

# **A Study on the Impact of Male Migration on Women and Children and Their Struggles**

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## **ABSTRACT:**

Migration has long been a defining factor in shaping socio-economic structures, particularly in rural India, where male migration is a widespread phenomenon. While men migrate for better employment opportunities, their families especially women and children undergo profound transformations in their daily lives. This study explores the psycho-social and economic impact of male migration on women and children left behind, focusing on family dynamics, emotional distress, financial struggles, and shifting social roles. Women in migrant households face increased responsibilities, financial uncertainty, and emotional isolation, while children experience loneliness, educational setbacks, and changes in parental relationships. Based on primary data from 34 spouses and 34 children, this research highlights the challenges, coping mechanisms, and resilience exhibited by these families. The findings emphasize the need for stronger support systems, financial empowerment initiatives, and emotional well-being programs to mitigate the adverse effects of male migration.

**KEYWORDS:** Male Migration, Women and Children, Economic Impact, Social Challenges, Emotional Well-being

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## **I. Introduction:**

### **1.1 Understanding Migration:**

Migration refers to the movement of individuals from one location to another due to economic, social, political, or environmental factors. Male migration, particularly for employment, is common in many parts of India. Men often leave their homes in search of better wages and improved living conditions, leading to significant changes in household structures. While migration may improve family income, the absence of men creates various socio-economic and psychological challenges for the women and children left behind.

### **1.2 The Impact on Families Left Behind**

When men migrate for extended periods, their families often face financial uncertainty, increased responsibilities, and emotional stress. Women must take on new roles, including financial management and caregiving. Children may struggle with the absence of a paternal figure, leading to behavioural and academic challenges. Additionally, societal perceptions can result in the isolation of women whose husbands have migrated, further compounding their difficulties.

### **1.3 Role of Government and Social Institutions**

Government policies, NGOs, and self-help groups play a crucial role in supporting families affected by male migration. Various skill development programs, financial assistance schemes, and psychological counselling initiatives have been introduced to mitigate these challenges. However, gaps remain in their accessibility and implementation, necessitating further research and targeted interventions.

## **II. Objectives of the study:**

- To analyze the psycho-social impact of male migration on women and children.
- To examine the family dynamics, they face daily.

## **III. Review of literature:**

Patel (2020) investigated the financial insecurities faced by families left behind due to male migration. The study found that remittances, though essential, are often inconsistent and insufficient, leading to economic distress. Women managing household finances reported difficulties in affording healthcare, education, and everyday expenses. The research emphasized the importance of financial literacy programs and formal banking access to help women manage these financial challenges.

Shah (2020) studied the mental health challenges of women in male-migrant households in Gujarat. The research highlighted that loneliness, stress, and anxiety are common among these women, as they must balance caregiving and financial responsibilities alone. Social norms often prevent women from seeking psychological help, further worsening their well-being. The study recommended community-based mental health programs to provide emotional support for affected women.

Desai and Mehta (2016) examined the educational challenges faced by children in migrant households. The research found that higher dropout rates, poor academic performance, and reduced motivation were common among children whose fathers had migrated for work. Many children, particularly girls, had to take on additional household responsibilities, affecting their studies. The study recommended educational incentives and community support programs to help children stay in school.

#### **IV. RESEARCH METHODOLOGY:**

##### **4.1 Research Design**

This study adopts a **descriptive research design** to analyze the impact of male migration on women and children. The research aims to document their struggles, coping strategies, and the effectiveness of institutional support.

##### **4.2 Sampling Design**

A **convenient sampling method** was used to select respondents, including women from migrant households and children impacted by male migration.

##### **4.3 Data Collection**

- **Primary Data:** Structured interviews and surveys with women and children.
- **Secondary Data:** Literature reviews, government reports, and case studies.

##### **4.4 Sample Size**

The study surveyed **34 women** from migrant households and **34 children** whose fathers had migrated for work.

##### **4.5 Data Analysis**

Quantitative and qualitative analysis methods were used. Survey responses were categorized to identify key themes, trends, and challenges.

#### **V. Major findings:**

Important finding based on this research are mentioned below:

- A significant number of women from migrant households reported an increased financial burden due to the absence of their husbands. While some received remittances, they were often inconsistent, forcing women to seek alternative income sources.
- Many women experienced loneliness, stress, and societal stigma due to their husband's migration. Social isolation was particularly prevalent in rural areas, where traditional gender roles remain strong.
- A considerable percentage of children from migrant households faced disruptions in their education due to financial instability. Emotional distress and behavioural changes were also commonly observed in children who lacked paternal guidance.
- Women had to take on additional roles, including managing household finances, child-rearing, and even working outside the home. This often led to stress and exhaustion, impacting their overall well-being.
- Many affected families lacked awareness or access to government schemes meant to assist women and children in migrant households. While some benefitted from welfare programs, bureaucratic hurdles limited their effectiveness.
- Women adopted various strategies to manage the challenges of male migration, including forming self-help groups, seeking employment, and relying on extended family support.

- Many women expressed interest in learning new skills to achieve financial independence but lacked access to vocational training programs.
- Psychological distress, including anxiety and depression, was commonly reported among both women and children. The absence of emotional support mechanisms exacerbated these issues.
- Some women found strength through self-help groups and community organizations that provided social and financial assistance. However, such networks were not available in all areas.
- Due to the absence of their fathers, many children exhibited behavioural issues, including aggression, withdrawal, and academic difficulties.

## **VI. SUGGESTIONS :**

- There should be initiatives to promote financial independence among women in migrant households through skill development programs, microfinance loans, and employment opportunities.
- Awareness campaigns should be conducted to educate affected families about available government schemes and ensure easier access to financial aid and welfare programs.
- Counselling services should be made available to both women and children dealing with emotional distress due to male migration. Support groups and community networks should be strengthened.
- Scholarships and free educational programs should be introduced for children from migrant households to prevent disruptions in their studies.
- Training in areas such as tailoring, digital literacy, and entrepreneurship should be provided to help women generate independent incomes.
- Self-help groups should be encouraged and expanded to provide emotional, financial, and social support to women and children affected by male migration.
- Local governments and NGOs should work towards establishing mental health support centres in high-migration areas. Psychological support should be integrated into community health programs.
- Existing migration-related policies should be reviewed and modified to ensure better assistance for affected families. The implementation of these policies should be closely monitored.
- More job opportunities should be created for women, especially in rural areas, by promoting cottage industries and home-based businesses.
- NGOs, local authorities, and community leaders should work together to develop sustainable support systems that cater to the needs of migrant families.

## **VII. Conclusion:**

This study highlights the challenges faced by women and children due to male migration, including financial instability, increased responsibilities, and emotional distress. While remittances provide economic support, they do not compensate for the social and psychological burden placed on families. The findings underscore the need for government interventions, community-based initiatives, and skill development programs to support women and children left behind. Addressing these challenges through policy measures and social programs can help mitigate the negative consequences of male migration and improve the overall well-being of affected families.

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