. Primary data were collected through intensive personal field survey in two phases using both qualitative and quantitative methods of data collection. In phase-I, complete house listing of all nine wards was conducted for identification of migrant and non-migrant households. In phase-II,

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personal interview of one household member (Head/elder member) from selected households were conducted using semi-structured interview schedule. Secondary data were collected from rural municipality office, district development committee and other published research reports and article. The study indicates that remittance has improved economic and social circumstances of all families engaging in international labour. It might be in both economic and social dimensions, but there is undoubtedly a positive shift in the status of the respondents' families as a result of remittance. As a result, we may conclude that remittance money is crucial to alleviating poverty in the research area.

[**Keywords** : Remittance, Poverty, Foreign employment, Economic and social conditions]

1. Introduction

Poverty is a serious issue in both developing and undeveloped countries in today's globe; the only variation is the degree and kind of poverty. In the case of Nepal, a tiny landlocked and agricultural country, the problem is widespread poverty and unemployment. Its poor growth rate may be ascribed to its high population growth rate and increasing reliance on backward agriculture. The major feature among them is widespread poverty. Poverty in Nepal may be described in two ways: one based on per capita income and the other on basic requirements. Using the per capita income criterion to define poverty, The Gross Domestic Product per capita in Nepal was last recorded at 1083.03 US dollars in 2022 (NRB, 2022).

Poverty is characterized by the lack of basic necessities such as clothing, housing, and food. As an example, a person requires an average daily intake of 2256 calories as well as the value of the lowest real daily consumption of other essential commodities. If a person does not consume the appropriate number of calories, he is considered impoverished. Nepal's social index is quite low compared to the rest of the world, owing to the country's extremely high degree of poverty. Although foreign investment is the primary source of development for any economy, it is insufficient in Nepal due to a lack of adequate policies and infrastructure

Nepal has received foreign investment from 55 different countries as of mid-July 2021. The survey shows stock of FDI in Nepal increased by 14.8 percent to Rs. 227.9 billion at the end of 2020/21. Paid-up capital is the major component in FDI stock as it accounts for 53.9 percent of total FDI stock whereas the reserves and loans in total FDI stock accounts for 31.6 percent and 14.5 percent respectively (NRB, 2022).

Nepal's human resources are another important resource. Because of Nepal's high population growth rate, the country's involvement in the development of all industries has become increasingly essential in recent years. However, due to a lack of work and earning prospects in our nation, skilled, semi-skilled, and unskilled people of all sorts have indicated a preference for foreign employment, resulting in significant development in the remittance industry. In the current circumstances, the size of remittances is projected to surpass Nepalese Rupees 100 billion from registered sources; if all unregistered sources (illegal sources and their friends included) are considered, the magnitude is anticipated to reach Nepalese rupees 125 billion (Kantipur, 2018). If the current trend continues, it is predicted that the remittance economy will replace many other sectors of the economy in the next few years.

About 281 million international migrants sent about 702 billion dollars remittance to their home countries in 2020. Similarly, 540 billion dollars of external remittance flowed to Low and middle-income countries in 2020. Likewise, the result also exhibits that India and China received the largest amounts of external remittance in Asia, together with more than 140 billion dollars in 2020. In the similar way, comparing G-7 countries, France is the largest receiving country of remittance with 24.48 billion dollars, while Germany ranks second with 17.90 billion dollars in 2020 (IOM, 2022). However, it should be noted that most of the remittance received appear to have been sent to the countries of Asia-pacific regions. In Nepal, the contribution of remittance revenue grows year after year. In 2020/21, Nepal received Nepalese Rupees 961.05 billion remittance from different countries, constituting 22.5 percent of the Gross Domestic Product (NPC, 2020/21).

Remittances have established themselves as a significant source of economic development in poor nations. According to the previous year's figures, around 3300 billion US dollars entered developing nations. In emerging nations such as India, China, and Mexico, remittance income has increased by 50%. Remittances from wealthy countries to developing countries are twice as large as foreign aid and direct investment.

The majority of migrants are from Nepal's rural sector, but due to a lack of banking services in rural regions, they have been transmitting their wages through informal channels until recently. In

the current economic climate, the majority of individuals from rural regions come to India for jobs. In the current environment, remittances are playing a critical role in lowering poverty levels in Nepal, particularly in rural regions where there are no other options to earn and find work outside of the agricultural sector. However, due to a lack of adequate government policy to stimulate remittance revenue in productive sectors, about 80% of remittance money is spent in unproductive sectors such as house building, land purchases, and other lavish products. People travel to other nations for employment in order to make money, which surely helps to lessen poverty in rural regions.

2. The Study Area

Kapilbastu district is located in western part of Nepal's Lumbini Zone. The district of Kapilbastu is around 50 kilometres from the zonal headquarters in Bhulubang. Its elevation ranges from 103 to 107 meters above the sea level. The rural municipality of Sauraha is located in the northern region of Nepal's Kapilbastu District, Lumbini Zone. The area of Kapilbastu District is 1164 square kilometers. There are 54 village development committees and 3 municipalities in Kapilbastu district. According to the population census 2011, the total population of the Kapilbastu district is 4 17,320. And the total population of the Sauraha rural municipality is 4552, where male population is 1981 and female population is 2571. Comparatively, the number of female population is higher than the male population.

The Sauraha rural municipality is about 290 kilometers from the national headquarter Kathmandu and it is about 70 km from the zonal headquarter Bhalubang. Sauraha rural municipality is about 14 kilometers from the district headquarter Taulihawa. The total area of Sauraha rural municipality is 5.15 square kilometers. Among 2025 hectares of land only 859.49 hectares land is suitable for agriculture. Particularly among all the available land in this rural municipality about 42% of total land is agriculture land, 30% is forest land and 28% others. The total length of this rural municipality is about 5 km and width is about 4.5 km. The east part of the rural municipality is bordered by Bithuwa rural municipality, west by Gotihawa rural municipality, North by Bhalwari rural municipality and south by Dhankauli rural municipality. Near about 70% of the population of this rural municipality have electricity facilities and about 30%

people of this rural municipality use mobile phone services. The population composition of the rural municipality is heterogeneous. The population composed different ethnic groupings include Tharu, Muslims, Gupta, Kewat, Paswan, and others. This rural municipality's overall population is literate at about 75% (CBS, 2021).

The majority of people work in agriculture sector and other working in different occupations like business, foreign labour, local agriculture and non-agriculture labour. Agriculture is the major source of income for the residents of Sauraha rural municipality. The primary crops in this rural municipality include rice, millet, wheat, potatoes, vegetables, and the domestic animals include buffalo, cows, goats, sheep and poultry.

3. Objectives

The main objective of this study is to examine the influence of remittances on rural poverty reduction in the study area. Aside from that, the specific goal of this research is to examine the type and amount of remittance revenue in the study region.

4. Methodology

The research design for this study is both exploratory and descriptive. This study is exploratory in nature because it seeks to investigate the effect of remittances on poverty reduction in the study area. At the same time, this study is descriptive in nature since it seeks to give accurate information regarding the situation of poverty in the studied area.

Secondary data were collected from rural municipality office, district development committee and other related places. Primary data for this study were collected through tools like observation, interview schedule, and case studies. An interview schedule was structured to meet the purpose of the study. Questions were both open and close in nature.

Primary data was collected through intensive personal field survey in two phases using both qualitative and quantitative methods of data collection. In phase-I, complete house listing of all nine wards was conducted for identification of migrant and non-migrant households. In phase-II, personal interview of one household member (Head/elder member) from selected households were conducted using semi-structured interview schedule.

There are 797 households in Sauraha rural municipality, Kapilbastu district, with a total population of 4552. The proportional simple random sampling method was used to select 100 households from the total of 797 households in the research area. As a result, the universe for this research was 797 migrants, and the sample was the 100 respondents. A higher sample size was not practicable in order to make the study significant and progress within the constrained time frame. The sample represents more than 12.5% of total households and may be deemed representative of the study's universe. The nine wards of the rural municipality were the strata and the sample households of each ward were selected proportionately of the size of the ward. The total numbers of households of each ward determines the size of the sample. The following table lists the sample size options :

Table-1 : Sample size of Respondents' Household of Sauraha Rural Municipality

Ward No.	Total Number of Household	Number of sampled household
1	85	10
2	63	8
7	165	18
4	55	7
5	78	9
6	112	14
7	73	9
8	40	6
9	146	19
Total	797	100

Source : Municipality Report (2022)

5. Discussion and Analysis of the study

5.1 Extent of Poverty and Unemployment

Unemployment is the primary source of poverty in any state, and it plays a significant role in individuals migrating away from their own birthplace. The researcher also discovered in this study that the major reason for the migration of the study area's youth is unemployment in their home country. The majority of employees in

the study area have gone to nations where no particular credentials are required, such as India, Qatar, Malaysia, the UAE, KSA, and other Gulf countries, as well as other South Asian countries. Their migration to other nations is determined by their family's economic situation as well as the members' regular income. This is seen in the table below:

Table-2 : Regular Money Income of the Sample Households

Sr. No.	Regular Monthly Income (in NRs.)	No of Households
1.	Less than 5000	24
2.	5000-10000	21
3.	10000-20000	35
4.	20000-50000	14
5.	Above 50000	6
Total Households		100

Source : Field Survey, 2022

The above table shows that around 45% of the total selected families earn less than Nepalese rupees 100,000 per month. This indicates that each member of the sample families has an average monthly income of Nepalese rupees 1650. This is much below the absolute poverty threshold. Only 6% of households earn more than Nepalese rupees 50,000 per month on a regular basis. Approximately 24% of the hundred homes get less than Nepalese rupees 5,000 per month, which is a very low degree of poverty for the survival of the family members. The above-mentioned table is also dependent on agricultural product output; hence, if the weather and other variables conspire against them, the revenue situation might be quite poor in comparison to the stated amount.

Table-3 : Employment Status of the Sample Households

Sr. No.	Group of Population	No of people	Employment Status (employed people)	Percent
1.	Active Population	292	172	58.90%
2.	Inactive Population	228	0	0%
3.	Total Population	520	172	33.077%

Source : Field Survey, 2022

Table-3 on the preceding page reveals that only about 58% of the active population is employed in the research area's sample homes, while only about 33% of the population is working overall, implying that around 67% of the study area's population is jobless, which is highly high. Around 15% of the employed population is engaged in their own agricultural activities, implying that they are also facing disguised unemployment and seasonal unemployment. As a result, to be precise, only roughly 18% of the population in the study region is employed full-time. In that 18% population number, around 7% of the entire population is working in permanent occupations; the remainder is employed in temporary jobs and overseas employment.

As a result of the above table 3, we can conclude that, on the one hand, approximately 42% of the total population of 520 is a fully dependent population, and on the other hand, approximately 58% of the active population of 292 is employed, implying that the rate of employment in the study area is very low and the rate of dependency in the study area is very high.

5.2 The Impact of Remittances on Poverty Reduction in the Studied Area

5.2.1 Job Categories and Duration of Stay in Foreign Employment

Because Nepalese labourers have low skill levels, the majority of them work manual labour. Respondents were asked to describe the sort of work they conducted while working in a foreign nation, which is divided into five categories: construction, mechanical, agricultural farming, industrial labour, and hotel or catering.

The length of an emigrant worker's stay in another country is decided by their availability to work, the company's facilities, salary rate, employees' health, visa approval date, home urgency, and a variety of other factors. Some respondents return home before the agreed-upon date due to an inferior sort of employment, a low salary, family issues such as the death of a family member, sickness, or their own poor health, and also because the employer firm evicted them due to the workers' unusual personalities. In order to establish the length of their foreign visit, respondents were asked to specify their length of stay. The outcomes of the various types of labour performed, as well as the length of stay in overseas employment, are summarized in table-4 on next page.

It is evident from the data contained in Table-4 that the majority of migrating respondents work in construction, with 34% working in that field. Due to a lack of technical skills to work in other fields, the majority of Tharu people engage in construction. Mechanical engineering is the second most common occupation, with 29% of respondents employed in this field. The third biggest area of employment for Nepalese employees is the industrial sector, where the majority of Nepalese migrants work as labourers. Other occupations for Nepalese employees include agro-farming and hotel and catering, which employ 10% and 8% of the total respondents, respectively. The respondents from the Gupta people had the longest period of stay, staying an average of 3.25 years, according to the duration of stay from the field survey. Tharu, like Gupta, spends an average of three years at a time in overseas jobs. Muslims must stay for a minimum of 2.5 years.

Table-4 : Types of Jobs Performed and Duration of Stay in Foreign Country of Respondents from Sauraha Rural Municipality

Caste/ Ethnic Group	No of Respondents	Occupation					Average Duration of Stay
		Construction	Mechanical	Agro-farming	Industrial	Hotel/ Catering	
Tharu	65	14	27	7	12	5	3 Yrs
Gupta	10	4	-	-	4	2	3.25 Yrs
Kewat	7	6	-	1	-	-	2.8 Yrs
Passwan	6	3	-	1	2	-	2.7 Yrs
Muslim	5	3	-	1	-	1	2.5 Yrs
Others	7	4	2	-	1	-	2.7 Yrs
Total	100	34	29	10	19	8	2.8 Yrs

Source : Field Survey, 2022

5.2.2 Reasons for Return

When the labourer goes home, he or she has two possibilities. He may have to stay in his own country and learn a new trade, continue farming, or return to the same overseas job. Those who return may do so for a variety of reasons, including the ease of continuing a career, the lack of a job at home, or the desire to avoid

controversy. Those who do not return may not return for a variety of reasons, including difficulty finding work, a desire to stay with family, a lack of urgency to make more money because the debt has been paid, the marriage or death of an older member of the family, finding another job in their own native country, and so on. The responses of the sample families to additional work in foreign lands were sought by surveys, and they are described below :

Table-5 : Causes to Return for Foreign Employment for Different Ethnic Group of Respondents

Caste/Ethnic Group	No. of Respondents	Causes of return		
		Employment Problems	Conflict	No Plan to go
Tharu	65	42	15	8
Gupta	10	8	1	1
Kewat	7	7	-	-
Passwan	6	5	-	1
Muslim	5	5	-	-
Others	7	3	1	3
Total	100	70	17	13

Source : Field Survey, 2022

According to the above table, 70% of total respondents returned due to work issues, while 17% claimed they could subsist in their home country but that the war situation was forcing them back to overseas employment. Only 13% of all respondents do not expect to return, maybe because they have done demanding, risky, and nasty jobs overseas. It is possible to conclude that long-term international work is a strategy for avoiding unemployment & strife in the country.

5.2.3 Earned Income from Abroad

It is commonly stated that Nepalese employees are employed in low-wage jobs abroad. As a result, they earn less money than workers from other nations. However, revenue made overseas is determined by the talent of the employees, the firm’s compensation payment, the rules and regulations of the working nation, the type of company, the length of stay, and other factors. Respondents were requested to provide their monthly pay earnings in order to determine the amount of money earned by Nepalese labourers overseas. Table 6 contains the responses of the respondents on next page.

Table-6 : Earned Abroad Income for Different Ethnic Groups of Respondents

Caste/Ethnic Group	No of Respondents	Average Monthly Income (In thousand)			
		Based on Destination		Based on Skill	
		Gulf	Malaysia	Skilled	Unskilled
Tharu	65	15.13	12.4	24	10.5
Gupta	10	12.5	12	20	8.75
Kewat	7	9.83	8.5	17	7.5
Kurmi	6	9.76	8.5	21	9
Muslim	5	8.5	7.5	18	7.5
Others	7	10.3	9	20	-
Total	100	11	9.65	20	8.54

Caste/Ethnic Group	No of Respondents	Average Monthly Income (In thousand)			
		Types of Jobs			
		mechanical	Hotel	Industrial	Agricultural
Tharu	65	25	15.5	12.5	-
Gupta	10	21	14	10	8.5
Kewat	7	18	-	8.5	7.8
Kurmi	6	14	15	9.5	8.5
Muslim	5	15	11	9	-
Others	7	18	14	9.5	9.5
Total	100	18.5	13.58	9.83	8.5

Source : Field Survey, 2022

According to the above table, respondents who worked in Gulf nations earned more money than respondents who worked in Malaysia. In Malaysia, the average monthly income of respondents is Nepalese rupees 9.65 thousand, whereas the average monthly income in Gulf nations is Nepalese rupees 11 thousand. When we compare the income of the respondents' caste or ethnic group, we can see that the Tharu community has a higher average monthly salary than the others since they understand all of the laws and regulations of their

job. The monthly average salary for Muslims in the Gulf nations and Malaysia is the lowest since the majority of employees are illiterate. Another element of this data shows that the average monthly salary of skilled employees and unskilled workers is significantly different.

The average monthly wage for skilled employees is approximately 20 thousand Nepalese rupees, whereas the average monthly income for unskilled workers is around 8.75 thousand Nepalese rupees. The average monthly salary also differs depending on the occupation. Workers in mechanical enterprises receive the highest monthly wage, which are 25 thousand Nepalese rupees per month, among the four categories of occupations (mechanical, hotel, industrial, and agricultural) in the Gulf nations as well. The difference across castes and ethnic groups is that more Tharu work in mechanical enterprises; hence, their average monthly salary is higher than the others. Workers in hotels, industries, and agriculture earn an average monthly salary of 13.58 Nepalese rupees, 9.83 Nepalese rupees, and 8.5 Nepalese rupees, respectively, based on their occupation. It implies that workers in the agricultural industry are paid relatively little Nepalese rupees 8.5 per month.

5.2.4 Remittances and Foreign Employment Skills

The use of remittances is determined by the individual's priority for various applications, the quantity of the transfer, the period of availability, the chance for investment, and a variety of other considerations. The bulk of migrant workers leave their native countries due to unemployment and poverty in their families. In general, their profits are modest because the expense of international work is met through borrowing; hence, any earnings must be spent on loan payments and interest. Waiting may involve familial customs. Keeping all of these factors in mind, respondents were asked to describe how they used the money they earned overseas.

Because the majority of migrant Nepalese labourers are unskilled, Nepalese migrants have mastered a variety of skills on board. They are expected to use the same talents they used in their native nation when they return home. It might depend on the circumstances. These circumstances might include employment availability, industry availability, the quality of skills obtained, a lack of technology, financial availability, and so on. Respondents were asked to offer explanations for their perceptions in order to determine them. Table-7 displays the responses of the respondents on next page.

Table-7 : Use of Remittance and the Usefulness of Skills learnt from Foreign Employment

Caste/ Ethnic group	No of Respo- ndents	Utilization of Remittance				Usefulness of Skills	
		Household Expenses	Loan Payment	Investment (Land & shares)	Social Activities	Has helped	May be helpful
Tharu	65	65	47	19	16	12	48
Gupta	10	9	2	2	6	2	8
Kewat	7	7	6	-	-	-	7
Kurmi	6	6	5	2	-	2	4
Muslim	5	5	5	-	-	-	5
Others	7	5	4	3	1	-	7
Total	100	97	69	26	23	16	79

Source : Field Survey, 2022

Note : Due to the multiple answers the total numbers of the households are more than the total number of sample size.)

The above mentioned table provides information on the use of remittance revenue as well as the use of skills obtained in overseas work. We may draw from it that 97% of all respondents and their families spend their money on household costs, such as food, clothes, health, and education for their family. 69% of households utilize their income loan payments for their family, which may be used for the same reason or as a family debt prior to his international work. Only approximately 26 families utilize their foreign earnings for investment objectives, such as purchasing land, residences, stocks, or founding businesses. Only 23% of all other respondents spend part of their cash on social activities such as schools, roads, and water taps. Only respondents from Tharu, Gupta, and other castes donate some of their money to social activities, as opposed to those from other castes such as Kewat, Muslim, and Kurmi, who spend practically all of their income on routine home expenses and loan payments. It indicates that the majority of remittance money collected by respondents in the research region is spent on ordinary household expenditures as well as loan repayment and interest.

Another feature of this table is the use of talents gained through international work. Only 16% of all respondents said that the abilities they obtained in an overseas job helped them in their lifestyle after returning to their home country. 79% of the respondents said that the skills obtained in an overseas job will be useful in their future lives and in other foreign employment in any field.

5.2.5 Changes in the Household Economy as a Result of Foreign Employment

It is commonly assumed that if someone obtains a job abroad, his home economics will improve. The change is an increase in economic well-being and living standards; improvements in skill and social standing may occur in the same places where the changes occur, and so on. If the respondents can earn more than what is required to support their family and pay their loan principal and interest, their economic situation will improve, and their poverty problem will be alleviated. To determine the change in household economic situation as a result of overseas work, respondents were assisted in making their own judgments about their economic status prior to and following foreign employment and comparing these two time periods. Table-8 displays the responses of the respondents.

Table-8 : Changes in Respondent Indicators as a Result of Foreign Employment

Indicators	Change in Conditions			Total
	Increased	Decreased	Remained Same	
Economic Status	9	8	23	100
Standard of Living	57	3	40	100
Social Attitude	73	-	27	100
Skills	82	-	18	100

Source : Field Survey, 2022

The above table is based on the overall sample size without classification rather than the ethnic composition or group. It reveals that 69% of respondents said that overseas work improved their economic situation. According to 23% of respondents, their economic situation was the same before and after their international work. 8% of respondents' economic standing has deteriorated as a result of international work, implying that they have increased family debt as

a result of foreign employment. The decline in economic standing might have resulted in high costs and low income in international work, or in a brief term of overseas employment. Another 57% of respondents claimed their standard of living had grown; 40% said it had remained the same; and 3% said it had declined after returning from overseas employment owing to an increase in family debt.

In terms of social attitude, around 73% of respondents said they had grown their social attitude, while the remaining 27% said their social attitude had stayed the same. Another feature of international work is that 82% of respondents learned new skills that would be beneficial here or not. The remaining respondents (18%) stated that they did not develop new skills while working overseas. According to the above table, the majority of respondents perceived a positive change in their household economic and social indices, such as economic standing, standard of living, social attitude, skill development, and so on, after returning from abroad.

5.2.6 Influence on other Indicators

Increased income of the family, family size, previous economic status of the family, respondents' knowledge and education, societal culture, and so on were the positive influence of the labour migration on the study area. Respondents were asked to respond to changes brought about by foreign employment in order to determine the influence of foreign employment on housing metrics. The responses submitted by respondents are listed in the table below.

Table-9 : Impact on Respondents' Other Household Indicators

Indicators	Increased	Worsened	Same	Total
Condition of housing	78	-	22	100
Education of children	69	-	31	100
Health of family members	46	18	36	100
Clothing	74	-	26	100
Cash available with them	37	22	41	100

Source : Field Survey, 2022

According to the table above, 78% of respondents have improved their dwelling conditions. It demonstrates that people who returned from international employment either constructed a new house or repaired an existing one to enhance their housing situation. 22% of respondents stated that their home situation was the same

before and after their international work; however, the static situation was not provided. It might be a lack of money or other pressing responsibilities such as debt payments, home expenses, a family member's marriage, and so on. After returning from overseas employment, no respondent's housing situation worsened. 69% of total families indicated that their children's schooling had improved as a result of their parents' money from abroad. It might be the outcome of an improvement in the financial situation of those who could afford boarding school for their children. However, none of the respondents stated that their children's education had suffered as a result of their international job. The remainder According to 31% of respondents, their children's educational standing stayed the same before and after international work. 46% of respondents said that their family's health had improved as a result of their foreign employment, while about 18% said that their family's health had worsened as a result of the respondent's or his family members' foreign employment. The rest even after returning from a job abroad, 36% of respondents reported their family members' health stayed the same. It might be because of the area's overall health and health awareness.

More than 70% of respondents reported that household members are wearing nicer apparel after returning from international job. It might be connected to the respondent's improved spending power and clothing after returning with their family members. The remaining 26% stated that their clothing status was the same before and after returning from international employment. When the availability of liquid cash to meet various household needs was assessed, approximately 37% of respondents increased their cash holdings; another 41% maintained their cash holdings; and the remaining 22% are holding their cash after returning from foreign employment.

It might be because of the low income earned from international jobs or because the revenue gained from abroad is only equivalent to the total of household spending, loan payments, and interest, or it could be due to excessive expenses, low income, or the high cost of foreign employment. It implies that international employment has improved the liquidity condition of around 37% of those who work abroad. According to the above data, over 60% of respondents in this rural municipality have improved various household indicators as a result of foreign employment. However, around 8% have worsened,

and approximately 32% have the same level of household indicators even after returning from international travel.

In conclusion, persons who returned from overseas employment gained some economic advantage and improved their financial, social, and economic situations, but it cannot be argued that it significantly improved their lives.

To summarize, remittance money received from abroad assists households in the study region in meeting their fundamental necessities as well as other social and economic elements of their lives. Another finding of this survey is that the remittances received by the foreign-bound labourer benefitted members of his family other than the employee himself. As a result, it is obvious that remittances are playing a very beneficial role in helping respondents and their families lower their degree of poverty in the study region.

6. Conclusion

The average monthly income of households in this rural municipality is around 45% of the total selected families earn less than Nepalese rupees 100,000 per month. This indicates that each member of the sample families has an average monthly income of Nepalese rupees 1650. This is much below the absolute poverty threshold. Only 6% of households earn more than \$50,000 per month on a regular basis. Approximately 24% of the hundred homes get less than Nepalese rupees 5,000 per month, which is a very low degree of poverty for the survival of the family members. The above-mentioned table is also dependent on agricultural product output; hence, if the weather and other variables conspire against them, the revenue situation might be quite poor in comparison to the stated amount.

Approximately 42 % of the total population of 520 is a fully dependent population, and on the other hand, approximately 58% of the active population of 292 is employed, implying that the rate of employment in the study area is very low and the rate of dependency in the study area is very high.

The majority of migrating respondents work in construction, with 34% working in that field. Due to a lack of technical skills to work in other fields, the majority of Tharu people engage in construction. Mechanical engineering is the second most common occupation, with 29% of respondents employed in this field. The third biggest area of employment for Nepalese employees is the

industrial sector, where the majority of Nepalese migrants work as labourers. Other occupations for Nepalese employees include agro-farming and hotel and catering, which employ 10% and 8% of the total respondents, respectively. The respondents from the Gupta people had the longest period of stay, staying an average of 3.25 years, according to the duration of stay from the field survey. Tharu, like Gupta, spends an average of three years at a time in overseas jobs. Muslims must stay for a minimum of 2.5 years.

Because of the work issue 70% of total respondents returned back to their home, while 17% claimed they could subsist in their home country but that the war situation was forcing them back to overseas employment. Only 13% of all respondents do not expect to return, maybe because they have done demanding, risky, and nasty jobs overseas. It is possible to conclude that long-term international work is a strategy for avoiding unemployment and strife in the country.

The respondents, worked in Gulf nations earned more money than respondents who worked in Malaysia. In Malaysia, the average monthly income of respondents is Nepalese rupees 9.65 thousand, whereas the average monthly income in Gulf nations is Nepalese rupees 11 thousand. When we compare the income of the respondents' caste or ethnic group, we can see that the Tharu community has a higher average monthly salary than the others since they understand all of the laws and regulations of their job. The monthly average salary for Muslims in the Gulf nations and Malaysia is the lowest since the majority of employees are illiterate. Another element of this data shows that the average monthly salary of skilled employees and unskilled workers is significantly different.

Only approximately 26 families utilize their foreign earnings for investment objectives, such as purchasing land, residences, stocks, or founding businesses. Only 23% of all other respondents spend part of their cash on social activities such as schools, roads, and water taps. Only respondents from Tharu, Gupta, and other castes donate some of their money to social activities, as opposed to those from other castes such as Kewat, Muslim, and Kurmi, who spend practically all of their income on routine home expenses and loan payments. It indicates that the majority of remittance money collected by respondents in the research region is spent on ordinary household expenditures as well as loan repayment and interest.

Another feature of this table is the use of talents gained through international work. Only 16% of all respondents said that the abilities they obtained in an overseas job helped them in their lifestyle after returning to their home country. 79% of the respondents said that the skills obtained in an overseas job will be useful in their future lives and in other foreign employment in any field.

It reveals that 69% of respondents said that overseas work improved their economic situation. According to 23% of respondents, their economic situation was the same before and after their international work. 8% of respondents' economic standing has deteriorated as a result of international work, implying that they have increased family debt as a result of foreign employment. The decline in economic standing might have resulted in high costs and low income in international work, or in a brief term of overseas employment. Another 57% of respondents claimed their standard of living had grown; 40% said it had remained the same; and 3% said it had declined after returning from overseas employment owing to an increase in family debt.

More than 70% of respondents reported that household members are wearing nicer apparel after returning from international job. It might be connected to the respondent's improved spending power and clothing after returning with their family members. The remaining 26% stated that their clothing status was the same before and after returning from international employment. When the availability of liquid cash to meet various household needs was assessed, approximately 37% of respondents increased their cash holdings; another 41% maintained their cash holdings; and the remaining 22% are holding their cash after returning from foreign employment. It might be because of the low income earned from international jobs or because the revenue gained from abroad is only equivalent to the total of household spending, loan payments, and interest, or it could be due to excessive expenses, low income, or the high cost of foreign employment. It implies that international employment has improved the liquidity condition of around 37% of those who work abroad. According to the above data, over 60% of respondents in this rural municipality have improved various household indicators as a result of foreign employment. However, around 8% have worsened, and approximately 32% have the same level of household indicators even after returning from international travel. In conclusion, persons who returned from

overseas employment gained some economic advantage and improved their financial, social, and economic situations, but it cannot be argued that it significantly improved their lives.

To summarize, the economic and social circumstances of all families engaging in international work have improved. It might be in both economic and social dimensions, but there is undoubtedly a positive shift in the status of the respondents' families as a result of remittance money. As a result, we may conclude that remittance money is crucial to alleviating poverty in the research region.

7. Recommendations

Since Most of the migrant Nepalese workers have gone to Gulf countries and Malaysia so these destinations are congested area of the Nepalese workers. Thus manpower agencies, agent and employed company all have been cheated to maximum workers. On the other hand, the workers of these destinations cannot earn much more money than other destinations like Japan, Korea, Hong Kong, USA etc. So the Ministry of Labour and Transport Management should make new policy to identify new potentialities destinations and create opportunities to go these destinations. Apart from these the labour contract should be done between two countries to give safe environment for the workers.

The concept of economic diplomacy should be implemented from the government of Nepal to increase the demand of Nepalese labour in the foreign labour market.

The Bilateral agreement should be done from the ministry level with all the labour importing countries. Agreement done with United Arab Emirates and Korea can be the best examples of positive impact of agreement.

During the field visit, the researcher has observed many negative aspect of the labour migration in the family and community level. Therefore further can be done on the negative aspect of the migration and the situation of the left behind families.

Finally, this study is very important current issue of the Nepalese economy, while the study is conducted in small size and may not be sufficient to make general conclusions for the whole nation about the role of remittance and labour migration. But by this study, I am confident that it will be certainly beneficial to the people of Sauraha and side by side for the people of other neighbouring wards of the entire country.

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