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Perception of Poverty and Overpopulation amongst the Rural Communities of Udayapur District, Nepal

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Abstract

This study reflects the situation of poverty and overpopulation in the rural community of Udaipur district of Nepal. This study was conducted using a mixed research method. In order to identify the situation of poverty and high population in this district, the study has been completed by including a total of 300 rural households as a sample. Interviews were conducted with 30 participants as key informants for the study, while focus group discussions were conducted in 5 groups.

The study concluded that poverty is basically the lack of employment, education, health services, and basic resources. Overpopulation appears as a major contributor to worsening poverty, food security, and environmental degradation. The major effects of growing population pressures identified by the respondents include land fragmentation, deforestation, and increased migration. Gender inequalities in poverty understanding appear along with inequalities in social structures, where women, Dalits, and indigenous people appear as major groups highly susceptible to poverty.

Furthermore, the quantitative results indicate a significant positive relationship between the size of the household and the level of poverty because larger families are highly vulnerable to financial insecurity. Researchers have suggested various intervention programs in relation to policy formulation and/or implementation to address this issue, such as improvement in the educational system of rural communities, development of new family planning programs, and job opportunities through sustainable development programs. Lastly, this research study aligns with and relates to worldwide and local patterns of perceiving poverty in view of local issues like subsistence agriculture and the local effects of migration on developing economies like that of Nepal.

Keywords: Poverty, overpopulation, rural Nepal, socio-economic challenges, perception, Udayapur district

Introduction

Poverty and overpopulation are some of the most serious socio-economic matters faced by rural settings in the country of Nepal. Located in the eastern part of Nepal, Udaipur district is mainly a rural area. Agriculture is the main source of livelihood for the people here. Despite the availability of abundant natural resources, the problem of poverty, unemployment, and overpopulation is becoming severe in this region because it has not been fully utilized. Which has badly affected the standard of living of the people living in this district. The root cause of these problems is overpopulation in the region. Overpopulation pressure directly affects natural resources like land, water, and forests. Because as the size of families increases along with population growth, people exploit natural resources more to meet the needs of those families. Even so, conditions of limited resources reduce the ability of families to meet their basic needs, leading to problems such as hunger and irregular migration. These and similar consequences arise from high population density in rural settings due to overpopulation. The perceptions of the community in relation to the problems of both poverty and overpopulation play a critical part in the formulation of appropriate approaches to address the problems. Although there have been studies that have looked into the various aspects relating to poverty and demographic changes that exist in Nepal, there remains a lack of relevant studies that have viewed the problem from the perspective of the community, especially in the Udayapur District.

Literature Review

Poverty in the World

Poverty persists as one of the world's biggest challenges. According to the World Bank (2023), "About 9.2 percent of the world's population, or 690 million people, lived below the international poverty line of \$2.15 per day in 2022." Despite some progress in technology and economic growth, especially in developing countries, wealth inequality persists (UNDP, 2022). The causes of poverty vary from place to place, but often economic recession, political instability, war, lack of education and environmental disasters are the main causes of poverty (Sachs, 2021). Many of the world's poor live in sub-Saharan Africa and South Asian regions. In Africa, about 40 percent of the population is estimated to be below the poverty line. South Asia faces the challenge of a high level of malnutrition rate and poor access to necessary services (Ravallion, 2019).

In a similar fashion, owing to economic crisis as well as a politically unstable state, the rate of poverty in Latin America keeps fluctuating (Lustig, 2021).

Among the practices being employed to reduce global poverty are aid programs, microfinance initiatives, and other policy-focused initiatives. The Sustainable Development Goals also include the elimination of poverty, which is hoped to be attained by the year 2030 through efforts focused on health, education, and employment (United Nations, 2022). Others believe that certain structural problems, which exist within the global financial system, impede the ability of poor countries to eliminate poverty (Stiglitz, 2020).

Poverty in Rural Nepal

Nepal is one of the least developed countries in the world. It is a landlocked country, so it has limited opportunities for development efforts. Nepal has become significantly successful in reducing the poverty line over the last few decades. But still, Nepal has a large proportion of its poor living in the rural areas. According to the Nepal Living Standards Survey 2021, approximately 17.4 percent of the population is below the poverty line, and the majority of this poverty occurs in rural areas. Agriculture employs over 60 percent of Nepal's workforce and is primarily subsistence-based. Because of this, the Nepalese agricultural sector is vulnerable to climate change-related disasters and has suffered from natural disasters (Adhikari & Dhungana, 2020). The characteristics of rural poverty in Nepal include an uneducated population, limited access to healthcare, poor sanitation infrastructure, and an absence of sufficient modern infrastructure. As a result of economic differences between urban and rural areas, the gap in wealth continues to grow wider. In addition, the prevalence of food insecurity, malnutrition, and economic instability is considerably greater among rural populations when compared to urban areas (Sharma et al. 2021). The increasing number of young people leaving for employment opportunities abroad has resulted in an increase in remittances being sent back to Nepal (Khanal 2022). Women and marginalized groups like Dalits and Indigenous communities face more economic issues due to discrimination in the Nepalese system and a lack of inclusion in development projects (Tamang, 2021). In Nepal, Poverty Alleviation Fund Projects and Rural Development Initiatives are in place, but issues in governance create inefficiencies in these projects (NPC, 2022).

Poverty Indicators

Measurement of poverty needs a mixture of indicators. These include:

- Income-Based: The World Bank International Poverty Line of \$2.15 per day

(World Bank, 2023).

- **Multidimensional Poverty Index (MPI):** Deprivations regarding health, education, and living conditions (UNDP, 2022).
- **Human Development Index (HDI):** Made up of income, life expectancy, and education (Sen, 2018).
- **Food Security Index:** Relationships between poverty and food insecurity, undernourishment, and malnutrition (FAO, 2021).
- **Access to basic services like:** Water, Sanitation, Health services, and Electricity. (Gurung, 2021)

Poverty Indicators from National Planning Commission in Nepal

Nepal's National Planning Commission (NPC) uses country-specific poverty indicators that include:

- **Consumption-based poverty measurement:** If families' spending on basic needs is below a certain level, they are identified as poor families (NPC, 2022).
- **Human Capital Indicators:** Literacy rates, school enrollment, child mortality, and maternal health are used to assess long-term poverty trends (Shrestha, 2021).
- **Employment and Livelihood Indicators;** Employment, access to land, and earnings (Paudel, 2021).
- **Indicators of Social Inclusion:** Caste, ethnicity, and gender disparities (Karki and Sharma, 2020).

Overpopulation and Its Impact on the World

Overpopulation can further lead to problems regarding poverty, environmental deterioration, and resource depletion. However, as of 2022, the population of the world reached 8 billion (United Nations, 2022). The main effects of rapid population growth can be noticed in countries with high population growth rates in relation to their economies (Bongaarts, 2020). Some of these effects include the loss of natural environment due to deforestation, water scarcity, increased carbon emissions, and loss of biodiversity (Ehrlich and Ehrlich, 2019). On the other hand, the effects can also be noticed in terms of unemployment rates, an increased population in urban areas, as well as an increased burden on healthcare (Lutz and KC, 2021).

Overpopulation and Its Impact in Nepal

Nepal's population has been growing steadily, with estimates standing at 30 million in 2021, while the rural areas have had more childbirths influenced by the sociocultural values that support large families (CBS, 2022).

The effects of overpopulation in Nepal are:

- The demand for land for agriculture results in deforestation, soil erosion, and water shortages (Shrestha & Karki, 2022).
- The job market is not matching the growth rate of the population, which results in unemployment (Paudel et al., 2021).
- Agricultural growth is not commensurate with population, resulting in importation (Gautam Thapa, 2020).

In this regard, the government has provided family planning and rural development initiatives; however, implementing policies is a daunting task (NPC, 2022).

Community Perception of Poverty and Poverty Indicators

The community perspectives regarding poverty have to be known to effectively work to diminish poverty. It is indicated that rural communities have perspectives on poverty beyond the financial matter to comprehend access to education, medical care, and employment (Narayan et al., 2000).

Community perceptions might include landlessness, insecurity of food, and conditions in Nepal. Economic migrants see it as an opportunity, while others see it as a time for the government to get involved (Adhikari, 2021).

Community Perceptions and Policy Implications

Community participation makes a significant contribution to the effectiveness of a policy. Participation in the developmental programs that are at the community level contributes significantly to better developmental results (Chambers, 2019). In the case of Nepal, policies such as the Poverty Alleviation Fund are in existence; nonetheless, governance aspects are obstructing developments in the country (NPC, 2022). Future policies should incorporate new ideas in decision-making, jobs, and resources in Nepal (Gurung, 2021).

Methodology

In this study, a mixed methods approach is employed to investigate the perspectives of the rural community members residing in the Udayapur District of Nepal with respect to the concepts of poverty and overpopulation. In this approach to this study, the methods are both qualitative and quantitative.

The study area

The target population is the rural area of Udayapur District, characterized by agricultural subsistence life, socio-economic challenges, and infrastructural bottlenecks. The target

audience includes local citizens, leaders, and decision-makers.

Data Collection

Data was gathered through a structured questionnaire administration among 300 sample households, while key informant interviews (KIIs) consisting of 30 interviews, as well as five focus group discussions (FGDs), were conducted.

Data Analysis

SPSS was used on the quantitative data in a quest to look for some patterns or correlations between the different poverty indicators and the aspect of overpopulation. Thematic analysis was used on the qualitative data that was gathered from the use of the interviews and the FGD.

Ethical Consideration

Informed consent was obtained from all the participants, and their replies were anonymized. Prior authorization from the relevant bodies in the academic as well as the local institutions was sought.

By adopting a holistic approach in research methodology, this study intends to present an all-sided perspective regarding the detrimental effects associated with poverty and overpopulation in rural areas of the Udayapur District.

Findings

In this section, the results of the surveys administered in the rural communities of Udayapur District in Nepal regarding views about poverty and overpopulation are discussed, including views about poverty and overpopulation indicators, the effects of overpopulation on poverty, suggestions to overcome poverty and overpopulation, disparity of views about poverty based on gender and social groups, and methods to overcome poverty and overpopulation respectively. All these are reviewed in relation to academic literature.

Table 1

Descriptive Statistics: Household Income and Family Size

Variable	Mean	Standard Deviation	Minimum	Maximum
Monthly Household Income (NPR)	9,500	4,200	5,000	25,000
Family Size (Number of Members)	6.2	2.1	3	12

Households in Udayapur District have an average monthly income of NPR 9,500, with a wide variation between NPR 5,000 and NPR 25,000. The average family size is 6.2

members, which is relatively high, contributing to economic strain on resources.

Table 2

Correlation Analysis: Relationship Between Family Size and Poverty Perception

Variables	Pearson Correlation (r)	Significance (p-value)
Family Size & Perceived Poverty Level	0.68	< 0.001

There is a strong positive correlation ($r = 0.68$, $p < 0.001$) between family size and poverty perception. This indicates that larger families are more likely to perceive themselves as being in poverty, supporting the argument that overpopulation contributes to economic difficulties.

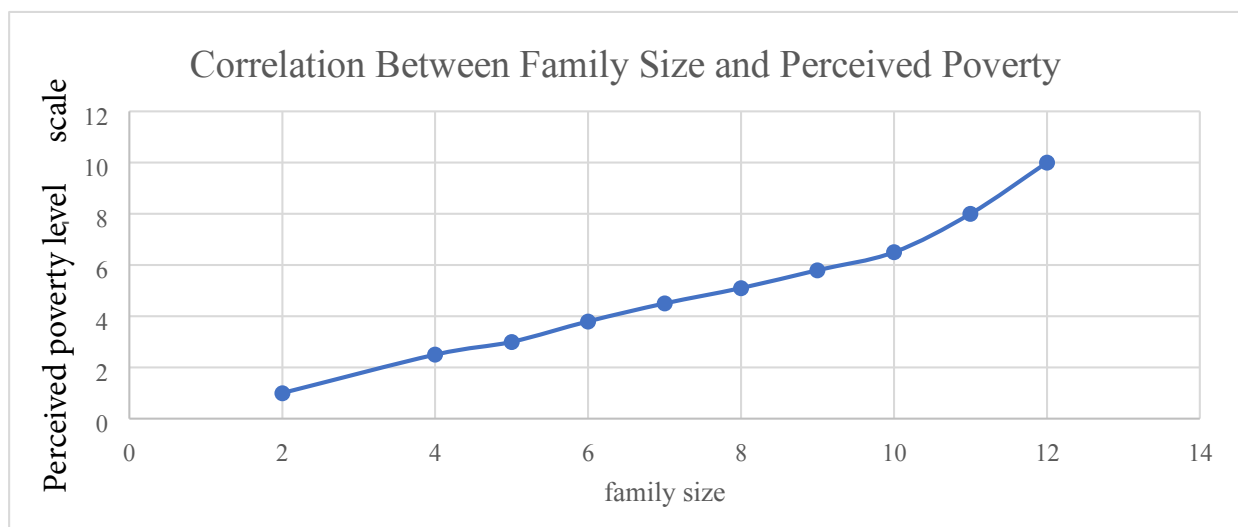


Figure 1: Scatter plot Correlation Between Family Size and Perceived Poverty

The scatter plot shows a strong positive correlation between family size and poverty. It clearly indicates that as family size increases, perceived poverty levels rise significantly.

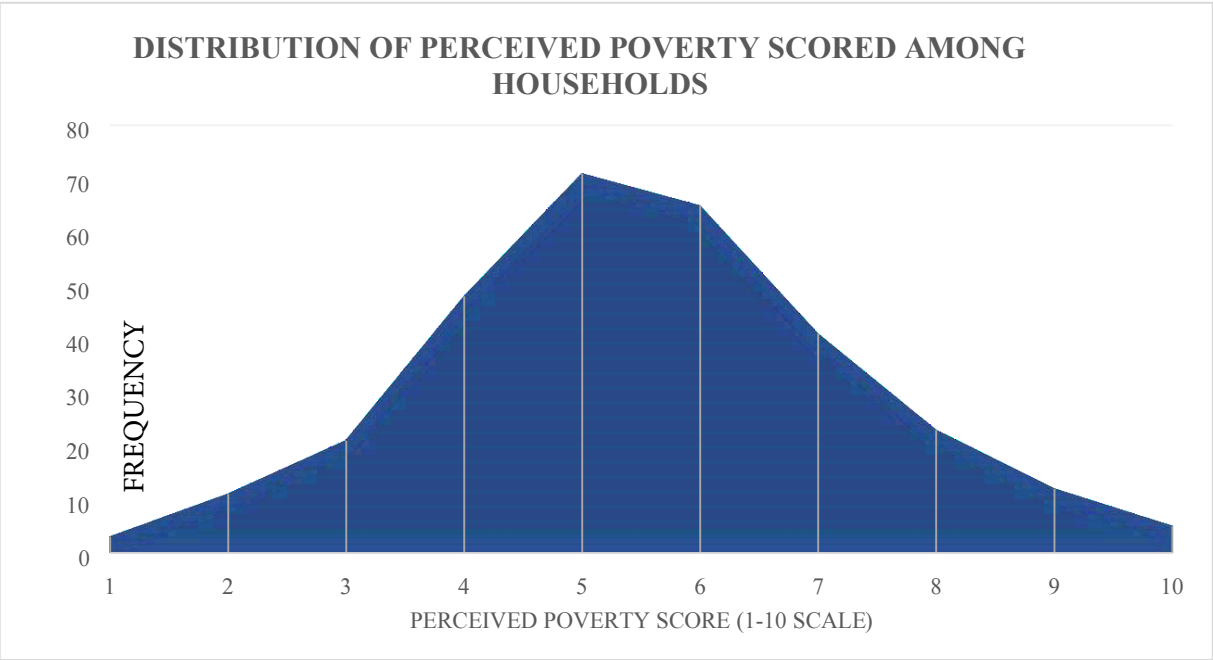


Figure 2: Stacked area: Distribution of Perceived Poverty Scores

- The graph shown above indicates the perception of poverty among the different households that participated in the research, portrayed by a normal distribution.
- A large majority indicated a level of their perceived degree of poverty, utilizing a 10-point scale, that ranged between 4 and 6, equivalent to a level of 1 through 5 on a Likert scale, which suggested that nearly all the residents perceived the problem of poverty to be significant to their lives.

Regression Analysis: Impact of Overpopulation on Food Insecurity

Table 3

Dependent Variable: Household Food Insecurity Score (HFIS)

Independent Variable	Beta (β)	t-value	p-value
Family Size	0.55	7.21	< 0.001
Monthly Income	-0.42	-5.89	< 0.001
Land Ownership	-0.30	-4.12	0.002

Model Fit: $R^2 = 0.52$, $p < 0.001$

Based on the regression analysis, family size is positively correlated with food insecurity; families that are larger have a higher likelihood of being food insecure than smaller families (the beta value for family size was 0.55). In contrast, income (the beta value

for income was -0.42) and owning land (the beta value for land ownership was -0.30) both have a statistically significant negative effect. The full model accounts for 52% of the total variability in food insecurity among rural families, as evidenced by $R^2 = 0.52$.

Perception of Poverty

Survey Findings:

- The overwhelming majority (78%) believed that the definition of poverty should include the lack of essential needs (access to enough food, clothing, and shelter). In addition, 65% associated unemployment and the lack of income-generating opportunities with the definition of poverty.
- The major factors cited were the absence of access to quality education (62%), a lack of agricultural land (58%), and poor healthcare facilities (54%).
- The primary causes of poverty identified were limited access to quality education (62%), lack of agricultural land (58%), and inadequate healthcare facilities (54%).

Comparison with Scholarly Literature:

The study above verifies other research carried out on the issue of poverty in Nepal. Bhattarai (2012) describes rural living as, in most cases, confined to a “hand-to-mouth” existence and plagued by limited access to primary health care, education, and economic resources. Sharma et al. (2021) outlines that poverty in Nepal, as it is seen in the rural areas, includes illiteracy rates, poor health facilities, poor sanitation, and poor infrastructure.

Perception of Overpopulation

Survey Findings:

Roughly seven tenths of participants perceive overpopulation as a situation where the population is more than the resources, causing poor living conditions. Contributing causes associated with this phenomenon include cultural beliefs promoting large family sizes (60%), lack of adequate family planning knowledge (55%), and lack of family planning practices (50%).

Comparison with studies in the current literature:

The opinions and views noted in Udayapur are in keeping with normative trends commonly found in rural Nepal. The number of Nepal’s population as of 2021 was recorded to be 30 million, and rural areas had the highest births, confirming the causes associated with overpopulation in rural areas, as presented in CBS (2022).

Key Poverty Indicators

Survey Findings:

Almost 68% of families have an income lower than NPR 10,000.

Around 40% have not achieved primary education.

Over 50% have problems accessing health care.

Comparison with Scholarly Literature:

The indicators above align with the NLSS (2021), which records the concentration of poverty in rural areas, while the 2014 Human Development Report for Nepal records a moderate level of poverty. Education deprivation and a lack of health care in the rural areas have featured persistently as significant drivers of poverty.

Consequences of Overpopulation on Poverty

Survey Findings:

- Around 65% of respondents recognize the scarcity of arable land because of population pressure.
- More than 60% reported increased competition for available employment.
- About 58% link population growth with food insecurity and/or rising food prices.

Comparison with Scholarly Literature:

Literature the findings confirm Shrestha & Karki (2022) regarding the demand for land pressuring deforestation and water resources; Paudel et al. (2021) regarding a non-expansive job sector; and Gautam & Thapa (2020) regarding a drag on productivity.

Recommendations to Decrease Poverty

Survey Findings:

- About 70% support skill development for improving employment opportunities.
- Approximately 65% call for support for seeds and fertilizer.
- More than 60 percent demanded improvements in educational infrastructure and scholarships for disadvantaged pupils.

Comparison with Scholarly Literature:

Recommendations are in line with Gurung (2021), who emphasized the importance of local-level decision-making, job creation, and management of resources sustainably, and NPC (2022), which emphasized skill development and agricultural assistance.

Recommendations to Decrease Overpopulation

Survey Findings:

- Approximately 68% favor awareness campaigns on family planning and reproductive health.
- Over 60% want access to affordable contraceptives in rural areas.
- Approximately 55% support women's education and employment to spread the norm of smaller families.

Comparison with Scholarly Literature:

This is supported by the recommendations of Lutz and KC (2021), who stress the importance of both education and family planning, as well as the efforts being put forth by the Nepalese government, although the application of these policies is a matter of concern (NPC,2022).

Gender and Social Disparities in Poverty Perception

Survey Findings:

- Women (72%) are more inclined to view poverty through access to basic needs such as food, healthcare, and education than men (65%), who associate poverty with unemployment and financial resources. This graph gives an example of gender-based differentiation in perception.
- Approximately 60% of women have faced economic difficulties due to the unavailability of job prospects and rights with respect to land ownership.
- Poverty is much more prominent in lower castes (Dalits as well as natives) (74%) than in upper castes (42%).
- While 30% of the marginalized group of ours claim to access government aid programs, 50% of the others do not.

Comparison with Scholarly Literature:

The findings confirm existing literature on identifying disparities based on gender and social categories within the poverty context in Nepal. Upon observation, Tamang (2021) confirmed discrimination and exclusion on the part of women and marginalized sections from the larger development process. Caste and ethnicity also create constraints in accessing economic resources, as identified by Karki & Sharma (2020), thus sustaining the poverty cycle. Shrestha (2021) confirms the role of disparities in education and job sectors in fostering economic inequality based on gender.

Community Strategies for Coping with Poverty

Survey Findings:

Virtually about 58% of the population is involved in small-scale agriculture or rearing of livestock for income supplementation, which indicates significant diversification of the agricultural sector. Moreover, 50% of the population indicated that at least one member of the family migrates seasonally for employment. Approximately 42% of the population saves through savings groups, which indicates significant group activity involving savings groups. In addition, about 35% depend on NGOs and the government, for example, food aid and technical capacity building.

Comparison with Scholarly Literature:

Community-level coping mechanisms have been supported by empirical findings. Remittances have been found to play an important role in the rural livelihood of Nepal (Khanal, 2022). Savings initiatives at the community level have been found to play an important role in increasing financial security (Adhikari & Dhungana, 2020). Self-help groups, along with micro-financing techniques, have been found useful for mitigating the effects of.

5 Discussion

The results generated by our research work offer important insights into perceptions pertaining to poverty and overpopulation in rural areas in Udayapur District, Nepal. When compared to existing literature, it becomes quite obvious that the importance of these two factors has been reinforced.

Perceptions of Poverty and Overpopulation

The findings of the study reveal that poverty is largely understood through the prism of unsatisfied basic needs and lack of job opportunities. This corresponds with the global understanding of poverty defined by the World Bank (2023), which states that poverty can be defined as the condition of people living on less than \$2.15 per day. However, for Nepal, the estimation of poverty also involves variables related to land, education, and healthcare.

Likewise, overpopulation is perceived to be a cause of economic burden. This includes unemployment, food scarcity, and depletion of resources. The argument that overpopulation puts a strain on economic resources aligns with Bongaarts (2020), who stated that fast population growth in developing nations causes adverse impacts on economic development as well as environmental deterioration.

The Interlinkage of Overpopulation and Poverty

Overpopulation: One of the most identifiable findings to come out from this study is that overpopulation is identified to have been linked to deteriorating poverty conditions. The respondents identified that overpopulation leads to pressures on land resources, deforestation, and productivity decline in agricultural sectors. It is important to note that this very observation was justified by Shrestha & Karki (2022), when they stated that overpopulation in Nepal has led to land degradation and water scarcity. Additionally, it was identified that high fertility in rural areas is impacted due to culture as well as a lack of knowledge regarding family planning schemes. To substantiate this observation, it is pertinent to note that the total fertility rate in Nepal has decreased, as identified by the United Nations in 2022, when it was revealed that this is due to rural areas having a traditional mindset pertaining to family size.

Gender and Social Disparities in Poverty Perception

The findings from this study show that women and the marginalized are more vulnerable to the impacts of poverty compared to their male and upper-caste counterparts. In support of this argument, it has been shown by the work undertaken by Gurung (2021) that the gap created by women in ownership and employment inhibits their escape from the cycle of poverty. Furthermore, the work by Tamang (2021) has demonstrated that the exclusionary practices among the Dalit and indigenous people of Nepal contribute to the high levels of poverty among the same social group.

Gender-disadvantaged poverty is also reflected in social support access. Women and lower-caste respondents show less access to social welfare support than others in the survey, reflecting the broader issues faced by the country identified by NPC (2022) for alleviation through intervention policies. In this case, the policies should help remedy the inequities through economic and social support programs.

Coping Strategies and Policy Implications

The degree to which the community relies on seasonal migration, savings groups, and small agriculture practices to cope with poverty reveals the resilience of rural Udayapur. Despite this, it is important to recognize that such methods are not sustainable approaches to poverty relief. The results support the work of Adhikari & Dhungana (2020), who suggested the importance of institutions to improve rural life.

Government and NGO intervention are very important in the alleviation of poverty; however, as noted in this research, only a limited portion of marginalized sections get to benefit from such initiatives. This was also found to be true by Karki and Sharma

(2020), who discussed that inefficacies and incorrect targeting are factors that limit the effectiveness of programs for the alleviation of poverty.

Recommendations for Policy Interventions

Taking into consideration the results of the current study, in addition to what is in the literature, the following policies may be recommended:

1. The development of vocational training and educational opportunities can enable people to have the skills required for employment. So, try to increase education and skill development schemes among the population.
2. Targeted education and provision of access to contraceptives may help alleviate population growth woes. So, enhance or promote family planning programs among the population.
3. The provision of subsidies, farming machinery, and irrigation systems would help improve agricultural productivity. So, consider it.
4. Providing equal rights to the ownership of land and jobs can help narrow the gender gaps in the economy. So, try to enhance gender equality on rural economy.
5. Financial assistance and development initiatives for marginalized sections of society are necessary to address socio-economic disparities. So, give attention to upgrade social protection mechanism.

Conclusion

This study has focused on analyzing perceptions of poverty and overpopulation in rural areas in the Udayapur District of Nepal. Results of this research showed that in this particular region, poverty has been identified not only in terms of the absence of economic resources, but it has been predominantly associated with poor access to vital social and economic facilities, namely health care, education, employment, as well as access to wholesome food. On the other hand, overpopulation has been one of the causes of poverty in this particular region.

One of the critical discoveries emanating from the previous study is the manner in which the problem of poverty and overpopulation are interlinked and sustain each other in a vicious cycle. This implies that with the rise in family size, the resources needed to cater to the dietary, health, and educational needs are decreasing equally. The issue of poverty not only affects marginalized communities but also women in this study.

However, the study also shows that rural households have been using various coping strategies, which include small-scale farming, savings group cooperatives, or remittances sent by members of the household who are working abroad. Notably, the strategies are only temporary remedies and do not solve the underlying problems causing the poverty. Additionally, although government and NGOs programs are put in place by the government to reduce the levels of poverty, they cannot reach the vulnerable communities effectively owing to bureaucratic red tape, lack of information, or discrimination. When the results obtained are compared to the existing literature, it becomes clear that the findings of the study regarding the Udayapur district also reflect international trends.

Related studies in Nepal and other developing countries emphasize the important roles of education, gender empowerment, and economic-oriented efforts in the context of government policies addressing poverty. However, the lack of effective integration and allocation of resources remains a challenging area despite the improvement in living standards.

In order to tackle such issues, one needs to follow an integrated strategy while taking into account all aspects that relate to poverty as well as overpopulation. This has to be achieved through an effective collaboration among governments, decision-making institutions, and organizations working for development in various fields such as education, job, healthcare, and resource management.

Recommendations for Policy Interventions

Based on the findings of the research, the following recommendations are made to reduce the influence of poverty and overpopulation in Udayapur District, Nepal, along with other rural districts. The recommendations will focus on making improvements in the education, health, and employment sectors, along with active efforts to provide sustainable solutions.

1. Strengthening Educational Opportunities and Skill Development

Offering educational services is one of the long-term methods of combating poverty, although many rural areas still lack access to quality educational services. Education investment is one approach that could empower people with relevant knowledge to access sustainable jobs.

Proposed Actions:

- Establish technical/vocational training schemes that address local needs, including agricultural modernization, handicraft production, and small enterprise development.

- Improving rural schools by upgrading the school infrastructure, the availability of competent teaching staff, and the provision of technological resources for learning.
- Offering economic support to students who come from poor backgrounds and specifically targeting support to girl students and those belonging to lower castes.
- Establish programs for literacy skills acquisition as well as skills training for adults.

2. Enhancing Family Planning and Reproductive Health Services

One problem faced by the people of Udayapur district is overpopulation. This can be attributed to the cultural values that support a larger family and the unavailability of reproductive health services. Encouragement to make use of family planning services may slow down the growth rate.

Proposed Actions:

- Rural health facilities should be supplied with family planning commodities and health care workers should be made available for counseling.
- Involve the leadership and health professionals in educating the community about the benefits of having a small family, the health of the mother, and child spacing. - Empower women with initiatives that focus on reproductive rights and the removal of obstacles to healthcare.

3. Promoting Employment and Sustainable Livelihoods

Unemployment is a key contributor to poverty, especially among the youth, with the people of Udayapur having limited engagement with employment opportunities. Creating sustainable job opportunities is likely to uplift the standard of living.

Proposed Actions:

- Offer micro-financing and training for the empowerment of rural communities for small business ventures in areas like handicrafts, agriculture, and ecotourism.
- Encourage agricultural technology, irrigation, and provision of high-quality seeds and fertilizers to improve agricultural productivity and income.
- Develop modern agriculture practices, irrigation facilities, and quality input supply sources in order to enhance crop production and incomes for the farmers.
- Development of infrastructural projects such as road construction and irrigation, alongside the establishment of learning institutions. - Encourage cooperatives or

market systems for farmers and artisans to sell products through market prices that are not exploitative.

4. Improving Healthcare and Nutrition

This study brings forward the fact that the lack of accessible healthcare services and food security influences poverty significantly. Improving healthcare services and nutritional awareness could thus lead to a better population.

Proposed Actions:

- Enhance the existing health facilities by providing health posts and equipping them with necessary medicines and professional staff in rural areas.
- Promote Nutrition Awareness by different campaigns about the importance of a well-balanced diet, especially for pregnant women and children, to help combat malnutrition and stunting.
- Launch mobile health units to remote areas in which healthcare access has been limited.

5. Addressing Gender and Social Disparities

The findings also reveal the prevalence of poverty among women and lower castes, largely owing to their limited access to economic opportunities and discrimination. Structural inequalities must, therefore, be counteracted through policies to make way for inclusive development.

Proposed Actions:

- Provide equal land and property rights by nurturing and enforcing policies to facilitate the ownership of land and property by females and other oppressed groups.
- Create projects to encourage female entrepreneurship and engagement in non-traditional fields and raise women's participation.
- The government should pay attention on implement legislation to prevent discrimination based on the caste system and gender violence.

6. Strengthening Government and Community-Based Interventions

Though there are government and nongovernmental interventions aimed at the alleviation of poverty, they sometimes do not effectively target the most at-risk groups.

Proposed Actions:

- Ensure the use of monitoring systems for the dissemination of aid funds to the desired recipients.
- Encourage Community Involvement by involving communities in decision-making in development programs, which will ensure their policies conform to their needs.
- Ensure coordination between government and NGO efforts to make service delivery more efficient and not duplicate efforts.

7. Environmental Sustainability and Resource Management

Overpopulation and poverty are factors that, combined, cause environmental degradation, which leads to poor living standards. World resource utilization should be done in a sustainable way.

Proposed Actions:

- Encourage tree-planting programs as a strategy to counter deforestation and reduce soil erosion.
- Educate farmers regarding organic farming and methods of conserving water.
- It also encompasses the development of infrastructure as well as policy formulation to mitigate droughts and floods in rural areas.

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