

Socio-Psychological Effects of Emigration on Left Behind Women in Buner, Khyber Pakhtunkhwa, Pakistan

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The present study was conducted to ascertain the socio-psychological effects of emigration on left behind families in district Buner, Khyber Pakhtunkhwa, Pakistan. The data was collected from 367 sampled respondents, which were selected from four union councils of four tehsils of district Buner. The data was analyzed by using simple percentages and frequency. The chi-square statistics was used to determine association between independent variable and dependent variable. The study concluded that wives of emigrants faces loneliness; there was more tension in left behind families; basic needs like emotional needs were not fulfilled; conflict has been develop between spouses; emigration of husband force wives to leave the houses for buying of daily needs, goods; in laws start interference and objections on female outside activities. Moreover, the rate of divorce has not been increased after emigration; emigrant's wives were discriminated by in laws. It is recommended that migrant should increase visiting home or shift their family to abroad to reduce tensions and conflict.

Keywords: socio-psychological effects, emigration, women

The migrants' remittances have the constructive impact on overall economy of Pakistan, i.e. all the institutions like family, households, educational institutions etc. the migration of the labors or other professionals is a good source of earnings (Naseem, 2004). According to Siddidui and Kemel the turn down of remittances has the bad impact on welfare and poverty in Pakistan. The study shows that during nineties in Pakistan the rises of poverty because of the downfall of the remittances.

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Kemel (2001) find out that the remittances downfall is the major cause of affecting in poverty level of Pakistan because of change in income and on the other side the up down of the consumption level and as as through increase in capital stock (Javid, Arif, & Qayyum, 2012).

The phenomenon of migration was practice since the time immemorial. Man has been practicing migration from ancient time for the better food, living and protection. Sometimes they have to migrate to avoid persecution, harassment and sometime in search of better opportunities. The term migration came out from Latin word which means is to change one residence or place and community. Migration refers to the process in which people left their place of origin and adopt to live in other place or country. It is an agent of social change, where it tends to vary one country or state to another and even from one time to another as its rate varies with respect to time and area. Demographically it is a determinant of change in population along with the fertility and mortality rates. (Arnold,1992).

The common problems that wives of the migrants face are loneliness, delivered responsibilities, and improved tension for conversation. Moreover, they face mental strains when their husband left them at their locale place. The wife feels lonely and sexually disturbed in case of recent marriage. Chee (2003) draws the conclusion in her founding's that marital members of the family between couples had been disturbed for separation by distance. Consequently, a few couples experienced conflict and emotional distance, divorce, and further marital affairs, others really developed more potent emotional ties for the duration of their separation. One more research performed by Thomas et al. (2003), they said in the country like UK, China and India, the general public of wives reported that the absence of their spouses had resulted numerous issues, along with loneliness, emotional disturbance and absence of guidance for kids. communication with their husbands could be very important for the wives left at the back of; it serves to "allay fears, to keep close relationships, to enhance sea-farers' morale, to relieve pressure (on board and at home) and to keep relationships with kids." inside the context of Pakistani lifestyle, wherein women do no longer have a good deal mobility, male migration breaks down women's isolation, as their added obligations (i.e. being concerned the kids, making an investment cash, etc.) carry them outside the orbit of the house, which leads them towards the liberalism.

The discrepancy in traditional interference on females is clear like elder wives with grown offspring are more accommodated on migration

of their mates. Correspondingly the relationships with in-laws were friendly for autonomous wives, with slight or no limitations on their everyday activities. However, for younger wives, the opposite was noted as in-laws occasionally limit and interfere with their everyday activities. These limits on women, (regularly based on culture, traditions, familial and behavioral profiles) have been found in numerous studies as deterring the ends of women as well as their children in the nonexistence of their men in many developing states (Bloom et al. 2001; Brown, 1983; Gulati, 1993 & Okome, 2003).

There are numerous problem of harassment met by married women due to the immigration of their men. More often these women face social harassment in street, public space, workspace and sometime harassment in household as domestic violence. Harassment means disturbing, tormenting, pestering and include a variety of an invasive nature. It is usually assumed as conduct which bothers or distresses and it is typically repetitive. The term can be defined in law as it is conduct which seems to be threatening or distressing (Iftikhar, 2016).

Sexual harassment word came in 1960, when civil rights act of 1964 were adopted. This civil rights act included the elimination of discrimination. In 1979, developed an idea that harassment was a violation of civil rights was the idea that was developed by Catharine Mackinnon, a feminist scholar. The criteria of harassment with the workplace environment were explained by EEOC (The equal Employment opportunity commission). Sexual harassment affects the feelings, emotions and personality of affected one. There are some programs that also have an important role to eradicate or minimize the Sexual harassment (Cook and Hodo, 2013).

Most of the researches findings indicates the high rate of divorce were because of migration, Boyle (2008). Sandell (1977) stated that Puerto Rican women are more prone to divorce when they migrated to US than those women who do not migrated. The reason behind this fact is that little social regulator in US; women become independent and can end their connection with who they are willing. The fact leads to less coming back from US and to settle with settle again with their old men after divorce.

The migration decision also sometime influence as a factor of the dissolution of union or divorce. Higher wages of women after their migration sometime leads to divorce as their means are no longer met by their spouses, Becker et al. (1977) founds that higher wages also suggest the migrant of women create them better opportunities in the host country

and hence a divorce has little effects on their economic position. Children of husband and wife, discourages both divorce of the partner and their migration. More demographic factors probable to effect divorce and coming back from the host country take account of the period of their marriage, duration in the host country, culture of their local area, religion and, and the age at which couple get married. Religion discourages the rate of divorce as a proxy for cultural distance to the secular Dutch society it guide the ease to integrate.

Researches analyze the migration of male member of the family and his remittance sending has a role to empower and emancipate women who left behind, because of the shift of the product role that were once played by their men. Left behind women become independent due to control over the remittances and consumed by them. Moreover, migrant's women that are left behind become more autonomous in the managing of family matters (Go&Postrado, 1986; Gulati, 1986; Rahman, 2009). Different researches evaluated women's role in making decision which finding are that women have increased possession over the resources, specifically migrants from overseas that sent remittances to their families. Hadi's (2001) found that Bangladeshi migrant's remittances to their homes from overseas interestingly decrease the male dominancy, while knowingly changing gender roles as decision making power shifted to women from men. Unlikely past, migrants' remittances give women more control over means which consumption change their roles. Several studies found that this control over means by wives of the migrants resulted in comfort and luxuries as they no longer perform domestic chores and hire maids for domestic chores (De Haas, 2007). General, in the non-presence of men, migrants' women become more autonomous and enjoy increased liberty in management of their households' activities (Rahman, 2009). In countries like, Indonesia, India, Philippines, and the Sri Lanka proof shows that women practice improved self-confidence and personal development after the migration of their spouses or other male members of the family (Arnold, 1992; Lucas, 2005).

On the other side, some researchers found the facts that challenge the gender-equalizing effect of that are resultant of male member migration. Even if women get autonomy from contributing in making of decision about the different affairs of the family, possession over remittances and its consumption and become the head of the family, this autonomy is not long lasting and vanished once husbands or male migrant of their family get back to their country of origin. In spite of the male member in abroad,

some time, male migrants still have control over the remittances, its consumption and have the decision making power about their families from the very long distance. Moreover, certain studies found that taking the numerous roles and extra duties of transitory household head, decision making power and principal family laborer doesn't essentially implies that women's reproductive role is shifted to other roles, but physical and expressive problems might be larger for them (Arnold, 1992; Arnold and Shah, 1984; De Haas, 2007; Hadi, 2001).

Objectives

1. To study the social and psychological effect on left behind women/marital status
2. To suggest policy recommendations on the basis of study findings.

Method

The present study was conducted to probe out the socio-psychological effects on left behind women in four selected union council of district Buner. A sample size of 367 respondents were randomly selected in light of the criteria devised by Sekaran (2003). A comprehensive interview schedule, based on Likert scale was constructed and served for collecting the relevant information. The data was presented in the percentages along with ascertaining the relationship between independent variable namely (socio-psychological effects) with the quality of life of left behind families (Dependent Variable) by indexing and cross tabulating to ascertain the relationship through the application χ^2 -test statistics.

Results and Discussions

Socio-psychological effect on left behind women

According to table majority 53.1% of the respondents told that wives of emigrants faced loneliness. These findings are synonymous with the conclusion of (Thomas et al, 2003) that the absence of their spouses had resulted numerous issues, along with loneliness, emotional disturbance and absence of guidance for kids. Moreover, 54.8% respondents told that there was more tension in left behind families. These results were similar with the findings of (Chee, 2003) that marital relationship between couples

had been disturbed for separation by distance. Furthermore, 58.6% respondents told that basic needs like emotional needs were not fulfilled. These outcomes are in line with the view of (Thomas et al, 2003) that wives feel emotional disturbance in the absence of husband in case of emigration.

In addition, 54.4% respondents told that conflict has been develop between spouse. These findings are in line with results of (Chee, 2003) that couples experienced conflict and emotional disturbance in in case of emigration. Majority 46.3% of the respondents told that, the emigration of husband force wives to leave the houses for purchasing of daily need goods. Moreover, 54.8% respondents said that there was more liberalism in emigrants' families. These findings are in line with (Thomas et al, 2003) that women have no more restriction on their mobility from the house, male migration breakdown women isolation and added their further obligations/responsibilities (i.e. being concerned the kids, making an investment cash, etc.) carry them outside the orbit of the house, which leads them towards the liberalism. Furthermore, 58.6% respondents told that in laws started interference in female outside activities. The outcomes are similar with the findings of (Bloom et al, 2001) that in-laws occasionally limit and have interference with their everyday activities of migrants' wives. Majority 79.0% respondents mentioned that there no rise in the rate of divorce after emigration. However, these results are not in line with (Chee, 2003) that marital life of members of the family become disturbed for separation by distance. Consequently, a few couples experienced conflict and emotional disturbance, divorce, and further marital affairs.

In addition, 51.5% respondents told that, emigrant's wives were discriminated by in laws. while 41.1% of the respondents were disagree and the remaining 7.4% of the respondents express their view in don't know. The results are same with the view of (Iftikhar, 2016) stated that there were numerous problem of harassment met by married women due to the emigration of their men. More often these women face social harassment in street, public place, workplace and sometimes harassment in household as discrimination and domestic violence.

Table 1

Socio-Psychological Effects on Left Behind Women

Attributes /Statement	Agree	Disagree	Don't know	Total
Wives of emigrants face loneliness	189(51.5)	86(23.4)	92(25.1)	367(100)
There is more tension in left behind families	282(76.8)	58(15.8)	27(7.4)	367(100)
Basic needs like emotional needs are not fulfilled	199(54.2)	81(22.1)	87(23.7)	367(100)
Wives of the migrant husbands are disturb	190(51.8)	156(42.5)	21(5.7)	367(100)
Conflict have been developed between wife and husband	294(80.1)	60(16.3)	13(3.5)	367(100)
The emigration of husband force wives to leave the houses for buying daily need goods	189(51.5)	151(41.1)	27(7.4)	367(100)
There is more liberalism in emigrants families	197(53.7)	124(33.8)	46(12.5)	367(100)
In laws interfere in female outside activities.	227(61.9)	93(25.3)	47(12.8)	367(100)
The rate of divorce has been increase after emigration	33(9.0)	288(78.5)	46(12.5)	367(100)
Emigrant's wives are discriminated by in laws	199(54.2)	141(38.4)	27(7.4)	367(100)

Association between of Socio-psychological effects on left behind women with quality of life of left behind family

Wives of the emigrants face loneliness was found significant ($p < .018$) with quality of life of left behind families. In addition there was more tension in left behind families was found not significant ($p < .183$) with quality of life of left behind families. Furthermore, basic needs like emotions were not fulfilled was found significant ($p < .036$) with quality of life of left behind families. Moreover, wives of the emigrants husbands

were disturb was found significant ($p < .048$) with quality of life of left behind families. In addition, conflict have been develop between husband and wife after emigration of husband was found significant ($p < .04$) with quality of life of left behind families. Furthermore, the emigration of husband force wives to leave houses for daily need goods was not found significant ($p < .22$) with quality of life of left behind families. While, there was more liberalism in migrants families was found significant ($p < .017$) with quality of life of left behind families. Moreover, in laws interfere in female outside activities was found significant ($p < .03$) with quality of life of left behind families. Furthermore, the rate of divorce has been increased was found not significant ($p < .12$) with quality of life of left behind families. In addition, emigrants wives were discriminated by in laws was found significant ($p < .037$) with quality of life of left behind families.

Table 2

Association Between of Socio-Psychological Effects on Left Behind Women and Quality of Life of Left Behind Families

Statement	Quality of Life of Left Behind Families			
	Yes	No	Uncertain	
Wives of emigrants face loneliness				
Yes	113(30.8%)	44(12.0%)	32 (8.7%)	$\chi^2= 11.94$ p= .018
No	56 (15.3%)	26 (7.1%)	4 (1.1%)	
Uncertain	47 (12.8%)	25 (6.8%)	20 (5.4%)	
There is more tension in left behind families				
Yes	166(45.2%)	78(21.3%)	38(10.4%)	$\chi^2= 6.23$ p=.18
No	37 (10.1%)	9 (2.5%)	12 (3.3%)	
Uncertain	13 (3.5%)	8 (2.2%)	6 (1.6%)	
Basic needs like emotional needs are not fulfilled				
Yes	117(31.9%)	49(13.4%)	33 (9.0%)	$\chi^2=10.27$ p=.03
No	54 (14.7%)	23 (6.3%)	4(1.1%)	
Uncertain	45 (12.3%)	23 (6.3%)	19 (5.2%)	
Wives of the migrant husbands are disturb				
Yes	126(34.3%)	41(11.2%)	23 (6.3%)	$\chi^2=9.60$ p=.04
No	78 (21.3%)	48(13.1%)	30 (8.2%)	
Uncertain	12 (3.3%)	6 (1.6%)	3 (.8%)	
Conflict have been developed between wife and husband				
Yes	172(46.9%)	81(22.1%)	41(11.2%)	$\chi^2=9.93$ p=.04
No	36 (9.8%)	9 (2.5%)	15 (4.1%)	

Uncertain	8 (2.2%)	5 (1.4%)	0 (.0%)	
The emigration of husband force wives to leave the houses for buying daily need goods				
Yes	121(33.0%)	40(10.9%)	28 (7.6%)	$\chi^2=5.68$
No	79 (21.5%)	48(13.1%)	24 (6.5%)	p=.22
Uncertain	16 (4.4%)	7 (1.9%)	4 (1.1%)	
There is more liberalism in emigrants families				
Yes	129(35.1%)	40(10.9%)	28 (7.6%)	$\chi^2=12.07$
No	68 (18.5%)	39(10.6%)	17 (4.6%)	p=.01
Uncertain	19 (5.2%)	16 (4.4%)	11 (3.0%)	
In laws interfere in female outside activities.				
Yes	148(40.3%)	49(13.4%)	30 (8.2%)	$\chi^2=10.29$
No	44 (12.0%)	32 (8.7%)	17 (4.6%)	p=.03
Uncertain	24 (6.5%)	14 (3.8%)	9 (2.5%)	
The rate of divorce has been increase after emigration				
Yes	23 (6.3%)	5 (1.4%)	5 (1.4%)	$\chi^2=7.27$
No	169(46.0%)	80(21.8%)	39(10.6%)	p=.12
Uncertain	24 (6.5%)	10 (2.7%)	12 (3.3%)	
Emigrant's wives are discriminated by in laws				
Yes	130(35.4%)	41(11.2%)	28 (7.6%)	$\chi^2=10.23$
No	89 (18.8%)	48(13.1%)	24 (6.5%)	p=.03
Uncertain	17 (4.6%)	6 (1.6%)	4 (1.1%)	

Conclusion and Recommendations

The study concluded that wives of emigrants faces loneliness; there was more tension in left behind families; basic needs like emotional needs were not fulfilled; conflict developed between spouses; emigration of husband force wives to leave the houses for buying of daily needs, goods; in laws start interference and objections on female outside activities. Moreover, the rate of divorce has not been increased after emigration; emigrant's wives were discriminated by in laws. It is recommended that migrant should increase visiting home or shift their family to abroad to reduce tensions and conflict.

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