

A Study of Health Status of Hotel and Restaurant Child Labor in Nepalgunj Sub-metropolitan

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Abstract

The major aim of this research paper was to investigate the present health condition of child laborers who were working in the hotel and restaurants of Nepalgunj. Socio-economic condition and family background were analyzed to find out the health condition, of labour children. The study is mainly based on primary data collected from Nepalgunj Sub-metropolitan using purposive sampling techniques. 150 people in total responded to the survey. It is now widely acknowledged that child exploitation is a serious socioeconomic issue. Children are among the demographic groups that are most frequently neglected, abused, and subjected to the worst types of child labor. Child labor is a widespread occurrence in Nepal, both in terms of general employment and population. The child labor in hotel and restaurant is common in the urban areas of Nepal who are not getting proper health care and treatment. It is concluded from the study that child laborers in hotel and restaurant is one of the visible, exploitative and hazardous forms of child labour whose health condition is vulnerable. Poverty is one of the cause and consequence of child labour. It is linked to the socio-economic, political and cultural realities of the county. The adoption of new laws and policies only cannot prevent the child labour problem unless society as a whole is aware on child right issue.

Keywords: health status, child labour, sexual harassment, domestic worker

Introduction

In our area, child labor cannot be seen in isolation since it is both a cause and an effect of the socioeconomic reality of the nation, which is also a result of the feudal land-holding system. Nepal has always experienced the problem of child labor. According to history, child labor first appeared in the sixteenth century. In the eighteenth and nineteenth centuries, children were increasingly exposed in a variety of ways. The youngsters have been obliged to labor for their family's livelihood due to indigenous vocational practices and cultural practices of early marriage. It has continued to be an integral element of the rural economy for many years. The rural areas of Nepal experience social injustice, economic exploitation, hardship, and backwardness on a daily basis.

In Nepal, where it has been common for many years and is mostly found in rural regions where it is seen as a natural part of the socialization process, child labor is nothing new. Children

have traditionally worked in the fields and at home with their parents in rural areas, and they still do today. In fact, child work is so pervasive in rural life that few people voice concerns about how it affects children's education and development. Instead, child labor is frequently seen as an entirely acceptable practice.

They work as employees in both formal and unofficial industries. The informal economy is mostly comprised of three sectors: commerce, services, and agriculture (including tea states, hotels, restaurants, domestic help, porters, and child prostitutes). There are also a lot of street children who mostly work as rag pickers in big cities. Due to factors like rapid population growth, poverty, illiteracy, unemployment and underemployment, poverty health, natural disaster, sluggish economic growth, and an agrarian economy, the exploitative practice of child labor is now recognized as a major socioeconomic problem that negatively impacts family status.

Compared to other employment sectors, the conditions of child workers in hotels and restaurants are often poorer. Because kids are easier to manage, less expensive, more malleable, and augment adult work, firms prefer to hire child labor. Child workers who work in hotels and restaurants typically begin their days before dawn, executing a long list of tasks chosen by their employers. They included requirements like using hazardous instruments to chop vegetables, cooking in a smoky kitchen, washing dishes, wiping down tables, getting water from far-off taps, and so on, all while being paid very little. A child worker performs these tiresome tasks throughout the day, frequently for more than 12 hours without a break, depleting them physically, emotionally, and depriving them of adequate nutrition and educational resources. Almost all fields of employment are reported to employ children. Thus, the issue of child labor has not only affected a single person or family, but also the entire community.

Nepal was not in a good state at one point in time. Numerous wars have forced families to from their homes, and this has led to their children working in household tasks, prostitution, rag picking, brick and kiln production, clothing, and other industries. Children who fled their homes have learned to love hotels and restaurants the best. It's because they work and can easily obtain money, food, housing, etc. Receiving such inexpensive labor makes employers happy as well.

Nepalgunj Sub-metropolitan is in Banke districts, which is in Lumbini State of Nepal, Given that there is no system or facility for recording the identities and numbers of child laborers employed by hotels and restaurants, it is difficult to determine the true size of the child population in the Nepalgunj Sub-metropolitan. There are no government records or data available about child labor in hotels and restaurants. Because of this, there is no documented evidence supporting this.

Objectives of the Study

The study's particular goals are as follows:

- To ascertain the socioeconomic, cultural, and familial context of child labor
- To assess the current health and workplace circumstances of child laborers

Literature Review

According to the United Nations (1990) “Child worker/labor is defined as a person in the age group of 5-14 employed for hire or rewarded on a full time basis and includes a self employed child and a child assisting his/her parents in their for two or more hours a day.”

Ghimire (2003) sought to examine the origins and socioeconomic situation of child labor in hotels and restaurants in Lalitpur Sub-Metropolitan City in his thesis, "Child Labor in Nepal: A Case Study of Hotel/Restaurant of Lalitpur Sub-metropolitan City." According to the study, child labor in Nepal is on the rise as a result of the country's severe poverty, especially in rural regions. The investigation came to the conclusion that they were unable to attend school on a regular basis because of their extreme poverty, as well as their lack of love, care, and attention for their kids. Finally, they are used as children.

With the aim of comparing the existence of child labor in Nepal with other SAARC countries, identifying the socio-economic status, and examining the economic condition of child labor in Kirtipur Municipality, Pokharel (2004) conducted a research study titled "Child Labor in Nepal: A Case Study of Hotel Child Labor in Kirtipur Municipality". The researcher found that the condition of Nepal is the worst along with SAARC countries.

Sharma (2007) prepared research report entitled “Situation of Domestic Labor in Baglung Municipality, Baglung.” The goal of the study was to determine the type of domestic child labor, analyze the family's history, and investigate the health risks that children who worked as domestic help were exposed to.

Rayamajhi (2007) prepared research report entitled “Health Condition of Hotel and Restaurant child laborers in Nawalparasi District”. The study's specific goal was to learn more about the sociodemographic features of children working in hotels and restaurants, their working conditions, and their health status. The study's primary data were obtained from Nawalparasi utilizing census sampling methods. The survey indicated that because of their poverty, the majority of the children working in hotels and restaurants were illiterate. Only 30.9 percent of child laborers in hotels and restaurants had access to educational opportunities.

The afro-mentioned researchers had studied and investigated the issues from various perspectives, but they had not touched the health issue of such workers in Banke district. For that reason this research has fulfilled the research gap and brought this novel issue in the light.

Research Methodology

Research Design

Based on descriptive research design, this study was conducted. A clear image of the phenomena under examination may be presented by using a descriptive research design, which was created to depict the socioeconomic situation and the primary difficulties linked with it.

Population of the Study/Source of Data

The study took place in Banke district in the Lumbini Province of Nepal. It serves as a gathering place for a variety of workers, including those employed in transportation, rickshaw pulling, portering, hotels, restaurants, and tea shops. However, the focus of this investigation was exclusively on child labor in hotels and restaurants. The primary source of data was all of the children working as child laborers in the hotels and restaurants in the sub-metropolitan area of Nepalgunj.

Sampling Procedure and Sample Size

The study area was selected purposively. Nepalgunj Sub-metropolitan of Banke was the area of this investigation. There are around 250 children working in small and large hotels and restaurants in the municipality; however this study's random sampling selection yielded 150 child workers working in hotels and restaurants in Nepalgunj, Banke, or 60% of respondents.

Tools of Data Collection

Tools that are scientifically sound, efficient, and appropriate are required to get better data. The study's techniques included an unstructured interview schedule. To gather information from the respondents about the health risks of child work in hotels and restaurants, an unstructured interview schedule was developed.

Procedure of Data Collection

First, the researcher met the chairman of Hotel and Restaurant of Nepalgunj, with a letter of authorization from the Department of Health, Physical, and Population Education. The researcher then gathered further data from Nepalgunj Sub-metropolitan concerning child labor at hotels and restaurants. The researcher then discovered the extent of child labor in hotels and restaurants in a few key locations. The hotel and restaurant owner who used child labor in their establishments was then introduced to the researcher. And the respondents who expressed worry gave the researcher their authorization to gather their data. For the purpose of gathering data, the researcher has traveled to hotels and restaurants in chosen localities that use child labor. Each respondent was personally contacted by the researcher, who then obtained the relevant data by scheduling interviews and making observations.

Method of Data Analysis and Interpretation

The information gathered from the interview schedule was examined using both quantitative and qualitative methods, and it was then presented in the form of percentages, charts, tabulations, and figures for insightful illustrations that were frequently used to portray the truth of a scenario.

Analysis and Interpretation

Socio-economic Cultural and Family Background of Hotel and Restaurant Child Labors.

Distribution of Child Labors by Age

The respondents were defined as minors working as hotel and restaurant staff who were under the age of nineteen and older than twelve. The data in Table 1 illustrates the extent of child labor in hotels and restaurants by age group.

Table 1

Child labors by Age

Age	Total No.	Percent
12	02	01.33
13	14	09.33
14	20	13.33
15	21	14.00
16	35	23.33
17	31	20.66
18	27	18.00
Total	150	100

The comparison between older and younger children's appearances in the table above shows that older children are preferred by employers since they are able to grasp their responsibilities and do not require continual supervision.

Distribution of Child Labor by Place of Origin.

Children working at various hotels and restaurants in the Nepalgunj Sub-Metropolitan area have come from various locations due to personal issues. Many of the respondents in the case of the Nepalgunj Sub-Metropolitan hotel and restaurant are from various locations within the same district and its bordering districts. The following table shows child labor in hotels and restaurants by country of origin.

Table 2

Child Labor by Place of Origin

Place of origin	Number	Percent
Banke	79	52.66
Kailali	25	16.66
Dailekh	12	08.00
Doti	11	07.33
Jajarkot	06	04.00
Jumla	05	03.33
Others (Surkhet and others)	12	12.00
Total	150	100

The Above table 2 shows that 52.66 percent of child labors originated from Banke districts and 5 percent child labor belong to the Jumla districts. Some children come from Surkhet, Dailekh and Kailali. This study shows that most of respondent were from Banke Districts itself because it is very near for respondent's place of residents to come there and work.

Distribution by Cast/Ethnicity

In Nepal, there are 59 different ethnic groups, including Terai, Hill, and Mountain communities. The ethnic makeup of Nepalgunj Sub-metropolitan is quite diverse. Children from many ethnic castes, including Chaudhari, Rana, Brahmin, Chhetri, and Dalit, among others. It demonstrates that kid laborers are employed in all hotels and restaurants and come from a variety of castes and ethnic groups. Table 3 shows the cast/ethnic breakdown of kid laborers in hotels and restaurants.

Table 3*Child Labor by Cast and Ethnicity*

Caste /Ethnicity	Number	Percent
Tharu	70	46.66
Brahmin	19	12.66
Chhetri	33	22.00
Dalit	10	06.66
Others(Thakuri,Magar,Newar)	18	12.00
Total	150	100

The above table 3 shows the highest number of child labors were from Tharu community 46.66 percent and 6.66 percent were from Dalit community. This study shows that most of respondent were from Banke districts itself because it is very near for respondent's place of residences to come there and work.

Working Condition of Child Labors

Hotel and Restaurant child labors, working in urban areas of Nepal are engaged in all Hotel and Restaurant child labors and some work outside. The Hotel , kitchen work , servicing , cleaning , cooking and cloth washing are the main activities in which Hotel and Restaurant child labors are engaged, Most of those are underpaid and given overwork loaded work. Many of them are in high risk condition.

Types of work

The nature of work means easy and difficult. Though there children are not physically strong to do heavy work they were involved in the below mentioned nature of work. The below given table 4 shows the work that is done by child labors in hotel and restaurant.

Table 4

Types of work child labors

Types of work	Number	Percent
Cooking	58	38.66
Dish and cloth washing	60	40.00
Servicing	18	12.00
Cleaning	14	09.33
Total	150	100

Table 4 shows that, almost 40 percent hotel and restaurant child labors reported that they have to wash clothes and dishes and 9.33 percent child labors reported that they were engaged in cleaning. We have found that about the type of work, there was no any fix duty of any workers according to field report.

Sleeping Condition of Child Labors

Sleeping condition is also one of the important factors which reflects health situation of every hotel and restaurant child labors. By the worst sleeping condition, they have to suffer work easily so, sleeping condition of hotel and restaurant child labors detail has been shown by table no 5.

Table 5

Sleeping Condition of Child Labors

Sleeping Condition	Number	Percent
On the bed	84	56
On the floor	33	22
Corridor	15	10
Bench	18	12
Total	150	100

The above table no 5 shows that 56 percent respondent reported that they sleep on the bed, whereas 10 percent of them sleep on the corridor, roof etc. During the field work, it was found that more respondent have achieved bed to sleep, few number of respondent were far from getting facilities of room for sleep, they used corridor, roof or bench for sleep.

Time to Play of Child Labors

Play is as important to our physical and mental health as getting enough sleep, eating well and exercising. Play teaches us how to manage and transforms our negative emotions and experiences; it supercharges learning, helps us relieve stress, and connects us to others and the world around us. Play can also make work more productive and pleasurable. So it is most important to child labor have time to play.

The below percentage table 6 shows the time to play of hotel and restaurant child labors.

Table 6

Play Time of Child Labors

Get play time	Number	Percent
Yes	40	26.66
No	110	73.33
Total	150	100

From the above table no 6 shows that 73.33 percent child labors reported that they don't get time to play. They said that all time they are engaged on work and 26.33 percent child labors gets little time to play. Generally child workers are too much busy in their work that they did not get time to study. They just obtain the time to sleep at late night and have to wake up at early morning

Heath condition

Health is wealth for everybody. Good health is the most essential part of life in every living being. There are different health problems with child labors according to their living working environment. Most of the children's health status decreasing, they have encountered health hazards associated with various surrounding environment such as lack of sanitation, hygienic facilities and clean water, occupational accidents, health hazards. Similarly, drug addiction and other are affection their psychological development. Most of the hotel and restaurants child labors do not have good health. They usually suffer from many types of physical injury like, scabies, headache, stomachache and other diseases.

Children Suffer from Injury/illness During Work

In table 7 we have tried to explain the injury condition of hotel and restaurant child labors at working places. This is as follows table.

Table 7

Children Suffer from Injury/illness During Work

Suffered	Number	Percent
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Yes	84	56
No	66	44
Total	150	100

Table no 7 shows that, 56 percent complained that they suffered from any types of injury during work, and 44 percent child workers were not suffered from any type of injury during work.

Types of Injury/ illness

It is not guaranteed that every person is healthy but the nature of sickness/ illness exhibits how healthy they are. The working environment is also a major of deterrent of sickness.

Table 8

Types of Injury/illness

Type of illness	Number	Percent
Fever	24	16
Common cold	24	16
Headache	09	06
Cut/Burns	15	10
Others	12	08
Total	84	56

From the above table 8 types of illness of hotel and restaurant child labors indicate that 16 percent child labors suffered from common cold. About 6 percent child labors said that they suffer from headache, 10 percent suffered from cut/burns, and 8 percent said that they are suffer from others common diseases.

From the table it is clear that most of the workers suffered from fever and common cold.

Type of Treatment of Child Labors

The below presented table 9 has shows the kind of treatment of hotel and restaurant child labors during sick/illness.

Table 9

Type of Treatment

Kind of treatment	Number	Percentage
Hospitalize	10	06.66
Natural Treatment	42	28.00
Traditional healers	12	08.00
Consulted with doctor	20	13.33
Total	54	56

Table no 9 shows that, most of the hotel and restaurant child labors means 28 percent reported that they used to do natural treatment when they became sick 13.33 percent child labor used to go to traditional healers for treatment and 6.66 percent child labors reported that they are hospitalized when they are ill. From the above table it is found that most of the hotel and restaurant child labor do natural treatment. Sum of them used to do traditional healers.

Payment of Medical Expenses of Child Labor

The below presented table 10 shows the payment of medical expenses of hotel and restaurant child labors.

Table 10

Payment of Medical Expenses

Pay of medical expenses	Number	Percent
Employer	47	31.33
Self	28	18.66
Friends	03	02.00
Parents	06	04.00
Total	84	56

Table 10 shows that, 31.33 percent hotel and restaurant child labor reported that medical expenses beard by employers, 18.66 percent child labor reported that they themselves pay medical expenses and 2 percent reported that their friends pay medical expenses and other 4 percent child labor reported that medical expenses. From the above table it is shows that most of the child labors expenses bared by employers.

Employers Forcing Child Labors During Injury/illness

The below presented table 11 has shown the employer's forcing hotel and restaurant child labors the period of injury/illness.

Table 11*Employers Forcing Child Labors During Injury/illness*

Force to work during injury/illness	Number	Percent
Yes	32	21.33
No	52	34.66
Total	54	56

From the above table no 11 shows that 34.66 percent have said that their employers did not forced to work during the period of injury/illness and 21.33 percent were forced to do work during the period of injury illness by their employers. On the basis of above table it is found that few of the labors are being exploited, suffered during the period of injury/illness.

Types of Eaten Food

The table 12 shows the type of food eaten by child labors in their working place.

Table 12*Types of Eaten Food of Child Labors*

Type of food	Number	Percent
Same as employers	97	64.66
Different but sufficient	44	29.33
Left only	09	06.00
Total	150	100

Table 12 shows that 64.66 percent hotel and restaurant child labors reported that their food was same as employers, almost 29.33 child labors got different food but they sufficient and 6 percent child labor got left foods only. The study showed that the large number of hotel and restaurant child labor have same kind of food as their employers at the same time which seemed to be justifiable for the children.

Sexual Harassment during Work

Young girls are regularly subjected to sexual harassment and abuse by hotel owner, local boys or by other male workers. In the case of our study we did not find the any case of sexual harassment because all respondents are boys. So all respondent answered no for our sexual harassment question.

Table 13*Reasons for Not Satisfied Whit Their Current Job*

Reason for not satisfaction	Number	Percent
Due to wage	14	09.33
Due to hard work	20	13.33
Due to misbehave	03	02.00
Due to parents	08	05.33
Total	45	30

Table 13 shows that 9.33 percent hotel and restaurant child labor reported that they were not satisfied with their job due to the wage, majority of them, 13.33 percent reported that they were not satisfied due to the hard work, 2 percent reported due to misbehave and 5.33 percent replied that they were not satisfied due to parents. From the study we get that child labor are not satisfied with their current job because of low wages, hard work and misbehave of owners.

Reason for Working as Child Labors

From the study report main reason of being hotel and restaurant child labors is poverty, followed by parents, domestic conflict, and national conflict. In the study are we have achieved following data about reason for working as hotel and restaurant child labors.

Table 14*Reason for Working this Work*

Reason	Number	Percent
Poverty	86	57.33
Force by parents	13	08.66
To pay loan	19	12.66
Own interest	32	21.33
Total	150	100

Table 14 shows that, 57.33 are working because of poverty. Similarly 8.66 percent of child labor reported that they were working this job parents pressure, about 12.66 percent of them are working just to pay loan and 21.33 percent reported that they were working this job by own interest. It is cleared that main reason of doing such type of job is poverty.

Findings

The major findings of this study are summarized as follows.

- It was found that, maximum 23.33 percent respondent were at the age of 16 and 1.33 percent were at the age of 12.
- It was found that 46.66 percent child labors were from Tharu ethnic group, 12.66 percent from Bramin, 22 percent from Chetri, 6.66 percent from Dalit and 12 percent from others.
- The study shows that, 74 percent of child labor had their parents whereas 8 percent of child labor has been dead their both parents.
- It was revealed that 7.33 percent child labors were homeless.
- In the total, 56 percent child labor reported that they were sleep in the bed, which of them 22 percent were sleep on the floor and rest were on bench and corridor.
- About 56 percent of child labor was found suffering from injury/illness. In which them, 16 percent were suffered from fever, 16 percent form common cold, 6 percent from headache, 10 percent form cut and burns and 8 percent from others.
- It was found that 61.33 percent parental occupation was agriculture, 12 percent parents were domestic servants, 12.66 percent were engaged services.
- It was found that, 40 percent were dish and clothing washing, and 9.33 percent were engaged in cleaning.
- It is found that 73.33 percent child labor did not get play time during the work.
- It was found that 31.33 percent child laborers were helped by employer during the illness, 18.66 percent itself 2 percent by friends and 4 percent by parents.
- It was found that 64.66 percent child labor get food same as employers, 29.33 percent said that they got different but sufficient food and 6 percent get left only.
- There was no case found of sexual harassment due to male respondents.
- It was found that 57.33 percent child labor worked because of poverty and 8.66 percent forced by parents

Conclusions

The study was based on a situational analysis and a health status analysis of child labor in hotels and restaurants in Nepalgunj Sub-metropolitan. In contrast to the other castes, the Tharu group made up the bulk of the child laborers in the survey. The main factors that contribute to child labor in hotels and restaurants include poverty, deprivation, family disruption, parents' lack of educational level, and parental compulsion. According to the report, agriculture accounted for the vast majority of household sources of child labor. They had to put a lot of time into their work, but the pay was low. They were therefore prepared to check their children into hotels and restaurants. Parents' terrible financial circumstances push children to leave the house. Some kids move to cities in search of better job opportunities, educational options, and financial stability. Employers made the most of their child workers while paying them the barest minimum. Fundamental rights are denied to underage employees. Additionally, they experienced health issues. They lack access to necessities like healthcare, leisure, and education. As a result, child labor exploitation is openly evident in society. The children are victims since they must work in hotels and restaurants and live in poverty. Additionally, their parents have no choice but to leave their kids at hotels and restaurants. Because of their low income, the children are seen as a burden to their family. Additionally, children are not given the same level of care at hotels and restaurants and suffer from health problems.

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