

Hermeneutic Phenomenological Study of Nepalese Migrant Worker's Families from Communication Perspective

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Abstract

This research study is conducted to explore the role of intrapersonal communication on human development of international migrant workers' left behind family (IMWLF). It considers these left behind families to have difficult life conditions due to the separation with their family members. It includes the experience of migrant workers' left behind son, daughter and spouses. Study has explored the variation in qualitative experience in this life condition due to their gender identity. Major focus is on human physiological, psychological, emotional, cognitive, intellectual and spiritual development. Hermeneutic phenomenological qualitative study is conducted through an in-depth interview of 4 participants from international migrant workers' left behind families based on interpretive research philosophy in a cross-sectional time frame on inductive approach. Inductive approach is implied to see the individual development within a wider area of human development. Major finding of this study is that family separation caused by migrant working has highly impacted their human development in various spheres as in studied variables such as physiological, psychological, emotional, cognitive, intellectual and spiritual level. Positive intrapersonal communication skills enhancement is explored as needed for intervention for the qualitative human development of these research participants in specific and in general of international migrant workers left behind families in Nepal.

Keywords: intrapersonal communication, human development, physiology, psychology

Introduction

In this research, human development is studied from the communication dimension. According to the United Nation Development Program, human development is the process of enlarging people's choices where choices allow them to lead a long and healthy life, to be educated, to enjoy a decent standard of living along with political freedom, other guaranteed human rights and various ingredients of self-respect. Human development is interdependent to individual choices and viability of those choices, which in aggregated form can be defined as social choices. Core interest of this research is to know how Nepalese individuals do intrapersonal communication to exercise their personal choices in person when they are separated from their migrant working family members. There are six basic pillars of human development: equity, sustainability, productivity, empowerment, cooperation and security. Study shows there is a need for change in the present scenario through healthy positive intrapersonal communication with an active role of support system for an individual's growth to its fullest human potential. Inward factors, as physical, psychological, emotional, cognitive, intellectual and spiritual aspects of an individual should be regulated which brings a sense of belonging and security, which can be ensured by an outward support system as social, economic, political, cultural, religious, technological and global systems.

Methodology

This academic research is conducted using interpretive research philosophy adapting qualitative methodology with hermeneutic phenomenological research method in a cross-sectional time frame on inductive approach. Sample of research is purposive of Migrant worker's family. In-depth interview of experts working in the respective field is taken. To study Migrant worker's family is done to know the impact in the relationship dynamics and human development (Physical, psychological, emotional, intellectual, cognitional, social and economic level) in individual family members (especially in children who faced these situations and grown as youth) due to the separation either by the cause of unnatural death or induced unemployment problem. Qualitative personal experience of political and economic circumstances mostly caused by global phenomenon about which most participants are unknown but their own experience is widely considerable due to their standing in certain strata of social, political and economic spectrum.

Asper (2009) describes phenomenology as proceeds from the assumption that scientific explanation must be grounded in the meaning structure of those studied. This means that the actor's perspective is the center of the study. A further assumption is that the social world is socially constructed, an argument which is generally accepted in contemporary society. Finally,

empirical phenomenology acknowledges the central role of theory in research as well as unintended consequences. Four cases of migrant working families have been taken to understand the relationship dynamics and impact of human development of individual family members due to separation due to induced unemployment problem resolution through migrant working. In this case study, identification of sampled cases is kept confidential due to ethical concerns. Each case varies from each other due to their relationship dynamics first case is about threshold aged wife, whose husband is abroad and applying for refugee status in developed country, second case is about threshold aged husband whose wife is in abroad with working visa, third case is about 11 years old girl child whose mother has abandoned her and her father is migrant worker and final case is about 19 years old adolescent boy whose father is retired army who lives away from him and mother is migrant worker.

Data collection is done using in-depth interviews of participants. Questions for written interviews were formulated consulting with academician from discipline from media, psychology, physiology, media professional and gender specialist: Professor Chiranjivi Khanal, Dr. Brent Downes, Dr. Prabhakar Shah, Kapil Kafle and Bishnu Nisthuri to avoid biases. Professor Chiranjivi Khanal (Head of Department at Central Department of Journalism and Mass Communication at Tribhuvan University) is Media academician; Dr. Brent Downes is Development practitioner with doctorate

in Community Development and also has pursued education in Psychology; Dr. Prabhakar Shah is Medical Doctor with specialization in surgery. Kapil Kafle is a gender analyst and currently working as Co-coordinator at MenEngage Alliance South Asia and Bishnu Nisthuri is a former Chairman of Federation of Journalists who is facilitating a sponsor program of Asian Journalist Association under Nepal Children Association Fund

Data analysis is descriptive defining the phenomenon about the role of intrapersonal communication in Human Development. Interview was taken in two phases: Oral and Written. Oral interview was done through recording in an informal setting with informal questions and a written interview was done giving them a set of questions asking them to write answers. Participants were interviewed scheduled for approximately 2 hours each. Interviews were conducted with an unstructured approach reflecting on the framework presented in the literature. The setting for oral interviews was a one to one interaction scenario assuring confidentiality of their identity and was more informal to make them feel comfortable to share their inner thoughts; feelings and perspectives. Audio-recorded interviews were transcribed and analyzed. For accuracy of interviews participants were provided with an electronic copy of their transcribed interview to cross verify the facts. Inductive reasoning is used to do the data analysis

Results

Cases of International Migrant Workers' Families

Migrant worker's family is chosen to understand the impact in the relationship dynamics and human development (Physical, psychological, emotional, intellectual, cognitive, social and economic level) in individual family members (especially in children who faced these situations and grown as youth) due to the separation by the cause of unnatural death or induced unemployment problem. Cases of sampled family are studied to understand their psychological, emotional course, intellectual and cognitive abilities to project their self-concept and social cognition.

Four cases of migrant working family have been taken to understand the relationship dynamics and impact of human development of individual family member due to separation due to induced unemployment problem resolution through migrant working. In this case study identification of sampled cases is kept confidential due to ethical concerns. Each case varies from each other due to their relationship dynamics first case is about threshold aged wife, whose husband is abroad and applying for refugee status in developed country, second case is about threshold aged husband whose wife is in abroad with work visa but started extra marital affairs there itself, third case is about 11 years old girl child whose mother has abandoned her and her father is migrant

worker and final case is about 19 years old adolescent boy whose father is retired army who lives away from him and mother is migrant worker.

International migrant family is categorized in two categories as spouse and children who are coded as International Migrant Worker's Spouse as IMWS in short form and International Migrant Worker's Children as IMWC in short form. These categories are also sub categorized and coded as their gender role. Female spouse is coded as IMWS-1 and Male spouse is coded as IMSW-2, similarly male child is sub categorized and coded as IMWC-1 and Male child is coded as IMWC-2. Inward human development of participants from the International Migrant worker family is traced using six variables as physiological, psychological, emotional, cognitive, intellectual and spiritual. Outward human development of participants is traced in five variables as social, economic, political, culture, religious alignment and scripture literacy, information communication technology and globalization.

In four cases of International migrant family inward growth and outward growth is affected in a multi-dimensional aspect of their life. These multidimensional aspects of a person as an individual and part of collective being is measured using six variables in inward growth and seven variables in outward growth through in-depth interview which shows they do reflective thinking and self-talk but mostly about their circumstances.

Physical health has deteriorated due to complexity developed in relation between spouses or children with international migrants or due to mistreatment from family members back home itself. In case of a child's temper, internet or substance abuse is a way of showing psychological distress whereas in spouse insomnia, anxiety and fear of isolation is prevalent. Emotionally grown up spouses seem to make efforts to maintain positive emotions to save their relationship whereas in children negative emotions are visible due to lack of trust, ambiguity and inability to acknowledge their situation of vulnerability without parents. In cognitive level, all participants have motivations for lower order needs but participants who have spouses abroad have compromising attitudes and children whose parents are abroad have aggressive, unruly attitudes in both but also have unreliable tendencies. Intellectual development is different in each participant; female spouse has critical thinking ability with average performance in her everyday life whereas her academic achievements is Master's in arts. Male spouse has creative ability as he works as a manual painter and tries to handle his complex relationships in a humanistic way. His performance is low as it is hampered by cyber bullying done by his wife's new beloved. Due to his poor economic background, he left school in grade three at an early age itself. Son of an International migrant worker's intellectual development seems hampered as his ability is deviated, performance seems low and academic achievement is

plus two but he has not joined for further education and has low willingness to learn something new. It is also hampered because of his teenage aspiration of going abroad but not making any effort to fulfill necessary criteria.

Daughter of an International Migrant worker is creative with her dance, writing poem, designing dress for dolls and painting with average performance and academic achievement is grade five. She knows about her father and mother's bad relationship equation of possibility of stepparents but is confident and positive towards life. Spiritual strength seems unknown, as they are unaware about the relationship with self.

They have self-sabotaging tendencies like suicidal syndrome, compromising dignity, substance abuse, internet addiction, insomnia and anxiety instead of empowering self in relationship equation and stand for their right to live with dignity embracing their basic human right and right to grow at their fullest potential as human. In both IMWS and IMWC social isolation is prevalent similarly in the son also has a reserved attitude, which is slightly tilting towards anti-social behavior. Economically all participants are affected in terms of being labor or getting employment except the daughter as she is minor. All participants are dependent on their international migrant worker family members to fulfill their basic needs such as food, shelter, clothes and education. Male spouse of an international migrant is labor but with irregular jobs based on projects which is

Table 1
Comparison among IMWS-1, IMWS-2, IMWC-1 and IMWC-2 about their inward Human Development and Intrapersonal Manifestation

Case	Physical	Psychological	Emotional	Cognitive	Intellectual	Spiritual
IMWS-1	Hormone issue and bleeding disorder	Insomnia Insecure	Efforts to maintain positivity	Attitude= Compromising Motivation= Lower Order Need	Ability= Critical Thinking Capacity= Average Performance Achievement= Master’s in Arts	Self = Unknown
IMWS-2	Neuronal Disorder	Anxiety, Insomnia, fear of isolation and abandonment	Efforts to maintain positivity	Attitude= Compromising Motivation= Lower Order Need	Ability= Creative Capacity= Low Performance Achievement= Grade 3	Self = Unknown
IMWC-1	Substance Abuse and Vitamin D Deficiency	Temper Issues and Internet Addiction	Negative	Attitude= unreliable Motivation= Lower Order Need	Ability= Deviated Capacity= Low Performance Achievement= Plus 2	Self = Unknown
IMWC-2	Internet Addiction	Temper issues, fear of isolation and abandonment	Negative	Attitude= Aggressive and Unruly Motivation= Lower Order Need	Ability= Creative Capacity= Average Performance Achievement= Grade 4	Self = Unknown

Note: From In-depth interview of all participants from international migrant worker's families from March 31 to April 1, 2019 AD

also affected by complexity in relationship with his international migrant wife so, he quit multiple projects due to feeling of withdrawal and lack of focus. Politically, both IMWS are passive congress supporters but are indifferent about ongoing issues whereas IMWC are completely indifferent. Culture as a way of life, all participants are modern consumers. Religious alignment and scripture literacy vary in each participant. Female spouse is Hindu whereas male spouse is Buddhist but both of them have scripture illiteracy. Both children are

Buddhist but with scripture illiteracy. All participants are digitally literate in Information communication technology. They are passively connected with globalization but recognize the significance of it.

Table 2

Comparison between IMWS-1, IMWS-2, IMWC-1 and IMWC-2 about their outward Human Development and Support system's presence in their life

Case	Social	Economic	Political	Culture	Religious align and literacy	Information Communication Technology	Globalization
IMWS-1	Isolated	Affected Non-Labor	Passive congress supporter	Modern Consumerist	Hindu, Scripture literacy= Illiterate	Digitally Literate	Passive connection
IMWS-2	Isolated	Affected, Labor	Passive congress supporter	Modern Consumerist	Buddhism, Scripture literacy= Illiterate	Digitally Literate	Passive connection
IMWC-1	Isolated and reserved	Affected, Non-labor	Indifferent	Modern Consumerist	Buddhism, Scripture literacy= Illiterate	Digitally Literate	Passive connection
IMWC-2	Isolated	Minor	Indifferent	Modern Consumerist	Buddhism, Scripture literacy= Illiterate	Digitally Literate	Passive connection

Note: From In-depth interview of all participants from international migrant worker's families from March 31 to April 1, 2019 AD

It shows their family institution is in split form at present with lots of misinformation and disinformation creating misunderstanding and ambiguity in relationship. They have intrapersonal communication as reflective thinking, self-talk and dreaming about their family members abroad. These intrapersonal communications with themselves are overwhelmed with negative texture and emotion due to their harsh and unexpected experience just because of their key earning person abroad by either close family members or society, which is manifesting negatively in their real-life conditions. They are unable to have

positive self-relation boosting self-esteem, confidence and sense of belonging, which is directly proportional to their survival from difficult life conditions and healthy human development. There is a possibility that these intrapersonal communications as positive reflective thinking, self-talk and dreaming can be inserted in these individuals with an outward institutional support system. Support systems are institutions at the local, national and international level in multi sectors such as social, economic, cultural, religious, technological and global. These systems need to reach out to the communities of

international migrant worker's families and help to develop their sense of belonging. They are living with the sense of isolation and abandonment from support systems.

Major findings

Role of intrapersonal communication is significant in human development in the context of Nepal but the quality of it also matters whether an individual is growing or blocking his/her own growth.

Intrapersonal communication has three patterns extreme positive, neutral and extreme negative but in difficult life conditions people are accustomed with or turn to negative intrapersonal communication creating negative self-image and unhealthy relation with self which ultimately manifest in their living condition making it worse because they develop self sabotaging tendencies of exaggerating and creating problem instead of solving problem and creating opportunity for growth. Long period of negative intrapersonal communication is mostly difficult to change and make positive because a person is reluctant for change as he or she is accustomed to it using it as a survival instinct and defense mechanism. Extreme positive intrapersonal communication makes a person unrealistic and ideal uprooted from practicality due to over fabrication of simplest things. It makes individual optimists but also fickle and unreliable in the support system ultimately blocking their possibility of growth from potential to excellence. Neutral intrapersonal

communication is a balance between practical reality, facts, and condition for living but also with critical and creative potentialities to be explored, tested and verified to grow in higher status than existing one. Person with neutral intrapersonal communication constantly reminds oneself to remain grounded but also to remain dissatisfied to increase the craving for development. Extreme positive and negative intrapersonal communication in any either difficult, normal or luxurious life condition creates obstacles for an individual's development, remaining a deviant account of fact than the real one. Neutrality possesses the quality of calmness and patience to keenly observe reality from multiple aspects with accountable and credible facts and data, which makes decision sound and informed letting a person have firm grip in support system earning trust through valid and informed decision-making capacity and action. Neutral intrapersonal communication and its manifestation are natural in some individuals due to their strong family and support system's values as they are exposed to it from the womb. In a family and support system where they lack it, it is difficult to transfer because it can be learned only when an individual realizes it oneself that his or her present extreme bipolar intrapersonal communication is harming themselves. It should begin in individuals with self-realization for change needed in their inner engineering of physiological, psychological, emotional, cognitive, intellectual and spiritual well being.

Migrant worker's families' intrapersonal communication and its manifestation on their growth is obstructed due to the influence of pleasant past but unpleasant present caused by separation and its effect and affect on relationship equation on the basis of economic success of migrant worker and increased aspiration and expectation of left behind family.

Individual self always wants to belong with somebody and something so its support system should be able to grow that sense of belongingness. Sense of belonging does not come from an outward support system unless a person has a positive and healthy relationship with self. All things that an individual experience happens within the territoriality of his/her physicality that holds their subtle being as psyche, emotion, cognition, intellect and spirit. Healthy relationships with self emerge and grow in a healthy body, conscious to super conscious psyche, healthy regulation of both positive and negative emotion, positive attitude with functional and consistent motivation recognizing need fit to condition, critical and creative ability, high performance capacity with achievements parallel to effort and time and ultimately knowing own self in informed manner.

Discussions

This study is based on theories of various disciplines in social sciences that imply a role of intrapersonal communication from multidisciplinary frameworks in qualitative human

development of migrant workers' families who are left behind at their homes in Nepal. For this purpose, intrapersonal communication and human development is seen in two spectrums as individual's awareness about inward development through constant intrapersonal communication creating self-concept and outward development as individual connection with their support system. To know about the self-concept of inward development, a person's physiology, psychology, emotion, cognitive, intellectual and spiritual aspect is studied as variables, which affect their social cognition as well as inward wellbeing. Such variables are measured from Vygotsky's (1976) sociocultural theory, Freud's (1890) psychosexual theory, Piaget's (1938) cognitive development theory, Erikson's (1950) Emotional development theory, Maslow's (1943) self actualization theory. Similarly to study outward development for social cognition and its role in inward well being theories of Mead's (1931) symbolic interactionism, Kohlberg's (1958) moral development theory, Lerner's(1958)Modernization theory, Bandura's (1977)social Learning theory, Sen's (1972) Social choice theory, Azen's (1985) theory of reasoned action and (1965) theory of planned behavior, Kelman's (1958) social influence theory, Nolle Neumann's (1974) spiral of silence, and Fesstinger's (1957) social comparison has been used.

Vyotsky's (1976) Socio-cultural

theory considers human thought processes to be based on social interactions and language. Three key areas of socio-cultural theory are the zone of proximal development, private speech and make-believe play. Private speech is the foundation for all mental developments. Among 8 participants, all have negative private speech and have lesser social interactions because of the feeling of social isolation and constant social psychology towards them as others. It has affected their individual development arising various problems on inward and outward terrain of their physical context. Sense of sense and self-relationship is hampered due to personal experience of conflict where participants' trust towards the support system is severely broken and their connection with close family members is hampered due to the differences between the life experience where they have been confronted with brutal and inhuman aspects of the system. To cope with that severe experience, they need a special support system within the family and wider arena that is ignored by both family and state either by ignorance or by reluctance. It diverted their private speech and social interaction towards hopelessness, abandonment and withdrawal at a very early age of 11 to 40 years old.

Mead's (1931) Symbolic interactionism treats individuals not only as the product of social ideas, attitudes and values but also of constant active ongoing process of thinking. Humans sense their environment through ongoing social interaction and thinking. Among

four research participants, two are aware about their issues and social interaction about their own social identity as an international migrant working family's spouse. Other two participants are not familiar with social interaction due to their age and social connection factor. Both of them are international migrant children. One is an 11-year-old girl and the other is a 19 years old adolescent boy. They are quite unknown about what society opines for abandoned children either negative narratives or positive narratives about them. Their guardian is a sensitive woman so their social interaction happens through her where she tries to filter negative narratives and nourish their confidence only with positive narratives.

The cause of human action is the result of the present situation. Cause unfolds in the present social interaction, present thinking, and present definition. Past affects our actions through constant thinking and applying it to the present situation. Human beings are active beings in their environment. If these participants have to have healthy intrapersonal communication with self in various levels, they will have to be super conscious about present social interaction, situation and thinking. All conflict participants are carrying the burden of past unpleasant experience of conflict, which is hindering them to relate with current social interaction, situation and thinking. Any interaction against their past belief systems seems triggering them to think negatively either as extreme or prejudiced ways. All international migrant workers' families are in the past due to their

inability to cope with the present so are haunted by pleasant experiences of the past also which they had with their family. Togetherness of the past is haunting them today, and they are unaware why they feel emotionally and psychologically distressed, cognitively and intellectually dysfunctional, and spiritually weak with severe manifestation in physiological health. Their present broken family structure of geographic distance resulting in emotional misunderstanding and distance is not acceptable for them. They want to live in the past, escaping the present or creating fabricated pleasant presents with over indulgence either in substance, internet, food, traveling or in any other ways.

Freud (1900) accounts the structure of human mind in the model of id, ego and superego. Id is the instinctual drive that is more concerned about the needs of the body which is primitive and needy as well as incapable of denying itself. Male research participant IMWC-1 is guided by Id they care more about their innate personal desire more than social pressure. IMWC-1 abuses substance without any regard of society. He promises to his relatives to terminate it but time and again he relapses in one or other form of substance. He does have Oedipus complex also because he does have rivalry relationship equation with father and is very sensitive about mother. His relationship equation with his love interest is very much influenced from his image about his mother. He thinks his mother more responsible than his father

so does he finds his girlfriend more responsible than him. Both of these participants have over ruled by Id but for their healthy psychological development, their social consciousness should be raised. Healthy activation and regulation of ego is needed in them. In case of sub-conscious state both of them have unhealthy dreaming pattern like recurring dream of lost battle and terrifying dreams related to oneself. IMWS-2 is more focused on lost social identity that he loses along with his property. He wants to reconcile his wife and does not care about her infidelity because carnal relation is not big issue for him. He is worried about his marriage and family institution, which brings social identity as son, husband and father. He has not started any love affair after his wife's international migrant working in last one and half year because he does not feel the need of it and finds it socially unacceptable. He has sympathy for his father and talks less about his mother so there is no symptom of Oedipus complex in him. In these two participants, there is a need to raise consciousness related to self as Id. They should be focused towards themselves and should know their own identity without stressing much about social, political and economic identities. Ego should balance their psychosexual development lessening their superego and raising their id in a healthy manner.

Female research participants have repressed their innate desires and try to be subservient of social norms. IMWS-1 has hormonal imbalances and cannot

sleep if her husband is unable to speak with her on the phone everyday but does not like open conversation about sexual matters. She mentioned in informal conversation that if we think about it or watch movies with obscenity it could mislead a person in infidelity when the partner is away so she avoids watching or talking about it. She is at the age of 28, which is the age for fertility and active sexual behavior, but her repression of such desire is sourced from fear of social defamation. She does not even want to travel in a private car or bike with male friends in her locality due to the fear of character assassination. She has fear of social isolation, insomnia and anxiety issues. IMWC-2 hates her mother for leaving her early so has an over attachment with father which shows Electra complex in her. She has fear of abandonment due to early experience of abandonment by mother.

Erikson's (1950) the development of emotional competence skills is a developmental process such that a particular skill manifests differently at different ages. IMWC-1 and IMWC-2 have been separated from their parents from an early age so they have difficulty in emotional development. In IMWC-1, it is difficult for him to have initiative, so, has a sense of guilt as he was abandoned at the age of 5 years old. He abuses substance and lies as per his interest. IMWS-1 has faced separation only at the age of 25 so; she does not have issues with trust, autonomy, initiative, industry, identity but has problems with intimacy. She feels isolated because her husband

speaks less and lives with nephew and niece who are younger to share her feelings. IMWS-2 has faced crisis in two phases of life, which was at the age of 8 when his father committed suicide and he was compelled to drop out of school and now at the age of 33 when his wife has started infidelity during the course of international migrant working.

Piaget's (1936) cognitive development viewed formal operation as the stage from the age of 11 to 15 where children learn to use language to think about abstract ideas. All participants are of the age categories from 11 years old to 40 years old. All participants' thinking ability is affected by their life conditions.

Bandura's (1977) Social Cognitive Theory as triadic interaction of behavior, personal and environmental factors known as reciprocal determinism is prevalent as all participants' behaviors are affected by personal and environmental factors. Participants to have healthy human development needs learning and behavior change through self-efficacy, self-control, outcome expectation, reinforcement, emotional coping and observational learning. Environmental constraints in these participants is international migration working of major earning members of the family and reluctance of the support system to address them efficiently has affected their behavior change from negative to positive.

Ajzen's (1985) theory of reasoned action shows that research participants are calculative about behavior's

consequences before performing the particular behavior. Intention of these participants is to cope with traumatic experiences of the past and present. International Migrant Worker's family had pleasant past but present has become traumatic due to relation crisis emerged from family separation so their intention is to cope with present and to avoid conflict with relatives abroad in a hope of future togetherness. Personal attitude of participants and social pressure has shaped their intention, to perform their behavior with relatives home and abroad as well as in society. It has changed their care free past behavior into submissive beings for adjustment with difficult life conditions.

Ajzen and Fesbein's (1980) Theory of planned behaviors is implacable as participants are aware about their behavior and its effect, which is proportional to each other. Research participants are not asking for any support from the system or raising their voices because they know it can be fatal to them and their family. They control their rage against dysfunctional support systems due to their awareness of what would happen after they raise their voice for their rights. Their self-efficacy is strong to repress discontent due to their intention to be safe and not being victimized by the system as their relatives and friends.

Maslow's (1943) theory of motivation is implacable to all participants. They are from middle class family background so their motivation is in lower order needs such as physiological need, safety need, love and

belonging need and esteem. None of participants seems to have reached the phase of life where they are stepping towards self actualization such as acceptance of facts, morality, lack of prejudice and problem solving yet just in the beginning stage so they are also categorized in lower order needs.

As per Robeck and Micheal (1969), Intelligence is measured in ability as creative, critical thinking and deviation, capacity as high, average and low performance and achievements from their academic accomplishment. IMWS-1 has critical thinking ability whereas IMWS-2 and IMWC-2 has creative ability. IMWC-1 is deviated from real life scenarios. IMWS-1 and IMWC-2 have average performance capacity. IMWS-2 and IMWC-1 have low performance capacity. Except for IMWS-2 who dropped out in grade three and now is a manual worker as a wall painter, all other participants have good academic accomplishments as per their age.

Kohlberg's (1958) Moral development theory as severe defect in moral development among 8 participants is IMWC-1. All participants are in difficult life conditions due to various support systems' injustice to them and their family members. It has shaped their moral values and behavior. Among four, one research participant has tried to avoid social, political, economic and cultural punishment and has self-interest to maintain a good person attitude following law and order morality determined by social contract and

principle. Their moral principle is still being shaped as per the phases and life experience they are facing at present.

Lerner's (1958) Modernization theory fits all research participants who have gone through physical, psychic and geographic mobility but also with institutional insatiability. Their family, social, economic and political institutions have gone through changes in different phases. Here, modernity means development and adoption of change. Among these participants, the international migrant worker's family seems modern consumerist and conflict participants seem quite reluctant to develop and adapt to change. Exposure to capitalism is overwhelming so their aspiration and expectation towards life is changed but existing reality is different which has made them dissatisfied.

Sen's (1972) Social Choice Theory shows IMWS-1 has preferences towards collective welfare and utility of resources. She chooses family's welfare and disadvantages over her situations like orphan and poor kid's welfare over her personal interest. She contributes her money to needy people whenever she comes across them. She helped her neighbor to resume college who was obstructed due to economic reasons.

As per Kelman's (1958) Social influence theory, all 8 participants have elaborative thoughts on their norms as perceptions on whether they are expected by their friends, family and the society to perform the recommended behavior. The International Migrant worker family is

aware about how society expects them to behave and live as their relationship with their relatives abroad. If they are spouses, they are in constant monitoring of society whom they talk, walk and eat with to conform their loyalty to hard working partners abroad. Left behind spouses are constantly judged with social yardstick of being loyal so two participants IMWS-1 and IMWS-2 are aware and subservient towards social expectation which has influenced their behavior to change from previous one. IMWC-1 and IMWC-2 have lesser social contact due to their age ranging from 11 to 19 but they have social life with friends at school and home. Their behavior is influenced by them. IMWC-1 started to smoke and abuse substances from the influence of his friends and the network of his relatives.

Noelle Neumann's (1974) spiral of silence is significantly recognized in all participants who assess the climate of opinion and are constantly aware that their deviant opinion can lead to social isolation. How long they will stay silent in their circumstances is immeasurable. Both circumstances are still not treated the same, which is rooted by inequality and discrimination in access and reach in resources in the multidimensional sector causing similar effects. They are a minority not by class and caste but by experience of difficult life conditions. They are actually in more social isolation due to their unique life experience than that of others who have not directly or indirectly experienced conflict and

international migrants working by relatives and being left behind family. They prefer to remain silent than to raise voice against their socio-economic and political issues.

Fastener's (1957) Social Comparison Theory: Social comparison theory states that individuals determine their own social and personal worth based on their comparison with people from higher, equal and lower social status. IMWS-1 and IMWC-2 compare themselves with people lower than their status. IMWS-2 and IMWC-1 compare themselves with people with higher status than their own status.

Technological determinism theory of Harold Innis and Marshall McLuhan is also significant to the development of these individuals. Diffusion of innovation theory of Everett Rogers is also important because participant's familiarity has determined their access to information, which has directly affected their cognitive and intellectual ability. Due to the viewership of a wide range of fictional and factual videos and content; their psychological and emotional well being is also affected, for instance 11 years old participant IMWC-2's overindulgence to creepy videos of vampires and horror movies. Sleeping pattern of all migrant worker's families is widely hampered by over indulgence in the internet which has affected them physiologically also like Vitamin D deficiency in IMWC-2. It is caused by an overnight stay with video game PUB G, Clash of clan and YouTube videos causing him to sleep during the daytime so he never came out in sunlight.

In the case of spiritual development, there are various practices based on religion as a belief system or those who do not believe in religion are also a believer of not believing or doubting. Here, comes another question 'is religion and spirituality the same thing' obviously not. Religion is a belief system, which can be false and wrong but spirituality is all about direct experience of 'Truth, consciousness and bliss'. It neither believes nor disbelieves. Four research participants are blind believers of Hinduism and Buddhism without reading scripture. When belief is also followed without awareness or consciousness, there is the least chances of higher level of spiritual strength.

Implication and Conclusion

Government should make Policies and directives for Pre-primary level education to teach intrapersonal communication skills to create neutral self-image, self-relation and constant reflective thinking. Extreme positive and negative intrapersonal communication distorts the upbringing of children making them either narcissistic or anti-social. Elderly people have reluctance on behavior change related to intrapersonal issues because they have to struggle with their old self-image, self-relation and thinking pattern 24/7. It can be harmful causing paranoia and low self-esteem.

Government should bring policies and directives to have a strong support system among the citizens collaborating with faith communities, social, economic, political, cultural, technological and

global organizations. There should be separate cells in local administration of government to provide psychological, economic, and relational and legal aid and consultancy to International Migrant Worker, their left behind family and also to assist families who are dealing with conflict issues.

Implying results of this inductive approach, every child who gets birth in Nepal is prone to face these inward and outward developmental crises in through different stages of life while forming self-concept and social cognition due to their families' migrant working as Nepal's migrant working exodus is peaking. Their intrapersonal human development measured as physically, psychologically, emotionally unhealthy, cognitively and intellectually challenged and spiritually ignorant as well as socially reserved, isolated and anti-social, politically indifferent, economically non-labor, culturally modern consumerist, technologically literate and addicted, globally passive then they become burdensome for the nation state because they are not productive citizens but people with special needs which should be provided by the state as per our constitutions various provision as social security issues and also in regard to international instrument ratified by Nepal. The immediate attention of Government and relevant International agencies is needed to resolve this immediate crisis in qualitative human development is faced by Nepal currently.

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