

## TIME USE SURVEY 2022

# Understanding Social Inclusion and Gender Equality in Nepal through the Lens of Time Use Data

Research Results and Implication for Policy

## DISSEMINATION WORKSHOP

Central Department of Anthropology, Tribhuvan University

East-West Center

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# About LASER PULSE

LASER (Long-term Assistance and Services for Research) PULSE (Partners for University-Led Solutions Engine) is a five-year, \$70M program funded through USAID's Innovation, Technology, and Research Hub, that delivers research-driven solutions to field-sourced development challenges in USAID interest countries. A consortium led by Purdue University, with core partners Catholic Relief Services, Indiana University, Makerere University, and the University of Notre Dame, implements the LASER PULSE program through a growing network of 2,700+ researchers and development practitioners in 61 countries.

# Background

- This report is a product of “the State of Social Inclusion in Nepal: A Study of Time Allocation” (SOSIN-SOTA) research project carried out in 2022 by the Central Department of Anthropology, TU.
- The SOSIN-SOTA builds upon the State of Social Inclusion in Nepal (SOSIN) project 2020 to further deepen understanding on social inclusion and gender equality.
- Going beyond an assessment of access to resources, services, representation and non-discrimination, this research looks at the relationship between exclusion and time allocation.
- The agenda of social inclusion and gender equality is a national agenda. It encompasses concerns of poverty reduction, equitable development, human rights, anti-discrimination, political, economic, and social participation, and multiculturalism.

# Time Use Research in Social Science

- Time is a basic and scarce resource that allows individuals to engage in economic and non-economic activities that affects overall well-being (Rodgers 2023).
- Time poverty is a condition where individuals or communities have a lack of free time to meet their needs, pursue their goals, or engage in activities that are important to them.
- Time poverty signifies lack of time for rest, leisure and learning activities due to prolonged work hours (Bittman, 2002; Goodin et al. 2008; Bardasi and Wodon 2010; Srivastava and Floro 2017; Bain et al. 2018).
- Time poverty results in worsening physical and mental health, decline in productivity, and limited participation in social, political, and economic opportunities (Hyde et al. 2020). This leads to a perpetual process of social exclusion of an individual and social group.
- Time use research in social sciences include the themes such as national economic accounts, labor force analysis, social change, women's concerns, quality of life, leisure, behavior research and cultural processes.
- Time use research in social inclusion is an innovative field.

# STUDY OBJECTIVES AND OUTPUTS

## OBJECTIVES

- Generate empirical data and analysis on time allocation by caste, ethnicity, and sex for understanding time use patterns, time poverty, and division of labor as an integral determinant of well-being
- Offer policy recommendations to foster gender equality and social inclusion in Nepal.

## OUTPUTS

- A report “Understanding Social Inclusion and Gender Equality in Nepal through the Lens of Time Use Data”
- Bilingual policy and infographic briefs to help foster social inclusion and gender equality.
- Dissemination workshops for research translation

# Research Team

**PI:** Dr. Mukta S. Lama Tamang, Tribhuvan University

**Co-PI:** Dr. Phanwin Yokying, East-West Center

**RT Lead:** Ms. Yashodha Shrestha/SAGUN Team

## Research Management

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## Statistical Support

Prof. Dr. Yogendra Gurung, and Mohan Khajum

## Field Researchers

32 Field Enumerators, 10 Field Survey Supervisors, 3 Monitoring and Quality Control, 5 Qualitative Study Research Associates and 2 Qualitative Study Coding and Data Analysis

## Field Support

Dr. Man Bahadur Khatri, Basant Thapa, Santu Yadav, Susma Rai

# A Mixed Method Approach

## A Time Use Survey

- Questionnaire interview of one women and one men decision makers of 3500 HHs
- Sampling from among 20% bottom and top excluded groups in Madhesh and Bagmati Province (based on PPI, CDA 2020)
- Covers 35 caste/ethnic groups in survey
- Records the primary and secondary activities of individuals aged 18 to 80 years old engaged in, and their duration, during a weekday using a 24-hour diary divided into 10-min slots.

## A Qualitative Field Study

- In-depth Interviews with 60 people (30 women and 30 men)
- Focus Group Discussion (FGD) with 60 groups in which 204 women and 175 men participated
- Field Observations and collection of contextual information from 30 locations in 17 districts

## Ethical Concerns

- Ethical Board Review/Approval by NHRC
- Written Consent taken from participants

## Caste/Ethnicity and Social Group included in the study

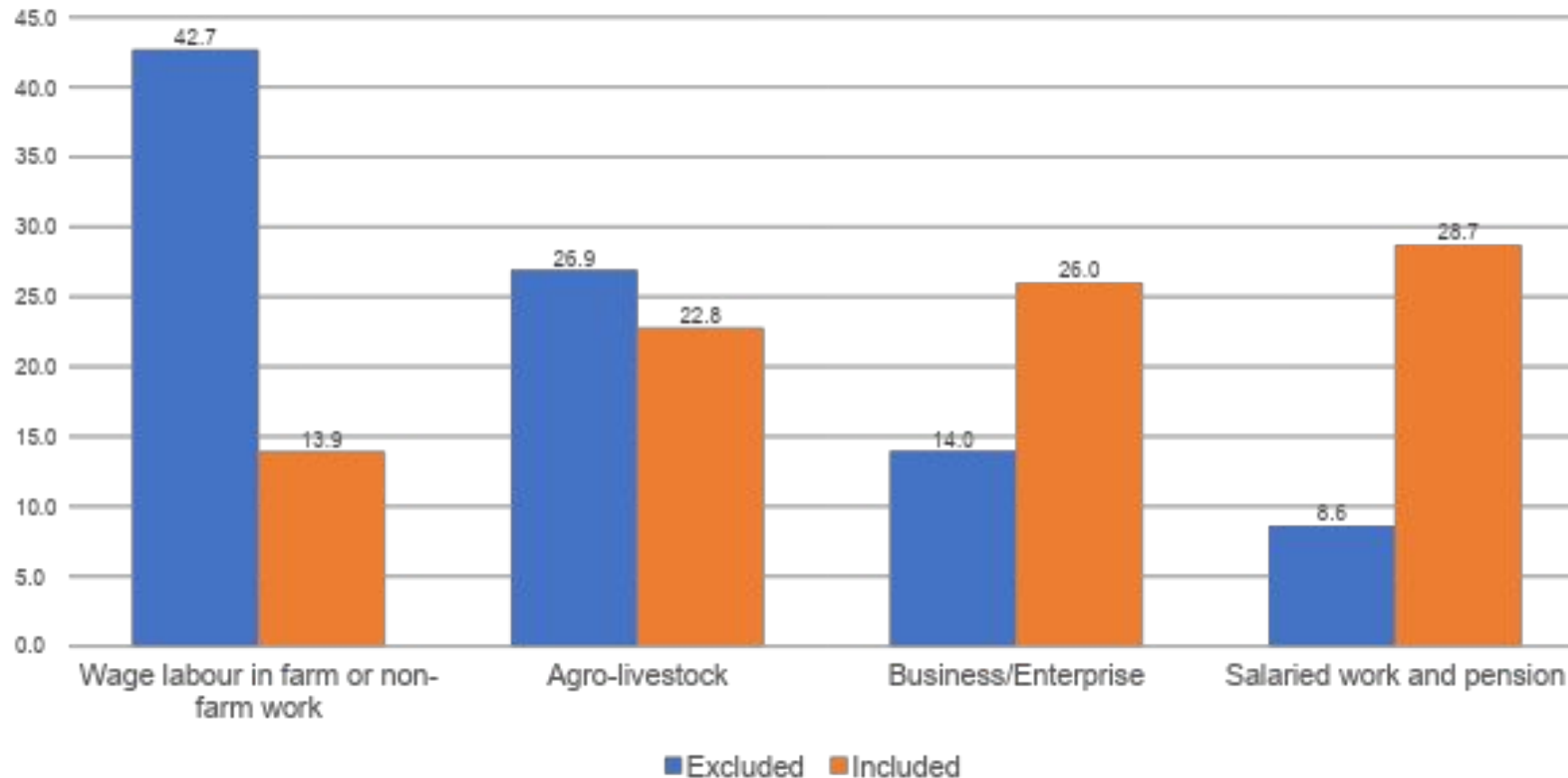
Social Group	Caste/Ethnicity	
	20% Most Excluded	20% Most Included
Dalit	Bantar/Sardar, Chamar/ Harijan/ Ram, Damai/Dholi Dhobi, Dom, Dusadh/Pasawan/Pasi, Kami, Khatwe, Musahar, Tatma/Tatwa	
Madheshi Other Caste	Badhaee, Bin, Kewat, Kumhar, Lohar, Mallaha, Nuniya	Baniya, Haluwai, Kalwar
Adivasi Janajati (Indigenous Groups)	Chepang, Dhanuk, Hayu	Darai, Gharti/ Bhujel, Gurung, Jirel, Newar, Tamang
Hill Brahmin/Chhetri		Brahman – Hill, Chhetri
Madheshi Brahmin/Chhetri		Brahman – Tarai, , Kayastha, Rajput
Muslim	Muslim	

Source: Adapted from CDA 2020.



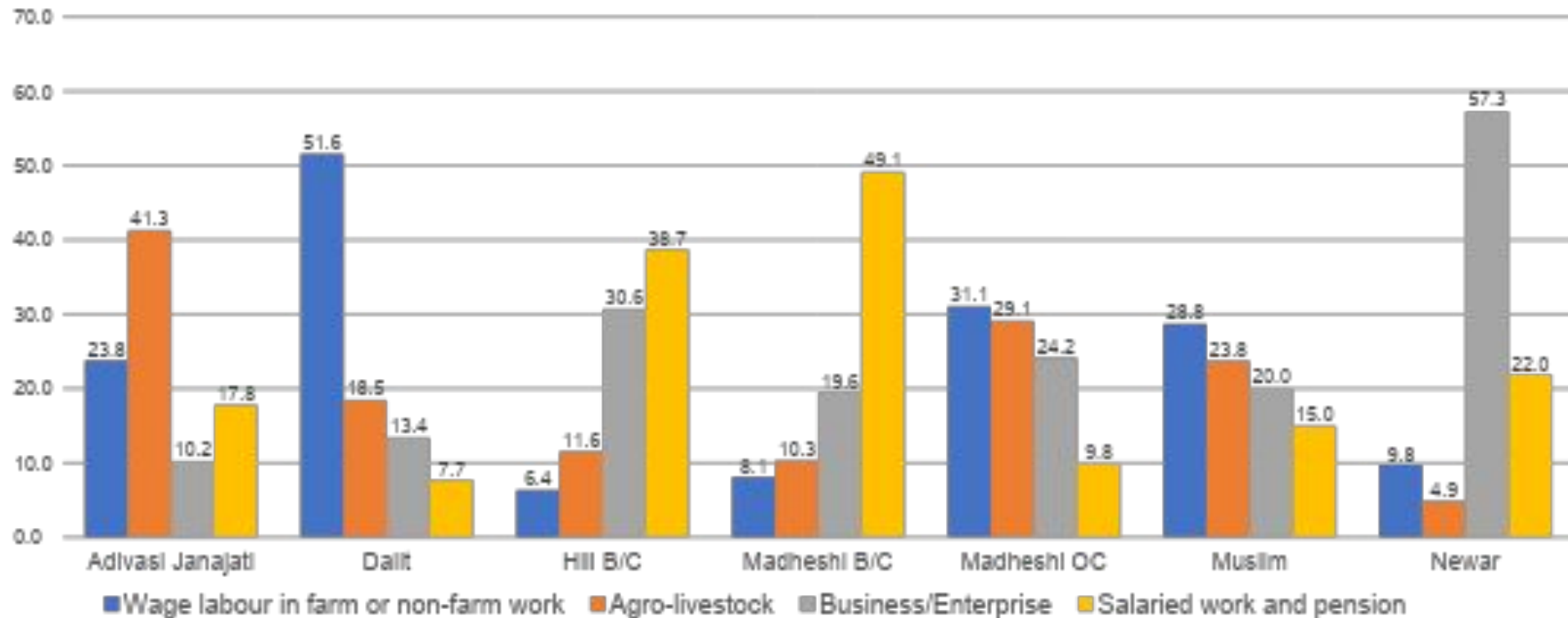
Occupation influences nature of work, household division of labor and workload. Excluded groups are mainly in wage labor and agriculture.

**Figure 4.1 Primary Occupation of Men by Inclusion and Exclusion Status (%)**



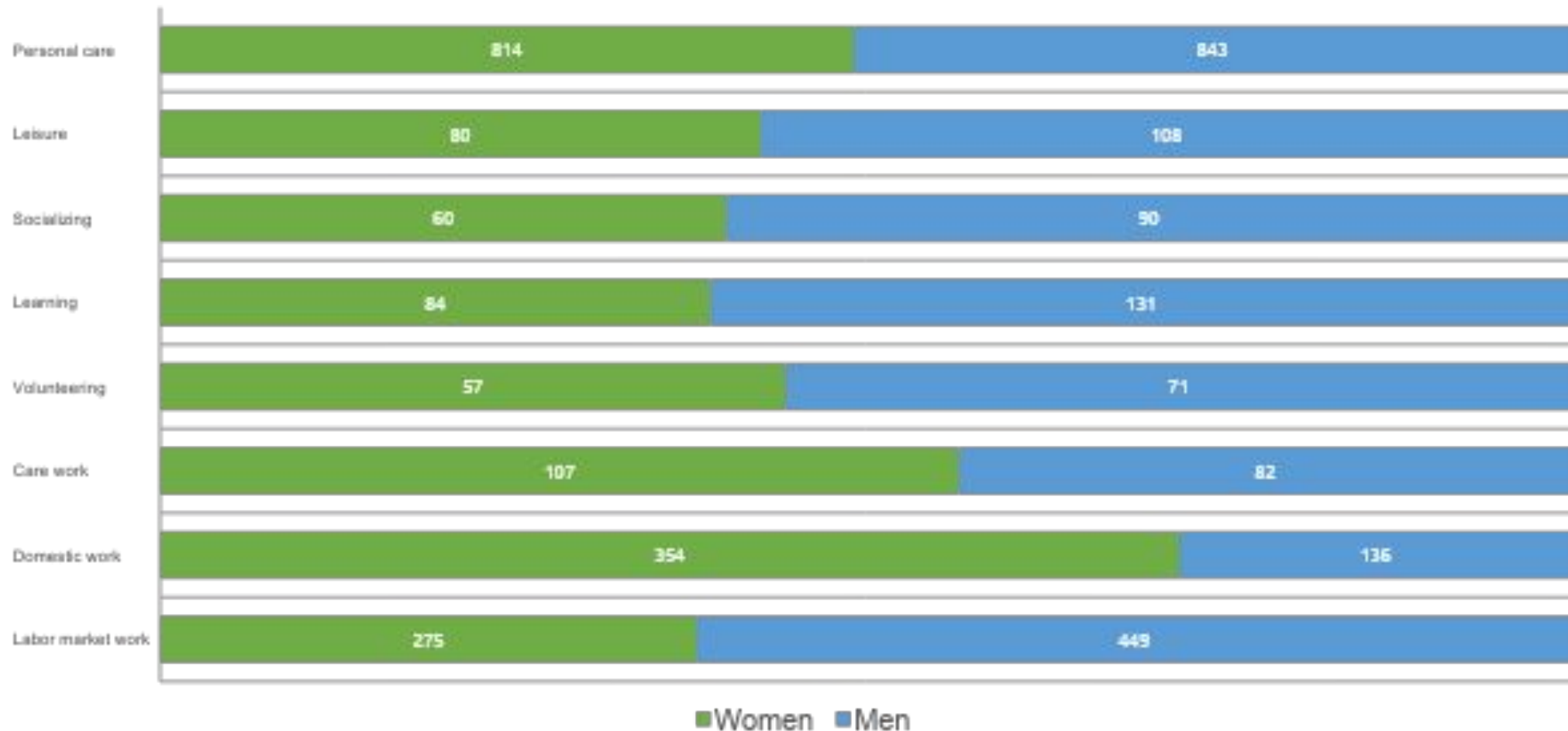
Dalits have highest dependency on wage labor, Janajati on agro-livestock, Madheshi B/C on salaried work and Newar on business/enterprises

Figure 4.2 Primary Occupation of Men by Social Groups (%)



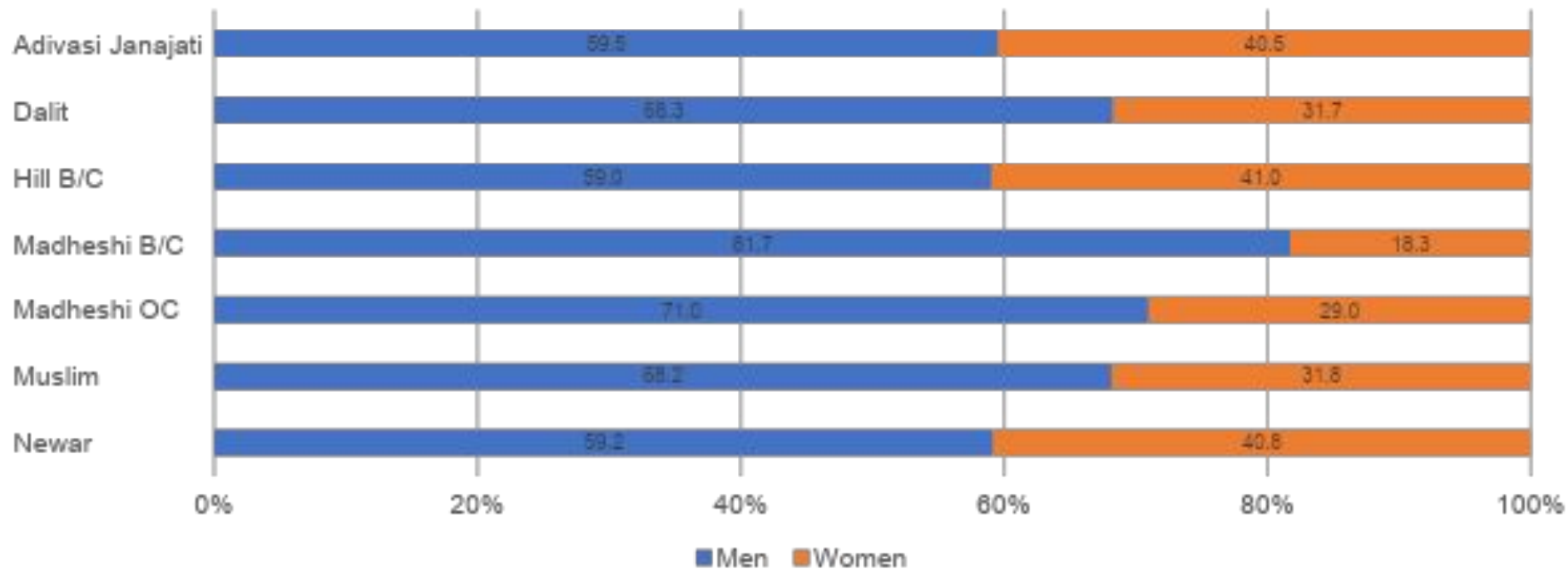
## Time allocation by women and men on different activities vary

Figure 3-E: Average Minutes per Day on Daily Activities by Sex



In household division of labor, men's involvement in paid labor is nearly double that of women. The predominance of men over women in paid labor is evident in all caste and ethnic groups irrespective of their inclusion status.

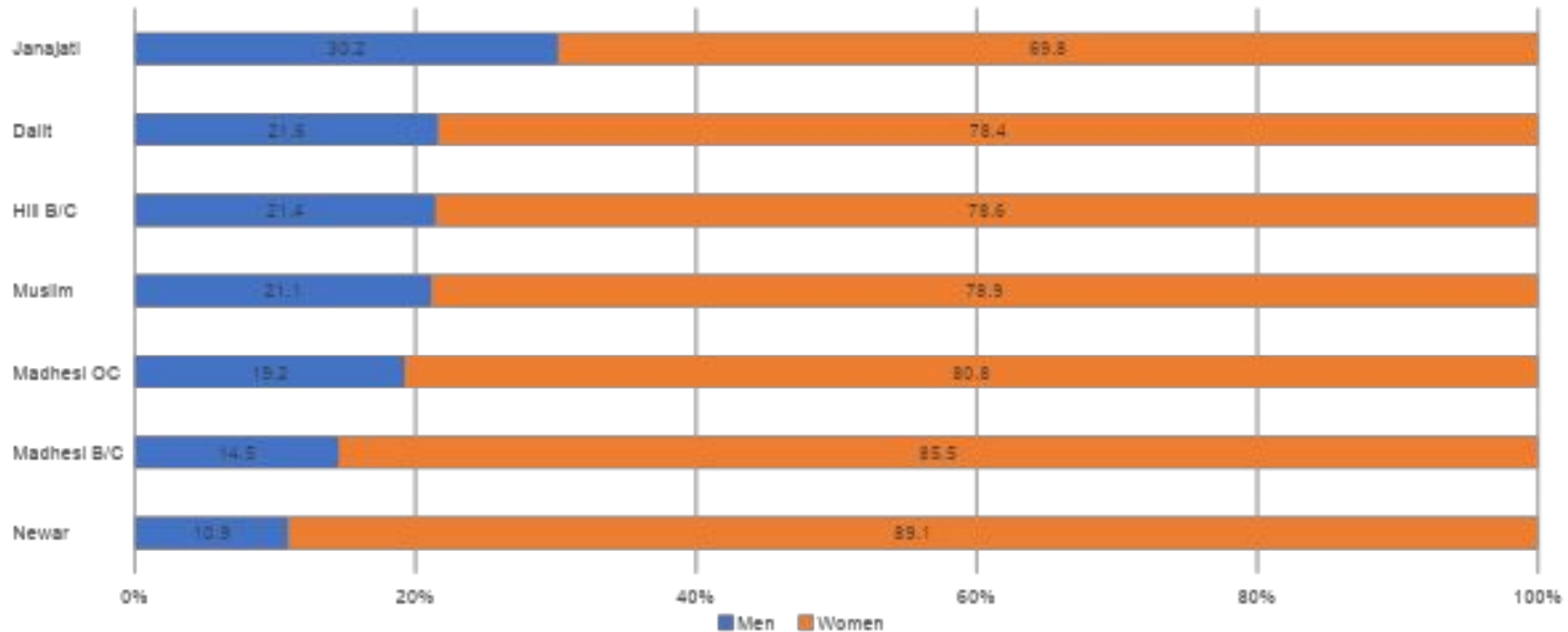
**Figure 4-C: Percentage Share of Total Household Work Hour in Paid Activities by Social Group and Sex**



Average women's involvement in paid labor is 32.9 percent of the total time spent in economic activities by a man and a woman in a family. Women in excluded communities bear double burden of earning, domestic and care work

**Women spend 6.2 hours in domestic and care work whereas men spend 1.8 hours a day. Of the total daily time spent in domestic and care work, men’s share on average is 22.2%**

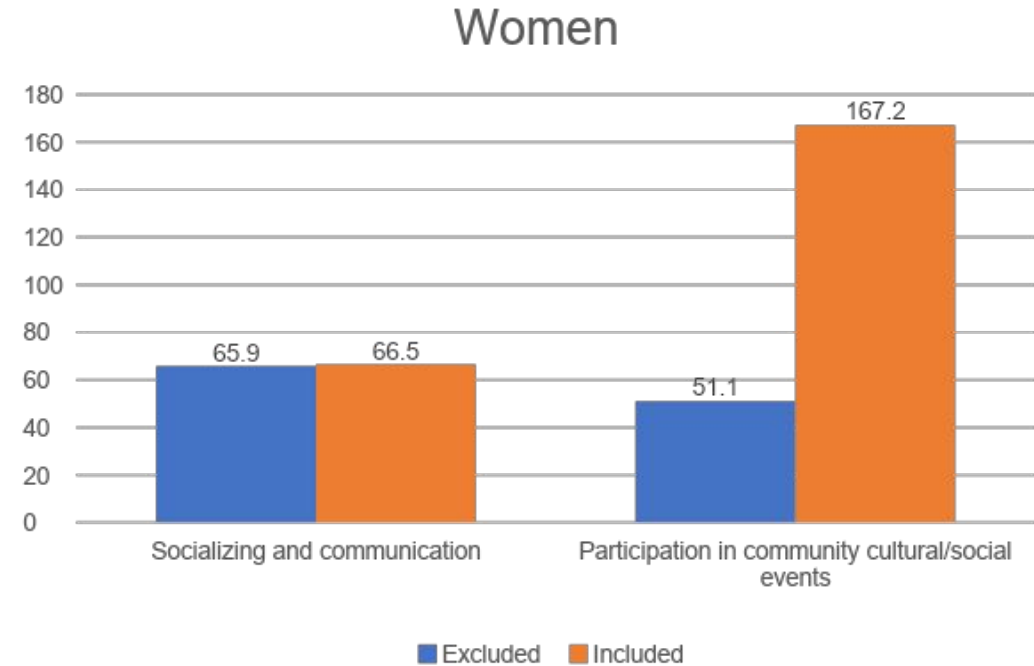
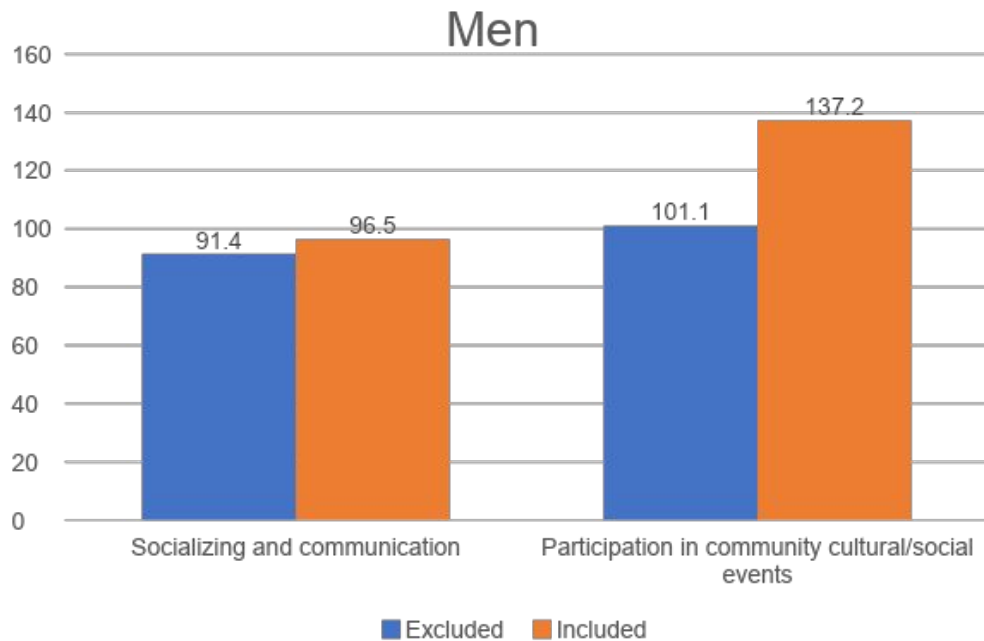
Figure 4-D: Percentage Share of Domestic and Care Work by Social Group and Sex



Men are involved in domestic and care work mainly as helpers

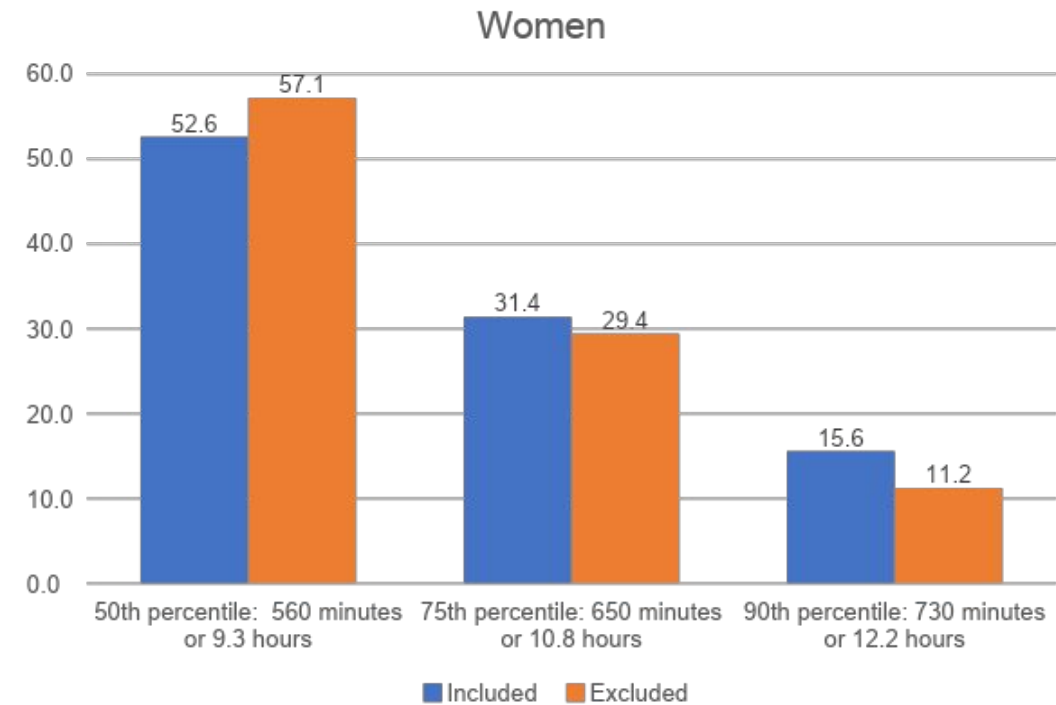
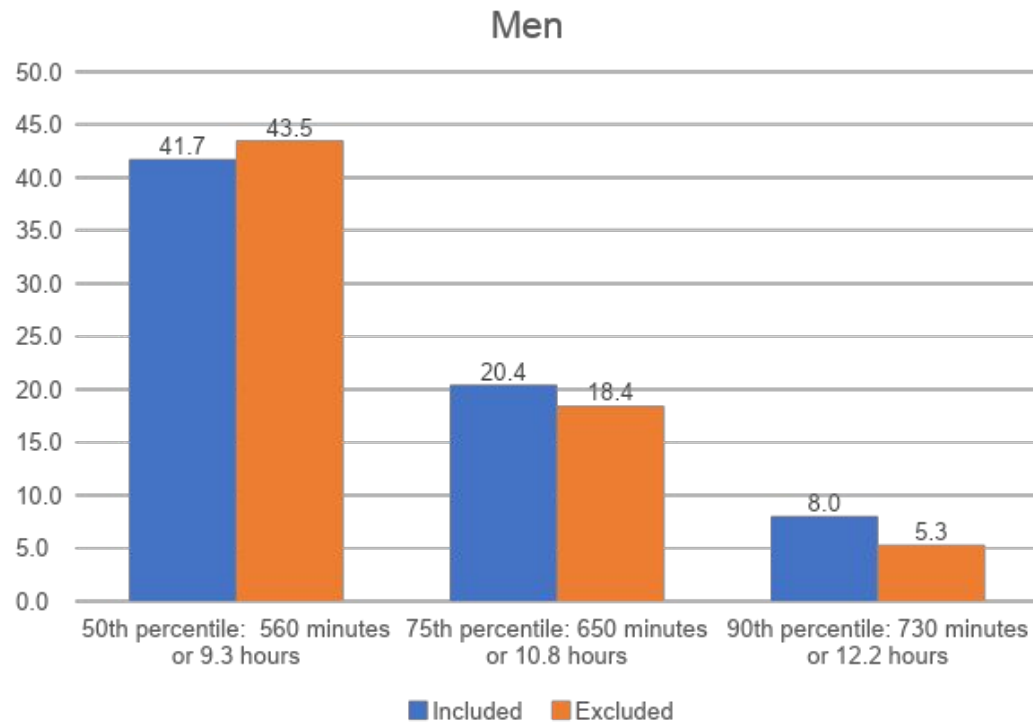
Socializing, community participation and religious practice is considered priority in all groups.

**Conditional Average Minutes per Day on Socializing, Community Participation, and Religious Practice by Groups**



## Higher percentage of women and men from excluded groups in 50<sup>th</sup> percentile have time poverty

Table 6.1: Proportions of Individuals That Are Time Poor at the 50<sup>th</sup>, 75<sup>th</sup>, and 90<sup>th</sup> Percentile (Poverty threshold)



## Participation in non-work activities

- Participation rates for leisure for included groups hover around 50% to 80% on average, compared to 10% to 50% for the excluded groups.
- Chhetri, Brahmin-Hill, and Kayastha have the highest average involvement rates of around 80% in leisure. With a 10% participation rate, Chepang is the least involved in leisure activities.
- Brahmin-Madheshi and Kalawar have the highest involvement rates in socializing activities of 70% on average.
- Chepang, Lohar, and Bing have less than a 10% participation rate in volunteering and learning activities.
- Overall, the Chepang from the excluded social groups stands out as the group with the lowest participation rates in all non-work activities.



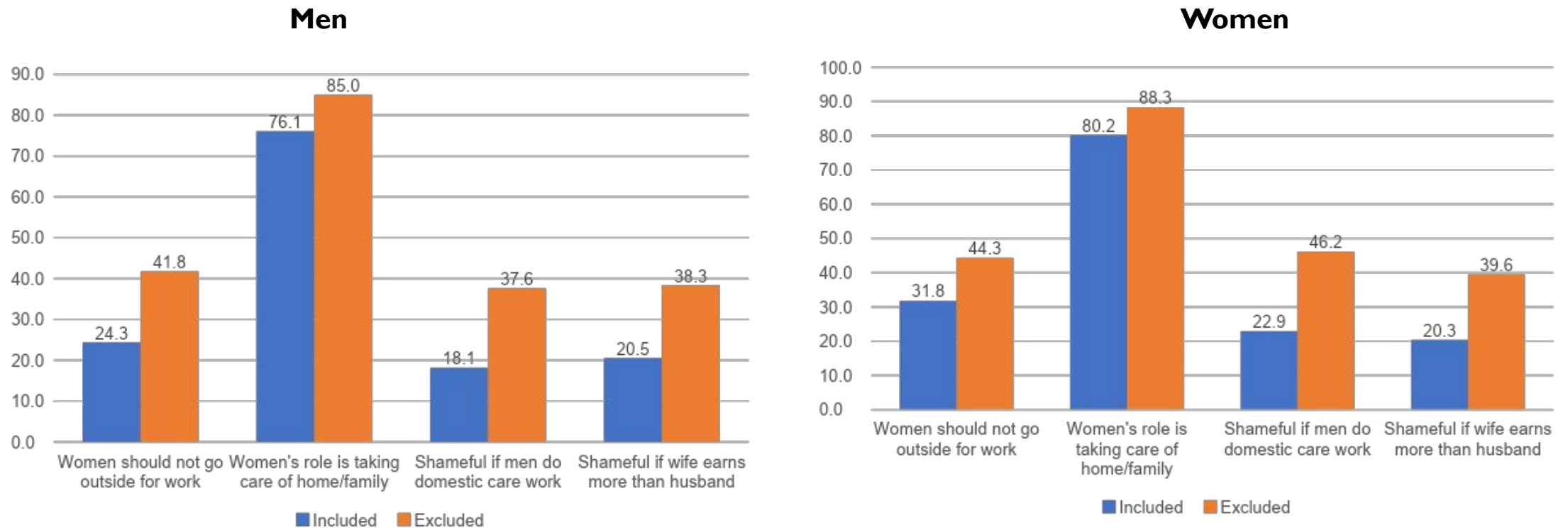
## Workload and intensity

- Men from excluded groups and women from both excluded and included categories from all caste and ethnic groups face higher levels of workload and intensity.
- Wage workers and people involved in agriculture and animal husbandry for their livelihood bear physical hardship and work for longer hours.
- Long work hours are also the case for people involved in self-employed family-based business enterprises such as teashop and food stalls and other informal sector services.
- Women from all groups when they are in a family situation where the children, elders, and members require special care needs to do extra work.
- Domestic and care work in which women engaged are often tedious, monotonous, and time-consuming, if not physically heavy.

# Changes and Challenges

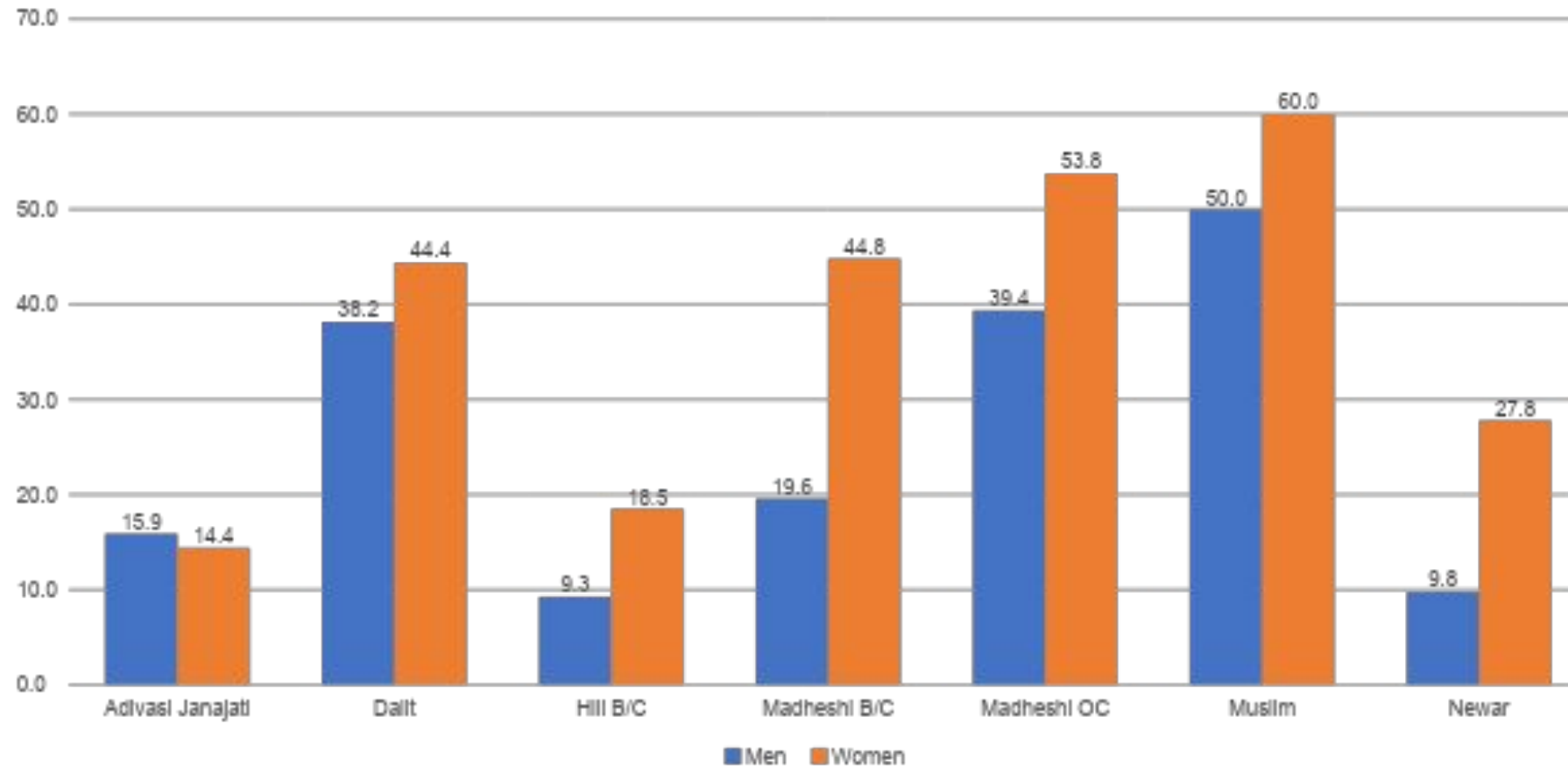
- Compared to the past, participation of women in paid labor outside home has increased,
- Modern technologies and appliances in agriculture and households use have help decreased the time and energy,
- Development infrastructure such as transport, drinking water, electricity and phone have helped reduce time and physical hardship.
- Paid wage labor for excluded groups in informal sector remain insecure, low paid and hazardous
- Technologies and development infrastructure are unaffordable or generally inaccessible for excluded communities,
- Child care, children's education, health service and secure job is biggest challenge for excluded groups in terms of time barrier.
- People involved in agro-livestock and wage labor live in paradoxical situation – underemployed yet overworked seasonally

## Gender Ideology



Despite some hopeful signs of progress, traditional gender ideology of labor division guided by patriarchal values persists

## Gender Ideology: Shameful if men do domestic and care work (%)



Lower percent of Janajati considering men doing domestic work shameful may be due to their egalitarian tradition. Lower among Hill Brahmin/Chhetri maybe result of spread of education

# Recommendations

1. Include reduction of time poverty among women and excluded groups as priority in social inclusion and gender equality and other policies.
2. Sponsor vocational training and technical education programs for women and men from excluded caste and ethnic groups to upgrade their knowledge, skills, and thus wages.
3. Create an enabling environment for informal sector workers to better integrate into the formal labor market, work in secure, higher paid, and less labor-intensive jobs to reduce the need to work long hours.
4. Offer targeted consultation and specialized skill training for those working in businesses/enterprises
5. Provide inclusive, quality, and affordable childcare facilities and health care services in areas populated by the excluded castes and ethnic groups.
6. Special localized policy for targeting the most excluded who depend upon daily wage labor to equip them in education, capital, and skills.
7. Expand development infrastructure in the areas where the excluded groups reside.
8. Increase access to household appliances, appropriate agriculture technologies and technologies related to livestock, goat raising, poultry farming and others.
9. Raise awareness for on changing discriminatory gender division of labor through transformative education, media, laws, and art forms.
10. Initiate programs or policies promoting the existing indigenous values of egalitarian gender relations for cross-cultural learning and sustained engagement in the change at local level.

Thank you