

A family-centred intervention to prevent violence against women and girls in migrant communities of Baglung District, Nepal

Nwabisa Shai^{1,2}, Geeta Devi Pradhan³, Ratna Shrestha³, Abhina Adhikari³, Esnat Chirwa^{1,2}, Alice Kerr-Wilson⁴, Rachel Jewkes^{1,2}

¹ Gender and Health Research Unit, South African Medical Research Council, Pretoria

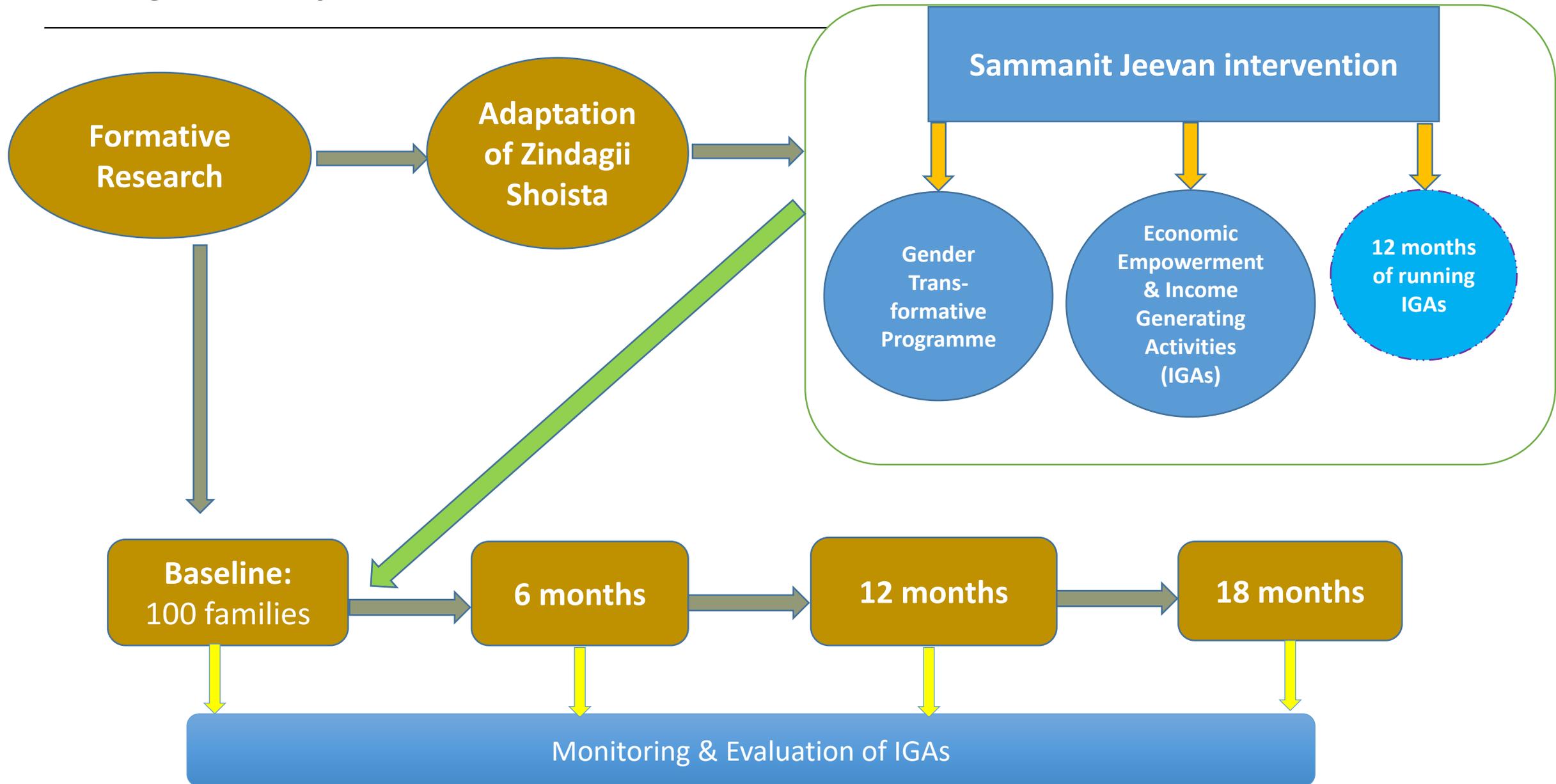
² Voluntary Services Overseas (VSO) Nepal, Kathmandu, Nepal

³ School of Public Health, Faculty of Health Sciences, University of the Witwatersrand, Johannesburg

⁴ Social Development Direct, London, UK



Project cycle



Research methods

Interrupted time series research design & qualitative research

- 100 families with a young married woman
- 357 participants completed questionnaires at baseline: 200 women & 157 men
- Followed up at 6, 12 and 18 months
- 24 in-depth interviews (IDIs)
- Trends analysis using Stata 15
- Thematic analysis

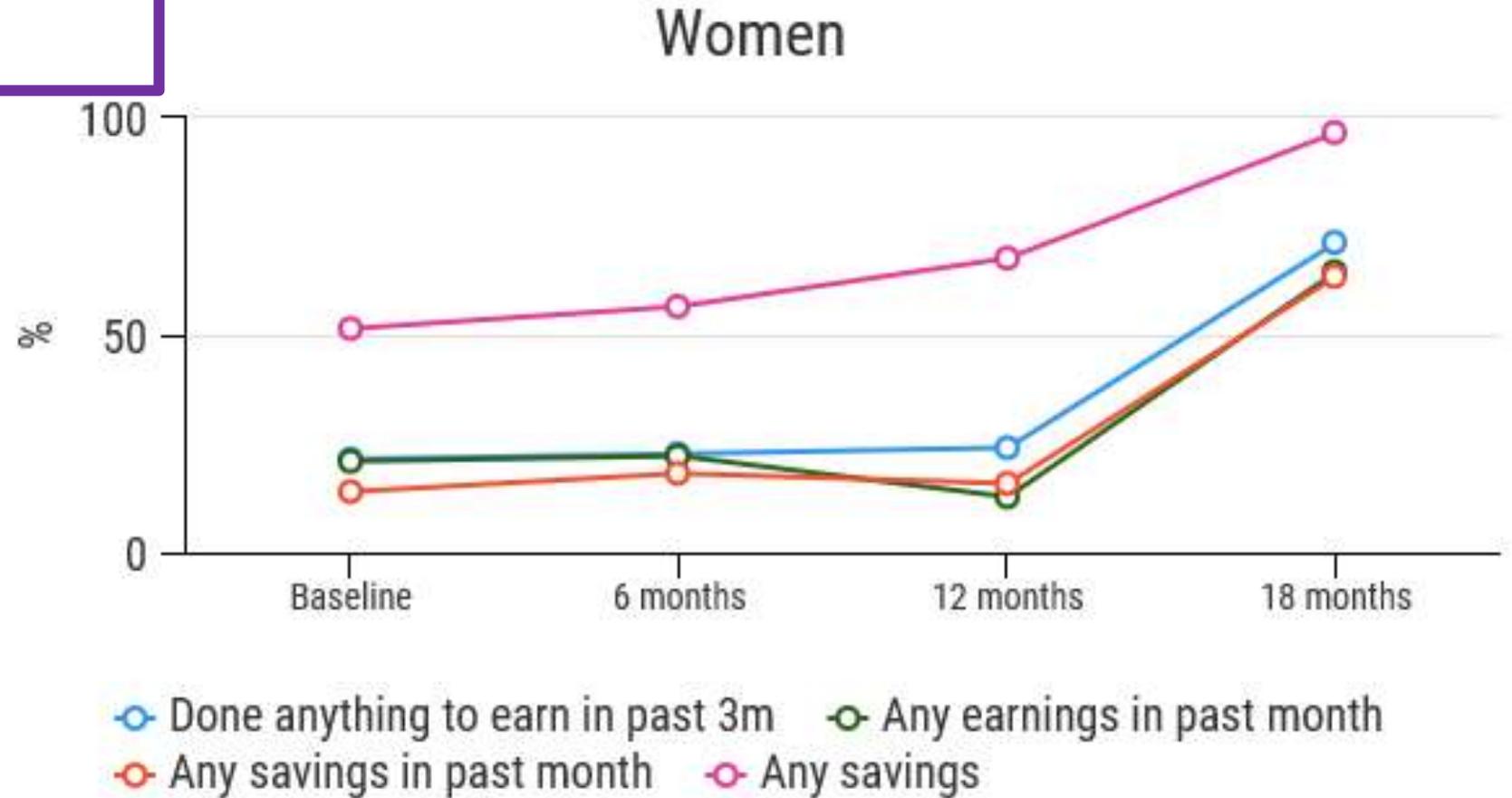


Baseline socio-demographic factors and IPV exposure

- Of the 357 participants: 38.5% women; 35.8% men aged 16-34 years
- 53% women had no education compared to 26.1% men
- Most were currently married
- Migration was much more common for men than women
- Women were significantly less likely to have engaged in an activity to earn income in the last 3 months compared to men
- Women were more likely to have been exposed to IPV **in their lifetime** compared to men:
 - **28.5%** women experienced physical and/or sexual IPV
 - **18.2%** of men perpetrated physical and/or sexual IPV

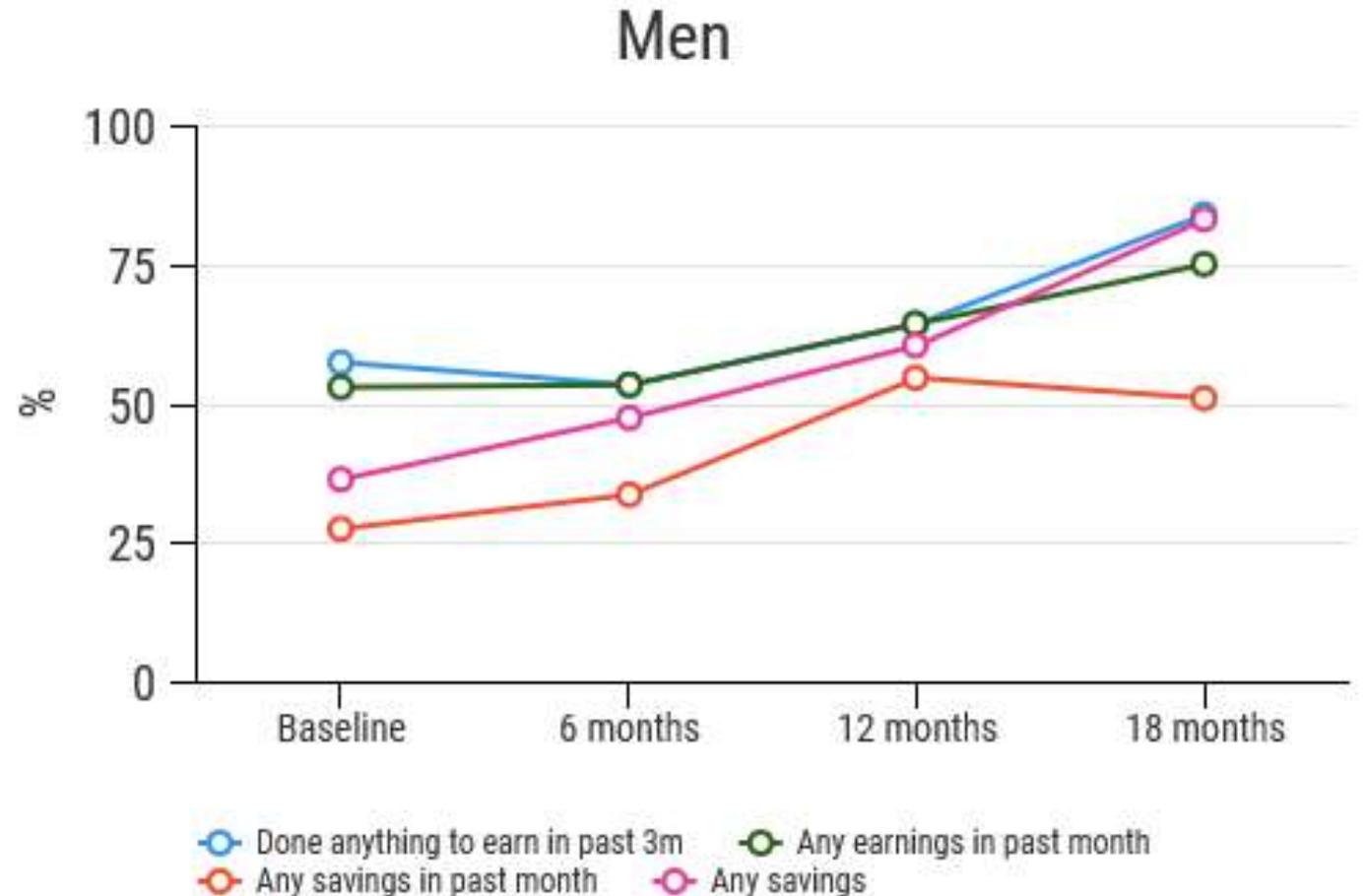
Significant changes in women's earnings and savings

- ❖ The proportion of women who earned money in the past month increased 3 time - from 21% at baseline to 64.6% at 18 months ($\beta=0.14$, $p\text{-value}<0.001$)
- ❖ The proportion of women who reported savings in the past month also increased threefold - from 17% at baseline to 63.5% at 18 months ($\beta=0.17$, $p\text{-value}<0.001$)

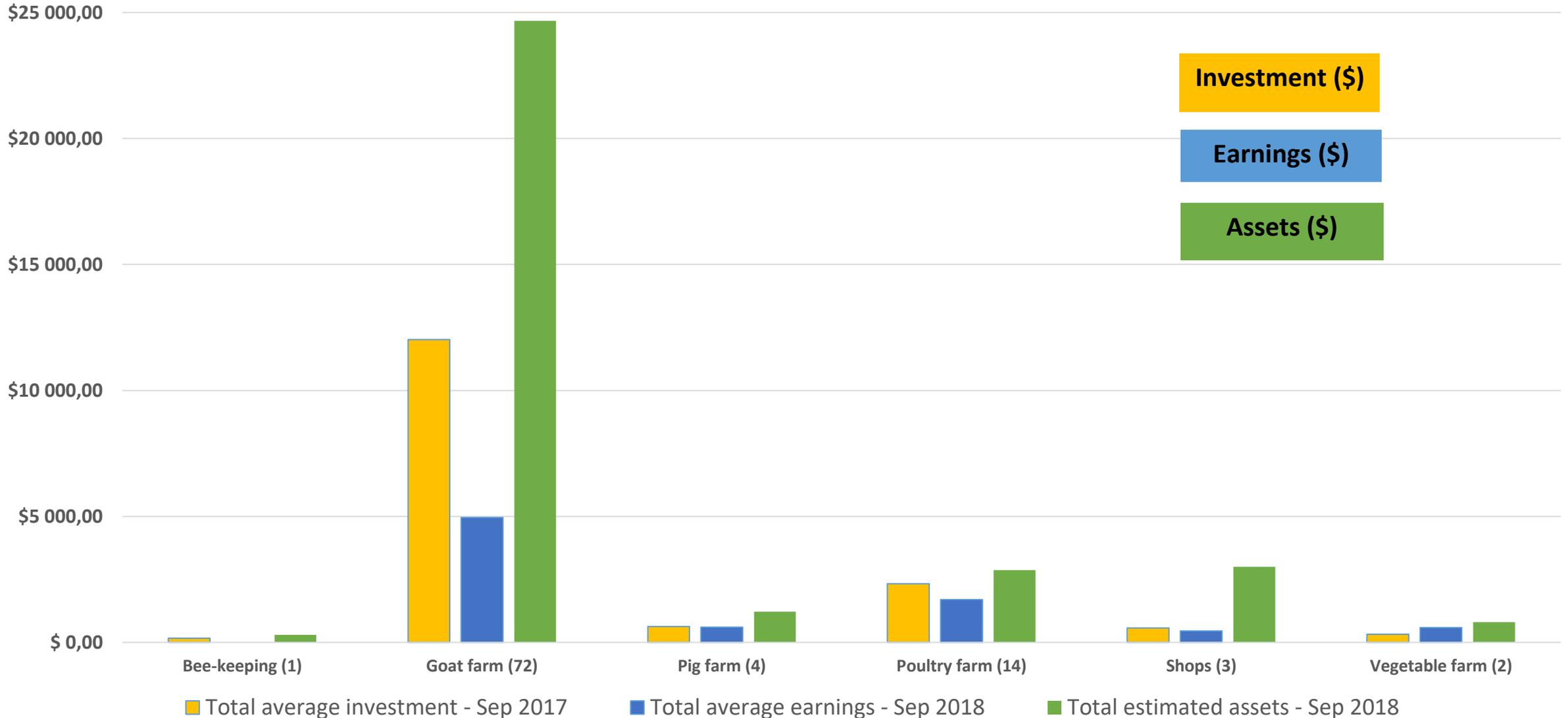


Significant changes in men's earnings and savings

- ❖ The proportion of men who earned money in the past month increased by 50% - from 52.9% at baseline to 75% at 18 months ($\beta=0.12$, $p\text{-value}<0.001$)
- ❖ The proportion of men saving in the past month increased twofold - from 27.4% at baseline to 50.9% at 18 months ($\beta=0.15$, $p\text{-value}<0.001$)



Income generating activities: investments, earnings and asset value of 96 families after 1 year (Sep 2017 - Sep 2018)



Qualitative findings: improved livelihoods

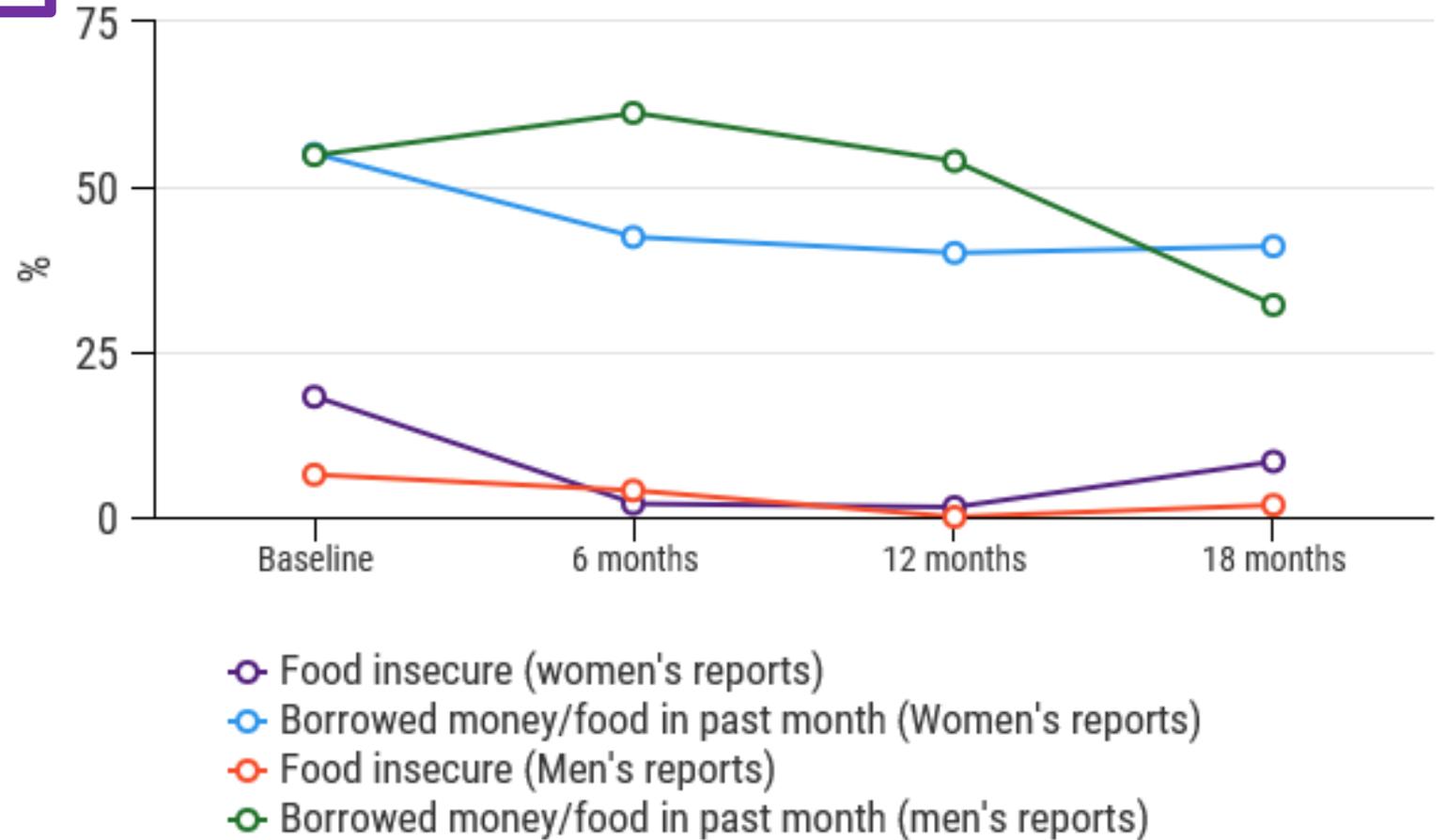
- Qualitative research also corroborated these economic improvements
- In addition to the \$150 worth of start-up support, many families made in-kind contributions and sometimes supplemented from their first earnings
- Women also reported having added at least one more IGA over time including gardening, breeding chickens for subsistence or selling
- These efforts increased their food supply and savings as they bought only those food stuffs they did not grow themselves
- For other families, reliance on their farming produce rather than buy food in the market freed them up to prioritise their children's education

“we have to spend a lot of money on education... as far as food is concerned we eat what we grow in our farms... These days, I feel that I should eat what is grown and reared in the house instead of buying things from the market” - - 36-year-old and mother of 3 children, Triveni

Significant reductions in food insecurity and borrowing for food

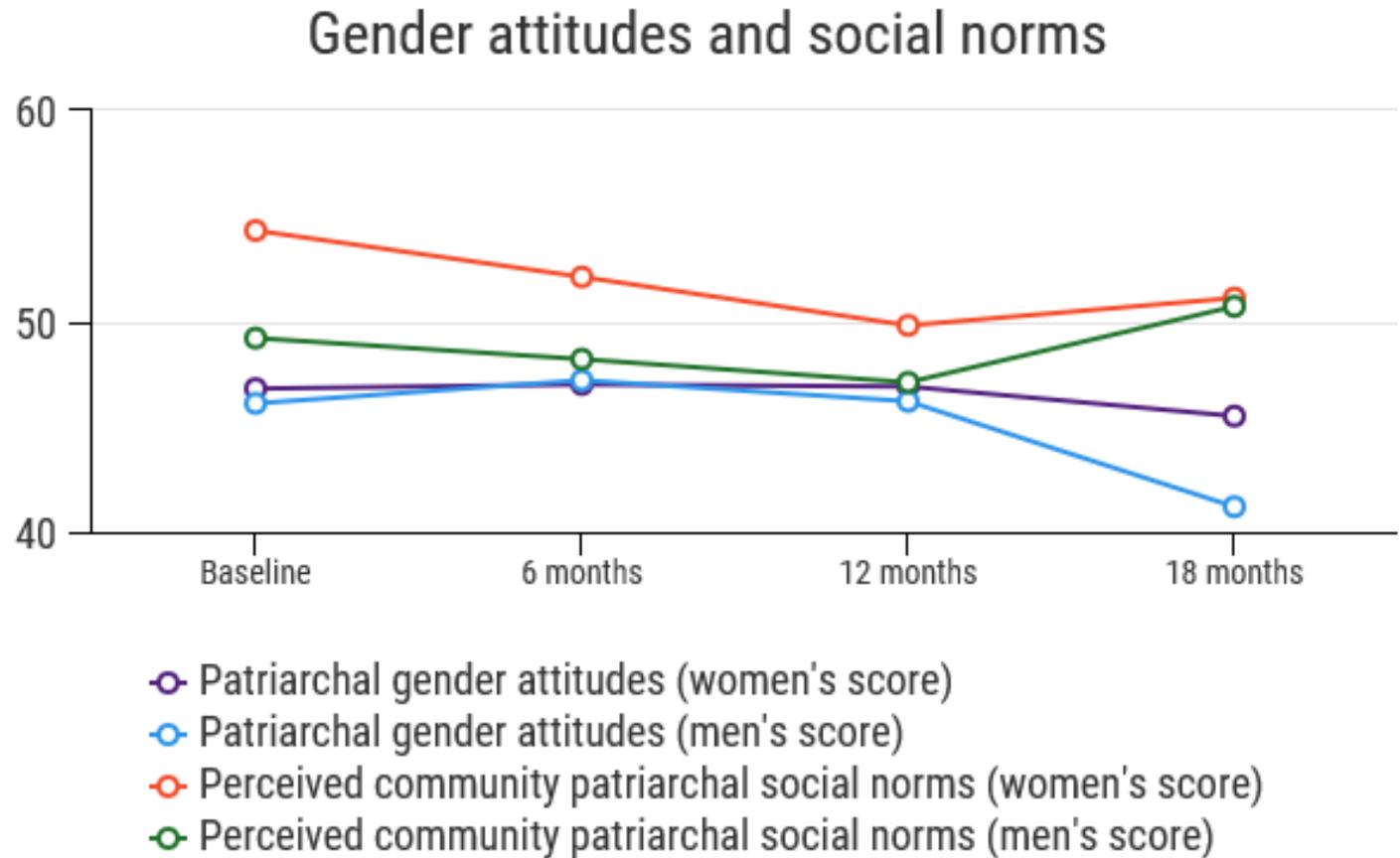
- ❖ Food insecurity reported by women reduced 2x and men reduced 3x
- ❖ Reports of borrowing food or money for food in the past month reduced by 25% (women) - 40% (men)

Food insecurity and borrowing for food



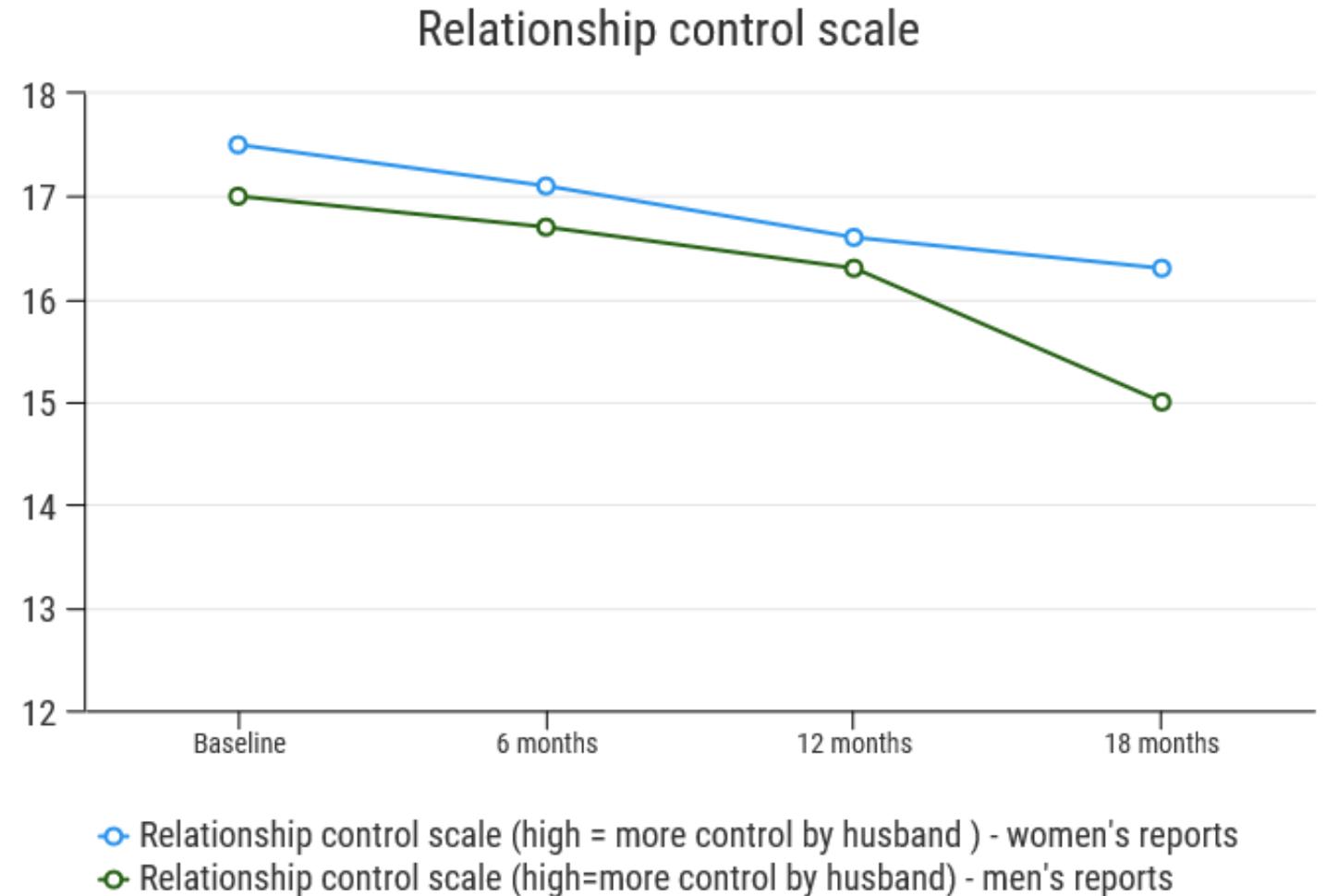
❖ Significant changes in women and men's individual ideas about gender

❖ Women perceived the community social norms to have become significantly less patriarchal



Significant reductions in men's control of their wives within their relationships

- Lesser control of wives by husbands was reported by women and men over time ($\beta = -0.07$, $p < 0.001$)



Improved family relations

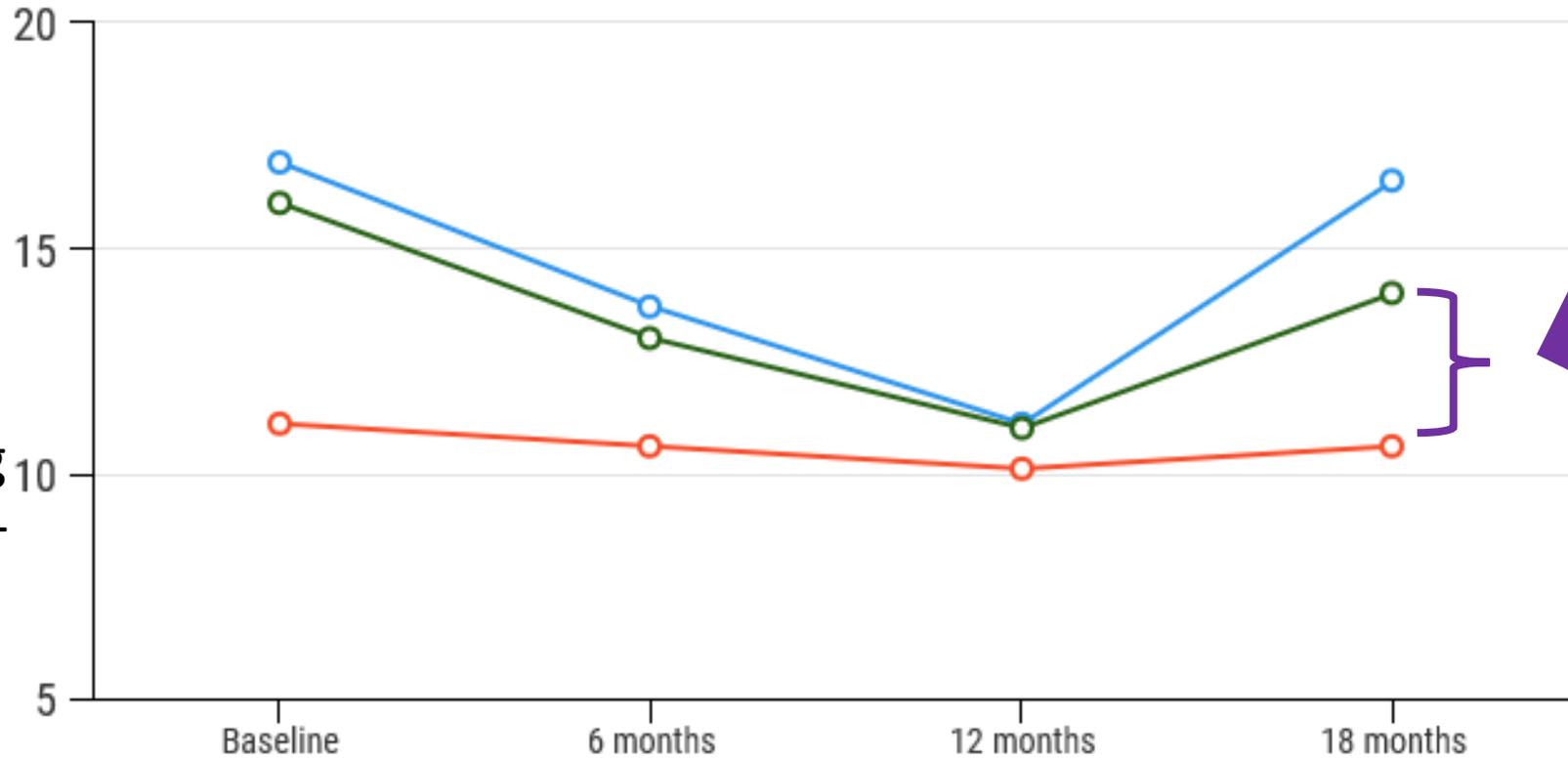
- ❖ Over time...
- ❖ Wives and husbands perceived their relationship with their spouse to have improved
- ❖ Daughters-in-law perceived their mother-in-law to have become less cruel
- ❖ All these changes were statistically significant

“My mother-in-law used to ask me to work all the time. But now... she helps me in the kitchen, in the animal shed and... with other outdoor works... Things have been easy for me. She does not scold me... The relationship is very good” (39 year old, Jharana)

Significant changes in women's mental health

Women

Women's mental health improved after the intervention, especially among the daughters-in-law, with lower depression and higher life satisfaction



- Depression score (high=more)
- Depression score of daughters-in-law
- Life dissatisfaction (high = more dissatisfied)

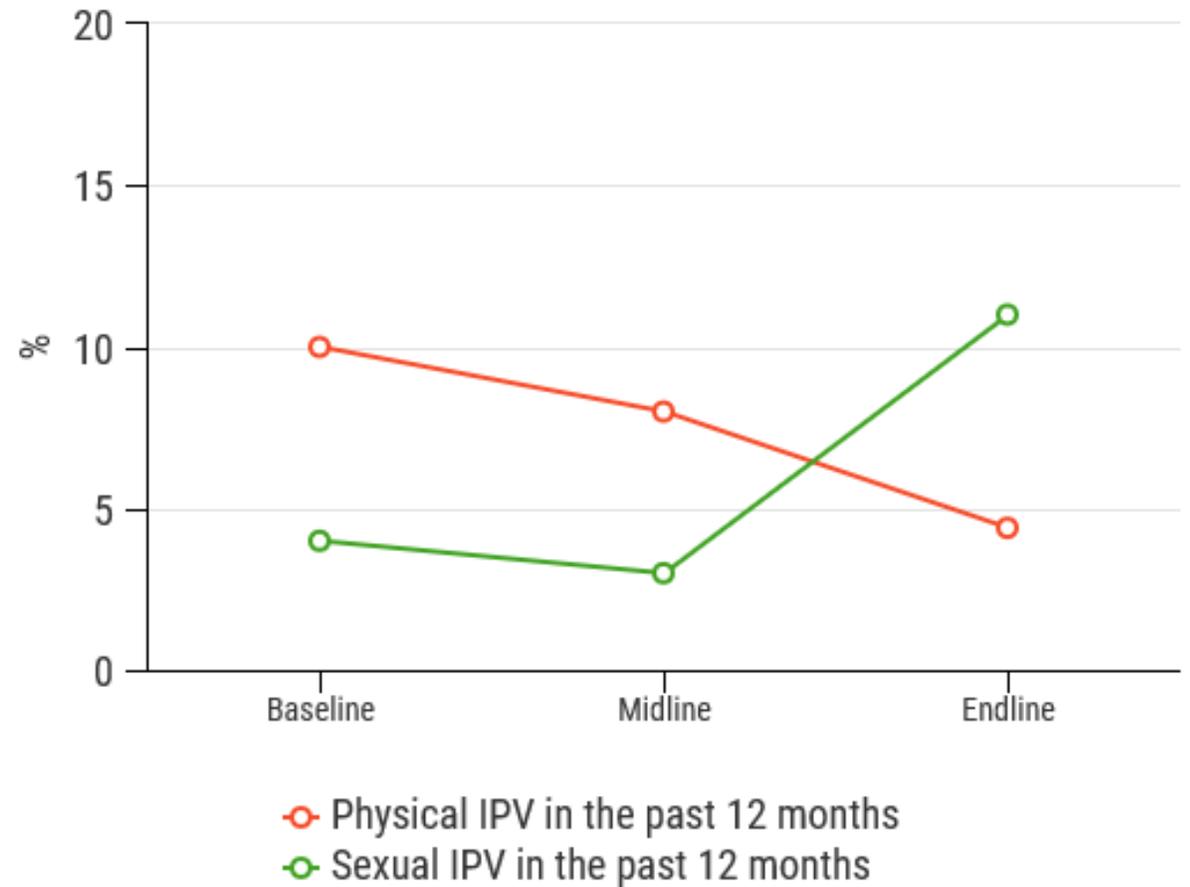
Significant reduction

Substantial evidence of reduction in women's experience of physical IPV

- ❖ Women's reports of physical IPV reduced by more than 50% between baseline and endline
- ❖ Very little sexual IPV was reported at baseline, most likely due to social stigma, so it may not really have increased

“as long as a man gets to have sex when he wants he is happy. If a woman feels like not having sex when the man wants it, the man does not take it nicely. My husband used to be that way in the past. He is not like that anymore”

Young women's experience of IPV



“after having attended the training my husband has not fought with me and has not even beaten me”

Conclusions and lessons

- Sammanit Jeevan was successful in economically empowering women and changing gender relations in the family and the community
- Involving the whole family helped to (1) overcome the potential backlash that might have arisen had the intervention had only recruited young married women and to (2) reduced drop out
- This approach helped to build a better understanding of women's oppressed social position in the family and its negative effects on the young married women, and their relationships with husbands and in-laws
- Farming IGAs **DO** work: in cases where seed funding is provided in-kind and without expectation for repayment but also require patience as profit can be seen after 1 year

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