

THE IMPACT OF HUSBAND'S OUT-MIGRATION ON THE PSYCHOLOGICAL WELLBEING OF LEFT BEHIND WIVES IN DIR (LOWER), KHYBER PAKHTUNKHWA, PAKISTAN

Mohsin Ullah¹

Ph.D. Candidate, Department of Sociology, Quaid-i-Azam University Islamabad

plus.mhk@gmail.com

Dr. Sadia Saeed²

Assistant Professor, Department of Sociology, Quaid-i-Azam University, Islamabad

ssaeed@qau.edu.pk

Dr. Sarfraz Khan³

Assistant Professor, Department of Sociology, Quaid-i-Azam University, Islamabad

sarfraz@qau.edu.pk

Abstract

The current research seeks to understand the Impact of husband's out-migration on the psychological wellbeing of left behind wives in Dir (Lower), Khyber Pakhtunkhwa, Pakistan. Total 169 left behind wives were sampled as respondents with the help of a snowball sampling technique from three villages of Dir (Lower), Khyber Pakhtunkhwa. Univariate and bivariate statistics were used to draw inferences. Bivariate analysis was particularly run with an aim to present the cross-tabulation of selected variables with the help of chi-square test. The outcome showed that more than half of the respondents' age was ranging between 30-39 years, they were residing in joint households, and they were illiterate apart from few with masters as highest qualification. In addition, the respondents had maximum 5-6 kids under the age of 18 years. Moreover, this research has analyzed that a significant association ($P < 0.05$) between wives who either had suffered severe stress in the absence of husband, or have shown aggressiveness, anxious behavior, low protection, and stress of workload, lacking partner affection and visiting psychiatrists for treatment with social status of migrants' wives. The research concluded that left behind wives suffer psychological disorders in the absence of their husbands. Most of these left behind wives had complete freedom in their socializing and the spending of the remittances sent by their husbands. In the light of this research, few suggestions can be recommended to mitigate the psychological problems of the left behind wives. These recommendations can be like frequent visits by husband at home or taking their wives along with them, expanding job sector to adjust such men and to reduce the outflow of human resource to foreign countries.

Keywords: International migration, psychological aspects, stress, loneliness, work burden, Lower Dir, Khyber Pakhtunkhwa, Pakistan.

Introduction

Migration is one of the most highlighted debates in changing global dynamics. It is seen as an enduring plan for evading poverty, but some people find it vice versa. As government of developing country, Pakistani Government has been proved as a failure in providing job opportunities, in response people of Pakistan has opted for migration as one of their survival strategies in elevating their living conditions. Migration is quite common in the developing Asian countries; Pakistan is also one of them. The rationale behind the migration is the aspiration to uplift financial state and to elevate the living standard of the left behind families. Despite the advantageous aspects, it still holds some adverse effects, psychological impacts of migration are one of them making it highlight of this paper. This study looks into the assessment of migration along with the psychological impacts on left behind wives of the migrants in Lower Dir, Khyber Pakhtunkhwa, Pakistan.

The overall size of overseas Pakistanis has crossed the 10 million figures with its major concentration in Arab peninsula (Khan and Awan, 2020; Bureau of Emigration and Overseas Employment, 2020). Over the years, the size of Pakistani has swelled substantially (Khan, 2017). The inflow of Pakistanis, especially the manual or unskilled labourers, has augmented over the time in Middle East regions. Siegmann (2010) mentioned that more than half of Pakistani labourers were concentrated in six countries of Gulf Co-operation Council (GCC). The economic contributions made

by these Pakistanis who are spread across the world cannot be forgotten as they remit about \$21 billion per annum (IOM, 2019:36). This inflow of remittances makes about 79 per cent of country's GDP (IOM, 2019:77).

There are number of reasons which push people from Pakistan and alike countries to move abroad. Poverty and unavailability of reasonable opportunities for job and earnings are among the leading causes. But such reasons may vary from one region to another even within Pakistan. In the case of the current region, the Lower Dir, the movement of people to Middle East and other countries are enormous as they feel pride in doing so. They always accept the challenges such as moving abroad to help out their families at origin. The unfavorable conditions for agriculture in most parts of Khyber Pakhtunkhwa have driven the people of those areas to migrate as they are mostly either unskilled or semi-skilled. Once these migrants arrive at their work destination in foreign countries, they are not able to visit their homes and families any sooner. In revert this may impinge on the lives of their family especially the wives of migrants.

People mostly migrate to make their living standards and economic conditions better but it can have bad impacts on the whole left behind families. They may suffer in aspirations to get quality education and also in the process of socialization of their offspring. The social roles can change in the absence of husbands, as women had to take care of such household affairs which have never been taken care by them. In a way

they may become more burdened or in some case this process of male out-migration can change their social and economic position.

Anyhow, it also make their life hard in the absence of their husband as their workload increases and they take more tension to settle the household work on time and to socialize their children in a good way. Women do more work which were previously done by their men (Gulati, 1993; Hugo, 1995; Hadi, 1999).

Similarly, Jetley (1983) and Bose (2000) stated that during the husband absence the life of a wife becomes more difficult and harder. Her workload and responsibilities increases and as she has to take care of several other things to which were normally done by their husbands in a daily routines of life. Apart from doing the regular household work and responsibilities, routine tasks and taking care of children, women also work in agricultural fields, looks after the livestock, domestic animals, diary farms, collecting wood for fuel purposes and administer all the outdoor services due to which they feel isolation and seclusion and feel more stress and anxiety.

Battistella, Cecilia and Conaco (1998) stated that the families left behind experiencing higher level of anxiety, stress, and loneliness. They feel lonelier, unloved, angry, and irritated as compared to the families of non-migrants. They feel more anger and irritation due increase of workload and responsibilities. Lokshin and Glinskaya (2009) argued that movement of male members of the household modify the self-confidence of the women's, it reduces

women's participation in labor market. They further elaborated that if women need to find work, in some cases the increase of economic level, through remittances sent by her husband, and live normal life and meet their needs. It indicates the limited needs to enter labor market. On the other hand, some women would like to be entailed in proper work to meet the needs, despite that they lack the skills and self-confidence. Women do not appear changes in their economic and social positions.

In most of the joint families the wives although remainsubjective to household chores, but they are often in high degree of interaction with other family members. Their kind of interaction usually absolves them of taking any psychological disorder, especially for women. Studies investigating migrants segregated from their spouses and children indicate these individuals experience greater levels of depression and tension than those who migrate with their families, their left behind wives and families also face greater level of stress and depression in the absence of their spouse (Rodriguez et al, 2000).

Saxena (1977) examined that the perception of migrant families dates back to the pre-industrial time; the folk songs called Bidesia and Birha recommend to the beloved husband living in a far away country and reflect upon the sad and lonely life of spouses of migrants who are left behind. Similarly, the Pashto folk songs related to migrants who are living abroad are very common, which often express the deep, sad, and long dissociation of married couple.

Women are subjective to heavy labor in the shape of carrying out domestic chores. The intensity and frequency could go beyond limits when their caregivers are absent from homes. Migrants' wives left behind encounter a certain quantity of sentimental stress and sometime feel like cry when they have to carry out all the responsibilities of making and taking decisions in the absence of their husband. Thus, the increased responsibilities, workload, work burden, managing household, children rearing, shopping, cooking menu and financial matters, like anxiety and distress about safety of husband and self, and the challenges associated with isolation and seclusion, entirely develop a situation of stress, depression and strain among left behind wives of the migrants (Gulati, 1993). However, Connell (1984) concluded on way round as he stated that women left behind gain liberation, empowerment and freedom after the migration of their husband. I argue that they adopt individuality and independence in decision making regarding household activities, but it has also some implications on left behind wives and sometimes they become more subjected towards troubles and feeling nervous and sorrowful rather than liberty. With the power of decision-making and controlling all household activities they get self confidence to deal with the hurdles in the absence of their husband and enjoy higher level of autonomy but feeling stress and anxiety affects their life.

Farooq and Javed (2009) who represented that circumstances of the

migrant families left behind in the rural areas of Pakistan. It was noticed in the study that women primarily felt loneliness, stressed and burdened as they assumed the new duties, obligations and responsibilities in the absence of their intimate partner. Accordingly, they faced stress and psychological strains due to increase of workload when their husband left them at origin country and go abroad to overcome economic expanses.

Zachariah and Rajan (2001) explored that consequences of male out-migration on wives left behind in Indian city Kerala, especially those wives who left behind in the country of origin. The wives left behind face many psychological problems in the absence of their husbands. They suffer from loneliness, stress, anxiety, worries about future and insecurity in the absence of their husbands. The absence of intimate partner leads to the feelings of loneliness that can often become feelings of anger, irritability, insomnia, and other signs of psychomatic symptoms in the left behind wives (Espin, 1987).

Gulati (1983) who stated that migrants wives left behind encounter a certain quantity of sentimental stress and sometime shout and cry when they have to carry out all the responsibilities of making and taking decisions in the absence of their husband. Adhikari (2011) stated that the prolonged separation of husband from their wives negatively impact both partners that causes imbalance in sex and a subsequent decrease in fertility ratio. Migration of husband results in infertility that negatively effect the left behind woman.

Spouses have interpersonal relations, they need each other in every field of life

Systematic investigation and studies have shown social support, especially in the form of close affectionate relationships such as spousal partner relationships, to be a successful bumper against mental distress. The separation of a close family member, thereby, may also signify the mental collapse of an individual's social support network. In the case of out-migration, the separation of migrants from their intimate partner and families is a stressful life event which mentally and spiritually pressurize and causes strain, that severs the support network of both migrants and migrants' family members. The strain of out-migration, therefore, instantly highlights breakdowns in the support structure. Beyond the primary emotional disturbance, in spite of that, daily life stressors may proceed to cause overstate strain due to decreased support networks, particularly in the case of spousal migration. Studies investigating migrants segregated from their spouses and children indicate these individuals experience greater levels of depression and tension than those who migrate with their families (Rodriguez et al., 2000).

According to Roy and Nangia (2005) who attempted to investigate social well-being, psychic strain and physical health, particularly reproductive health, of left behind wives and differentiated them to the wives of non-migrants. The study was conducted on the basis of a survey of 354 left behind wives of male out-migrants and 192 wives of non-migrants conducted in 2001.

The conclusion of multivariate analysis showed that left behind wives of out-migrants were more likely to have greater strain and reported the different indications of reproductive morbidity and other depression stress and physical morbidity. In this way for small economic benefits, the left behind wives had to pay a large amount in terms of physical and psychological strain as compare to non migrants wives. They accepted it as their fortune and they must staying alive for their families and household.

Left behind Juveniles may be more affected by the out-migration of one of their parents due to their daily dependence upon them. In contrast, the absence of parental support may be dramatic smaller in degree for adults who are not as dependent upon their parents, but instead focus on spousal relationships. Other friends and family relatives help to bumper the effect of spousal separation and segregation, but these associations are not as effective in providing outlets for support as this most affectionate relationship (Cohen & Wills, 1985; Thoits, 1995).

According to designed study of Farooq and Javed (2009) which examines the problems and circumstances of the migrant families left-behind in the rural areas of Pakistan. It was noticed in the study that women primarily felt loneliness, stressed and burdened as they assumed the new duties, obligations and responsibilities in the absences of their intimate partner, particularly concerning the male children. Accordingly, they faced stress

and psychological strains when their husband left them at origin country and go abroad to overcome economic expenses. It was further investigated that children felt loneliness, inferior and lack of guidance in the absence of their father and all responsibilities comes on their wives left behind to socialize them in a good way (Shakya, 2014). The author also stated that left behind wives of Nepalese men working abroad had complaints related to less sleep, poor appetite, libido, menstrual problems and physical pain, aches, etc. and other symptoms related to stress and anxiety. They had got the nature of illness but they visit other places or use other indigenous health practices. This paper also shows the psychological impacts of husband's migration on the left behind wives.

Research Objectives

- To find out the perception of women, whose husbands have migrated, about their partners' migration have an insight into psychological impacts on women, whose husbands have migrated
- To give Policy recommendations by taking this research into account

Materials and Methods

The sample size of 169, migrants living in foreign countries were chosen by utilizing the technique called snowball sampling. This sample was chosen from three selected villages in proportional sampling allocation basis as shown in table 1.

Table 1. Sample Design

Area	Migrants	Sample Size
Munjai	270	66
Kandaroo	220	54
Tesoo	200	49
Total	690	169

A well thoughtant interview schedule was designed encompassing the study variables (see Table 2) to collect the relevant information from the respondents. All the respondents were female, and researchers looked for direct inquiry for this purpose one educated female with relevant experience was hired and trained by the researchers to collect data from the respondents. All those married male who had left for employment overseas and had their wives left behind, constituted the population of the present study. The collected data was

analyzed through proper statistical technique. Besides this, frequency and percentage distribution of the data in the Uni-variate analysis was also carried out. In the second leg of the process, the Bi-variate analysis was carried out through cross tabulating the independent variable and dependent variable through the application of χ^2 statistics.

A conceptual framework was plan as shown in Table 2 and questions were asked accordingly from the respondents through

interview schedule. The chi-square test was used to test the association between dependent and independent variables as per criteria mentioned by Sekaran (2003) in her book. Following statistical technique was adopted to calculate the chi-square.

$$\chi^2 = \sum_{i=1}^c \sum_{j=1}^r \frac{(O_{ij} - e_{ij})^2}{e_{ij}}$$

Table 2. Conceptual Framework

Independent Variables	Dependent Variable
Psychological problems	Husband absence

Results and Discussions

This portion is concerned with the analysis and interpretations of data about the impact of husband’s out-migration on the psychological wellbeing of left behind wives in district Dir (Lower). These are actually divided under different tables. Section 3 consists of demographic profile of the respondents and furthermore it also represents the demographic profile of the migrants who had left country of origin, 4.2 elaborates Uni-variate analysis of the dependent variable and independents

variables and similarly, tables 4.3 describes bivariate analysis.

This section studied about the demographic profile and characteristics of the respondents like gender, age, qualification, employment status, marital status, number of children’s etc. of the respondents and migrants. This section also throws light on demographic information of the migrants like age, qualification, employment, reason for being abroad, years of migration, etc. which show the social status of the potential respondents of the study.

Table 3. Respondents’ Profile

Age	Frequency	Percentage
20 to 29	26	15.4
30 to 39	91	53.8
40 to 49	51	30.2
Above 50	1	0.6
Education		
Illiterate	53	31.4
Primary	60	35.5
Matriculation	40	23.7
Secondary	11	6.5
University/Higher	5	3.0
Children		
No kids	3	1.8
1 to 2	29	17.2

3 to 4	46	27.2
5 to 6	77	45.6
More then 6	14	8.3
Children's Enrollment		
Yes	130	76.9
No	39	23.1

Age of the respondents play a vital role in understanding the views about the particular problem; by and large age indicates the maturity level of the respondents in that sense age becomes very important to examine the level of response. Table 3 exhibits the age group distribution of respondents. 53% respondents with greater frequency of 91 belong to 30-39 age groups while 30.2 % of the respondents fall within age group of 40-49 years. Where, 15.4% respondents fall within age group of 20-29 years old. While only 0.6% respondents are above 50 onward.

Education is also one of the necessary characteristics that might affect the perceptions and attitude of the way of looking and understanding any particular social phenomena. So, the response of the respondents is likely to be determined by their educational status and it becomes more imperative to know the educational background of the respondents. So, the educational level was investigated by the researchers which is shown above. The above given table exhibits the education group distribution of respondents. 35% respondents with greater frequency of 60 belong to primary level education while 31.4 % of the respondents with a frequency of 53 are illiterate. Where, 23.7% respondents belong to matriculation level of education.

6.5% have secondary and 3.0% belong to group of university level education.

The above table also shows the number of children of the respondents. The majority 45.6% of the respondents had 5-6 children, 27.2 % have 3 to 4 children, 17.2% of the respondents has children from 1 to 2 years of age, 8.3% of the respondents had more than 6 children, while 1.8% of the respondents had no kids. The schooling of children is an indication of educational development of a household. Children's education is a tricky issue for a society having long time deprivation. The proportion of children's educational attainment also shows awareness amongst the respondents about education. The remittances provide more opportunities for education of their children. According to Vladicescu, Cantarji and Jigau (2008) those families which receive foreign remittances and that families which do not receive remittances, both agree that remittances provide more opportunities for education beyond the secondary level and a greater chance to succeed in culturally approved means. The above table shows that the majority 79.9% of the children of respondents were attaining education while 23.1% of the children were not attaining education.

Table 4. Migrants' Profile

Age	Frequency	Percentage
20 to 29	10	5.9
30 to 39	63	37.3
40 to 49	81	47.9
50 or above	15	8.9
Qualification		
Illiterate	28	16.6
Primary	55	32.5
Metric	38	22.5
Secondary	32	18.9
University/higher	16	9.5
Job		
Technical	43	25.4
Driver	39	23.1
Own Business	24	17.2
Labor work	47	27.8
Other	16	9.4
Reasons behind Migration		
Poverty	72.6	42.6
Unemployment	34	20.1
Self-interest	4	2.4
Security reasons	3	1.8
For better earning opportunities	56	33.1
Years of Emigration		
1 to 4 years	14	8.3
5 to 9 years	41	24.3
10 to 14 years	49	29.0
15 and above	65	38.5
Vacations Time per Year		
1 to 2 months	62	36.7
3 to 4 months	44	26.0
5 to 6 months	53	31.3
7 or more	10	5.9

Table 4 exhibits the age group distribution of migrants from the sampled families. 47.9% migrants with greater frequency of 81 belong to 40-49 age groups while 37.3 % of the migrants fell within age group of 30-39 years. Where, 8.9% of migrants fall within age group of 50 or above 50 years old. While only 5.9% of migrants were in the category of 20 to 29 years old.

Education is a basic need for human being particularly for the proper upbringing and proper socialization of their children and to handle home-economics in a good way. So, in this context parents' education is concerned more. But unfortunately, the declining line of poverty and unawareness has forced the people to do other unskilled jobs and wish to go abroad for earning purposes rather than getting education. So, majority of the population remained with lower levels of education such as primary or they remained illiterate which cause many hurdles for their own life and can also affect their children's and wives. 32.5% of migrants with greater frequency of 55 belong to primary level education while 22.5% of the migrants with the frequency of 38 were matriculate. Where, 18.9% of migrants belong to secondary level of education. 16.6% were illiterate and 9.5% belonged to group of university level education.

The above given table also shows the occupations of the migrants in which majority of the respondents 27.8% were

labour workers, 25.4% were technical professionals. 23.1% were drivers, 17.8% were having their own businesses and 9.4% of the migrants belonged to other different categories of occupations. There are many reasons when a person migrates to some other country, various situations and problems he is facing at that time. The response of individuals therefore is likely to be influenced by the cause and reasons of his migrations depending upon the magnitude of the hardship he has faced. Therefore, it becomes imperative to investigate the reasons of a person becoming migrant.

The respondents were also asked about the reasons behind migrants, majority of the migrants went due to poverty (42.6%), 33.1% of the migrants went abroad for better earning opportunities, while 20.1% went abroad due to unemployment in the area of origin, 2.4% went due to self-interest and 1.8% of migrants moved abroad due security reasons.

In addition to that majority (38.5%) of the migrants have spent about 15 or more years, 29.0% spent 10 to 14 years, 24.3% spent 5 to 9 years and 8.3% of the migrants spent 1 to 4 years abroad.

The above given table exhibits that the majority 36.7% of the respondents spent holidays at home from 1 to 2 months, 31.3% of the migrants spent 5 to 6 months, 26.0% spent 3 to 4 months of time at home while 5.9% of the respondents spent time about 7 or more than 7 months at home.

Table 5. Knowledge and perceptions of respondents regarding Psychological Problems

S#	Attributes	Yes	No	Uncertain	Total
1.	You are in extreme stress in the absence of your husband?	85 (50.3)	76 (44.9)	8 (4.8)	169(100)

You feel lonely after the migration of your husband?	94 (55.7)	69 (40.8)	11(6.5)	169(100)
You feel more irritated or angry than normal after the migration of your husband?	93 (55.1)	68 (40.2)	8 (4.8)	169(100)
You feel insecure or lacking confidence in yourself after the migration of your husband?	101 (59.8)	57 (33.7)	11(6.5)	169(100)
You feel nervous and sorrowful?				169(100)
You feel social protection in the absenteeism of your husband?	73 (43.2)	83 (49.1)	13 (7.7)	169(100)
You feel social insecurity due absenteeism of your husband?	90 (53.3)	65 (38.5)	14 (8.2)	169(100)
You feel psychological stress due to burden of workload?	120 (71.0)	44 (26.0)	5 (3.0)	169(100)
You feel lack of partner affection in absenteeism of your husband?	136 (80.5)	28 (16.6)	5 (3.0)	169(100)
Due to workload,you cry or feel like cried?	82 (48.5)	71(42.0)	16 (9.4)	169(100)
You visited psychiatrist after migration of your husband?	30 (17.8)	124 (73.2)	15 (8.8)	169(100)

Migration is a very usual and specific act and especially common in Pakistan like other developing countries of Asia. Usually migrants leave their country of origin and move abroad to improve their economic conditions, quality of life and family conditions. However, it has some adverse psychological impacts on their left behind families with conspicuous reference to the wives. The results pertaining to psychological aspects are given in Table 5. The results indicated that the majority 50.3% of the respondents were in the extreme stress due the absence of their husbands. Similarly, it is illustrated that majority 55.7% of the respondents felt loneliness after the migration of their

husbands. Furthermore, majority 55.1% of the respondents were feeling irritated and angered than normal after the migration of their husbands. Moreover, majority 59.8% of the respondents were feeling insecure and lacking self-confidence after the migration of their husbands. Table 5 further elaborated that the majority 55.6% of the respondents were feeling nervous and sorrowful after the migration of their husbands.

Similarly, almost 49.1% of respondents were not feeling social protection in the absence of their husbands. The above results were supported by Chant (1997) who examined that it is not necessary that in the absence of husband's, women's left behind will always enjoy the command

of decision-making power, but commonly their husband exercise the power to regulate many important and formal decisions and settlements. In addition, women left behind are more sorrowful and lack of self-confidence for being not allowed freely to visit their agricultural lands to work for agricultural purposes and grazing of cattles because the other people will spread rumors and scandals about their character. To know about the feelings of social insecurity due to absenteeism of their husbands, majority of the respondents 53.3% were feeling social insecurity.

Out of total 169, majority 71.0% of the respondents were feeling psychological stress due to burden of workload. To know about the views of respondents about feeling of partner affection, almost, 80.5% of the respondents were feeling lack of partner affection in absence of their husbands. Furthermore, almost 48.5% of the respondents were feeling like cried due workload. In line support to the above, 17.8% of the respondents visited psychiatrist after the migration of their husband, while majority 73.2% of the respondents did not visit psychiatrist after the migration of their husband and 8.8% of the respondents had neutral views about the visiting of psychiatrist. Low frequency of visiting psychiatrists was indicative of the facts; the left behind wives is seldom cared by the other members of the family sans their husbands.

The result is supported by Saran (2002) who stated about seeking the health attitude and behavior, He said that many

women felt shy to seek treatment because of opposite sex of doctor, and they did not want to discuss their problems with male doctor and consider it shameful. Most of them did not take the problem seriously; another reason was non-affordability of health expanses. Most of them did not consult the medical officer because government system does not work properly. Most of the women sought traditional health practices instead of scientific treatment.

Table 6 presents the data about the psychological problems faced by the wives in the absence of their migrant husband. A significant ($p=0.028$) relationship was detected between “you are in extreme stress in the absence of husbands,” with “psychological problems of migrants’ wives.” Contrary to the above, “feeling of loneliness in the absence husband” was found non-significant ($p=0.103$) with “social status of migrants’ wives.” Furthermore, a significant ($p=0.001$) relationship was detected between the “feeling of anger and irritation of left behind wives after the migration of their husbands” with “psychological problems of migrants’ wives.”

Feeling insecure with fear of social and physical marginalization is one instant outcome of the husband absence. The absence of intimate partner goes through feelings of loneliness that can often become feelings of anger, irritability, insomnia, and other signs of psychomatic symptoms in left behind wives (Espin, 1987). Feeling insecure with fear of social and physical marginalization is one instant outcome of

the husband absence. In addition, a significant (p=0.000) relationship was discovered between feeling insecure and lacking confidence of migrants' wives after the migration of husband. Similarly, the relationship of "feeling nervous and sorrowful with social status of migrants

wives," was found significant (p=0.002). Women dependency over husband in South Asian countries has crippled their curiosity to work in self. It is one of the leading aspects of patriarchy which was in prevalence in the study area.

Husband Absence		Psychological Aspects			Statistics	
	Attributes	Yes				
1	You are in extreme stress in the absence of your husband?				$\chi^2=4.404$ P=0.028	
		No	53(31.4)	24(14.2)		77(45.6)
		Uncertain	5(2.9)	1(0.5)		6(3.5)
		Total	128(75.7)	41(24.2)		169(100.0)
	You feel lonely after the migration of your husband?	Yes	76(44.9)	18(10.6)	94(55.6)	$\chi^2=2.099$ P=0.103)
		No	48(28.4)	21(12.4)	69(40.8)	
		Uncertain	5(3.0)	1(0.5)	6(3.6)	
		Total	129(76.3)	40(23.6)	169(100.0)	
	You feel more angry than normal after the migration of your husband?				$\chi^2=10.187$ P=(0.001)	
		No	43(25.4)	25(11.8)		68(40.2)
		Uncertain	6(3.6)	2(1.1)		8(4.8)
		Total	131(77.5)	38(22.4)		169(100.0)
	You feel insecure or lacking confidence in yourself after his migration?				$\chi^2=22.927$ P=0.000	
		No	31(18.3)	26(15.3)		57(33.7)
		Uncertain	10(5.9)	1(0.5)		11(6.5)
		Total	129(76.3)	40(23.6)		169(100.0)

5	You feel nervous and sorrowful?	Yes	79(46.7)	15(8.8)	94(55.6)	$\chi^2=9.029$ P=0.002
		No	44(26.0)	25(14.7)	69(40.8)	
		Uncertain	6(3.6)	0(0.0)	6(3.6)	
		Total	129(76.3)	40(23.6)	169(100.0)	
6	You feel social protection in the absenteeism of your husband?	Yes	45(26.6)	28(4.7)	73(43.2)	$\chi^2=13.26$ 6 P=0.000
		No	74(43.7)	9(5.3)	83(49.1)	
		Uncertain	10(5.9)	3(1.7)	13(7.7)	
		Total	129(76.3)	40(23.6)	169(100.0)	
7	You feel social insecurity due absenteeism of your husband?	Yes	80(47.3)	10(5.9)	90(53.3)	$\chi^2=18.66$ 9 P=0.000
		No	38(22.4)	27(15.9)	65(38.4)	
		Uncertain	11(6.5)	3(1.7)	14(8.2)	
		Total	129(76.3)	40(23.6)	169(100.0)	
8	You feel psychological stress due to burden of workload?	Yes	103(60.9)	17(10.1)	120(71.0)	$\chi^2=22.9$ 20 P=0.000
		No	22(13.0)	22(13.0)	44(26.0)	
		Uncertain	4(2.6)	1(0.6)	5(3.0)	
		Total	129(76.3)	40(23.7)	169(100.0)	
9	You feel lack of partner affection in absenteeism of your husband?	Yes	98(58.0)	38(22.5)	136(80.5)	$\chi^2=7.15$ 7 P=.028
		No	26(15.4)	2(1.2)	28(16.6)	
		Uncertain	5(3.0)	0(0.0)	5(3.0)	
		Total	129(76.3)	40(23.7)	169(100.0)	
10	Due to workload,you cry or feel like cried?	Yes	63(37.2)	8(4.7)	71(42.0)	$\chi^2=12.39$ 3 P=0.002
		No	56(33.1)	26(15.3)	82(48.5)	
		Uncertain	10(5.9)	6(3.5)	16(9.4)	

		Total	129(76.3)	40(23.6)	169(100.0)	
You visited psychiatrist after migration of your husband?		No	91(53.8)	33(19.5)	124(73.3)	$\chi^2=5.836$ P=0.01
		Uncertain	10(5.9)	5(2.9)	15(8.8)	
		Total	129(76.3)	40(23.6)	169(100.0)	

*Number in table represent frequencies and number in parenthesis represent percentage proportion of respondents and in the last columns χ^2 represent the value of chi-square and number in the parenthesis represent P-Value (Significance)

To investigate the relationship of respondents concerning the “feelings of social protection in the absence of their husbands,” with “psychological problems of migrants wives,” a significant (p=0.000) relationship was found. Similarly, a significant (p=0.000) relationship was detected between feeling of social insecurity in the absence of husband. Social and physical protection to women is the prime responsibility of man in most of the cultural and traditional setups, including the study area. However, a married woman is often depending on her husband in all social and physical spheres of life. These outcomes were also bolstered by Rogaly and Rafique (2003) who stated that wives left behind from their husbands in Bengal are depending on male descents to provide loans, money, meals, gifts, shelter etc. for left behind family, which were important for social protection and social security. They also stated that women may try to find credit from shops and medication and consultations from doctors for treatment

expenses. However, the above outcome was against about the collective work on agrarian communities of Punjab by Khan *et al.*, (2009) who concluded that the wives left behind from their migrant husband felt

social protection after the migration of their husband as the majority of the respondents were belonging to joint family setup which is common in rural societies. So, their in-laws protect them from any social eventuality.

Moreover, a significant (p=0.000) relationship was discovered between the “feeling of psychological stress due to increase in burden of workload,” with the “absence of husband.” A woman is also subjected to unpaid job in the farming contributing to farms and doing household jobs. All these involvements had a positive impact in reducing the psychological problems due to their high degree of involvement in household chores.

The outcome was supported by Farooq and Javed (2009). It was noticed in the study that women primarily felt loneliness, stressed

and burdened as they assumed the new duties, obligations and responsibilities in the absence of their intimate partner. Accordingly, they faced stress and psychological strains due to increase of workload when their husband left them at origin country and go abroad to overcome economic expanses. Besides, a significant ($p=.028$) relationship was perceived between the “feelings of partner affection in absence of their husbands,” with “psychological problems of migrants’ wives.” Women are not only dependent on males in social and economic terms rather, an urge of sex satisfactions which bears implicit and explicit effects on married couples’ personalities.

Moreover, a prolonged pause in these physical obligations often ends at detrimental consequences to a smooth fertility order. The outcome was upheld by Adhikari (2011) who stated that the prolonged separation of husband from their wives negatively impact both partners that causes imbalance in sex and a subsequent decrease in fertility ratio. Furthermore, it was discovered that a significant ($p=0.002$) relationship between “you feel cry due to workload after the migration of their husbands,” with “psychological problems of migrants’ wives.” These outcomes had close relevance to Gulati (1993) who stated that migrants’ wives left behind encounter a certain quantity of sentimental stress and sometime shout and cry when they have to carry out all the responsibilities of making and taking decisions in the absence of their husband. The relationship between “visiting of psychiatrists after the migration of their

husband with psychological problem,” was found significant ($p=0.010$). A disorder either, physical or psychological could be addressed by a proper treatment. The finding regarding the visit to psychiatrists magnifies the existence of psychological disorder to the left behind women.

CONCLUSIONS AND RECOMMENDATIONS

The current findings suggest that most of the women, whose husbands are migrants in foreign countries, had experienced stress, lonesomeness, anger issues, insecurity, and distress in the absence of their spouse. Besides psychological stress, domestic chores and responsibilities had exacerbated the lives of these women in the absence of their husbands. Newly wedded men should not migrate and leave their spouses soon after their marriage. It can be adversely disrupting the basic right of their wives leading them to suffer with stress and anxiety. In case men have to migrate, leaving their spouses back at home, should visit their homes after every six months so that they could spend more time with their wives back at home.

References

- Adhikari, J. (2011). Impact of internal and international migration in Nepal. Unpublished paper prepared for the Research Programme Consortium (RPC) on Migrating out of Poverty. Brighton: University of Sussex.
- Battistella, G., M. Cecilia., & G. Conaco. (1998). The impact of labour migration on the children left behind:

- A study of elementary school children in the Philippines. *Journal of Social Issues in Southeast Asia*, 13(2), 220-41.
- Bose, A. (2000). Demography of Himalayan villages: Missing men and lonely women. *Economic and Political Weekly*, 35(27), 2361-81
- Bureau of Emigration and Overseas Employment. (2020). *Statement showing the number of Pakistanis proceeded abroad for employment registered by bureau of emigration and overseas employment during the year 1981-2020 (upto May)*. Retrieved from <https://beoe.gov.pk/files/statistics/2020/district.pdf>
- Chant, S. (1997). *Women-headed households: Diversity and dynamics in the developing world*. London: MacMillan Press.
- Cohen, S., & Wills, T.A. (1985). Stress, social support, and the buffering hypothesis. *Psychological Bulletin*, 98(2), 310-57.
- Connell, J. (1984). Status or subjugation? Women, migration and development in the South Pacific. *International Migration Review*, 18(4), 964-83.
- Espin, O.M. (1987). Psychological impact of migration on Latinas: Implications for psychotherapeutic practice. *Psychology of Women Quarterly*, 11, 489-503.
- Farooq, M. & Javed, Z.H. (2009). The impact of international migration on migrants families left behind in the rural area of Pakistan. *Pakistan Journal of Agriculture Sciences*, 46(4), 233-6.
- Gulati, L. (1993). *In the absence of their men: The impact of male migration on women*. New Delhi: Sage Publications Ltd.
- Hadi, A. (1999). Overseas migration and the wellbeing of those left behind in rural communities of Bangladesh. *Asia Pacific Population Journal*, 14(1), 43-58.
- Hugo, G. (1995). International labor migration and family: Some observations from Indonesia. *Asian and Pacific Migration Journal*, 4(2-3), 273-301.
- International Organization for Migration (2019). *World migration report 2020*. Geneva: International Organization for Migration (IOM). Retrieved from https://publications.iom.int/system/files/pdf/wmr_2020.pdf
- Jetley, S. (1987). Impact of male migration on rural females. *Economic and Political Weekly*, 22(44), 47-53.

- Khan, S. (2017). Impact of migration on education and health: A case study of Karriawalavillage, District Gujrat, Pakistan. Unpublished Ph.D. Thesis submitted to the Department of Anthropology, Quaid-i-Azam University, and Islamabad.
- Khan, S., & Awan, S.M. (2020). Case study of irregular migration from Pakistan to Europe: Reflections on the contemporary trends. *Journal of European Studies*, 36(2), 24-38.
- Khan, S., Sajid, M.R., Gondal, M.A., & Ahmad, N. (2009). Impacts of Remittances on Living Standards of Emigrants' Families in Gujrat-Pakistan. *European Journal of Social Sciences*, 12(2), 205-15.
- Lokshin, M., & Glinskaya, E. (2009). The effect of male migration on employment patterns of women in Nepal. *The World Bank Economic Review*, 23(3), 1-27.
- Rodriguez, N., Hagan, J., Ugalde, A., & Glenn N. (2000). Family separation, coping, social support, and mental health among immigrants from Mexico and Central America. Research Paper for the Hogg Foundation for Mental Health.
- Rogaly, B., & Rafique, A. (2003). Struggling to save cash: Seasonal migration and vulnerability in Eastern India. *Development and Change*, 34(4), 659-81.
- Roy, A., & Nangia, P. (2005). Impact of male out-migration on health status of left behind wives—a study of Bihar, India. Retrieved from https://www.researchgate.net/publication/228431658_Impact_of_male_out-migration_on_health_status_of_left_behind_wives-a_study_of_Bihar_India
- Saran, S. (2002). Are you positive? Women at risk. Conveying concerns: Media coverage of women and HIV/AIDS. Washington: Population Reference Bureau.
- Saxena, D.P. (1977). *Rural migration and cultural change*. Bombay: PopularPrakshan.
- Shakya, D.R. (2014). Psychiatric morbidities among mentally ill wives of Nepalese men working abroad. *Industrial Psychiatry Journal*, 23(1), 52-7.
- Siegmann, A.K. (2010). Strengthening whom?: The role of international migration for women and men in North West Pakistan. *Progress in Development Studies*, 10(4), 345-361.
- Thoits, P.A. (1995). Stress, Coping, and Social Support Processes: Where Are We? What Next? *Journal of Health and Social Behavior*, 53-79. Retrieved from <http://www.jstor.org/stable/2626957>.

Vladicescu, N., Cantarji, V., & Jigau, I. (2008). *The Impact of Migration and Remittances on Communities, Families and Children in Moldova*. New York, NY: United Nations Children's Fund (UNICEF).

Zachariah, K.C. & Rajan, S.I. (2001). Migration mosaic in Kerala: Trends and determinants. *Demography India*, 30(1), 137-65.