



Causes and Impacts of Internal Migration in Quality of Life (In the Reference to Birendranagar Municipality Ward no-2, Surkhet)

Balkrishna Paudel

Assistant Professor

Central Department of Social Work, Journalism and Mass Communication

Mid-West University, Surkhet, Nepal

balkrishnapoudel36@gmail.com

Received: November 03, 2024; Revised & Accepted: December 29, 2024

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Abstract

Background: This study explores the causes and consequences of internal migration in Nepal, specifically focusing on Birendranagar Municipality, Surkhet. It investigates the impacts of migration on both origin and destination areas, highlighting issues related to education, healthcare, employment, and socio-economic dynamics. **Objective:** The primary objective of the study is to explore the factors driving internal migration in Birendranagar Municipality and its subsequent effects on local communities, with a focus on challenges faced in both rural and urban contexts. **Methods:** The research employs a descriptive design and utilizes a simple random sampling method to select 56 households from a total of 367 migrant households in Birendranagar-2. Data collection was done through structured interviews, providing primary information for analysis. **Findings:** The study reveals that poor infrastructure, lack of employment opportunities, and social insecurity in rural areas are key drivers of migration. In contrast, urban areas face issues such as overcrowding, strain on public services, and cultural shifts. Additionally, migration is influenced by physical difficulties, climatic conditions, Nepalese civil war, and scarcity of essential facilities. **Conclusion:** The study emphasizes the need for improved infrastructure in rural areas and the development of policies to manage migration in a sustainable manner. The rapid population increase in urban areas presents significant challenges for local governments and development programs. **Novelty:** This research provides new insights into the socio-economic impacts of internal migration in Surkhet, offering recommendations for better migration management strategies and highlighting the role of local government and community awareness in addressing these issues. **Keywords:** Migration, Impacts, causes, mortality



Introduction

Migration is a key component of demographic change, alongside fertility and mortality, and plays a distinct role in influencing population dynamics. While fertility and mortality are biological processes that directly impact population size—fertility contributing to an increase and mortality leading to a decrease—migration affects population size, structure, distribution, and composition in a manner that is more influenced by socio-economic and environmental factors. Unlike fertility and mortality, which are natural and unavoidable processes, migration is largely driven by individual decisions, shaped by economic, social, and sometimes political forces. While death is a natural and irreversible event, migration is an artificial, voluntary phenomenon, influenced by personal desires and external conditions, though certain situations may impose constraints on this mobility. (Ghimire 2075).

The term migration refers to the movement of people from one place to another place. Migration is the movement of people from one place to another for the purpose of taking up permanent or semi- permanent residence usually across the boundary. According to The United Nations Multilingual Dictionary " Migration is a form of geographical mobility or spatial mobility between one geographical unit and another, generally involving a change in residence from the place of origin or place of departure to the place of destination or the place of arrival such migration is called permanent migration and should be distinguished from other form of movement which do not involve a permanent change of residence." Migration is defined as changing the place of residence by crossing a specified administrative or political boundary permanently. Migration is to shift from once usual place of residence. Lee (1966) has given a precise definition of migration. He considered all movements: permanent or semi-permanent changes of residence whether forced or voluntary, as migration (Belbase, 2069).

People migrate based on the prevailing conditions and the reasons for it vary from one person to another depending on the situation that brought about the decision. Migration is a selective process affecting individuals or families with certain economic, social, educational and demographic characteristics. Migration is mainly classified into two types: internal and international migration. Internal migration is defined as, the movement of people within the national boundaries or change of the place of residence from one administrative border line to another within the same country. It can be voluntarily chosen to search for new and better opportunities, or forced to escape negative or dangerous situations (Acharya, 2074).

On the basis of time, movement and geographical region, internal migration is classified into permanent migration, temporary migration, semi-permanent migration, seasonal migration, rural to urban, urban to rural, rural to rural, urban to urban migration, interregional migration and intra-regional migration. He also stated that the migration is the most complex process among all demographic process. After making decision for migration migrants have to make new plans and their invidious. According to him determinants factors of migration are pushing factors, pulling factors, geographical factors, economic factors, demographic factors and political factors (Gyawali, 2011).



Human migration is an age-old phenomenon that stretches back to the earliest periods of human history. It is very difficult to search when the process of migration had begun in the earth. But it can easily be assumed that when human beings came in the earth then began to move from one place to another place in search of food, water and other facilities. And there is no debate that the movement of people continuous till human being exists. Migration and distribution of population goes together (Belbase, 2069).

Generally, the people migrate to these areas where availability of natural resources are high. At the same time, migration has emerged in the last few years as a critical political and policy challenge in matters such as integration, displacement and border management. In 2015, there were an estimated 244 million international migrants globally (3.3% of the world's population) an increase from an estimated 155 million people in 2000 (2.8% of the world's population). Internal migration is even more prevalent, with the most recent global estimate indicating that more than 740 million people had migrated within their own country of birth (World Migration Report, 2018).

Todaro in 1976 propounded a theory of migration. He stated that the employment and wage differentials play main role in rural-urban migration. In his book "Todaro Migration Model" the cause of rural to urban migration were imbalance in rural and urban employment opportunities, to find jobs in urban areas, to break away from away from extended family, to live in modern settings in cities, maximum income sources, wage of price, self-employed earnings, relatives and neighbors, educational opportunities, urbanization and industrialization and social services (Devkota, 2014).

Nepal is small landlocked country situated between China and India (area 147,516 square kilometers) with three primary ecological zones (Terai, Hill and Mountain). The Terai region is the bread basket region of the country, but it is densely populated. The lower part of the Hill region has climatic advantages for growing fruits and vegetables, and the higher part of the Hill to the Mountain regions have environmental suitability for livestock production. However, the lack of infrastructure and proper agricultural commodity promotion has made the Hill and Mountain regions economically less viable. These regions also have a disproportionate number of malnourished people. Lack of economic opportunities in the country has forced many people of the working class to look outside of the country for employment and source of income to sustain their livelihoods (Regmi, 2014).

Internal migration in Nepal intensified only after the eradication of malaria in the southern plain region of the country during the late nineteen-fifties. Internal migration was confined to the midlands and migration usually spread east west. The Terai and the inner Terai of the country in the past were covered by dense sub-tropical forests and was highly malaria. They were the abode of indigenous people like Tharu, Danuwars, Dalits, etc. who were immune from malaria (Kansakar, 2003).

The trend of internal migration is rapidly increasing in the context of Nepal in the later period. Most of the people of mountain region and hilly region are migrating towards Terai region as well as urban areas. Physical difficulties, climatic conditions, Nepalese civil war,



unemployment, scarcity of different facilities are responsible for it. Any change in volume and flow of migration change the size, growth, distribution, composition and other characteristics of population in both place of origin and destination. Internal migration does not affect size of population in a country but population growth rate, distribution and size of different regions are directly affected by it. Population of the Terai has been increasing rapidly year by year. According to the census 2078 BS major causes of internal migration and their share is Trade 2.8%, Agriculture 3.9%, Study 7.8%, Employment 15.2% and marriage 38.2%. Main cause of migration of women is marriage (CBS, 2078).

Nepal has a population of 2.91 million according to the census of 2078. The country is divided into three ecological zones. Mountain region covers 15 percentages of the total land / areas but it has only 6.08 percent of the total population. Hilly region is the biggest region covering 68 percentage of the total area but it has 40.31 percent of the population. The Terai region covers 17 percentage of the total land and the population has 53.61 percentage of the country. Of all the regions, Terai has the highest density of the population i.e. 460 persons per square kilometers. The population census of 2078 BS has shown the growth rate 0.92 percent per annum (CBS, 2078).

Statement of the problem

Quality is the standard of something as measured against other things of similar kind. Quality of life is the degree of satisfaction after the fulfillment of basic and additional needs of people. Migration is being a complex phenomenon in human society. It possesses serious problems and it is not easy to find out uniform trend in migration because of varying from one area to another area. The study of internal migration is one of the major issues for all developing countries. Nepal is also suffering from the critical issue of internal migration. There are many problems created by the rapid increase of population like social, economic, demographic and political problems and challenged the activities of the local government and development programmers. This rapid growth of population migration of Nepal has adversely affected in the quality of life of people especially in the food, clothes, housing, education, health. Migration has taken place either due to unfavorable environment condition in the origin or for the better opportunity in the place of destination. At present large number of people are migrating to those areas where the modern facilities are available (Suwal, 2014).

Most of the migrants were economically active manpower as well as child and old dependent population. But at present this increasing rate of migration is now causing various problems such as overcrowding, difficulties of waste disposal, shortage of housing, rising of slums, inadequate educational facilities, poor water and power supply, traffic congestion, and environmental degradation (KC, 1998).

Migration is a significant socio-economic phenomenon with profound effects on both origin and destination areas. In Nepal, internal migration, primarily from rural to urban areas, is driven by disparities in opportunities, services, and security. This study explores the causes of migration and its multifaceted impacts, with a focus on Birendranagar Municipality, Ward 2,



Surkhet. By analyzing field survey data and engaging with relevant literature, the study provides insights into the challenges and opportunities associated with internal migration.

Objective

The general objective of the study is to find out the causes and impacts of internal migration in quality of life of people of Birendranagar-2, Surkhet.

Literature Review

Migration is defined broadly as a permanent or temporary change of residence irrespective of the distance of the move or the voluntary or involuntary nature of the act across administrative or political boarder (International Organization for Migration (IOM), 2005). According to Malmberg (1997), migration is a dynamic concept and should be defined within the context of distance and time. In the case of temporal migration, the migrants eventually return to their countries of origin, while permanent migrants may only pay visits to their home countries. In a given country, a number of migration typologies may exist: urban-urban migration, rural-urban migration, rural-rural migration, urban-rural migration and these could be seasonal, temporal or permanent (John, 2015).

People are moving from one place to another since ancient period, which is a continuous international phenomenon resulted due to complex mechanism, involving social, economic, psychological, political, institutional and other determinants (Singh, 1998). Migration is a worldwide phenomenon of which Nepal is no exception. It is so intense in this tiny Himalayan Kingdom that it led Toni Hagen (1960) to call Nepal a "Migratory Nation". In a year 1978 almost 600,000 persons (which are 9% of the total population) are permanently residing outside their place of birth (Sharma, 1978).

Trend of migration

Migration within the country has also been important since the beginning of the nation building process. In the early stage, internal migration was heavily directed towards the east Tarai, especially from the mountain and hills. Internal migration from mountain and hills to the Tarai was due to the availability of agricultural land at the destination. This is evident from the more than six-fold increase of population in the western Tarai from 1952/54 to 2001. However, the origins of this migration were mainly from the western hills and mountain. Similarly, migration to urban areas has also increased over the years. The total migration streams, rural to urban migration was 17.2 percent in 1991, increasing to 25.5 percent in 2001. This demonstrates that migration is a phenomenon of long standing in Nepal (Gurung, 2012).

These facts support Skeldon's claim that instead of the mythical belief that rural-to-urban movements are the dominant type of migration in developing countries, rural to-urban flows are smaller than the flows within the rural sector (Skeldon, 1997). Migration within Nepal is generally attributed to poverty, an unequal distribution of income, geographic variation in labor demand and food insecurity, with the relative importance of these factors varying by age, sex, education, and occupational skill (Bohara, 2010).

The significant migration from Mountain and Hill to Terai can be explained by the pull factors such as: a) resettlement program b) availability of fertile arable land c) employment



opportunities and d) better communication and transportation facilities. A survey conducted by Central Department of Population Studies in 1996 indicated that out of the total population in Nepal, 22 percent were internal migrants. Migration rate among females was far higher than males. It does not necessarily mean females are more mobile than males rather it could be due to marriage migration, because in this survey, movements from VDC to VDC were also regarded as migration. Persons aged 15-39 were more mobile than other age groups. Part of this could also be due to education related mobility of the population. Percentage of older people (60 or older) migrating was only 6.3 percent of the total internal migrants (National Population Report, 2016).

The 2001 census of Nepal has provided enough information to calculate four streams of migration within the country. In Nepal, the major streams of internal migration are rural-to-rural (68.2%) and rural-to-urban (25.5% in 2001 and 31.2% in 1996). Urban-to-urban (2.8%) and urban-to-rural (3.5) are of lesser importance. The magnitude of these streams cannot be compared with data provided in the previous censuses as the number of urban centers have extremely increased with many of the newly designated urban centers being rural in character. Therefore, Nepal still has an overwhelming rural-to-rural migration. Rural-to-urban migration is gaining more visibility in districts with large urban areas such as Kathmandu (71.8%), Kaski (82.7%), Lalitpur (56.6%), and Bhaktapur (44.6%). Internal migrants to urban areas has increased over time from 13.4 per cent in 1971, 16.3 percent in 1981, 17.2 per cent in 1991 (KC, 1998:20) and 26.8 per cent (746,285 VDC+81,425 municipality) in 2001 (CBS, 2002).

The Marxist approach is partly a response to the difficulties of applying the equilibrium model in developing countries and takes into account the historical origin of the costs and benefits confronted by the potential migration. This tries to look at the underlying Structures that connect sending and receiving areas across a variety axes. This approach is highly critical of both free market and mercantilist prospective of migration due to long term problems caused by capitalism. It also focuses on the major transformations that have been accruing in the world e.g. Sub-controlling is method of directly trapping into cheap migrant labor (National Population Report, 2017).

The dependency school arose as a reaction to modernization school tendency to attribute all problems of underdevelopment to the periphery. It is also called neo-Marxism. The proponents of this theory are Latin American Scholars A.G Frand, Paul Barren, Das Santosh. The theory rejected the ideological postulations of the modernization school and argued that world economic is divided into developed, metropolitan cover and underdeveloped or Periphery. According to the dependency model the developed nation made huge profit of surpluses by exploiting and so creating the poverty in the developing nation in the world. The first world grew rich as the third world grew poor. According to the A.G Frand Model the satellite countries can never develop they produce raw materials for the industrialized centre and receiving in return manufactured products. Flow of Surplus, finance, cheap labour raw materials satellite to metropolis. As a result, dependency is created on metropolis. As per this theory People are migrating in metropolis from the satellite area (Romaniuk, 2017).



Causes of Internal Migration

The important causes which motivate people to move can be classified into five categories. They are economic causes, demographic causes, socio-cultural causes, Political and other cause.

1. Economic Causes

Most of the studies indicate that migration is primarily motivated by economic causes. In developing countries, low agricultural income, agricultural unemployment and underemployment are considered basic factors pushing the migrants towards developed area with greater job opportunities. Thus, almost all studies concur that most of migrants have moved in search of better economic opportunities. The basic economic causes which motivate migration may be further classified as 'Push Factors' and 'Pull Factors'. The push factors are factors that compel a person, due to different reasons, to leave that place and go to some other place. The common push factors are low productivity, unemployment and underdevelopment, poor economic conditions, lack of opportunities for advancement, exhaustion of natural resources and natural calamities. Introduction of capital intensive methods of production into agricultural sector, and mechanization of certain processes reduce labor requirement in rural areas. The non-availability of alternative sources of income in rural area is also important factor for migration. The Pull Factors are factors which attract the migrants to an area. Opportunities for better employment, higher wages, facilities, better working conditions and attractive amenities are pull factors of an area (Sapkota, 2072).

2. Demographic Causes

The differences in the population growth rates of the different regions of a nation have been found to be a determinant in the internal migration. Fertility and the natural increase in population are generally higher in rural areas which float the population towards the city. Other important demographic factor in internal migration is marriage because females are used to follow their spouses (Thet, 2009).

3. Socio-cultural Causes

Social and cultural causes also an important role in migration. Sometimes family conflicts, the quest for independence, also cause migration especially, of those in the younger generation. Improved communication facilities, such as, transportation, impact of television, good network communication, the cinema, the urban oriented education and resultant change in attitudes and values also promote migration (Sapkota, 2072).

4. Political Causes

Sometimes even political Causes encourage or discourage migration from region to another. After 2052 BS, most of rural people migrated to urban because of safety in Nepal. Hence, the political background, attitudes and individual viewpoint of the people influenced on the migration of people (Thet, 2009).

5. Other Causes



Other causes such as the presence of relatives and friends in urban areas, desire to receive education which is available only in urban areas are factors responsible for migration. Closeness of cultural contacts, cultural diversity, great vitality, individual attitudes are also associated with migration.

Rural-urban migration is a multi-causal phenomenon. It is usually compound by environmental, social, economic, political and other factors. Much of the literature on migration focuses on rural-urban migration as a result of environmental or economic crises (Sapkota, 2072).

The following table summarizes the findings of several studies on factors of rural migration to urban areas of Nepal.

Table 1: Causes of migration

Pull Factors	Push Factors
<ul style="list-style-type: none"> • Availability of work and food stuffs • Availability of health services and facilities • Good management of housing and education • Plain and fertile land for agriculture & settlement • Employment or easy job opportunity • Easy management of transportation and industrialization • Access to entertainment • Good and healthy climatic conditions • Improvement in quality of life. 	<ul style="list-style-type: none"> • Difficult to get job opportunity in origin place • Lack of health, education facilities • Lack of entertainment facilities • Caste, Religion, Political discrimination in the place of origin • Violence and conflict between the people in the place of origin • Cultural, social and religious superstitions • Unfavorable climate land topography • Natural disasters

Source: (Islam, 2015)

Impacts of Internal Migration

Internal migration adversely affects both on the place origin and destination. The origin place of population is decrease, Prevalence of dependent population, lack of human resources as well as security is common problems in origin place. Similarly, the destination place of population is increase, pressure on resources, deforestation, arise social crimes, increase in land value, change in age, caste, religion composition, environmental pollution are common problems in destination place which cause problems in their socio-economic status (Gyawali, 2067).

The Demographic Approach of migration studies is mainly related in migration and its effect on population. The impact of migration is population distribution both in origin and destination place. Population pressure and population density encourage or discourages people for migration. Likewise, the manpower of the population is also affected by migration because migration is selective process that usually economically active people migrate and numbers of male are greater than the female (National Population Report, 2017).

Migration affects the composition, distribution and growth pattern of population of any region. When people migrate from one place to another, the population increases in the place of



destination and decreases in the place of origin. Migration, eventually affects both of the places. In place of origin, there is under consumption of resources due to the lack of manpower whereas in place of destination, there is over exploitation of resources due to undue population pressure. The same is the condition in Hilly and Mountain region of Nepal as people from these regions migrate to the Terai in large number. For the last few years, a great majority of Nepalese youth are going to abroad for the sake of employment. It has caused the lack of manpower in agricultural field in Nepal. In Nepal, the problems arising from migration are equally challenging to the government. In this way, migration has affected various areas of life. (Belbase, 2069).

Some of the areas affected by migration are described below:

1) Environmental Aspect:

Migration directly affects the environmental aspects. Due to the growing trend of migration from Hilly and Mountain region to the Terai, there is excessive pressure of natural resources for the fulfillment of basic needs, food and shelter, the forest resources are being destroyed indiscriminately. The wild animals are in the verge of extinction due to deforestation for cultivation and other selfish purposes. Because of the over encroachment of the forest, the country is facing further problems like landslide, flood, draught, lack of rain, acid rain, desertification, increase in atmospheric temperature, rise in the sea level, etc. Various types of pollution like water pollution, land pollution, air pollution are observed because of overpopulation pressure. The balance between human beings and environment has been disturbed (Gautam, 2008).

Migration has even affected socio-cultural aspect of the environment. Because of international migration, our cultures, rites and rituals are shadowed due to the impacts of foreign cultures. Similarly, the resources are under consumed in the place of origin due to the lack of manpower. The productivity of the soil is decreasing because of soil erosion. The life of urban people in is precarious condition. It is also due to heavy inflow of migration from the rural areas of the country. It results into an increase in slum areas which aggravates environmental problems in those areas. On the other hand, migration brings positive impact on socio-economic and environmental aspects in the place of destination. For example, the place where there is population problem, due to the stream of migration the resources of that place can be mobilized and the required manpower in different sectors like health, education, communication, etc. can be utilized properly (Dhakal, 2061).

Some others impact of internal migration on environmental aspects are described below:

1.1 Deterioration of environment:

Migration causes over utilization of the natural resources in the place of destination. It also causes unplanned settlement, urbanization and industrialization. All these activities degrade sound and fresh environment along with the negative impacts on people. Different researches have been made for new possibilities. In most of the places the new economic activities have been launched. In our context, migration has more negative impacts. When migration is induced by a conflict and natural disaster leading to a sudden inflow of migrants, the displaced



people may resort to unsustainable activities in the absence of other means of survival making worse existing environmental problems and creating new one (Thapa, 2006).

1.2 Deforestation

The pressure of migration has created different problems in destination place. Peoples are not getting jobs as per their need. It is not possible to create employment facilities to all the people either. So, people are forced to cut down trees and sell them for some means of livelihood. In this way, deforestation in Nepal is yet to be controlled (Devkota, 2014).

1.3 Unmanaged settlement:

People migrate for better employment, education, health, food etc. to Terai and urban areas. So, it cannot manage the well settlement over there. The houses are constructed on the river banks and nearby roads. There is lack of drinking water, food stuffs, sanitation, education, health, electricity etc. In this situation the settlement becomes unmanaged. Most of the urban areas and Terai are facing such problems now (Timalsena, 2007).

1.4 Degradation of fertile land:

Terai has carried around 51 percent of total population whereas it covers only 17 percentage of land area. More people need more houses. So, the construction of houses in the cultivable and fertile land is under pressure. This process brings change in the fertile land into settlement area. It results decrease of productivity which causes food crisis (Belbase, 2069).

1.5 Pollution:

Migration causes increment in the size of population in the destination places as well as over pressure on the means and resources. Over population produces large amount of waste & garbage which loss the original qualities of the environmental aspects air, water, land & Sound (Timalsena, 2007).

2) Economic Aspect:

The flow of migration from Mountain, Hill and village is uncontrolled to the Terai and city areas. There is lack of manpower to mobilize the resources available in these areas. The development activities are severely affected due to the lack of dexterous and efficient manpower. The agricultural production is considerably decreasing in the marginal land in the absence of human resources. The decrease in agricultural production has led to the problem of food crisis, starvation and malnutrition. Large amount of our economy is going to import food every year. On the other hand, the number of unemployed people is increasing in the place destination. Even the highly qualified people are compelled to work in low wages because of over competition. The fertile land is diminished for the expansion of settlement area in Terai and city area. Similarly, because of open market policy, many foreign immigrants come to our country, establish industries and control the trade and economy of our country. The profits and property earned by the immigrants are directly sent to their home countries which severely affects the economy of our country (Dhakal, 2015).

Some others impact of internal migration on economic aspects are described below:

2.1) Lack of human resources in place of origin:



The movement of people from mountain, hill and remote areas to urban and facilitated area is high. Because of this tendency the number of skilled, efficient and educated youths is being lacked in the place of origin, especially in mountain, hill and rural areas. Very less people are involved in agricultural works compared to past time. It results food crisis because of being barren of land (Belbase, 2069).

2.2) Increase of land value:

The country under high pressure of population day by day, specially terai and cities are over populated. The growth rate of population is higher due to migration in these areas. It increases the land value in terai and urban areas. The land is purchased for agricultural purpose and construction of houses. The price of limited land increases due to high demand for them. So, there is competition in buying land. It also limits investment in productive sectors (Timalsena, 2007).

2.3) Unemployment

People migrate for better employment opportunity. Especially in the Terai and urban areas there is high flow of economically active manpower. So, there is high competition on employment opportunities. So people cannot get employment opportunity as per their ability. Due to migration many people will not have job and they may involve in other criminal and illegal activities (Belbase, 2069).

Methodology

This study employs a descriptive research design to examine the causes and impacts of internal migration in Birendranagar-2, Surkhet. Primary data was collected through a field survey, utilizing a structured questionnaire administered to 56 internal migrants in the study area. Additionally, secondary data was gathered through a comprehensive review of relevant archival sources, including books, journals, and articles, to provide a broader context and support the analysis of the primary findings.

Results and Discussion

1. Causes of leaving origin for Education

Motherland is dear to all but searching better opportunity most of the people leave their birthplace. Education is the light of life which shows a successful future. Quality education causes of leaving or migratory movements are deliberately made.

Table 2: Distribution of respondents by causes of leaving origin for education

Cause of Leaving Origin for Education	No. of respondents	Percent
School was far from Home	10	17.85
Lack of good facilitated school	20	35.72
Lack of qualified teacher	9	16.08
Lack of Study environment	17	30.35
Total	56	100

Source: Field Survey, 2024

The above table shows that, among total respondent’s majority 35.72 percent of respondents were leaved their origin due to lack of good facilitated school. Likewise, 30.35 percent of the



total respondents were leaved their origin due to lack of study environment in the origin place. In this way, 17.85 percent of respondents were leaved their origin due to school was far from the home and 16.08 percent of respondents were leaved their origin due to lack of qualified teacher respectively.

2. Causes of leaving origin for Employment

Employment opportunity and Population are inversely proportional. Employment cannot be created quickly and rapidly. People aged between 15-59 years have the highest population in Nepal. All of them needs jobs but to provide all of them with jobs is not easy.

Table 3: Distribution of respondents by causes of leaving origin for employment

Cause of Leaving Origin for Employment	No. of respondents	Percent
Lack of opportunities	40	71.43
Lack of industrial development	10	17.85
Low Wage	3	5.36
Lack of marketing in agro-based production	3	5.36
Total	56	100

Source: Field Survey, 2024

The table shows that, among total respondent’s maximum 71.43 percent of respondents were leaved their origin due to lack of opportunities. Likewise, 17.85 percent of the total respondents were leaved their origin due to lack of industrial development in the origin place. In this way, 5.36 percent of respondents were leaved their origin due to low wages and Lack of market in agro-based production respectively.

3. Causes of leaving origin due to health problems

Health services & facilities are vital for the proper physical and psychological wellbeing of the people. Only healthy people can develop a nation properly. Lack of quality health services causes of leaving or migratory movements are deliberately made.

Table 4: Distribution of respondents by causes of leaving origin due to health problems

Cause of Leaving Origin due to health problems	No. of respondents	Percent
Lack of health institution	17	30.35
Lack of trained doctor	30	53.57
Lack of Medicine	5	8.93
Prevalence of superstition	4	7.15
Total	56	100

Source: Field Survey, 2024

The above table shows that, among total respondent’s majority 53.57 percent of respondents were leaved their origin due to lack of trained doctor in the health institution. Likewise, 30.35 percent of the total respondents were leaved their origin due to lack of health institution. In this way, 8.93 percent of respondents were leaved their origin due to Lack of medicine and rest of respondents were leaved their origin due to prevalence of Superstition in the place of origin.



4. Causes of leaving origin due to political influence

Social push factors can include ethnic, religious, racial, and cultural persecution. Rivalry, or the threat of conflict, is also a major push factor. The politicization of religious and ethnic identities has the potential to cause significant levels of conflict within states.

Table 5: Distribution of respondents by causes of leaving origin due to political influence

Cause of Leaving Origin due to political influence	No. of respondents	Percent
Gender based violence	7	12.50
Caste based violence	7	12.50
Social Stigma	28	50
Politicization	14	25
Total	56	100

Source: Field Survey, 2024

The above table shows that, among total respondent’s majority 50 percent of respondents were leaved their origin due to Social stigma. Likewise, 25 percent of the total respondents were leaved their origin due to Politicization in the society. In this way, 12.50 percent of respondents were leaved their origin due to gender and caste based violence respectively.

5. Causes of leaving origin due to Maoist Civil War

The Nepalese Civil War, known popularly as the Maoist Conflict, Maoist Insurgency or Maoist Revolution, was a ten-year-long armed conflict between the Communist Party of Nepal (Maoist) and the government of Nepal, fought from 1996 to 2006. The revolution resulted in deaths of over 17,000 people involving civilians, insurgents, army and police personnel's, and internally displaced hundreds of thousands of people (mostly in rural Nepal).

Table 6: Distribution of respondents by causes of leaving origin due to Maoist Civil War

Cause of Leaving Origin due to Maoist Civil War	No. of respondents	Percent
Extortion	8	14.28
Land capture	8	14.28
Threaten	24	42.85
Kidnap	15	26.78
other	1	1.78
Total	56	100

Source: Field Survey, 2024

The above table shows that, among total respondent’s majority 42.85 percent of respondents were leaved their origin due to threaten of Maoist. Likewise, 26.78 percent of the total respondents were leaved their origin due to fear of Kidnap. In this way, 14.08 percent of respondents were leaved their origin due to extortion and land capture respectively & rest of 1.78 percent respondents were leaved their origin due to other reason.

6. Reason for selecting current place of residence

The reason for selecting the current place of residence is known as pull factors. Pull factors encourage people to migrate in a particular area. The condition of economic prosperity of an



area attracts in migration whereas depressed economic conditions in the area compel to out migration.

Table 7: Distribution of respondents by reason for selecting the current place

Reason for selection	No. of respondents	Percent
Quality education	29	51.78
Employment opportunity	21	37.50
Fertile land	3	5.36
Quality health facilities	3	5.36
Total	56	100

Source: Field Survey, 2024

The above table represents that more than half 51.78 percent of total respondents were select the current place of residence due to quality education. Likewise, 37.50 percent of respondents were chosen for employment opportunity. In this way 5.36 percent of respondents were selected this area for fertile land and health facilities respectively.

2. Impacts of internal migration

Internal migration occurs from hilly and Himalayan to Terai in Nepal. People move to city area cause of employment, income, presence of near relatives, business, high productivity of land etc. Due to the internal migration the positive and negative impacts can be seen in the place of origin and destination. In the origin, educated and capable manpower, increase in dependent people and children, underutilization of arable land, shortage of labor, absence of intensive farming etc. impacts can be seen. Likewise, unscientific settlement, deforestation, rise in price in land, decrease in social service, unbalance growth, increase in criminal events, lack of health and sanitation, transportation and communication are the negative impacts in the destination (Sharma, 1978).

2.1 Impacts Seen in the Origin Place

In the study area, respondents asked about the impacts seen in the origin place of residence due to the internal migration.

Table 8: Distribution of respondents by Impacts Seen in the Origin Place

Impacts Seen in the Origin Place	No. of respondents	Percent
Lack of Human Resources	19	33.92
Prevalence of dependent Population	10	17.85
Lack of Security	9	16.07
Change in the Population Size	18	32.14
Total	56	100

Source: Field Survey, 2024

Above table shows that majority 33.92 percent of respondent’s answer was there is lack of human resource in the origin place. Similarly, 32.14 percent of respondent’s answer was change in population size. Likewise, 17.85 percent of respondent’s answer was prevalence of dependent population and 16.07 percent respondent's response was lack of security on the place of origin.

2.2 Main problems facing at Destination

Problem is the major push factors of the migration. When the push factor is high, there will be migration. People always wanted to get better facilities and better opportunities.

Table 9: Distribution of respondents by facing main problem at destination

Main problems	No. of respondents	Percent
Education	17	30.35
Health	13	19.64
Employment	19	33.92
Drinking Water	7	12.50
Total	56	100

Source: Field Survey, 2024

The above table reveals that 33.92 percent of respondents were faced employment problem. In this way, 30.35 percent of respondents were faced education problem. Likewise, 19.64 percent of respondents were faced problems of health and 12.50 percent respondents were faced drinking water problem at destination.

2.3 Impacts on education at Destination Place

The prosperity of a nation mainly depends on its educational achievement. Challenges of education are, therefore matters of national concern. High flow of internal migration in the destination place adversely effect on education.

Table 10: Distribution of respondents by Impacts on education at destination Place

Impacts on Education at destination Place	No. of respondents	Percent
Overcrowded	26	46.42
High enrollment rate in school	12	21.42
Less Understanding	13	23.21
Diminishing results	5	8.92
Total	56	100

Source: Field Survey, 2024

Above table shows that 46.42 percent of respondent's response was overcrowded problems. Similarly, 23.21 percent respondent's response was less understanding. Likewise, 21.42 percent respondent's response was high enrollment rate in school and 8.92 percent respondents felt effect on quality education due to the diminishing results of the students at destination place.

2.4 Impacts on Health Sector at Destination Place

Health directly effect on the efficiency of the people. When the number of people are increasing in the destination place different health issues are a raised. Only few get the opportunity of using health facilities and services whereas other do not.

Table 11: Distribution of respondents by Impacts on health sector at destination Place

Impacts on health sector at destination Place	No. of respondents	Percent
High pressure of patients	15	26.78
Lack of medicine	9	16.07



Spread of diseases	27	48.21
High doctor patient ratio	5	8.92
Total	56	100

Source: Field Survey, 2024

Above table shows that majority 48.21 percent of respondents were felt the problem of spread of diseases. Similarly, 26.78 percent of respondents were felt the problem of high pressure of patients at hospitals. Likewise, 16.07 percent of respondents were felt the problem of lack of medicine and rest of the respondents were felt the problem of high doctor patient’s ratio.

2.5 Impacts on employment at Destination Place

Human beings have unlimited needs and wants. In order to fulfill such needs, they should earn their livelihood toiling hard.

Table 12: Distribution of respondents by Impacts on employment at Destination Place

Impacts on employment at Destination Place	No. of respondents	Percent
Low wages	7	12.50
High competition	29	51.78
Less opportunities	9	16.07
Brain Drain	11	19.64
Total	56	100

Source: Field Survey, 2024

Above table shows that 51.78 percent of respondents felt difficulty due to the high competition. Similarly, 19.64 percent of respondents felt difficulty due to the Brain drain. Likewise, 16.07 percent of respondents were felt difficulty due to the less opportunities and 12.50 percent respondents felt difficulty due to the low wages in employment at the place of destination.

Findings

- In the study area, majority 35.72 percent of respondents were migrated in metropolis for education due to lack of good facilitated school in their origin place.
- Out of total respondents, majority 71.43 percent of respondents were migrated in Metropolis area for employment due to lack of employment opportunities in their origin place.
- Out of total respondents, majority 53.57 percent of respondents were migrated in metropolis for quality health services due to lack of trained doctor in their origin place.
- Among them, majority 50 percent of respondents were migrated in metropolis for quality of life due to the social stigma in their origin place.
- Out of 56 respondents, majority 42.85 percent of respondents were migrated in Metropolis for comfort life due to the Threaten of Maoist in their origin place.
- Out of total respondents, majority 33.92 percent of respondents were felt lack of human resources problem in their place of origin after migrated in destination.
- Among the total respondents, majority 33.92 percent of respondents were faced Employment sector is badly affected by the unmanaged internal migration.



- Likewise, majority 46.42 percent of respondents were faced overcrowded problems of students in school after arrival here in the Metropolis.
- Out of total respondents, maximum 48.21 percent of respondents were faced spread of disease problems on health sector after arrival here in the Metropolis.
- Out of total respondents, majority 51.78 percent of respondents were faced high competition problems on employment sector after arrival here in the Metropolis.

Conclusion

Internal migration in Nepal is a complex phenomenon shaped by disparities in opportunities and resources. While migration improves quality of life for many, poor management exacerbates urban challenges, including overcrowded schools, strained healthcare systems, and employment competition. Addressing these issues requires coordinated efforts to improve rural conditions and implement sustainable urban policies.

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