

**EFFECT OF OVERSEAS MIGRATION ON PSYCHO SOCIAL
PROBLEMS OF LEFT BEHIND FAMILIES IN AZAD JAMMU AND
KASHMIR**



PHD THESIS

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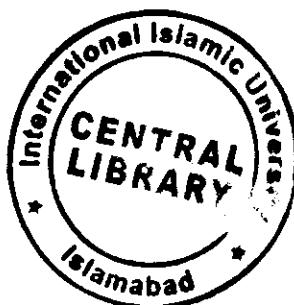
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In the Name of ALLAH

The Most Merciful and Compassionate, the Most Gracious and Beneficent, Whose help and guidance we always plead for at every step, at every moment.

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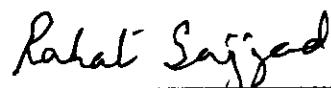
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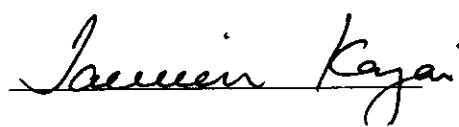
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DEDICATION

WITH ALL MY LOVE TO

Dearest

ABDUL HADI JAWAD

AYESHA JAWAD

&

MY TRULY LOVING HUSBAND

JAWAD HANIF

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LIST OF ABBREVIATIONS

LBW	Left Behind Wives
LBC	Left Behind Children
PSPS	Psychosocial Problems Scale
DASS	Depression Anxiety Stress Scale
CBCL	Child Behaviour Checklist
HR	Household Responsibilities
EP	Emotional Problems
SP	Social Problems
BP	Biological Problems
CRP	Children Related Problems
PP	Psychological Problems

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ABSTRACT

Present study aimed at measuring the psychosocial problems of left behind families of overseas migrants of Azad State of Jammu & Kashmir. Among left behind families, only left behind wives and children were taken as sample of the study by employing convenient sampling technique. Age range of the left behind wives was from 20-60 years, while for left behind children was from 6-18 years. Psychosocial problems of left behind wives were measured by using Psychosocial Problems Scale PSPS (developed by researcher as part of the study) and Depression Anxiety Stress Scale DASS Urdu Translated (Zafar & Khalily, 2014). While left behind children psychosocial problems were measured by using Urdu version of Child Behaviour Checklist (CBCL), (Achenbach & Rescorla, 2001). Present study was conducted in three parts. Part I pertained to the development and establishing psychometric properties of Psychosocial Problems Scale. Part II was related with pilot testing of measures used in study, and results indicated all three measures i.e. PSPS, DASS and CBCL reliable tool for the measurement of study variables. Part III (Main Study) was further comprised of two research methods i.e. quantitative and qualitative approach. Quantitative approach dealt with hypothesis testing and qualitative approach was used for indepth study of psychological problems of left behind wives by conducting interviews in the form of written descriptions of left behind wives about their psychological problems on Answer Record Sheet. Findings of the study indicated that psychosocial problems significantly predict Depression, Anxiety Stress while psychosocial problems do not predict behavioural and emotional problems of left behind children. The findings of the study show that children of overseas migrant parents (fathers only) have significantly more behavioural and emotional problems as compared to children of non migrant parents. Findings of the study also show that female children of overseas migrants over all scored

significantly higher on academic grades as compared to male children. Qualitative analysis by using Nvivo software Version-7 (QSR-International, 2006) aimed at measuring the specific culturally expressed and culture free themes related to psychological problems of wives of overseas migrants.

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Chapter I

INTRODUCTION

Globalization has been leading towards an increased pressure and opportunities for people of the world to move from one place to another. The global world is in the process of a rapid change and migration has been playing the role of a key contributor. In process of migration people move from one place to another having objectives of living there permanently or for relatively shorter period of time. The revolt of information and communication technology combined with increased demand of labour in the developed countries, has created place for people of the world to live transnationally , where they can maintain significant social, economic and cultural ties with their countries of origin (Grillo & Mazzucato 2008).

Migration is as old as human kind wandered in search of food. International migration across regulated national borders is a relatively new development. During early twentieth century system of nation- states, passports and visas developed to regulate the international flow of migrants (Torpey, 1999). Today migration studies are not only restricted to the conventional 'pull and push' factors (cited in Taylor 1999), rather it demands a cohesive learning of the social, cultural, political, and economic factors of the migration experience (Kaur 2006; Sharma 2008).

Migration has been defined as "The movement of a person or a group of people, either across an international border, or within a state. A population movement, covering any type of movement of people, whatever its duration, composition and causes; it includes migration of refugees, displaced persons, economic migrants, and persons moving for other purposes, including family reunification". Long term migrant person moves to a country other than that of his/her usual residence for a period of at least a year (12 months), so that the country of destination effectively becomes his or her new country of usual residence. From the perspective of country of departure the person is considered as long term emigrant and from that of country of arrival the person is considered as long term immigrant. A short term migrant person moves to a country other than that of his or her usual residence for a period of at least 3 months but less than a year(12 months) except the situation in which the movement to that country is for the purposes of recreation, holiday, visits to friends & relatives, business, medical treatment or religious pilgrimage (IOM, 2011).

Based on archeological evidence the seat of migration is assessed to be in East Africa. From there the earliest migration, about (60,000 years ago) was occurred through Asia and Indonesia to Australia and New Guinea. After this approximately 46,000 years later second wave of migration followed northerly route through Eurasia and across the Bering Strait into the America. An offshoot of this route was west toward present day Europe. The central Mediterranean was populated about 8,000 years ago. However for understand modern population movements, more important is to review the time span of sixteenth century in Europe and ending with the close of the twentieth century (Cohen, 1995).

The Mercantile Period (1500-1800) era has been marked by European colonization and trade, accompanied by European control over appreciable part of the world. This time period is also marked by slave trade of approximately ten million Africans to America with major social and demographic consequences. After the abolition of slavery, cheap labor was supplied by migrations of indentured laborers from Asia, including India and China, who worked on plantations for the expansion of European economy. During Industrial Period (1800-1925) there was a considerable exodus of European migrants from countries i.e. Britain, Italy, Norway, Spain and Sweden to America to gain from the New world's growing economy. Majority of migrants moved towards America but others migrated to Australia and New Zealand (Segal, Mayadas & Elliott, 2010).

Mass migration occurred during the late nineteenth century with higher international mobility than the twentieth century (UNDP, 2009). In today's comparison, traditional receiving countries of the developed world during late nineteenth century and early twentieth century actually experienced higher (relative) migration flows. During 1910 in United States almost 15 per cent of the population was foreign-born, while in comparison during 2000 this figure was just above 10 per cent (Mayda, 2011). Between 1914 and 1950 because of First and Second World Wars and the Great Depression migration flows significantly slowed down. It further contributed towards more restrictive immigration policies (Chiswick and Hatton, 2003). Since then, and coinciding along with a period of strong economic development, migration flows started to increase once again.

During (1930-1960) World War I, Great Depression and the breakup of the British Empire considered as factors leading towards limited migration. Human migration became a global phenomenon during (1960s to 1990s). During this time emigration from Asia, South America and Africa also increased. As the country progressed, migration patterns became more complex, changing traditionally sending countries into receiving countries. In this postindustrial migration period, the characteristics of immigrants also changed from being predominantly European to include Asians. According to the needs of the economy for more labor America and Australia changed their Immigration policies. The rapid growth of industrialization of Asian countries i.e. Japan, Korea, Taiwan and Hong Kong led to population movements responding to labor needs of the new industrial and technological economies. Thus persons having varying economic backgrounds and status now moving around the world in a way unprecedented in modern times (Hayter, 2004; Massey, 1999).

The migration literature has mostly focused on either the prevailing circumstances in the areas of destination or on the migrants themselves and their contributions in the economic development of their home country, while ignoring the socio-cultural dimensions of their moving abroad that are equally important in migration research (Sharma 2008). Besides this, the left behind family members are often invisible, and their role, personal experiences, psychological wellbeing and interconnectedness with the practice of migration were not fully understood (Hadi 1999; Nguyen, Yeoh & Toyota, 2006).

Being a global phenomenon International migration is increasing in its nature, complexity and effect (IOM, 2011). Migration of only husbands for earning money causes traumatic

separation of husbands and wives, children and parents, formulating transnational households (Castañeda & Buck, 2012)). In the absence of husband, wife and children face lot of difficulties, because of having additional duties, workload increases and she also takes care of things, which are usually done by men ((Hugo, 1995; Hadi, 1999). Studies on left behind families (children and wives) of overseas migrants indicated their psychosocial problems in the form of additional responsibilities, anxiety, loneliness & psychological problems, children poor academic performance, and their behavioral and emotional problems ((Kandel & Kao, 2001; Lu & Treiman, 2007).

Migration of only husband/family head to abroad for earning money has diverse effects on the whole family left behind. During these circumstances impact of migration on families are huge and adverse. There is no doubt that because of increased amount of money sent back by overseas migrants brings a lot of improvement in living standard of their left behind families at their place of origin, but still these families are facing major psychological crises, with reference to cost of living away from the male members of their families. Though researchers have newly started exploration of the dynamics of left behind family members within the framework of 'migration-left-behind nexus' (Jones & Kittisuksatit 2003; Rigg 2007; Toyota, Yeoh & Nguyen, 2007; Xiang 2007).

The consequences of husbands out emigration in the form of psychological disturbances among their spouses include depression, stress, anxiety, emotional problems, loneliness & feelings of insecurity and adverse effect on their children educational outcomes and on their behavioural and emotional problems (Azhar, 2007; IOM, 2008; Safiullah, Arab, Nasar, Javaria & Sanaullah, 2016; Giannelli & Mangiavacchi, 2010; Kristina, 2009; Laharie, Claudia, Hayes, Piper

& Heymann, 2009). Along with income benefits of overseas migrants recent research has also focused on happenings of left behind family members. Findings of a study conducted in Nepal for measuring the subjective well being of left behind wives indicated increased amount of psychological stress among them (Gartaula, Visser & Niehof, 2012).

Current Trends in Overseas Migration

The people of one place of world move to the other parts to gain their livelihood (Massey, Goldring & Durand, 1994; Bauer and Gang, 1998). Overseas migrants not only leave their countries because of not finding any job but mainly because of seeking higher income. The economic migration mainly considers the expectations of a higher income abroad as a main factor of decisions to emigrate (Solimano, 2002).

In comparison with year 2000, during 2015 number of international migrants has reached upto 244 million (an increase of 71 million, or 41 per cent). International migrants are about 3.3 per cent of the world populations as compared to 2.8 per cent in 2000. During the years of 2000 to 2015, in comparison of any other area Asia has more international migrants. During this period Asia gained some 26 million international migrants. Between 2000 and 2015 Europe has the second largest number of international migrants, followed by Northern America (14 million or 0.9 million per year) and Africa (6 million or 0.4 million per year). The largest number of international migrants (47 million) equal to about a fifth (19 per cent) of the world's total population are residing in the United States of America. Germany and the Russian Federation host the second and third largest numbers (12 million each) of migrants worldwide, followed by Saudi Arabia (10 million), the United Kingdom of Great Britain and Northern Ireland (nearly 9

million), and the United Arab Emirates (8 million). During recent years Asia has reported increase in the percentage of male migrants. The stock of male migrants in Asia (from 27 million in 2000 to 44 million in 2015) grew by 62 per cent.

A more pronounced growth in male migrants as compared to females has been experienced in Africa while in contrast Europe, Latin America and the Caribbean, Northern America and Oceania the female migrant stock grew more as compared to male migrant stock. It has been studied that strong demand of migrant workers in the oil-producing countries in Western Asia caused increase of male migration from Asia. During 2015, 16 million persons from India were living outside of their country of birth as compared to 12 million people from Mexico. Other countries with large diasporas include the Russian Federation (11 million), China (10 million), Bangladesh (7 million), and Pakistan and the Ukraine (6 million each) (United Nations Department of Economic and Social Affairs Population Division, 2015).

Number of factors have been involved and influenced overseas migration in migrant sending and receiving countries. These factors include economic (to improve financial condition, to find work), social (for a better quality of life, to be close with family and friends), political (e.g. to avoid repression and discrimination) and environmental (natural disasters). Since earlier time, today more people live outside their country of origin than at any earlier time and this number has been expected to increase in future (Pakistani Institute of Legislative Development and Transparency PILDAT, 2008). During 2002, across the globe 175 million people lived outside their country of origin while in 2005 this figure increased around 191 million and by 2050 this number is expected to increase 230 million (UNFPA, 2004).

When people feel their home country overall conditions as satisfactory and their needs (physical, social and emotional) are met then there are minimal chances of moving out. It has been observed that economic, political and religious turbulence can cause dissatisfaction among people and in result they the mass migration occurs. It has been found that poor economic conditions, low income and overcrowding in the home country often force individuals to seek opportunities elsewhere. (Segal, Mayadas & Elliott, 2010). Pakistan being a developing country with low economic development, less openings for social mobility and insecure political situation has more push factors for overseas migration. Along with this prevailing situation, around 3.5 to 4 million people live outside the country, and among half of them are in six countries of Gulf Cooperation Council (Siegmann, 2010).

The push-pull theory of migration traced out the economic factors of migration in the sending country as well as in the receiving country. Push factors attribute to the negative circumstances prevailing in the country of origin whereas pull factors identify the positive circumstances of the country to move (Datta, 2002). The three contributing factors i.e. Demand-pull in destination areas, supply push in area of origin, and network factors that link them mainly work in the flight of a migrant. These factors differentiate economic migrants who are encouraged to migrate because of demand for their labor abroad from the non economic migrant who cross borders to join their family members settled abroad. Networks and links across borders help migrants to move, as when a potential migrant obtains information about work and wages from a previous migrant. These three types of factors do not have equal importance for any person and family situation, while the importance of each factor can change over time. Generally during the initial stage of any migration flow the demand pull and supply push factors

are predominant, while network factors become more important as migration stream matures (Massey, Arango, Hugo, kcuauoci, Pellegrino & Taylor, 1998).

Overseas Migration from Pakistan

International migration from Pakistan is a very common phenomenon and had a profound socio economic impact both on people as well as the country. At present Pakistan has large diversed migrants spread all over the world. Pakistan is one of the largest labour exporting country and this income not only support migrant's family but play a significant role in country's economic development. From Pakistan 4 181.9 thousands persons migrated during 2000 while 3 629.0 thousands persons migrated during 2015 (United Nations Department of Economic and Social Affairs Population Division, 2015).

Almost 7.8 million Pakistanis migrated abroad for employment during 1971-2014 through Bureau of Emigration (Pakistan Economic Survey, 2014-15). Pakistani over seas migrants are mainly concentrated in Middle East (49%), Europe (28.2%), and United States of America (16%). Man power export has increased from 0.622million in 2013 to 0.752 in 2014. The number of workers registered for Saudi Arabia has increased from 0.2 million in 2013 to 0.3 million in 2014. Similar trend has been observed that in 2014 Malaysia and Europe has hired more people as compared to last year. UAE and Saudi Arabia are the main markets for Pakistani workers. Around 50% export of man power is towards UAE and more than 37% export is towards Saudi Arabia. The remittances sent by these workers contribute in the development of the economy and serve the role of second largest source of foreign exchange after exports (Pakistan Economic Survey, 2014-15).

Among Pakistani migrants illiterate and unskilled workers constitute around 50%, manual labourers constitute 40%. White collar workers including doctors, engineers, accountants, managers and teachers constitute only 2.2%. Skilled workers are 40% with drivers have the highest number followed by masons, carpenters and tailors. Families of 85% Pakistani migrant workers live behind in Pakistan. From Punjab province of Pakistan an estimated 52% of migrant workers move, 9.4% from Sindh, and 25% from Khyber Pakhtunkhan, 1.3% from Baluchistan, 5.4% from Tribal areas (Northern areas) and 6.5% from Azad State of Jammu & Kashmir (PILDAT, 2008).

Economic theory proposes that the labour movement across borders gives rise to significant economic prosperity. This becomes possible because migration strengthens people to get more experience and benefit from their relative potentials (UNDP, 2009). However a significant share of these benefits will help to migrants themselves, but residents in receiving and sending countries are also likely to benefit from greater labour mobility.

Pakistan is one of the major countries who get its major income from international migration (Government of Pakistan, 2008). However little attention is given to the effect of economic migration on the left behind families. As people move out but their family remains there in their home land. That is why family unity suffers a lot when the left behind families do not accompany labor migrants, (Kamiar & Ismail, 1991).

In Pakistan the impact of international migration on the families left behind in the agrarian communities of district Toba Tek Singh of the Punjab province was explored. For agrarian left behind families' significant association was shown between migration and their

socio-economic protection; however majority of left behind wives felt loneliness (40.8%), insecurity (5%) and more responsibilities (14.2%) due to migration of their family heads (Khan, Mahmood, Yasin, & Shahbaz, 2010).

In another study economic condition of family, social changes, family relationships, educational achievements, savings and investment patterns of migrants left behind family were studied among Pakistani population. Along with some positive impact of economic migration in terms of remittances study also highlighted adverse negative impact of migration including. lack of parental control on children left behind, increased drug addiction among some of the members of migrants family, feelings of insecurity by migrant's female spouse and problems in arrangement of marriages of sons and daughters of economic migrant (Azhar, 2007).

Studies conducted in Pakistan for exploring the impact of overseas migration on left behind families gave more emphasis and detailed description on role of remittances while indepth analysis of psychological sufferings of let behind family members have mainly been ignored (Azhar, 2007; Farooq & Javed, 2009; Khan, Mahmood, Yasin & Shahbaz, 2010; Kousar, Rehman & Rehman, 2014). Present study specifically gave more importance to the psychosocial problems faced by left behind wives and children of over seas migrants, and in addition of using qualitative approach for investigation of psychological problems in their cultural context, it also used standardized measures for the measurement of psychosocial problems of left behind wives faced in absence of their husbands in the form of their biological, psychological, social, emotional, child related problems, household responsibilities and problems of left behind children of migrants in the form of their academic performance and their behavioural and emotional problems.

Geo Political Profile of the Poonch & Sudhanotti Districts of Azad State of Jammu & Kashmir

The state of Azad Jammu and Kashmir falls within the Himalayan orogenic belt, comprised an area of 5134 square miles (13,297 square kiloetmers. Its topography is mainly hilly and mountainous with valleys and stretches of plains. The State of Azad Jammu & Kashmir has three divisions (Muzaffarabad, Poonch & Mirpur) with ten administrative districts, having Muzaffarabad as the capital of the State. The Muzaffarabad Division comprises of (Muzaffarabad, Hattian and Neelum), Poonch Division comprises of (Bagh, Haveli, Poonch & Sudhnoti districts) whereas Mirpur Division comprised of (Mirpur, Kotli & Bhimber Districts). The northern districts (Neelum, Muzaffarabad, Hattian, Bagh, Haveli, Poonch, and Sudhnoti) are generally mountainous while southern districts (Kotli, Mirpur, and Bhimber) are relatively plain. The State is renowned for natural beauty with thick green forests, fast flowing rivers and winding streams. Jhelum, Neelum and Poonch are main rivers of the state (Planning & Development Department Muzaffarabad, 2013).

The Poonch district has three subdivisions including Rawalakot, Hajira Abbaspur and Tharar. The area of the district Poonch is 855 sqkm and the total population is 411.04 thousands with an average growth rate of 2.24%. In rural and urban areas average household size is 7.6 and 8.00 persons respectively. The 86.84% of the population lived in rural areas. The overall literacy rate of the district is 67.22%, for urban 72.10% and for rural areas is 66.45%. The literacy rate among male is 80.23% as compared to females 54.04%. (Earthquake Reconstruction &

Rehabilitation Authority Government of Pakistan State Earthquake Reconstruction & Rehabilitation Agency Government of AJK, 2007).

To honour the Sudhen tribe Sudhnoti district was named “Sudhnoti” in 2000. Sudhnoti district was the capital of Azad State of Jammu and Kashmir before it was shifted to Muzafferabad. Sudhnoti district has a population of 242,000 and is divided into four tehsils i.e. Balouch Tehsil, Trarkhal Tehsil, Mong Tehsil, Palandri Tehsil.

In Azad Kashmir during 2010 (around 22,535), in 2011 (around 33,133), during 2012 (38,833), during 2013, (40,038) while in 2014, (52,120) workers move abroad (Bureau of Emigration and Overseas Employment, Pakistan Economic Survey, 2014-15).

Due to the remittances living standard of people in AJ&K has improved, overseas migrants have been sending their money regularly to their left behind families. Migration of family heads improved the social status of their left behind people. Along with this their income level, their houses outlook, occupations, children education level, family members health status also improved. Overall services like schools, colleges, shopping centers, roads, and transportation, electrification, communication and banking facilities also developed and improved. Expenditure on non productive activities like marriages, ceremonies, gifts to friends/relatives, festivals and funerals also increased because of money sent back (Socio Economic Survey of AJ&K, 2007).

Regarding AJ&K, impact of over seas migration has been studied little in psychological perspective, where most of over seas migrants are males. This over seas migration not only

effects children left behind, but most importantly wives of over seas migrants, who perform the dual role as mothers and fathers of their children.

This study is an attempt to measure the psychosocial problems of wives and children of overseas migrants of two districts Poonch and Sudhanotti of AJ&K. In the absence of husband wife faces lot of difficulties. Because of having additional duties workload increases and she also takes care of things, which are usually done by men (Gulati, 1993; Hugo, 1995; Hadi, 1999). Because of male outmigration form women only manage their households, but not necessarily head them. Taking care of men related activities in case of husbands out migration workload of left behind wives and children also increase (Jetley, 1987). A woman feels isolated in the absence of her husband (Jetley, 1983; Bose, 2000).

Number of studies have reported that money sent back gives better housing and improve living standard of migrant households (Rempel & Lodbell, 1978; Oberai & Singh, 1983; Population Reports, 1983; Yadava, 1989; Mehta, 1990; Ghosh & Sharma, 1995; Rodgers, 2000 & Singh, 2000). It has been reported that despite of socio-economic influence on the area of origin, migration has a strong impact of left behind wives status in the family. Nevertheless, absence of husband makes the wife's life difficult. In the absence of her husband workload increases when she has to take care of several other things that are culturally performed by men (Gulati, 1993; Hugo, 1995; Hadi, 1999). Migration of husbands results in households managed by women, but not all the time necessarily headed by them. In absence of husbands, women and children workload is increased, because of taking over many male specific activities (Jetley, 1987). A woman also feels isolated in the absence of her husband (Jetley, 1987; Bose, 2000).

To examine the impact of migration on emotional wellness of family members remaining in the country of origin, study conducted on Mexican families indicated that migration causes the depressive symptoms and feelings of separation among close family members more specifically the spouses and children (Silver, 2006)

Impact of Overseas Migration on Mood of left behind Wives

Impact of geographical separation' from the male overseas earning members of families upon their families, wives and children has also been negative along with positive monetary benefits; the structure of a nuclear families has been changed dramatically and it has shattered the spirit of family; as in a male dominated society, where men is considered as a head of family, his role is now shifted to remaining members of families, mainly women or to the young children. In some situations family members are not ready or trained enough to take and perform the responsibilities of family head/husband in a proper way in his absence. This causes lot of tension, burden and worry among

Migration of only husbands to some other places for earning money, have a considerable effect on their left behind wives and children. Migration grounds a lot of problems for left behind families most importantly for their wives in the form of personal, psychological, managerial, and social and children discipline related. For investigating the problems faced by left behind wives, a study was conducted in Kangra District of Himachal Pradesh. The study found their problems in the form of feelings of anxiety because of communication gap with their husbands; problems in children upbringing and work overload (Kishtwaria, 2011).

Normal people most of the time report that they are depressed when they observe any change in their mood i.e. low mood. A person, who is experiencing transient sadness and loneliness, also report about being depressed. It has been a debate that whether this normal mood is synonymous with, or even related to the feelings experienced in the abnormal condition of depression. However in any situation while having feelings of dejection, hopelessness or unhappiness, most of the time persons make use of word depression to label this subjective state. In clinical psychology the term has some persistent attributes along with characteristic complaints, these attributes have a particular type of onset, course, duration and outcome (Beck & Alford, 2009).

The important features of depression have been marked by low mood or the loss of interest in nearly all activities. During depression mood of the person has been described as depressed, sad, hopeless, discouraged, or “down in the dumps”. Lack of interest or pleasure is present all the time; at least to some degree individuals may report feeling less interested in hobbies, “not caring any more” or not feeling any enjoyment in activities that were previously considered pleasurable. Individual’s appetite is usually reduced, and many individuals feel that they have to force themselves to eat while other individuals may have increased appetite and may crave specific foods. These changes in appetite may cause significant weight loss or gain. Sleep is disturbed as person may be suffering from insomnia or excessive sleep. Individual may respond by showing psychomotor agitation or retardation. Decreased energy, tiredness, and fatigue are also common during depression. Individual has sense of worthlessness or guilt. Many individuals report impaired ability to think, concentrate, or make decisions. Individual may have recurrent thoughts of dying or ending one’s own life, with or without a specific plan. The

diagnostic manual of the American Psychiatric Association categorizes the mood disorders into broadly into two types. In depressive disorder (unipolar depression) mood remains depressed or low, while in Bipolar disorder, along with depression there is also a history of manic and hypomanic episodes (APA, 2013).

Numbers of researches indicate that episodes of major Depressive Disorder are precipitated by stressful life events (Leopardi & Bartolomucci, 2009). A great body of research has focused on life events as a causal factor in depression. Impact of stressful life events in causing depression have been studied extensively (Kendler, Karkowski, & Prescott, 1999). Research has identified the association between separation and depressive symptoms. However separation is painful but still it is strongly effected by circumstances and the context (Suarez-Orozco, 2002). To explore the psychological well being of migrants' family members staying behind a study was conducted in Mexico. Results of the study indicated that migration of close family members particularly spouses and children increase the depression and feelings of loneliness among left behind family members (Silver, 2006).

One of prevailing model diathesis-stress model considers the importance of both preexisting susceptibilities (diathesis) and stressors in the development of depression. Diathesis can be physiological, interaction related or psychological. One diathesis may be lack of support by others. Individuals with depression tend to have limited social networks and to acknowledge them as giving low support. Less social support weakens the individual's ability to cope with their stressors and make the person susceptible to depression. (Keltner & Kring, 1998). It has also been studied that within family interpersonal problems become a source of triggering

depression (Butzlaff & Hooley, 1998). In most of the studies conducted on left behind families of overseas migrants, social problems included lack of interaction with others, feelings of insecurity and lack of social support (Kishtwaria, 2011 & Khan, et al. 2011). Because of husbands' overseas migration, in some situations other family members try to share the burden of left behind wives and children, that again causes lot of stress among wives left behind. A study conducted in Romania indicated that family members suffer strongly on mental and psychological level. Stress and anxiety by having insecure feelings about their loved one as well as having adjustment problems with other family members give rise to a number of psychological disturbances (Robila, 2011).

Anxiety is defined as an apprehension over an anticipated problem. Anxiety involves arousal and sympathetic nervous system activation (Kring, Davison, Neale & Johnson, 2009). It has been noted that most commonly symptoms of anxiety and major depression occur together showing co morbidity (Hirschfeld, 2001). It has also been supported through preclinical and clinical data that stress exposure plays a significant causal role in the etiology of major depression and depression like symptoms (Nestler, Gould, Manji, Buncan, Duman, 2002 & De Kloet, Joels & Holsboer, 2005). Among left behind wives, research has indicated an increase in health problems due to depression, loneliness and fatigue (IOM, 2008).

Stress has been defined in number of ways. One of the most influential definitions of stress is given by Hans Selye a physician, who introduced the term general adaptation syndrome (GAS) to describe the physiological response to sustained and high stress level. Selye's model has three important phases. Autonomic nervous system is activated because of stress in Phase I,

during alarm reaction. In the phase II, during resistance, the individual makes efforts by employing available coping mechanisms to adapt with the stress. If the stressful event prolongs, and the individual feels incapable to adapt effectively, then phase III, exhaustion, follows and the individual experiences irreversible damage or dies. Stress has also been defined as a stimulus/stressor, rather than a response, including a long list of environmental conditions. Stimuli which are considered as stressors can be grouped into major (death of a loved one), minor daily hassles, i.e. got stuck in traffic), acute (failure in exam), or chronic (persistent unpleasant work environment). In most of the situations, such are experiences which individuals consider as unpleasant, but they can also be pleasant also. Similarly response based definition of stress, stimulus based definitions of stress also have problems. Same event/stressor does not elicit the same amount of stress in every individual. So stress can be understood as the personal experience of distress in response of perceived environmental problems. (Kring, Davison, Neale & Johnson, 2009)

One of most important factors in reducing the negative effect of stress is social support. It has been studied that social support can act as a buffer by providing protection to individuals from devastating impacts of stressful situations, referred as stress buffering model of social support. Evidence related with this proposition is found when individuals perceive social support provided through their social network. It has also been found that socially integrated people have high psychological well being than their colleagues having lack of integration (Field, & Schulzberg, 2011). Considering stress as a socially embedded process has significant impact on biological and psychological well being of a person (Aneshensel, 1992). It was studied that family separation can significantly impact the transnational families roles, their responsibilities;

support structures resulting in psychological and emotional stress (Collins, 1991; Hondagneu-Sotelo & Avila, 1992; Aguilera-Guzman, Garcia & Garcia, 2004; Schmalzbauer, 2004).

Psychosocial Problems of Left behind Wives of Over Seas Migrants

The women having husbands migrated in search of work are known as “left-behind wives”, “wives left behind”, or “left-behind women” (Hugo, 2000). Remittance-led migration causes traumatic separation of husbands and wives, children and parents, formulating transnational households. In addition to this suffering, separation caused by migration and its accompanying sense of uncertainty have significant consequences for the future well being of transnational family members (Castaneda & Buck, 2012).

Diagnostic and Statistical Manual of mental disorder defines and explain psychosocial problems in the form of problems with primary support group, problems with social environment, educational problems , occupational problems, housing problems, economic problems, problems with access to health care, problems related to interaction with the legal system/crime and other psychosocial and environmental problems (APA, 2013).

Studies on left behind families (children and wives) of overseas migrants indicated their psychosocial problems in the form of children additional responsibilities, anxiety, loneliness & psychological problems, poor academic performance, children behavioural and emotional problems (Lachaud, 1999; Kandel & Kao, 2001; Lu & Treiman, 2006).

Review of studies conducted in Latin America regarding out migration impacts highlighted these emergent themes i.e. conflicting feelings, depression, rejection and

abandonment, role changes and additional roles, decreased social support and importance of communication (Silver 2006).

Large body of literature mainly focus on positive consequences of emigration in terms of remittance gain but emigration causing lack of social support and stress causing illnesses have been ignored. Labour out migration commonly cause family disruptions in developing countries. A longitudinal survey was conducted in Indonesia between 1993-2007 regarding psychosocial consequences of out migration and it has been shown that spouses left behind and parents left behind are more vulnerable to stress related illnesses i.e. hypertension and depression (Lu, 2012).

In some Asian countries The international Organization for Migration (IOM) research has indicated an increase in health problems due to depression loneliness and fatigue among left behind wives (IOM, 2008).

Previous literature mostly dominated by highlighting monetary remittances because of emigration while its psychosocial impacts have mostly been ignored (Mc Kenzie, 2005). In another study apart from socio-economic impact on the area of origin, profound influence on the status of left behind wives in the family was also studied.

Number of psychological factors may play a role in depression, anxiety and stress. It has been indicated that psychological problems are caused by stressful life events. Freud theorized that loss of a loved one can trigger depression (Neale & Davison, 2009). In case of overseas migration where wives of economic migrants feel temporary loss because of separation, loneliness, insecurity, lack of communication and stress make them prone to develop symptoms of depression, anxiety and stress (Jetley, 1983., Bose, 2000 Kishtwaria, 2011) . Symptoms of

Dubai Syndrome has been used quite commonly for psychosocial disorders faced by left behind family members (in case where family head, mostly male and head of family) move out of country usually Gulf States for better jobs. In Pakistan Effect of migration (of earning member to Gulf States only) on left behind children of families (both migrant and non migrant as a control group also) was studied in Karachi. It was found that both left behind wives and children experienced emotional hardships in absence of their family heads (Ahmed & Zainulabdin, 1991).

To analyze the impact of remittances on the socio economic conditions of rural families, a study was conducted in Poonch district of AJ&K. Results of the study indicated remittances as the main source of income for the area. Study highlighted that on one side savings of people became many fold higher, expenditure on their basic needs, preference to educate their children in private schools, purchase of commercial plots/vehicles, construction and renovation of their houses , spending on ceremonies and luxury items increased due to emigration of their family heads. While on the other side some negative impacts have been reported including psychological disorders in women, insecurity feelings and children drop out from school (Khan, Israr, Summar, Shaukat, Khan, Ahmad, & Karim, 2011).

Impact of Overseas Migration on Left behind Children

Left behind children (LBC) term is used for those who stay in their home country while one or both their parents migrate to work abroad for a period of at least six months (Gao, Li, Kim, Congdon, Lau, & Griffiths, 2010). To get correct estimates of children effected by the migration of one or both parents seems very difficult. At national level different calculation methods are being used so that's why international comparisons become almost impossible.

Along with that at national level statistics seasonal migrants are underrepresented, even in countries i.e. Ivory Coast, where one third of the population are migrants (Whitehead & Hashim, 2005).

Attachment Theory

Attachment theory stresses about humans innate instincts to implore care, protection, and contact from others. According to this theory children having sensitive and responsive parents are more enabled to grow along a healthy pathway. While children having insensitive, unresponsive, neglectful, or rejecting parents are more likely to grow along a deviant pathway. Even in that situation, since the course of subsequent development is not fixed, so changes in the way a child is treated can turn his pathway in either a more favourable direction or a less favorable one (Bowlby 1988).

In agreement with Bowlby's theory it was studied that much psychopathology has its roots in intolerable separations and neglect during the childhood and in clinical practice such children appear withdrawn and isolated" (Bowlby, 1982). Suicide, depression, substance abuse, conduct disorder, and most of the personality disorders seem to relate to early negative experiences and separation from the attachment figure, particularly when paired with the unavailability of an adequate substitute attachment" (Artico 2003). Among left behind children (LBC) long term absence of parents causes feelings of abandonment and permanent absence as experienced by orphaned children (Reyes, 2007).

Studies conducted in Caribbean countries suggest that LBC deal with significant problems related to the loss of a parental figure and to the development of attachment (Glasgow & Ghose-Shees, 1995 & Crawford-Brown & Rattray, 2002).

In Mexico consequences of residential separation were addressed for children whose fathers had migrated to United States. Comparison of father-children separation because of divorce and international migration, indicated that level of interaction with nonresident fathers are higher when separation is caused by migration as compared to separation because of divorce. Additionally more ties with migrant fathers are positively correlated with their school performance (Nobles, 2011). Male labour out migration from Zacatecas state of Mexico to United States has resulted in transformation of traditional family dynamics (De Keijzer, 1998). In urban and rural areas of some Mexican states children and adolescents grow up in the absence of their fathers. It has been indicated that absence of fathers in case of migration causes more household responsibilities for left behind families including wives and children (Salgado de Zinder, 1992; Aguilera, Salgado de Snyder, Romero & Medina, 1996 & Marroni, 2000).

Several studies in Mexico addressed the effects of paternal migration. Large number of children grow up without the physical presence of their fathers in many zones of some Mexican States, (De Keijzer, 1998). Migrant fathers often lose their ties with and sense of duty regarding their left behind children (D'Aubeterre, 2000) and, in these situations more specifically the psychological health of the children is strongly affected. Other studies highlight, in accordance with the great majority of the studies on this topic, that in Mexico too LBC are more emotionally and psychologically weak compared to their peers (Lahaie, Claudia, Hayes, Piper & Heymann, 2009).

A survey was conducted in three states Zacatecas, Michoacan and Jalisco (have long tradition of migration) of Mexico for measuring the social effects of migration on left behind women and children of migrants. Interviews were conducted with left behind wives, teachers, priests and local government officials of these communities. Findings indicated that in Zacatecas large number of children were living without one or both parents. However in all three states many cases of teen pregnancy, alcohol, drug addiction and robbery were reported. Mothers argued that in absence of fathers, they felt difficulty in communicating with their children. It was reported that 61% children experienced difficulties in communicating with their fathers. Mothers reported about not having any assistance in solving their children problems. It was noticed that mothers had to deal with their children on their own and they were not supported by their other relatives.

Several studies in China highlighted the more vulnerability of LBC for various psychological problems as compared to their peers in the form of loneliness, anxiety, depression, introversion and suicidal ideations (Liu, Li, & Ge, 2009; Gao, *et al.*, 2010; Gao, Wang, Liu, & Wang, 2007; Huang, Wu, Peng, Li, Qi, & Shi, 2005; Wang, Zhang, Sun, & Zhang, 2006; Zhang, Wang, Sun, Chen, Zhang, Gao, & Xing, 2007). Sample of 592 youngsters living in rural areas with age range from 10-17 years were studied to measure the effects of the age of the children at the time of the separation from their parents for analysis of the symptoms of anxiety and depression. Results showed that children separated from their parents at young age showed high level of anxiety and depression as compared to other children (Liu, Li & Ge, 2009).

Academic Problems of Children of Overseas Migrants

It has been now become well understood that international migration of parent or a family member result in both positive and negative for non migrant children. On one hand remittances relax the household budget constraints and in result increase child schooling, child health, and corresponding decrease in child labor (Cox- Edwards & Ureta, 2003; Yang, 2008; Alcaraz, Carlo, Chiquiar & Salcedo, 2012). But along with this researchers have also recognized that parental absence from the home have a negative impact on their child's outcomes which may outweigh the positive effects of their remittances. In line with these findings, in Albania negative impact on school attendance for left behind children has also been explored (Giannelli & Mangiavacchi, 2010). The percentage of school aged children having emotional problems vary. The incidence and prevalence of emotional problems has been quite controversial having ratio of 2-3% to 22% (Costello, 1989; Doll, 1996; Knitzer, Steinberg, & Fleisch, 1990; Knopf, Park, & Mulye, 2008). In some cases migrant fathers often do not take obligation towards their children (D'Aubeterre, 2000).

Individuals mainly migrate with the objective of improving their living circumstances but in return they receive the negative impact for their whole left-behind family, most importantly education of their children. In Romania Impact of Parental economic migration on children psychosocial and academic outcomes indicated poor academic performance of their children (Robila, 2011).

Findings of studies conducted in Philippines showed that mothers departure has strong relationship with poor school performance and difficulties in social adjustment among young children (Battistella & Conaco, 1998).

In Mexico evidence for gender based educational attainment differences were revealed. Because of parental migration girls showed significantly increased educational achievement, however probability of boys completing junior high school was low. Similarly in developing countries both boys and girls presented academic difficulties in case where care givers migrated. Income effect dominantly appeared in developing countries, where for girls, remittances (by easing family budget constraints) opened up greater education opportunities. As girls are more likely to be deprived of educational investments when family finances are constrained. However for older boys this income effect was overcomed by having other alternatives to education (particularly in the form of their own migration) which drove boys away from school (Antman, 2012).

A qualitative study was conducted in Mexico for knowing about the role of fathers migration on their adolescents upbringing. Findings of the study indicated that left behind adolescents often become migrants themselves. As migration appears as a way out of poverty and adolescents are more prone to drop out from school (Moctezuma, 1999).

Despite the fact that family and children can enjoy the economic advantages because of remittances sent by migrant, LBC pay the price of separation with negative consequence on their psychological well being, which is going to influence their development, behaviour and

education (Save the Children, 2006; Jingzhong & Lu, 2011; Ukwatta, 2010; Eelens, 1995; Fernando, 1989; Rodrigo, 1999).

Psychosocial problems including behavioural, emotional and educational problems are more common in adolescents and they cause severe disturbance in performing their every day functioning (Reijneveld, Vogels, Brugman, Ede, Verhulst & Vanhorick, 2003).

Little evidence has been found about how children cope with the migration of their parent/s and about how their livelihoods are affected. Studies conducted in Philippines found mixed results. It has been found in some studies that parents remittances were spent on children's education and their health indicators were better than those of children who were living with their parents. But on the other side some studies indicated that parental absence in case of migration jeopardized left behind children educational achievement (Bryant, 2005).

77-16727 In developing countries literature review related to left behind children's educational achievements found similarly mixed patterns (Lu & Treimna, 2007), on one hand side some studies indicated positive effect on schooling and school performance (Jones, 1995; Lu, 2005; Taylor, 1987), while some other empirical research found that parental absence has negative effect on their children schooling (Battistella & Conaco, 1998; Kandel & Kao, 2001).

Behavioral and Emotional Problems of Left behind Children of Overseas Migrants

Migration and its relationship with health has been a complex as well as a dynamic area of research. Migration can effect the biological, psychological, emotional health and well being of migrant itself, his/her family or people staying at their place of origin, and for people staying at destination place (Carballo, Divino & Zeric, 1998). Since history, in most of the situations

men migrate, so that's why most scientific literature has focused on the contributory role of father for his family and related the resulting loss when he becomes a migrant (Lahaie et al., 2009 & Antman, 2011). Migration of a care giving spouse has significantly association with academic, behavioural and emotional problems of their left behind children in Mexico (Lahaie et al., 2009).

LBC feel neglected at emotional level because of lack of that affection which can be get only by having physical closeness, care, kisses and markedly observable expression of affection, as single parent accompanying LBC can never compensate for the emptiness caused by the absence of other parent. Left behind children can experience some very serious forms of emotional neglect, problems regarding taking personal care & hygiene, health care and medical care. LBC manifest this deprivation in the form of low academic performance, remaining absent and drop out from school, quarrels with teachers and fellows, low motivation, anxious, unhappy, depressed, apathy, not concerned about what's happening around, failure to concentrate and unable to complete tasks, low self esteem, involved in anti social behaviour i.e. drug abuse and violent behaviour, and suicidal ideation. (Valtolina & Colombo, 2012).

Quantitative studies on 146 LBC and qualitative studies on a sample of 24 LBC between the age range of 12-16 years indicated that in spite of improved economic situation because of parent migration, left behind children have twice more suffer from psychological and emotional problems as compared to their peers. These findings further highlighted that one third of LBC show high level of depression and difficulty in interpersonal relations which in some cases leads to suicidal ideation (Jones, et al. 2004).

The survey conducted by United Nations Children's Fund (UNICEF, 2008) found that left behind children by migrant parents at both social and individual level show lack of emotional support and feel difficulty in overcoming parental separation. They usually break their relationships with peers and inspite of this make preferential relationship with children who are also left without parental care. In another survey conducted by Caribbean UNICEF office (Bakker, Elings-Pels & Reis, 2009) it was also found that left behind children and migrant children form a specifically vulnerable group. The effect of parental migration on children can be distressing because of threatening the long-term well-being and development of Caribbean adolescents into adulthood. Left behind Children face several challenges regarding their education and health care along with various psychosocial problems. Many left behind children suffer from depression and low self-esteem which can lead to their behavioral problems, along with their increased risk of poor academic performance (Bakker, Elings-Pels & Reis, 2009). In a sample of 48 LBC the experience of separation during infancy and reunification later on in life indicated a negative effect on their self esteem (Smith, et al. 2004).

The role of each parent has its own importance in emotional and psychological development of a child. The international Organization for Migration (IOM) research in Asian countries highlights some common problems among the left behind families children in the form of lack of motivation in school and resultant drop out altogether, a search for a father/mother figure and substance abuse. The international Organization for Migration in Bangladesh documented that left behind boys who are living with their mothers tend to be more undisciplined and rebellious because of non availability of male role models. Other factors can play their role but migration of father s was cited to be a dominant feature (IOM, 2008).

Psychological well being of left behind children under age 12 was investigated in four Asian countries Indonesia, The Philippines, Thailand and Vietnam. Although study did not find any general pattern across countries, however multivariate models showed that in Indonesia and Thailand migrant fathers' children were more likely to have poor psychological well being, as compared to the children of non migrant households (Graham & Jordan, 2011).

A cross-sectional national study including 820 children matched for both age and gender by using multi-stage random sampling was conducted to find effect of labor migration with left behind children health. Findings indicated that two from every five left behind children suffered from mental disorders by proposing that social and emotional maladjustment and behavioural problems can occur in parental absence. Left behind male children were more vulnerable to develop psychological disorders (Kolitha, Chesmal, Puwalani, Sulochana, Buddhini, Gayani, Anushka, Kaushalya , Sharika, Sisira & Athula, 2015). Psychological and emotional effects of separation from parents appear to vary across gender. Among left behind boys coping mechanism often consist of externalizing their pain and frustration, while girls tend to keep all their pains inside. It has been pointed that boys have more problems with their interpersonal relations while left behind girls have negative mood and low self esteem (Jones, et al. 2004).

Risk of depression was studied in left behind children in China along with a control group of non migrant parent children. Findings of the study indicated higher risk rate of depression in left behind children as compared to children of non migrant parents (He, Fan, Liu, Li, Wang, Williams & Wong, 2012).

The broad range of experiences of left behind children are studied in terms of systemic and relational factors. It was found that children's relationship with non resident father highlights about the importance of this association between children and fathers and their adjustment. Firstly it was found that more frequent contacts although not face to face, even then can reduce adjustment problems of children. Secondly children's relationships with their non resident father have strong association with their mother's relationship. Study confirmed that difficult and unaffectionate relationships with non resident fathers will be related with more adjustment problems. While more positive relationship over time involving frequent and regular contact strongly predict good adjustment. Although this specific study was not done in the parental migration context but still highlights the significance of family dynamics and contact particularly during families' separation. (Dunn, Cheng, O'Connor & Bridges, 2004).

A study related to depression, anxiety, identity diffusion, individuation, self esteem, deviance, school misconduct and grades, marital agreement and parent child communication was conducted and found family cohesion having direct linear relationship with positive outcomes and all family members good functioning (Farrell and Barnes, 1993).

Study on negative effect of parents separation on psychological well being of LBC showed that parental migration causes emotional ignorance among LBC. Absence of role model has negative impact on LBC development. LBC further show tendency for introversion and withdrawal from others by making them un willing to communicate with other people. LBC report feelings of loneliness, abandonment, fear and lack of interest in daily activities of life. LBC most frequently reported feelings of loneliness for describing their mood, LBC didn't

consider friends and other familyas members as a replacement for closeness of the parents (Jingzhong, & Lu, 2011).

It has been indicated in studies conducted in Philippines that impact of parental migration on LBC varies according to the situation in which LBC living and on other factors. Younger children may experience the departure of parent as form of abandonment while adolescents become thankful to awareness of family's situation on one hand while on other feeling ambivalent, as feelings of acceptance and respect for the undertaking their parents have decided to embark on, and anger and strong resentment for having been left alone (SMC, 2004; Asis, 2000),they feel pleasure for monetary benefits and of grief as they can not conceal their sadness (Añonuevo & Añonuevo, 2002; Bielza-Valdez, 2011).

Effect of international migration on left behind children was explored in the agrarian communities of district Toba Tek Singh from Punjab province of Pakistan. Findings of the study showed that children effected of migration reported feelings of loneliness (50.8%), insecurity (10.0%), (10.0%) reported lack of guidance and (24.2%) reported about the lack of father affection. (Khan, Mahmood,Yasin & Shahbaz, 2010).

Conceptual Framework of the Present Study

The present study explored the psychosocial problems of left behind family members including wives and children of overseas migrants of Sudhanotti & Poonch districts of Azad State of Jammu & Kashmir. Existing literature on migration served as a guideline in studying stated variables (psychosocial problems) in their sociocultural context. This is the proposed model for the present study, which aimed at investigating the psychosocial problems of wives of overseas migrants (i.e. their biological, psychological, social, child related problems, household responsibilities and emotional problems i.e. problems of loneliness) and at the same time investigating the academic problems, and behavioural & emotional problems of left behind children of overseas migrants.

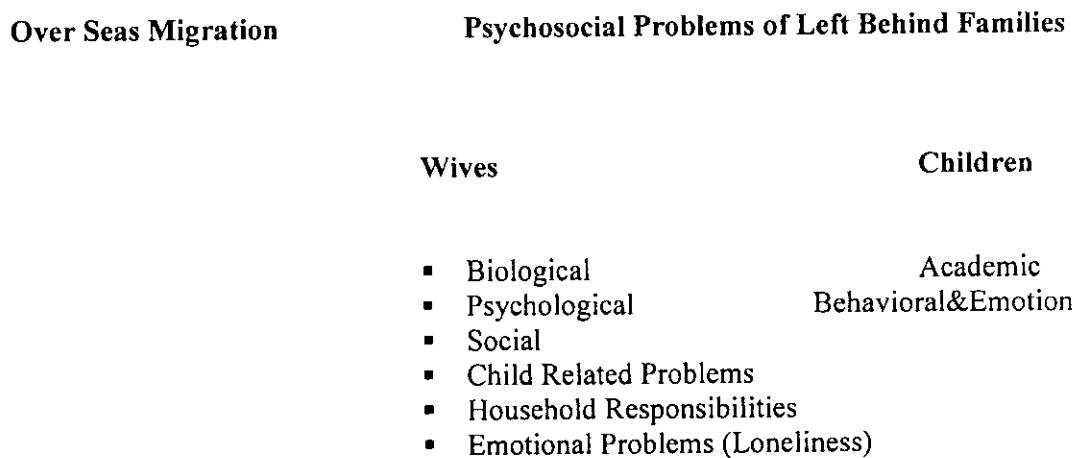


Figure I: Psychosocial Problems of Left behind Wives and Left behind Children of Overseas Migrants of Poonch and Sudhnotti Districts of Azad State of Jammu & Kashmir

Rationale of the Study

Study of left behind families of overseas migrants is very much important for in-depth understanding of migration process along with its attached human experiences (Toyota, Yeoh, & Nguyen, 2007). Most of the studies address the adjustment problems of immigrants and their families in new land (Phinney, Horenczyk, Liebkind, & Vedder, 2001; Grzywacz, Quandt, Early, Tapia, Graham, & Arcury, 2006) but few studies address the issues of left behind families. Most of the migrants belong to developing countries so large body of research work has been related with the role of remittances as a causal factor of migration in host countries economic development (Antman, 2012). Past researches mostly consider remittances having crucial importance in emigration effects while large and important psychosocial dynamics have mainly been ignored (McKenzie, 2005). Present study aimed at addressing the impact of overseas migration on psychosocial problems of left behind wives and children of overseas migrants of two districts Poonch & Sudhnotti of Azad State of Jammu & Kashmir.

Children are the true assets and real predictors of development for any country. So this segment must be given proper attention and focus to brighten the chances of prosperity of any nation. While leaving this segment unaddressed, not knowing their problems in depth and without finding proper solutions of their problems, nation's development can be at risk. Presence of both parents during childhood has positive impact on the behavior of any child while their absence have long lasting negative effects, as childhood experiences have a determining role in identity (Artico 2003). Children often feel about parents' migration as their own fault and may refuse to accept any alternative explanations of the migration (Artico 2003; Grinberg & Leon 1989).

In studies of mental Health for the psychological well being of children separation from a parent has been found to have detrimental effects (Amato & Cheadle, 2005; Huurre, Junkkari, & Aro, 2006). However separation resulting from migration has been given little attention (Graham & Jordan, 2011). Similarly negative outcomes regarding the psychological well being of separated children may vary across different stages of the migration process and over an individual's life course also (Graham & Jordan, 2011). In migrant sending countries for children who are left behind because of their parent/s migration no policies exist (Yeoh & Lam, 2006).

In recent years researchers started work to find impact of migration on health of left behind families so that's why most of the researchers conducted on left behind families mainly focused on children (Kanaiaupuni & Donato, 1999; Robila, 2011). There is scarce but growing evidence related to health impact of left behind adults. In New Zealand left behind family report more about poor general health (Gibson, McKenzie, & Stillman, 2009).

In Pakistan effect of overseas migration on left behind families have mainly been studied in economic perspectives, giving very little attention to in depth analysis of psychological sufferings of left behind family members (Azhar, 2007; Khan, Mehmood, Yasin, & Shahbaz, 2010). Studies conducted in Pakistan with the aim of investigating the impact of out migration on left behind families reported both the positive and negative impacts of over seas migration on left behind families. Along with positive monetary outcomes the negative outcomes of over seas migration indicated i.e. lack of parental control over children, feelings of insecurity among spouse, emotional stress, sadness, loneliness and burden in controlling male children, psychological disturbances in personality of left behind children, drug addiction among family

members, problems in arrangement of their sons and daughters marriages (Azhar, 2007; Farooq & Javed, 2009; Khan, Mehmood, Yasin & Shahbaz, 2010; Kousar, Rehman & Rehman, 2014). These studies mainly investigated the problems of left behind families by making use of qualitative and survey method.

To analyze the impact of remittances on the socio economic conditions of rural families, a study was conducted in Poonch district of AJ&K. Findings of the study revealed that on one living standard of people improved because of overseas migration. While on the other side some negative impacts have been reported including psychological disorders in women, insecurity feelings (measured by using demographic sheet) and children drop out from school (Khan, Israr, Summar Shaukat, Khan, Ahmad & Karim, 2011).

Considering the importance of mental health of women (having roles of wives and mothers in family) along with children, present study has also been designed to measure the psychosocial problems faced by left behind families including left behind wives & children of over seas migrants. Left behind wives have to manage all their domestic affairs in absence of their husbands. If their mental health is at risk, if they are not emotionally stable then how they can be able to manage their house hold and provide quality education and training to their children. "Give me good mothers and I will give you good nation (Napoleon Bonaparte) highlights the importance of mothers in nation building.

Large number of male members of the study population of Sudhanotti & Poonch districts of Azad State of Jammu & Kashmir move abroad because of economic problems, their families have been suffering at psychological, social and emotional level. Present study is a unique step

pertaining to quantitative and qualitative indepth study about the psychosocial problems faced by the left behind families (including the wives and children) of overseas migrants of Sudhanoti & Poonch districts of Azad Jammu & Kashmir.

The present study is a preliminary effort in addressing the problems of left behind wives of over seas migrants of Azad State of Jammu & Kashmir by developing a standardized indigenous scale for the measurement of psychosocial problems of left behind wives. No standardized scale is available for measuring the psychosocial problems of left behind wives of overses migrants in their sociocultural context. Once the nature of psychosocial problems is identified, it would further be helpful for mental health professionals and counselors to provide need based interventions and skills required to deal effectively with their psychosocial problems. This study for the very first time dealt with this population (in their socio cultural context), their problems have explored scientifically and this preliminary study will be helpful in making future policies. It has been found that cultural norms are important in understanding translational families, their choices, effects they experience, and different types of family system in addition to nuclear family (Mazzucato & Schanz, 2011). The study used mixed method approach by employing quantitative as well as qualitative research methodologies for indepth understanding psychosocial problems of left behind wives and children of over seas migrants.

Present study can be helpful for getting information about the actual sufferings of left behind wives and children of overseas migrants. Overseas migration improves the financial status of left behind families, however these families suffer at psychological, social and emotional levels. Results of the study can be beneficial for policy makers, academicians,

researchers and mental health professionals to provide training to left behind families for dealing effectively with their personal, social, and emotional and child related problems.

Present study also aimed at investigating the diagnostic complaints among left behind wives. Study also aimed at drawing attention of policy makers towards the unrealized, unrecognized and unmet psychosocial problems of the sample. High prevalence of psychological problems i.e. depression anxiety and stress among left behind wives of overseas migrant is quite alarming and needs immediate response of the responsible authorities (Governmental organizations) for making policies and devising preventive measures of left behind families psychosocial problems. Male migrant members serve their role for State by sharing a lot in the form of remittances for the economic development of their country, so their contributions must be acknowledged by the policy makers.

METHOD

The present research was conducted in three parts.

Part I Development of indigenous Scale

Part II Pilot Study

Part III Main Study

Part I: Development of indigenous Scale

Objectives of Part I of the Study

1. To develop an indigenous scale for the measurement of psychosocial problems of left behind wives of over seas migrants.
2. To determine psychometric properties of newly developed Scale

For the development of an indigenous scale for the measurement of psychosocial problems of left behind families of over seas migrants of Azad State of Jammu & Kashmir. The researcher prepared a blue print indicating the parameters of psychosocial problems.

Item Pool Generation

Researcher kept in view the parameters of Psychosocial Problems Scale (PSPS) by consulting books, research articles, internet, subject matter experts, focus group discussions and other relevant sources. Initial draft of 120 items were generated for measuring the psychosocial problems of left behind wives of overseas migrants. To examine the content validity of the first draft, each item was evaluated by two committees of judges. One committee was comprised of three experts of urdu language and other committee included six psychologists, specialized in clinical psychology ($n=2$), psychometrician ($n=2$) and experimental psychology ($n=2$). All these experts were requested to review and evaluate the items one by one in a group setting. Researcher explained the basic objectives of the proposed scale and asked committee to evaluate each item from two perspectives, (i) the accuracy and appropriateness of the content and (ii) the clinical merit of the items. Reviewers discussed all items one and one, until they reach the decision of 75 items, and remaining 35 items were considered rejected because of repetition. These 75 items approved by experts were given to Urdu experts (two from Department of Urdu International Islamic University Islamabad and two from Govt. Colleges Rawalpindi). All the experts were requested to check the quality of each and every item of psychosocial problems Scale. After getting their approval all 75 items were printed into a form with five point likert type scale indicating extent of agreement of respondents.

These five response categories were scored from 5, 4, 3, 2, 1 indicating always, most often, to some extent, sometimes and never categories. The higher mean score indicates more psychosocial problems of left behind wives of over seas migrants. To determine psychometric

Table 1

Alpha Reliability Coefficient of Psycho Social Problems Scale for Left behind Wives PSPS (N=30)

Scales	Items	M	SD	Potential Range		Actual Range		α	Skewness	Kurtosis
				Min	Max	Min	Max			
PSPS	75	268.93	41.51	75	375	199	338	.94	.09	-1.08

The value of Alpha reliability of PSPS is .94. It indicates that the scale is highly reliable tool for the assessment of psychosocial problems of left behind wives of Overseas Migrants.

Reliability of Psychosocial Problems Scale

In order to measure alpha reliability coefficient of Psychosocial Problems Scale (PSPS) following statistical analyses was performed on responses of sample of 230 left behind wives of over seas migrants.

Table 2

Alpha Reliability Coefficient of PsychoSocial Problems Scale (PSPS) for Left behind Wives (N=230)

Scales	Items	M	SD	Potential Range		Actual Range		α	Skewness	Kurtosis
				Min	Max	Min	Max			
PSPS	75	268.79	40.98	75	375	178	353	.94	-.04	-.83

The value of Alpha reliability of PSPS is .94, which shows that the scale is highly reliable tool for the assessment of psychosocial problems of left behind wives of Overseas Migrants.

Validity of Psychosocial Problems Scale (PSPS)

Internal consistency and factor analysis were computed to measure construct validity of the Psychosocial Problems Scale (PSPS). Item total correlation of PSPS was computed to analyze each item in order to check whether all items were significantly measuring the psychosocial problems. Exploratory factor analysis was carried out to determine factor structure of Psychosocial Problems Scale.

Table 3

Item-total correlation of Psychosocial Problems Scale (PSPS) for Left behind Wives (N=230)

Item	r	Item	r	Item	r
1	.40	26	.50	51	.58
2	.48	27	.10	52	.53
3	.47	28	.50	53	-.21
4	.44	29	.52	54	.44
5	.50	30	.48	55	-.16
6	.36	31	.51	56	.58
7	.41	32	.51	57	.56
8	.14	33	.12	58	.54
9	.26	34	.37	59	.55
10	.09	35	.59	60	.45
11	.39	36	.61	61	.53
12	.31	37	.49	62	.53
13	.39	38	.39	63	.57
14	.40	39	.50	64	.48
15	.45	40	.52	65	.50
16	.32	41	.54	66	.48
17	.35	42	.64	67	.21
18	.25	43	.51	68	.05
19	.26	44	.43	69	.52
20	.07	45	.06	70	.51
21	.00	46	.45	71	.48
22	.43	47	.64	72	.38
23	.40	48	.59	73	.37
24	.24	49	.37	74	.45
25	.41	50	.62	75	.58

** $p < .01$

The findings show that majority of the items of PSPS are significantly correlated with the total score, except 15 items (no. 8,9,10,18,19,20,21,24,27,33,45,53,55,67 & 68). On the basis of

low correlation value ($\geq .03$), it is decided to discard these items at this phase of scale development. After discarding these above stated fifteen items with low correlation $\geq .30$, final scale of psychosocial problem scale comprised of sixty items. The values of the correlation range from .31 to .64 which shows internal consistency reliability and homogeneity of the measure for the sample.

Table 4

Eigen Values and Percentage Variances explained by the Varimax Rotation of Psychosocial Problems Scale (N=230)

Components	Eigen Values			Extraction Sums of Squared Loadings			Rotation Sums of Squared Loadings		
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1	16.29	27.15	27.15	16.29	27.15	27.15	6.59	10.98	10.99
2	4.58	7.63	34.78	4.58	7.63	34.78	5.42	9.03	20.02
3	2.26	3.76	38.54	2.26	3.76	38.54	4.98	8.29	28.32
4	2.03	3.38	41.92	2.03	3.38	41.92	4.67	7.77	36.08
5	1.89	3.15	45.08	1.89	3.15	45.08	3.88	6.46	42.54
6	1.78	2.96	48.04	1.78	2.96	48.04	3.29	5.49	48.04

Table 4 shows that factor 1 has an Eigen value of 16.29 and explain 27.15% of the total variance; Factor 2 has an Eigen value of 4.58 and explain 7.63% of the total variance; Factor 3 has an Eigen value of 2.26 and explain 3.76% of the total variance; Factor 4 has an Eigen value of 2.03 and explain 3.38% of the total variance; Factor 5 has an Eigen value of 1.89 and explain 3.15% of the total variance and factor 6 has an Eigen value of 1.78 and 2.96 of the total variance. Table 4 shows that total variance explained by the all six factors is 48.04.

Table 5

Factor Loadings for Exploratory Factor Analysis with Direct Oblimin Rotation of Psycho Social Problems Scale for Left behind Wives (N=230)

S.No	Item No.	Factor 1	Factor 2	Factor 3	Factor 4	Factor 5	Factor 6
1	46	.59					
2	45	.57					
3	44	.56					
4	43	.52					
5	49	.45					
6	40	.43					
7	39	.37					
8	47	.35					
9	42	.31					
10	48	.31					
11	58		.67				
12	57		.67				
13	60		.67	.32			
14	59		.66				
15	56		.65				
16	12		.45				
17	55		.42				
18	54	.39					
19	36	.35				-.31	
20	15		.33				
21	38			.78			
22	19			.70			
23	18			.69			
24	52			.65			
25	20			.62			
26	41			.59			
27	53			.59			
28	50			.53			
29	51			.53			
30	37			.52			
31	16			.50			
32	9				.31		
33	6				.75		
34	8				.61		
35	24				.60		
36	25				.58		
37	26					.37	
38	31					.39	
39	1					-.71	
40	2					-.66	

S.No	Item No.	Factor 1	Factor 2	Factor 3	Factor 4	Factor 5	Factor 6
41	4					-.66	
42	3					-.63	
43	5					-.55	
44	30			.30		-.37	
45	28						.32
46	14					-.35	
47	11		.62				.62
48	34						.55
49	33						.53
50	22						
51	13			.51			.50
52	32						
53	29	.45					.41
54	35						.40
55	7						
56	21			.37			
57	27		.35			.35	
58	10						.35
59	23						.36
60	17						

Results of the table indicate six emerging factors of Psychosocial Problems Scale. Factor 1 is related to Household responsibilities of left behind wives and is comprised of fourteen items i.e. Item no. 27, 29, 36, 39, 40, 42, 43, 44, 45, 46, 47, 48, 49, 54. Factor 2 measures Emotional problems of left behind wives of overseas migrants in the form of problems of loneliness and is comprised of ten items i.e. Item no. 11, 12, 13, 15, 55, 56, 57, 58, 59, 60. Factor 3 measures Social problems of left behind wives and is comprised of thirteen items i.e. Item no. 16, 18, 19, 20, 21, 30, 37, 38, 41, 50, 51, 52, 53. Factor 4 measures Biological/Physiological problems of left behind wives and is comprised of five items i.e. Item no. 6, 8, 9, 24, 25. Factor 5 relates with Children related problems of left behind wives and is comprised of seven items i.e. Item no. 1, 2,

3, 4, 5, 10,14. Factor 6 relates with Psychological Problems of left behind wives and is comprised of eleven items i.e. Item no. 7, 17, 22, 23, 26, 28, 31, 32, 33, 34, 35.

DISCUSSION

During first part of the study (Scale development) focus group discussions were held and items were developed to measure Psychosocial Problems of left behind wives of overseas migrants. These focus groups were conducted to know in depth about their psychological, social and emotional problems of left behind families of over seas migrants in their cultural context. Fourteen focus groups were conducted in two districts (Poonch and Sudhannoti) of Azad State of Jammu and Kashmir. Seven focus groups were conducted in Poonch district while seven focus groups were conducted in Sudhannoti district.

Common themes of focus group discussion were identified and item pool was generated covering major themes and sub themes. Items of the scale were divided into sub scales on the basis of major themes emerged during content analysis. These six major themes were related to the Children related problems, physiological/biological, Psychological, Social problems, household responsibilities and loneliness. Number of studies found problems of left behind wives in form of children related, psychological, social, household responsibilities and loneliness (IOM, 2008; Lu, 2012; Jetley, 1983; Bose, 2000; kishtwaria, 2011; Gulati, 1983; Khan, Mahmood, Yasin & Shahbaz, 2010 & Chee, 2003). It was also found that wives of gulf migrants reported more serious problem of loneliness than any other thing else (Rajan, 2003).

For expert opinion regarding item selection, initially 120 items were presented in a Committee approach. During this Committee approach, One committee was comprised of three

experts of Urdu language and other committee included six psychologists, specialized in clinical psychology ($n = 2$), psychometrics ($n=2$) and experimental psychology ($n=2$). Committee members finalized 75 items out of initial pool of 120 items.

During Try Out study to assess the item suitability for study sample and internal consistency and homogeneity of scale items, scale was administered on a small sample of left behind wives ($n = 30$) with age range from 20-60 years. Psychosocial Problems Scale found to be highly significant ($r = .94$) for this small sample. After getting satisfactory value of alpha coefficient of newly developed Psychosocial Problems scale (PSPS) 75 scale items were administered on left behind wives ($n = 230$) for calculating construct validity by means of item total correlation and exploratory factor analysis. Item total correlation was computed on 75 items of PSPS, table values indicated that fifteen items (8,9,10,18,19,20,21,24,27,33,45,53,55,67 & 68) were found non significant with ($r \geq .30$), leaving 60 items in PSPS for further analysis. Exploratory Factor Analysis was performed to determine the factorial structure and to test the initial form of Psychosocial Problems Scale (PSPS) for left behind wives of over seas migrants. Factor analysis was used to finalize item for the final scale, as it has been found most important method in test development (Burt, 1940; Spearman, 1927 & Thurstone, 1947). For present study Bartlett test of Sphericity and Kaiser Meyer Olkim (KMO) value was used to verify the data fit for factor analysis. According to the results, KMO value was .87 for PSPS and Bartlett test of Sphericity value was 7388.564. As these values were significant ($p < .000$), the data was considered appropriate for factor analysis. Exploratory Factor Analysis was carried out using direct oblimion method on 60 items through Principle Component factor Analysis. EFA suggested extraction of six factors, criteria used for selection of items for the factor was factor

loading of .30 and above. In case where items showed simultaneous loadings on two factors, then considering the large loading value on factor and also the theoretical link of item with related theme/factor was considered appropriate criterion. Factor 1 has an Eigen value of 16.29 and explain 27.15% of the total variance; Factor 2 has an Eigen value of 4.58 and explain 7.63% of the total variance; Factor 3 has an Eigen value of 2.26 and explain 3.76% of the total variance; Factor 4 has an Eigen value of 2.03 and explain 3.38% of the total variance; Factor 5 has an Eigen value of 1.89 and explain 3.15% of the total variance and factor 6 has an Eigen value of 1.78 and 2.96 of the total variance. So the final form of Psychosocial Problems scale is comprised of 60 items measuring psychosocial problems of left behind wives of over seas migrants in six important areas i.e., physiological, Psychological, Social problems, household responsibilities, problems of loneliness and Children related problems

Part II of the Study PILOT STUDY

Objectives of the Pilot Study

1. To find out the psychometric properties of the scales used in the present study i.e. Psychosocial Problem Scale (PSPS), Depression Anxiety Stress Scale (DASS) and Child Behaviour Checklist CBCL.

Sample

Sample of pilot study comprised of 50 left behind wives ($n = 50$) with age ranges from 20-60 years with ($M = 2.22$, $SD = .73$) and 30 left behind children ($n = 30$) with equal number of ($n = 15$ each) male and female left behind children with ($M = 1.27$, $SD = .45$) and age ranges from 6-18 years with ($M = 1.50$, $SD = .50$). Sample was selected on the basis of purposive convenient sampling technique from two districts Sudhannotti and Poonch of Azad State of Jammu & Kashmir. Left-behind wives were considered those whose husbands would have been migrant for at least one year and they must be having at least one child between the age range of 6-18 years. To participate in the study minimum educational level of left behind wives was matriculation and they were able to read and write urdu language easily without facing any difficulty.

Procedure

Indigenously developed Psychosocial Problem scale (PSPS) was used for measuring the psychosocial problems of left behind wives of over seas migrants. For the measurement of psychological problems of left behind wives of overseas migrants Depression Anxiety Stress Scale (DASS) was used and for the measurement of behavioural and emotional problems of left

behind children of overseas migrant Child Behavioural Checklist CBCL was used. All these three instruments (PSPS, DASS & CBCL) were filled by the left behind wives in Urdu language. On PSPS & DASS left behind wives reported about their own psychosocial and specific psychological problems while on CBCL left behind wives reported about their child's behavioural and emotional problems (keeping in view about any one of their child with age range from 6-18 years). Prior consent of left behind wives was taken before scales administration. Sample was initially briefed about objectives of the study. Sample was completely assured about confidentiality of their information. There was no time limit to fill the scales. At the end participants were duly acknowledged by the researcher for taking part in the study and were thanked for their participation in the present study.

Results of the Pilot Study

Reliability Estimates of the Measures

Table 6

Alpha Reliabilities of Psychosocial Problems Scale PSPS, Depression Anxiety Stress Scale DASS and its subscales & Child Behaviour Checklist CBCL (N=80)

Scales	Ite ms	M	SD	Potential Range		Actual Range		α	Skewness	Kurtosis			
				Min	Max	Min	Max						
PSPS	60	222.82	41.82	60	300	132	280	.96	-.39	-.91			
DASS	42	38.56	17.29	0	126	2	70	.91	-.09	-.82			
Depression	14	10.72	5.34	0	42	1	25	.68	.45	-.08			
Anxiety	14	10.40	6.05	0	42	0	28	.78	.40	-.09			
Stress	14	17.44	8.32	0	42	1	34	.88	.22	-.31			
HR	14	54.32	11.99	14	70	27	69	.90	-.70	-.54			
EP	10	42.28	5.47	10	50	31	50	.75	-.42	-.98			
SP	13	42.64	13.47	13	65	15	63	.92	-.11	-1.03			
BP	5	17.34	4.57	5	25	8	23	.73	-.28	-1.32			
CRP	7	23.04	6.05	7	35	11	34	.78	-.12	-.65			
PP	11	43.20	8.27	11	55	25	54	.85	-.22	-1.35			
CBCL	113	43.88	28.49	0	226	15	142	.95	1.87	3.69			

Note. HR = Household responsibilities, EP = Emotional Problems, SP = Social Problems, BP = Biological Problems, CRP = Children Related Problems, PP = Psychological Problems

The reliability coefficient of all the three scales PSPS ($\alpha = .96$) DASS ($\alpha = .91$) and CBCL ($\alpha = .95$) indicates that all the scales are highly interconsistent and reliable tool for the assessment of Psychosocial Problems and Depression Anxiety Stress of left behind wives and behavioral and emotional problems of left behind children of overseas migrants. Alpha reliability coefficients of sub scales of Depression Anxiety Stress scale are quite satisfactory, for depression

sub scale ($\alpha = .68$), for anxiety subscale ($\alpha = .78$) and for stress sub scale ($\alpha = .68$). Alpha reliability coefficients of sub scales of Psychosocial Problems Scale are also satisfactory. For household responsibilities (HR) is quite high ($\alpha = .90$), Emotional Problems (EP) is quite satisfactory ($\alpha = .75$), Social Problems is quite high ($\alpha = .92$), Biological Problems (BP) is satisfactory ($\alpha = .73$), Children related problems (CRP) is quite satisfactory ($\alpha = .78$) and for Psychological Problems (PP) is also satisfactory ($\alpha = .85$).

Table 7

Pearson correlation between Psychological problems (PP) Sub Scale of Psychosocial Problems Scale (PSPS) for Left behind Wives and Depression Anxiety Stress Scale (N=50)

Variables	Items	M	SD	1	2
PP	11	43.20	8.27	-	.44**
DASS	42	38.56	17.29	-	-

Note. PP = Psychological Problems sub scale of Psychosocial Problems Scale, DASS = Depression Anxiety Stress Scale, ** $p < .01$

Results of the Table indicate Pearson Product Correlation between Psychological Problems Sub Scale of Psychosocial Problems Scale (PSPS) for Left behind Wives of over seas migrants and Depression Anxiety Stress Scale. The findings indicate that Psychological problem sub scale of Psychosocial Problems Scale has significant positive correlations with Depression Anxiety Stress Scale ($r = .44$, $p < .01$).

DISCUSSION

Part II of the study aimed to determine the psychometric properties of the scales used in the present study. Sample of 50 left behind wives ($N = 50$) was selected through purposive convenient sampling from two districts Poonch & Sudhanotti of Azad State of Jammu & Kashmir. Psychosocial Problems scale (PSPS) was found to be highly reliable tool for the measurement of psychosocial problems of the left behind wives of overseas migrants. Depression Anxiety Stress Scale has also proved to be highly reliable. For Child Behavioural Checklist (CBCL) the value of Alpha reliability has also been reported high, indicating that all scales are highly reliable tools for the assessment study variables. Alpha reliabilities of sub scales of Depression Anxiety Stress Scale and Psychosocial Problems Scale have also proved to be highly reliable ranges from ($\alpha = .68$) to ($\alpha = .92$).

Newly developed Psychosocial Problems Scale's (PSPS) Sub scale Psychological Problems scale (PPS) showed highly significant positive correlation with Depression Anxiety Stress Scale. This high correlation is indicative of convergent validity of sub scale of Psychosocial Problems Scale (PSPS). It also shows that both these two scales are measuring psychological problems of left behind wives of overseas migrants in same direction. On the basis of getting satisfactory results of alpha reliabilities of all the three scales during pilot study phase, main study was planned to collect data by using all three scales for testing hypotheses of the present study.

Part III: MAIN STUDY

Main study further comprised of two phases.

Phase I Quantitative Study

Phase II Qualitative Study

Phase I Quantitative Study

Objectives of the Study

1. To measure depression, anxiety and stress among left behind wives of overseas migrants.
2. To measure the academic performance of left behind children of overseas migrants.
3. To measure the behavioral and emotional problems of left behind children of overseas migrants.
4. To study the effect of demographic variables on Depression Anxiety Stress among left behind wives of overseas migrants.
5. To study the effect of demographic variables on behavioral and emotional problems of left behind children of overseas migrants.

Hypotheses

1. Overseas migrations of husbands have a significant impact on psychosocial problems of left behind wives.
2. There is depression anxiety and stress among left behind wives of overseas migrants

3. There is difference on depression anxiety and stress among left behind wives having different duration of their husbands' migration years
4. There is difference on depression anxiety and stress between left behind wives belonging to nuclear and joint family system
5. There is difference on depression anxiety and stress among left behind wives having any physical illness or not
6. Depression anxiety and stress are higher among non working as compared to working left behind wives of over seas migrants.
7. Duration of marriage have a significant impact on the level of depression anxiety and stress among left behind wives of overseas migrants.
8. Left behind Children of overseas migrants show more behavioural problems as compared to the children of non migrants.
9. Boys show more behavioural problems as compared to girls in left behind families of overseas migrants.
10. Boys show more external behavioural and emotional problems as compared to girls in left behind families of overseas migrants
11. Younger left behind children show more behavioral and emotional problems as compared to older left behind children.
12. Girls show good academic performance as compared to boys in left behind families of overseas migrants.

Operational Definitions of the Variables

Following are the operational definitions of variables of the present study:

Over Seas Migrant

Over seas migrant is a person who leaves his or her habitual place of residence to live outside his or her country of origin for improving his/her quality of life. This term is often loosely used to discriminate it from refugees who are fleeing for persecution, and is also used in similar context to refer to persons who attempt to enter a country without seeking any legal permission and/or by using asylum procedures without bona fide cause. This term may equally be used for persons who leave their country of origin in search of employment (International Organization for Migration, 2011). For the present study overseas migrants were considered those, who have been migrant for at least one year.

Left Behind Family

Left behind family members comprised the family of over seas migrants (Spouse, Children, parents, siblings) who don't accompany overseas migrant and stay at their place of origin. For the present study only wives and children of the overseas migrants have been selected as part of study.

Depression Anxiety Stress

Depression may be described as feeling sad, unhappy, miserable, or down in the dumps. Most of the individuals feel this way at one time or another for short periods. Clinical depression is a mood disorder in which feelings of sadness, loss, anger, or

frustration interfere with everyday life for a longer period of time (Neale & Davison, 2008; DSM 5, 2014).

Anxiety is a physiological and psychological state characterized by biological, emotional, cognitive and behavioural components (Neale & Davison, 2008; DSM 5, 2014)

Stress is caused by an existing stress-causing factor or "stressor. Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response. Stress can come from any situation or thought that makes an individual feel frustrated, angry, nervous, or anxious (Neale & Davison, 2008; DSM 5, 2014).

For the present study Depression Anxiety Stress among left behind wives were measured by using Depression Anxiety Stress Scale translated in Urdu language (Zafar & Khalily, 2014).

Psychosocial problems

Diagnostic and Statistical Manual of mental disorder (DSM 5) defines and explain psychosocial problems as problems with primary support group, problems related to social environment, educational problems , occupational problems, housing problems, economic problems, problems with access to health care, problems related to interaction with the legal system/crime and other psychosocial and environmental problems (DSM V, 2014).

PsychoSocial problems of left behind families of overseas migrants include lack of interaction, lack of social support, social insecurity, loneliness, feeling burden of more responsibilities, depression, tension & stress and worried (Azhar, 2007; Khan et al, 2010).

Stanley Eitzen defined social problem in terms of social conditions that bring harms to any segment of population. Such social conditions can cause psychic and material sufferings for some category of people living in the society (Eitzen et al, 2009).

The present study measured psychosocial problems of left behind wives of overseas migrants by using Psychosocial Problem Scale. Scale was developed by the researcher as part of the study.

Behavioural and Emotional Problems

Behavioural and Emotional problems include internalizing (i.e., anxious, depressive, and over controlled) and externalizing (i.e., aggressive, hyperactive, noncompliant, and under controlled) behaviors. It also include social withdrawal, somatic complaints, anxiety and depression, destructive behavior, social problems, thought problems, attention problems, aggressive behavior, and delinquent behaviors (Achenbach 1991).

Behavioural and Emotional problems of left behind children of overseas migrants were measured in terms of their scores on Child Behavioral Checklist (CBCL).

Sample

For the main study a total sample of ($N=500$) individuals was selected, including ($n=200$) left behind wives of overseas migrants with age ranges from 20-60 years with ($M = 1.44$, $SD = .49$) and 300 children ($n = 300$) from two districts (Sudhnott & Poonch) of Azad State of Jammu & Kashmir. Purposive convenience sampling technique was used. The sample of 300 children, was further divided into two groups, first group comprised of 200 left behind children of overseas migrants (including school going boys, $n= 100$ & school going girls, $n=100$) and

second group comprised of 100 children of non migrant parents that served as a control group (including school going boys $n=50$ & school going girls $n=50$). Sample of control group of children comprised of those children who were residing with their parents in the same areas from which sample of left behind children was selected. Age range of the children was from 6-18 years with ($M = 1.53$, $SD = .53$). Left-behind wives were considered those whose husbands would have been migrant for at least one year and they must be having at least one child between the age range of 6-18 years. For the purpose of study considering the importance of left behind wives' ability to read and write urdu language, minimum educational level for left behind wives to participate in the study was decided upto matric level. Exclusion criteria was used that left behind wives having duration of migration of their husbands less than a year were not included in the sample. Similarly left behind wives having no child and having child/children beyond the age ranges of (6-18years) were also not included in the study.

Instruments

Depression Anxiety Stress Scale (DASS)

For the present study Urdu translated Depression Anxiety Stress scale DASS was used for measuring the study variables (Zafar & Khalily, 2014). DASS is a four point likert scale comprised of 42 items total, 14 items(3,5,10,13,16,17,21,24,26,31,34,37,38,42) measuring depression, 14 items (2,4,7,9,15,19,20,23,25,28,30,36,40,41) measuring anxiety and 14 items (1,6,8,11,12,14,18,22,27,29,32,33,35,39) measuring stress (attached Annexure-B). Score range for normal level of depression is (0-9) anxiety is (0-7) and stress is (0-14). Mild level score range for depression is (10-13) anxiety is (8-9) and stress is (15-18).Moderate level score range for

depression is (14-20) anxiety is (10-14) and stress is (19-25). Severe level score range for depression is (21-27) anxiety is (15-19) and stress is (26-33). Extremely severe score range for depression is 28+, anxiety is 20+ and stress is 34+ (Lovibond & Lovibond, 1995).

Alpha reliability coefficient of the translated version was reported as .83 for overall DASS and .63, .60, and .60 for depression, anxiety, and stress scales, respectively. The instrument by using test-retest reliability method has produced an alpha coefficient of .94. The concurrent validity of the scale reveals that the measure is positively correlated with DSIS (.51, $p < 0.01$), and Aggression scale (.32, $p < 0.01$) and negatively correlated with General self-efficacy scale (-.33, $p < 0.01$), Healthy separation scale (-.39, $p < 0.01$) and Behavior Autonomy scale (-.28, $p < 0.01$). The cross language validity of Depression Anxiety Stress scale is significant ($p < 0.01$) (Zafar & Khalily, 2014).

Psychosocial problems Scale (PSPS)

Psychosocial Problem Scale (PSPS) indigenously developed by the researcher was used (Mushtaq & Gul, 2015). Psychosocial Problem Scale (PSPS) comprised of 60 items. These 60 items measure psychosocial problems of left behind wives of over seas migrants along with six factors. Factor 1 is related to Household responsibilities of left behind wives and is comprised of fourteen items i.e. Item no. 27, 29, 36, 39, 40, 42, 43, 44, 45, 46, 47, 48, 49, 54. Factor 2 measures Emotional problems of left behind wives of overseas migrants in the form of problems of loneliness and is comprised of ten items i.e. Item no. 11, 12, 13, 15, 55, 56, 57, 58, 59, 60. Factor 3 measures Social problems of left behind wives and is comprised of thirteen items i.e. Item no. 16, 18, 19, 20, 21, 30, 37, 38, 41, 50, 51, 52, 53. Factor 4 measures Biological/Physiological problems of left behind wives and is comprised of five items i.e. Item

no. 6, 8, 9, 24, 25. Factor 5 relates with Children related problems of left behind wives and is comprised of seven items i.e. Item no. 1, 2, 3, 4, 5, 10, 14. Factor 6 relates with Psychological Problems of left behind wives and is comprised of eleven items i.e. Item no. 7, 17, 22, 23, 26, 28, 31, 32, 33, 34, 35 (attached Annexure – A).

Items of PSPS are written in urdu language so that respondents can easily understand and respond them. All the items were positively scored with five response categories including always, most often, to some extent, sometimes and never scored as 5, 4, 3, 2, 1 respectively. The higher mean score indicates more psychosocial problems of left behind wives of over seas migrants.

For the present study reliability coefficient of Psychosocial Problems Scale (PSPS) for left behind wives of overseas migrants reported to have high value ($\alpha = .90$). Alpha reliability coefficients of sub scales of Psychosocial Problems Scale are also satisfactory. For household responsibilities (HR) is quite high ($\alpha = .90$), Emotional Problems (EP) is quite satisfactory ($\alpha = .75$), Social Problems is quite high ($\alpha = .92$), Biological Problems (BP) is satisfactory ($\alpha = .73$), Children related problems (CRP) is quite satisfactory ($\alpha = .78$) and for Psychological Problems (PP) is also satisfactory ($\alpha = .85$). Psychological problems sub scale of PSPS showed highly significant correlation with Depression Anxiety Stress Scale (.44, $p < .01$).

Child Behaviour Checklist (CBCL)

Behavioural and Emotional problems of left behind children of overseas migrants were measured in terms of their scores on Child Behavioral Checklist CBCL ((Achenbach & Rescorla,

2001)). Child behavioral checklist (CBCL) has been widely used for measuring the child behavioural and emotional problems. CBCL has two versions, one for preschool children with age ranges from 18 months to 5 years and other for school age children with age ranges from 6-18 years. On Child behavioral checklist problems are identified by the person (Parent, teacher & Care giver) who knows the child very well. They provide the information in the form of Parent Report Form, Teacher Report Form, while Youth Self Report Form is also available (Achenbach & Rescorla, 2001). For the present study as all the information about behavioural and emotional problems of left behind children was taken from their mothers, so Parent Report Form was used. CBCL measures boys and girls behavioural and emotional problems during the age range of 6-18 years. CBCL has 113 items which are rated on a 3-point Likert scale. For each of 113 behavior items, mothers of left behind children were asked to select 0 if the statement is "not true" for the child, 1 if it is "somewhat true", and 2 if it is "very true" or "often true. External behavioural and emotional problems were measured by combining the raw scores of the behavioral domains of rule-breaking behavior (12 items) and aggressive behavior (20 items), while Internal behavioural and emotional problems were measured by combining the raw scores of the behavioural domains of Anxious/depressed (13 items), Withdrawn depressed (8 items) and Somatic complaints (11 items). The psychometric properties of CBCL are quite satisfactory. Test-retest reliability is reported to range from .95 to 1.00, inter-rater reliability ranged from .93 to .96, internal consistency ranged from .78 to .97, and criterion validity was also acceptable (Achenbach & Rescorla, 2001). In the present study alpha reliability was reported to be quite high, .94 (attached Annexure – C).

Demographic Information Sheet

Sample's demographic variables i.e. name, age, education, marital status, occupation, years of marriage, any physical illness, number of children, family size, income level, duration of stay of husband in foreign country, child gender, child age and child grade were also obtained on a separately devised demographic data sheet (attached Annexure – D).

Research Design

Present study was conducted by making use of mixed method Approach. Concurrent Triangulation Design was employed for data collection and data analysis (Creswell, 2009). Qualitative approach (interview and Focus Group) were used for exploring psychosocial problems of left behind wives of overseas migrants. Interview and Focus Group methods are required for good qualitative research (Greenhalgh & Taylor, 1997). Along with qualitative approach quantitative approach was also used for measuring the psychosocial problems, and depression anxiety stress of left behind wives of overseas migrants and behavioral and emotional problems of left behind children of overseas migrants.

Procedure

Individual contacts with left behind wives of over seas migrants of Poonch & Sudhanotti districts of AJ&K were made for the purpose of collecting data for the present study. Prior consent of the participants was taken before data collection in the form of their written agreement for taking part in the present study. After taking their consent participants were informed briefly about research objectives and were assured about the confidentiality of their information. Initial information was gathered by making use of demographic data sheet.

Psychosocial problems of left behind families were measured by making use of Psychosocial Problem Scale, psychological problems were measured by using Depression Anxiety Stress Scale and behavioural and emotional problems of left behind children were measured by making use of Child Behavioural Checklist Parent Form (CBCL). On CBCL left behind wives reported about their children behavioural and emotional problems. All these measured were filled by the left behind wives and no time limit was given to the participants. For qualitative measurement of left behind wives' psychological problems, interviews were conducted in the form of Answer Record Sheet, on which participants recorded their problems in the form of written statements. Participants were briefed about how to complete the form by giving them information that there is no write and wrong answers. Participants were encouraged to freely express their problems in much detail as they can.

Chapter III

RESULTS

In order to fulfill the objectives of the study and to test the formulated hypotheses, following statistical analyses were performed.

Table 8

Descriptive Statistics of Participants (N=500)

Demographic Variables	f	%
Age		
20-29 years	19	9.5
30-39 years	93	46.5
40-49 years	72	36.0
50-59 years	16	8.0
Family System		
nuclear	134	67.0
Joint	66	33.0
Education		
upto matric	40	20.0
FA/FSc	30	15.0
BA/BSc	83	41.5
MA/MSc and above	47	23.5
Marriage Years		
1-3 years	2	1.0
3-6 years	10	5.0
6-9 years	35	17.5
9-12 years	23	11.5
12-15 years	37	18.5
15-18 years	24	12.0
18-21 years	12	6.0
21-24 years	16	8.0
24-27 years	14	7.0
27-30 years and more	27	13.5

Profession		
House wife	139	69.5
Teaching & other profession	61	30.5
No. of Children		
1-2 children	82	41.0
3-4 children	87	43.5
5-6 children	30	15.0
7-8 children	1	.5
Illness		
No Illness	141	70.5
Physical illness	59	29.5
Income		
upto 30,000/-	40	20.0
upto 50,000/-	95	47.5
upto 70,000/-	21	10.5
upto 1,00000 and above	44	22.0
Migration Years		
1-3 years	56	28.0
3-6 years	24	12.0
6-9 years	22	11.0
9-12 years	24	12.0
12-15 years	25	12.5
15-18 years	10	5.0
18-21 years	20	10.0
21-24 years and more	19	9.5
Husband Occupation		
Laborer	119	59.5
Technician	59	29.5
Bussiness man	22	11.0
Husband Return		
After 6 months	11	5.5

After 1 year	73	36.5
After 2 year	94	47.0
3 years and more	22	11.0
Child Gender		
Boys	100	50.0
Girls	100	50.0
Child Age		
6-11 years	108	54.0
12-18 years	92	46.0
Child Grade		
90-100%	69	34.5
80-90%	77	38.5
70-80%	33	16.5
60-70%	4	2.0
50 -60%	9	4.5
below 50	8	4.0

Table shows frequency and percentage of overseas migrants' left behind wives with respect to age, family system, education, marriage years, profession, number of children, illness, income, migration years, husbands occupation, husband return, child gender, child age and child grade. Greater number of wives were between the age of 30-39 (f=93, 46.5%) as compared to 40-49 (f=72, 36.0%), 20-29 (f=19, 9.5%) and 50-59 (f=16, 8.0%). Greater number of left behind wives were belonging to nuclear family system (f=134, 67.0% as compared to joint family system (f=66, 33.0%). Greater number of wives were having education up til graduation level (f=83, 41.5%) as compared to Master level (f=47, 23.5%), matric (f=40, 20%) and Intermediate (f=30, 15%). Greater number of left behind wives have marriage duration of 15 years (f=37, 18.5%) as compared to 9 years (f=35, 17.5%), 30 years and more(f=27, 13.5%), 18 years (f=24,

12%), 12 years (f=23, 11.5%), 24 years(f=16, 8%), 27 years(f=14, 7%), 21 years(f=12, 6%), 6 years (f=10, 5%) and 3 years(f=2, 1%). Greater number of left behind wives were house wives (f=139, 69.5%) as compared to belonging to teaching and other profession (f=61, 30.5%). Greater number of left behind wives were having 4 children (f=87, 43.5%) as compared to 2 children (f=82, 41.0%), 6 children (f=30, 15%) and 8 children (f=1, .5%). Greater number of left behind wives were not suffering from any physical illness (f=141, 70.5%) as compared to suffering from physical illness (f=59, 29.5%). Greater number of left behind were belonging to families with income level up to fifty thousand per month (f=95, 47.5%) as compared to one lakh and above per month (f=44, 22.0%), up to thirty thousand per month (f=40, 20.0%) and up to seventy thousand per month (f=21, 10.5%). Greater number of left behind wives husband migrated since 3 years (f=56, 28.0%) as compared to 15 years (f=25, 12.5%), 6&12 years (f=24, 12.0%), 9 years (f=22, 11.0%), 21 years (f=20, 10.0%), 24 years and more (f=19, 9.5%) and 18 years (f=10, 5.0%). Greater number of left behind wives husband s were laborer (f=119, 59.5%) as compared to belonging to other professions technicians (f=59, 29.5%) and businessmen (f=22, 11.0%). Greater number of left behind wives husband return back after 2 years (f=94, 47.0%) as compared to 1 year (f=73, 36.5%) 3 years and more (f=22, 11.0%) and after six months (f=11, 5.5%). Left behind children of overseas migrants were equal in number male children (f=100, 50.0%) and female children (f=100, 50.0%).Greater number of left behind children were having age range from 6-11 years (f=108, 54%) as compared to 12-18 years (f=92, 46.0%). Greater number of children obtained academic grades from 80% to 90% (f=77, 38.5%) as compared to 90-100% (f=69, 34.5%), 70-80% (f=33, 16.5%), 50-60% (f=9, 4.5%), below 50 (f=8, 4.0%) and 60-70% (f=4, 2.0%).

Table 9

Psychometric properties and Pearson correlation among all study variables (N=400)

Variables	Items	M	SD	Potential		Actual		α	1	2	3	4	5
				Min	Max	Min	Max						
Psychosocial Problems	60	244.97	20.62	60	300	197	291	.90	-.28*	.36*	.45**	.01	
Depression	14	15.75	8.07	0	42	4	42	.86	--	.63*	.69**	.23*	
Anxiety	14	12.87	6.12	0	42	2	30	.73	--	.66**	.25*		*
Stress	14	18.76	7.35	0	42	5	40	.85	--		.25*		*
CBCL	113	38.74	24.13	0	226	6	132	.94			--		

* $p < .05$, ** $p < .01$

Psychometric properties of the study variables are presented in the table. The reliability analysis indicates that Psychosocial problems, Depression, Anxiety, Stress and Child Behavioral Checklist have high internal consistency. Results of the Table also show Pearson Product Correlation among study variables. The findings indicate that Psychosocial problem scale has significant positive correlations with Depression $r (198) = .28, p < .01$ Anxiety $r (198) = .36 p < .01$ Stress $r (198) = .45 p < .01$ and non-significant relationship with Child Behavioural Checklist CBCL $r (198) = .01$. Findings also indicate that Depression has significant positive correlation with Anxiety $r (198) = .63, p < .01$ Stress $r (198) = .69, p < .01$ and CBCL $r (198) = .23, p < .01$. Anxiety has significant positive correlation with Stress $r (198) = .66 p < .01$ and CBCL $r (198) = .25, p < .01$. Stress has positive correlation with CBCL $r (198) = .25, p < .01$.

Table 10

Psychosocial problems as predictor of Depression, Anxiety, Stress & Behavioral and Emotional problems among Left behind Wives & Children (N=400)

	Outcome: Depression			Outcome: Anxiety			Outcome: Stress			Outcome: Children behavioural & Emotional problems		
Predictor	β	ΔR^2	F	β	ΔR^2	F	β	ΔR^2	F	β	ΔR^2	F
Psychosocial problems	.28	.08	17.60**	.36	.13	31.05**	.45	.20	52.06**	.01	.00	.01

** $p < .01$

The Table shows that independent variable (Psychosocial problems) significantly predict the dependent variable Depression, $F(1, 198) = 17.602, p < .01$, Anxiety $F(1, 198) = 31.05, p < .01$ and stress $F(1, 198) = 52.06, p < .01$. While psychosocial problems do not predict behavioural and emotional problems of left behind children $F(1, 198) = .01$.

Table 11

One way Analysis of Variance (ANOVA) for Depression Anxiety and Stress among left behind wives because of their husbands years of Migration (N=200).

Source of variation		SS	df	MS	F	P
Depression	Between Groups	1119.654	7	159.951	2.592	.01*
	Within Groups	11850.341	192	61.721		
	Total	12969.995	199			
Anxiety	Between Groups	484.835	7	69.262	1.906	.07
	Within Groups	6978.520	192	36.346		
	Total	7463.355	199			
Stress	Between Groups	772.259	7	110.323	2.117	.04*
	Within Groups	10004.221	192	52.105		
	Total	10776.480	199			

Note: df= Degree of freedom; SS= Sum of Squares; MS= Mean square. p= Level of Significance

Table shows that different duration of husbands migration years have significant difference on the scores of Depression $F(7, 192) = 2.592, p < .05$ and on Stress scores $F(7, 192) = 2.117, p < .05$ among left behind wives while for anxiety non significant difference has been noted. This result indicates that level of depression and stress varies along with duration of years of husbands migration. The post hoc analysis also showed same results.

Table 12

Mean, Standard deviation and t-values for Nuclear and Joint Family Systems of left behind wives on scores of Depression Anxiety Stress (N= 200)

Variables	Nuclear (n = 134)		Joint (n = 66)		t(198)	95% CI		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		<i>LL</i>	<i>UL</i>	
Depression	14.55	7.31	18.77	9.01	3.03**	-5.96	-1.26	-0.51
Anxiety	12.44	6.07	13.73	6.17	1.40	-3.09	.52	-0.21
Stress	17.39	7.22	21.5	6.87	3.88***	-6.26	-2.04	-0.58

p* < .01, *p* < .001

Table shows Mean, Standard deviation and t values for depression anxiety and stress among left behind wives belonging to nuclear and joint family system. Results indicate significant mean differences on depression $t (198) = 3.03, p < .001$ and stress $t (198) = 3.88, p < .001$. While for anxiety findings show non significant difference, however it has been indicated that left behind wives belonging to joint family system have more anxiety ($M = 13.73, SD = 6.17$) as compared to left behind wives belonging to nuclear family system ($M = 12.44, SD = 6.07$).

Table 13

Differences on Depression Anxiety Stress with respect to Physical Illness of left behind wives of over seas migrants (N= 200)

Variables	No Illness(n=141)		Physical Illness (n=59)		<i>t</i> (198)	95% CI		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		<i>LL</i>	<i>UL</i>	
Depression	14.66	7.26	18.34	9.29	2.99**	-6.10	-1.2	-0.44
Anxiety	11.92	5.42	15.12	7.09	3.46**	-5.02	-1.37	-0.50
Stress	17.50	6.33	21.78	8.70	3.88**	-6.45	-2.10	-0.56

***p* < .01

Table shows Mean, Standard deviation and *t* values for depression anxiety and stress among left behind wives having any physical illness or not. Results indicate significant mean differences on depression *t* (198) = 2.99, *p* < .01, anxiety *t* (198) = 3.46, *p* < .01 and stress *t* (198) = 3.88, *p* < .01.

Table 14

Mean, Standard deviation and t-values for Working & Non working left behind wives of over seas migrants on scores of Depression Anxiety Stress (N= 200)

Variables	Non Working(n=139)		Working (n=61)		<i>t</i> (198)	95% CI	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		<i>LL</i>	<i>UL</i>
Depression	16.64	8.66	13.70	6.12	2.39*	.51	5.35
Anxiety	13.25	6.56	11.98	4.92	1.35	-.58	3.11
Stress	19.94	7.75	16.08	5.53	3.50**	1.68	6.02

p* < .05, *p* < .01

Table shows Mean, Standard deviation and t values for depression anxiety and stress among working and non working left behind wives of over seas migrants. Results indicate significant mean differences between non-working left behind wives (housewives) and working (teaching, nursing and other professions) left behind wives on depression t (198) = 2.39, p < .05 and stress t (198) = 3.50, p < .01. While for anxiety, table findings show non significant difference, however it has been indicated that left behind wives belonging to non working status (housewives) have more anxiety (M = 13.25, SD = 6.56) as compared to working left behind wives (M =11.98, SD =4.92).

Table 15

One way Analysis of Variance (ANOVA) for Depression Anxiety Stress because of left behind wives' Marriage duration (N=200).

Source of variation		SS	df	MS	F	P
Depression	Between Groups	1255.282	9	139.476	2.262	.02
	Within Groups	11714.713	190	61.656		
	Total	12969.995	199			
Anxiety	Between Groups	565.924	9	62.880	1.732	.08
	Within Groups	6897.431	190	36.302		
	Total	7463.355	199			
Stress	Between Groups	1019.890	9	113.321	2.207	.02
	Within Groups	9756.590	190	51.350		
	Total	10776.480	199			

Note: df= Degree of freedom; SS= Sum of Squares; MS= Mean square. p= Level of Significance

Table shows that left behind wives having different duration of marriage in years have significant difference on the scores of Depression $F(9, 190) = 2.262, p < .05$ and on Stress scores $F(9, 190) = 2.207, p < .05$, while for anxiety non significant difference has been indicated. This result indicates that level of depression and stress varies along with duration of left behind wives marriage. The post hoc analysis also showed same results.

Table 16

Mean, Standard deviation and t-values for Left behind Children & Children living with both parents on Behavioral and Emotional Problems (N= 300)

variables	Children of Migrant Parent (n = 200)		Children of Non Migrant Parent (n = 100)		t(298)	95% CI		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		<i>LL</i>	<i>UL</i>	
CBCL	43.62	26.18	12.41	7.34	11.68**	25.94	36.46	1.62

*Note: Behavioral and Emotional Problems of Left behind Children =scores on CBCL, *p < .05, **p < .01*

Table shows Mean, Standard deviation and t values for children of migrant and non migrant parents on Child Behaviour Checklist. Results indicate significant mean differences on behavior and emotional problems of children with $t (298) = 11.68, p < .001$. The findings show that children of overseas migrant parent have significantly more behavioural and emotional problems ($M = 43.62, p < .01$) as compared to children of non migrant parents ($M = 12.41, p < .01$).

Table 17

Mean, Standard deviation and t-values for Male and Female Left behind Children on Child Behaviour Checklist CBCL (N=200)

Variables	Male (n = 100)		Female (n = 100)		t(198)	95% CI		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		<i>LL</i>	<i>UL</i>	
CBCL	40.30	27.16	37.17	20.68	.917	-3.60	9.86	0.12

Table shows non significant difference between behavior and emotional problems of boys and girls left behind children, although mean and standard deviation values show that left behind male children have slightly more behavioral problems ($M=40.30$, $SD=27.16$) as compared to left behind female children ($M=37.17$, $SD=20.68$).

Table 18

Differences on Internal and External Behavioral and Emotional Problems of Left behind Children gender wise (N=200)

variables	Boys		Girls		<i>t</i> (198)	95% CI		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		<i>LL</i>	<i>UL</i>	
Internal Problems	13.73	9.15	13.21	7.47	.66	-1.81	2.85	0.06
External Problems	13.20	9.07	11.50	6.66	.13	-.52	3.92	0.21

Note.CBCL= Child Behaviour Checklist, **p* < .05

Table shows Mean, Standard deviation and *t* values for internal and external problems of left behind children of overseas migrants. Results indicate non significant mean differences on internal and external problems of left behind children while the findings show that overall boys have more internal (*M*=13.73, *SD*=9.15) and external problems (*M*=13.20, *SD*=9.07) as compared to girls with (*M*=13.21, *SD*=7.47) on internal problems and (*M*=11.50, *SD*=6.66) on external problems.

Table 19

Differences on Internal and External Behavioral and Emotional Problems of Left behind Children age wise (N=200)

variables	6-11 years		12-18 years		<i>t</i> (198)	95% CI		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		<i>LL</i>	<i>UL</i>	
Internal Problems	13.19	8.51	13.80	8.16	.60	-2.95	1.71	-0.07
External Problems	12.37	8.34	12.33	7.59	.96	-2.19	2.28	0.01

Table shows Mean, Standard deviation and *t* values for internal and external problems of left behind children different age level. Results indicate non significant mean differences on internal and external problems of left behind children of age range of 6-11 years and 12-18 years. while the findings show that overall left behind children with age range 12-18 years have slightly more internal problems (*M*=13.80, *SD*=8.16) as compared to left behind children with age range 6-11 years. Children with age range of 6-11 years have slightly more external problems (*M* = 12.37, *SD* = 8.34) as compared to left behind children with age range of 12-18 years (*M*=12.33, *SD*=7.59)

Table 20

Two Way Anova for Combined effect of Left behind Children age and gender on their Internal Behavioral and Emotional Problems (N=200)

Source	SS	df	MS	F
Child gender	28.51	1	28.51	.42
Child age	16.57	1	16.57	.25
gender× age	529.18	1	529.18	7.81**
Error	13283.30	196		
Total	50132.00	200		

** $p<.01$

The table indicates effect of independent variables i.e. left behind children age and gender and their interaction effect on the dependent variable i. e. internal behavioural and emotional problems. The results indicate a statistically significant interact at the level of $p<.01$. There was non significant difference in internal behavioural and emotional problems between male and female children as well as between their ages.

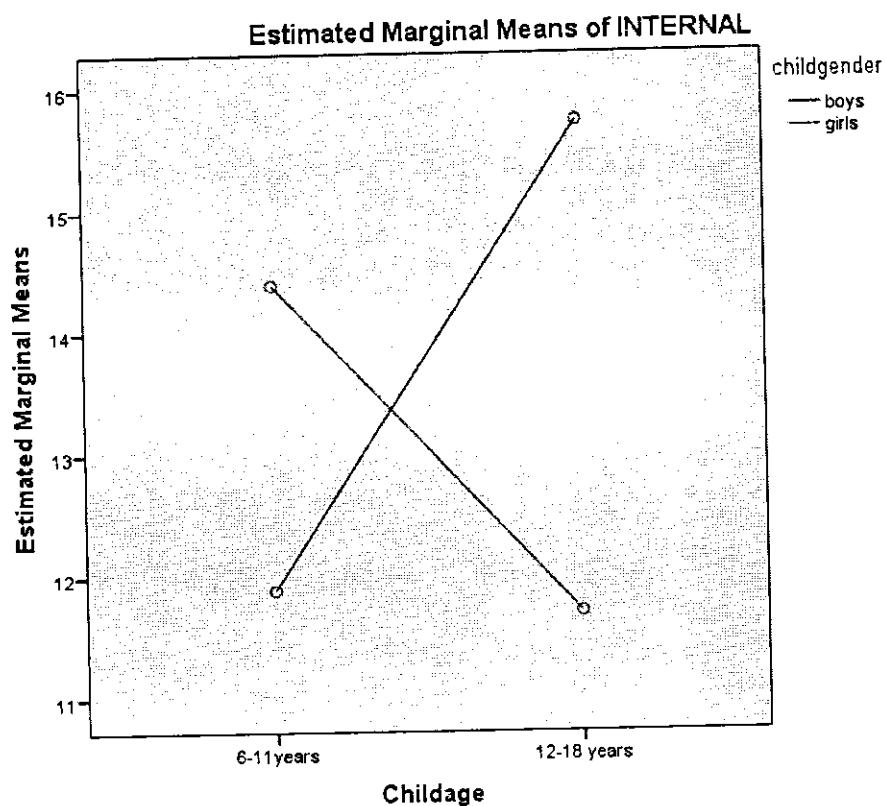


Figure II: Interaction effect of Gender and Age on internal behavioral and emotional problems of left behind children

The figure explains the significant interaction effect of gender and age of left behind children on internal behavioral and emotional problems of left behind children.

Table 21

Two Way Anova for Combined effect of Left behind Children age and gender on their External Behavioral and Emotional Problems (N=200)

Source	SS	df	MS	F
Child gender	161.70	1	161.70	2.54
Child age	.72	1	.72	.01
Gender \times Age	78.60	1	78.60	1.23*
Error	12467.77	196		
Total	43196.00	200		

* $p < .05$

The table indicates effect of independent variables i.e. left behind children gender and age and their interaction effect on the dependent variable i. e. their external behavioural and emotional problems. The results indicate a statistically significant interaction at the level of * $p < .05$. There was non significant difference in external behavioural and emotional problems between male and female left behind children as well as between their ages.

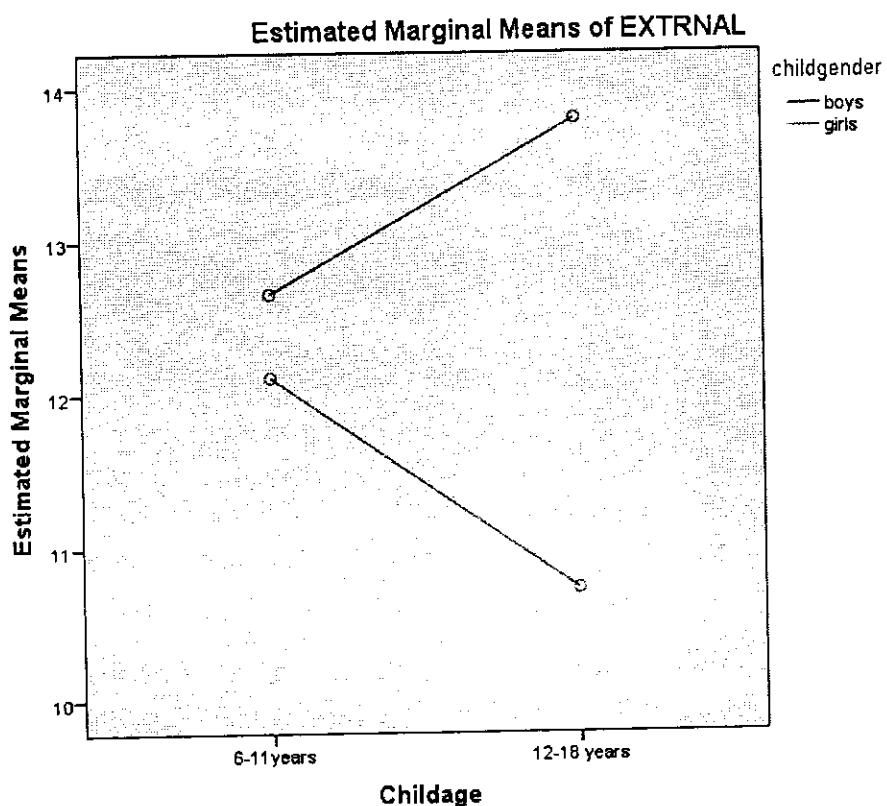


Figure III: Interaction effect of Gender and Age on External behavioral and emotional problems of left behind children

The figure explains the significant interaction effect of gender and age of left behind children on external behavioral and emotional problems of left behind children.

Table 22

Pearson Chi square showing difference between male and female left behind children on their Academic Performance (N=200)

Gender	Child grade						Total	χ^2	ϕ
	90-100%	80-90%	70-80%	60-70%	50 -60%	Below 50			
Male	22	37	26	2	9	4	100	29.11*	.38*
%	22.0%	37.0%	26.0%	2.0%	9.0%	4.0%	100.0%		
Female	47	40	7	2	0	4	100		
%	47.0%	40.0%	7.0%	2.0%	0.0%	4.0%	100.0%		
Total	69	77	33	4	9	8	200		
%	34.5%	38.5%	16.5%	2.0%	4.5%	4.0%	100.0%		

* $p < .05$

Table 22 shows the gender differences with respect to their academic performance. Findings of the table indicates that child gender have over all highly significant difference with their academic performance χ^2 (198, $N=200$) =29.1, $p < .05$.

Bar Chart

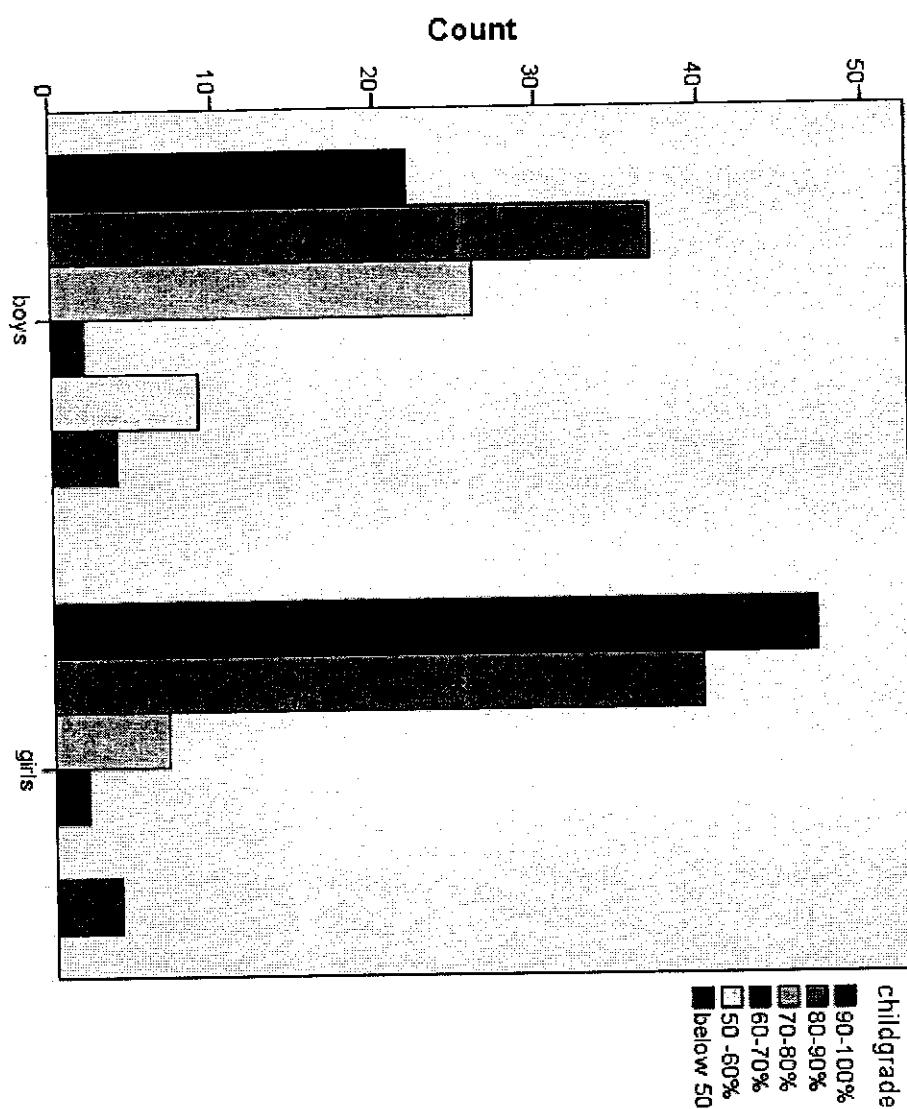


Figure IV. Mean Differences among Male and Female Left Behind Children on Academic Grades

Figure shows mean difference between male and female left behind children on their academic grades. Female children overall scored significantly higher on academic grades ($M = 47, p < .05$) as compared to male left behind children ($M = 22, p < .05$) on academic grades with the range of 90-100%. Female children also scored higher ($M = 40, p < .05$) as compared to male left behind children ($M = 37, p < .05$) on academic grades with the range of 80-90%. Male left behind children scored significantly higher ($M = 26, p < .05$) as compared to female left behind children ($M = 7, p < .05$) on academic grades with the range of 70-80%. On academic grades with range from 60-70% both male and female left behind children scored equally ($M = 2, p < .05$). Only male children scored ($M = 9, p < .05$) on academic grades with range from 50-60%. While On academic grades with range below 50% both male and female left behind children scored equally ($M = 4, p < .05$).

Phase II Qualitative Study

Research Question

What psychological problems are commonly faced by left behind wives of overseas migrants?

Objectives of Qualitative Study

1. To explore the psychosocial problems of left behind wives of overseas migrants.
2. To study in depth psychological problems of left behind wives of over seas migrants.

Focus Group Discussions

One of the important philosophical assumption about research is that, Reality is a constructed by individuals interaction with their social worlds and there can be diverse meanings, constructions and interpretations of reality (Merriam, 1988, 1998, 2002). These philosophical assumptions pertain to interpretive and the qualitative research paradigm (Creswell, 1994; Collis & Hussey, 2003). Researcher's major objective of indepth understanding of unique expression of psychosocial problems of left behind wives of over seas migrants of Azad State of Jammu & Kashmir in their sociocultural context can not be fulfilled by quantitative measurement. So to know about reality, how left behind wives perceive their own problems related to their psychological, social, emotional, biological and problems related to other important areas of life, this qualitative study was designed. During the first phase fourteen focus groups were

conducted to know about the left behind wives problems by giving specific reference to their social and cultural context. These focus groups were conducted in two districts (Poonch and Sudhannoti) of Azad State of Jammu and Kashmir. In district Poonch three focus groups were conducted in Rawalakot City, two were conducted in Kalpur valley village (Hajira) and two were conducted in Bandar village.

In Sudhannoti district two focus groups were conducted in Mong (Kanchari& Dar villages), two in Dardarach village(Palandri), two in main Palandri city, one in Gorah village. Following Six themes were emerged on the basis of focus group discussions

- Children related problems included their academic, behavior, discipline related, health related issues and approaching hospitals, attending school meetings and environmental factors i.e. social pressure, peer pressure, involvement in bad habits.
- Physiological Problems (hypertension, heart problems, arthritis, stomach related problems, reproductive issues)
- Psychological Problems (stress, tension, burden, worry, anger, loneliness, emotional problems, sadness, irritability, anxiousness, anger)
- Social Problems (relationship with others (relatives), conflict with others, security, inquiries about moving alone, travelling in town or far flung areas, conflict, social support, attitude of others, participation in social activities, weddings, funerals).
- House Hold Responsibilities included (grocery, managing budget, taking debt, travelling expenses, managing home tasks related to shopping on occasions i.e. eids, weddings, ceremonies, attending funeral, give and take of gifts, and responsibilities

i.e. arranging labour, seeds, cultivation and harvesting of seasonal crops, water issues, construction of new house or some part of house i.e. kitchen bathroom, buying and selling of domestic animals, buying of land, vehicle, decision making, and Responsibilities of others, adjustment with inlaws, take care of husband's family (including mother father, sisters and brothers) problems with in laws.

- Problems of Loneliness (feeling lonely in the absence of their husbands, thinking about their husbands, feeling alone)

Qualitative Interviews

Major objective of qualitative study was to measure psychological problems of left behind wives of overseas migrants in their socio cultural context by conducting interviews. During focus group discussions left behind wives discussed their psychological problems mainly in the form of stress, tension, burden, worry, anger, loneliness, emotional problems, sadness, irritability, anxiousness, anger. During focus group discussions majority of the participants were quite reluctant and hesitant in recording their discussions. So it was decided by the researcher to use some alternative method of conducting interviews for in-depth study of psychological problems, an Answer Record Sheet was prepared by the researcher on the basis of most commonly reported psychological symptoms reported during focus group discussions. The problems mainly reported by left behind wives fell into categories of depression, anxiety and stress. Answer record sheet was specifically designed with the purpose that participants will not feel any difficulty while sharing their feelings and thoughts. In answer record sheet thirteen urdu statements were given (attached Annexure E), on which participants gave their written responses in urdu language, there was no time limit and they were asked to reveal about their inner feelings in as much

detail as they can. Oral interviews were also conducted with those respondents who showed their agreement regarding talking about their psychological problems. Researcher herself administered each Answer Record Sheet individually in her presence, and briefed all the respondents about how to fill the Answer Record Sheet. It was assured that all respondents read each question carefully and answered according to their choices. They were instructed to feel free while describing their inner feelings (Left behind wives responses to above mentioned thirteen statements are attached in Annexure-F).

Answer Record Sheet

An answer record sheet comprised of thirteen Urdu statements (related to psychological problems of left behind wives of overseas migrants) was given to the participants. There was no time limit. Participants were asked to give their written responses in Urdu language, and they were asked to reveal about their inner feelings in as much detail as they can. For each statement sufficient space was provided to record their answers in the form of written descriptions. In case where respondents feel the need to have additional space for recording their detailed answers some additional plain sheets were also attached with each answer record sheet. Following thirteen statements printed on a plain page in the form of Answer Record Sheet was presented to the left behind wives for recording their written responses on each statement.

1. How do you feel most of the time in absence of your husband
2. How do you feel physically about yourself

3. Which problems disturb you most of the time in the absence of your husband
4. What are the causes for above mentioned problems suffered by you
5. What inner changings you feel (mentally & physically) because of the stated problems
6. Have you ever suffered from any mental tension
7. What changings you feel during mental tension
8. What circumstances make you feel helpless
9. What are the factors which make you worried
10. Most of the time do you feel happy or sad
11. According to your opinion what are the main causes of your sadness/depression, restlessness, worry and mental tension
12. What do you think about future of you and your family
13. Whether your sadness have ever created any hindrance in performing household chores

Sample

Sample of 200 left behind wives of overseas migrants ($N = 200$) was selected from two districts Poonch & Sudhanotti of Azad State of Jammu & Kashmir by employing convenient sampling technique. Age range of the participants was from (20-60) years with (M

=1.44, SD =.49). All the respondents were literate and were able to read and write sentences in Urdu language easily and independently.

Procedure

Researcher herself collected the data in individual setting. Prior consent of the respondent was taken before data collection. Answer Record Sheet was used to get information related to in depth understanding of psychological problems faced by left behind wives of overseas migrants. Information regarding demographic variables i.e. name, age, occupation, duration of husband's migration, years of marriage, number of children was also gathered by using a separately devised demographic sheet. All the respondents were briefed about instructions and about how to fill the Answer record sheet. There was no time limit. During their written descriptions in case where respondent need some more clarification regarding statements/question asked and to answer their quarries also, researcher was available all the time. Oral interviews were also conducted with some respondents who showed their agreement related to talking about their psychological problems.

Findings of the Qualitative Study

Left behind wives responses to first statement "how do you feel most of the time in absence of your husband" were heavily loaded with sad and depressive thoughts, loneliness, lack of interest, feeling burdened and work overload, feeling incomplete, pareshani, besakooni, anxious, lack of interest, mayousi, feeling difficulty in managing home tasks, insecure & restless, not relaxed, over sensitive, feeling incomplete, not feeling happy, bebus, feeling bad, budkhawasi, feeling alone in case of children illness, feeling bored, confused, difficulty in performing household and professional responsibilities, not feeling excited/lack of excitement, budkhawasi, not happy because of loneliness, household problems, minor things/issues make me upset, difficult time, difficulty in taking care of in laws, uljhān & sensitive.

Left behind wives responses to second statement "How do you feel physically about yourself" were in the form of physical problems ,i.e. arthritis pain in joints, tiredness, lack of energy, tiredness, weakness, blood pressure problem, lazy, lethargic, Headache, Heart problem, feeling ill and tension, difficulty in completing home tasks, gubrahāt, lack of courage, feeling difficulty in taking any initiative, nervous, Pareshani, mental tension, tabiat bhojhal, difficulty in feeling happiness, All time busy routine makes me tired, pain in body, Sometimes fit some times weak, breathing problem, knee pain, in extreme weather feeling low, mostly feeling tired, trembling, don't feel fresh and active, all the time remain busy that's feel uktahat, stress, muscular pain

Left behind wives most common responses for third statement" Which problems disturb you most of the time in the absence of your husband" were mainly household tensions, relations with others, Children related problems (their illness, education, safety, personality development, training, aggressive behavior, disobedience, their demands, to control them, lack of interest in studies, irresponsible behaviour, not giving love of their father, less chances for outing of children), in joint family set up problems related to in laws, safety of my husband in abroad, Household Responsibilities, To depend upon others for house hold affairs, Feeling tense, Travelling out of home in absence of husband, Financial problems, Self Insecurity, Absence of husband is the main problem, Mental stress and mental tension, land dispute so all income goes for fighting land case, Preshani, and difficulty in passing time, attending marriage, when others show change attitude, To take care of every matter alone, Household and professional responsibilities seem difficult, social relations difficult, to be extra careful while going out of home, Feeling difficulty in taking decisions, Criticism of relatives, social relations effect, in case of conflicts with others feeling alone, health issues, in laws attitude and lot of other responsibilities.

Left behind wives most common responses for fourth statement "What are the causes for above mentioned problems suffered by you" were not getting money in time (Financial constraints), Feeling alone, negative behavior of in laws, Children related problems illness, dual responsibilities, Other family members involvement in my personal family matters, In laws non cooperative attitude, Having more responsibilities, worries about husband 's job, bringing daily use items from bazar(Grocery), Lack of attention

by others, feeling sad, Household responsibilities, Remain sad and also makes other sad, My own illness, Lack of social support, Have gone exhausted because of tensions and responsibilities(High prices of commodities/inflation), Family disputes, Criticism from others, Absence of husband, Low income, Relatives criticism and involvement, loneliness, Weather changes, to perform all responsibilities alone Environmental problems, poor relations with others, Guests & strangers arrival, Irritability, Land dispute, case of land, animals problems, Remain in anger and do not show good behavior towards my children, when some one gets sick in family, marriage and death circumstances, When in emergency situation related to children school, children tamper tantrums, Not feeling happy because of loneliness, Mental stress and physical weakness, travelling alone, Relations with in laws, My husbands non caring attitude, in laws responsibilities, joint family, Husband lack of interest.

Left behind wives most common responses for fifth statement **“What inner changings you feel (mentally & physically)** because of the stated problems” were Stress, worries, mental tension, gubrahah, high and low blood pressure, joint pain, fatigue and tiredness and weakness and headache, Depression, sadness, anger, frequent crying, fast heart beat, Wanted to cry, Want to die, not interested in talking to any one, unable to get relaxed, lethargic, irritability, zehni uljhah, At once take action, over reactive, zehni uljhah, tabiat mein zidi pan, low patience, Tursk behavior, Mutubzub, feeling inferior, Frustration, anger outbursts, lack of interest, pareshan, trembling in hands and arms, lack of concentration, both mental and physical symptoms, Feeling disturb, restless, show anger on children, beat my children, difficulty in breathing, helpless

As one of the respondent mentioned that “some times she feel unconscious for two to three days, then have no information about how my children go to school”. Another respondent shared her feelings that “She appears much older than her age because of pareshani, tension, worries and responsibilities”

Left behind wives most common responses for sixth statement “Have you ever suffered from any mental tension” were Often, Most of the time, Mental tension, Mental tension most often, Anger, heart beat fast, negative feeling for others, Sometimes, All the time tension, Lot of tension, Sometimes Children education and training causes mental tension,

One of the respondent shared her feelings that “she has only one son then remains all the time tense that how time will pass, couldn’t sleep throughout the night because of tension about son and husband”

A respondent mentioned that “during trouble and hard time experience a lot of tension. Just feel unable to control”

“When I fight with my husband then feel a lot of tension”.

“Poor relationship with others make me upset”.

Left behind wives most common responses for seventh statement “What changes you feel during mental tension” were Irritability, anger, lack of interest in activities, fear, stress, tension, worry, muscular pain, want to cry, sad and depress, anger outbursts, suicide ideation, hatered towards others, BP problem, trembling, Not interested in house hold tasks rather in any task,

besakooni, Headache, oversensitive, tiredness, heart beat fast, Tursh roi, no positive thinking, relationship gets disturb, zidipun, Restlessness, unhappy, Getting upset , difficulty in taking right decisions, Ghabra jana, Not feel happy/excitement, lethargic no attraction in life, life without meaning, insomnia, strong reaction, lack of tolerance, unable to accomplish tasks properly, weakness, To fight with other, some times want to show my revenge and some times feel victim, Tabiat bhojal, feeling sick, under stress, Mentally weak, , show anger on children, beat my children, Memory problem ,lack of concentration, Feeling Afraid, tired, cant give attention to my own children, dry mouth, feeling angry towards others, weeps mostly, Becomes more sensitive, Loneliness, Sar mein chakar, disappointed, Bebas, lack of emotional control, shivering, feeling fear from closed door, loneliness, Khinchao in my muscles(muscular tension).

One of the respondent shared that 'I feel little better after talking on phone with my husband, as I do not like to talk with others'.

Left behind wives most common responses for eighth statement **"What circumstances make you feel helpless"** were not having contact with husband, When feeling disappointed from all sides, children related matters, When others do not listen or obey me, When others cheat, When others do not cooperate, As I have lot of responsibilities, feeling helpless, When I can't control children, mayusi from all sides, family troubles, When feeling alone, When go for grocery, When travelling far along with children, travelling because of childrens illness also, No hope in future, When unable to accomplish tasks properly, Husbands absence and his angry mood, When I take debt from others, When feel unable to solve trouble alone, When I am unable to fulfill my childrens needs, Children create

troubles, relatives criticism and involvement, When feel unaccepted by others, when others don't show their love, care, Getting money late, education, When in perashani I talk with others, and they do not give support(lack of social support), When others blame me without my fault, Land dispute case, when on happy occasions see other couples together, Illness and death in family, When have no one to share my feelings, Others criticism relatives disputes, difficulty in making decisions When others fight without any reason, Try hard to overcome my tensions, When going outside without my husband, When children wish to live with their father, Home related matters, When my husband do not give response to me, most irresponsible attitude of my husband, husband's lack of responsibility

One of the respondent mentioned that "especially during child illness, when hospital refers him/her to big city hospital then face a lot of difficulty to travel with others, staying in hospital in case of admission is really a very big stressor rather any illness is really problematic to face in absence of my husband"

Another respondent stated that "my children don't obey me, and perform poor in academics, when feel that I am unable to control them and train them properly. My son's friendship with people having bad reputation. In absence of my husband no one takes responsibility of him. All the time, I remain mentally tense because of my son's behavior".

Left behind wives most common responses for ninth statement “What are the factors which make you worried” were not getting money in time (Financial constraints), Father’s absence cause some lacking in my children, Children related matters, Inlaws don’t cooperate, Worries about future of me and my children, Lack of resources, low self esteem, All the time worried for all matters, When feel unable to meet my childrens demands for toys, clothes, Daughter’s illness, Children monthly fees and house rent, relatives disputes, children and house hold responsibilities, Children related worries, Dependency on others even for minor things Remain pereshan because of personal responsibilities, Children illness, my own health, husband’s health, When my father in law leaves then at home my mother in law always fights with me, In hurry I mostly feel restless, What will happen to my children if I get ill, Unable to maintain balance between indoor and out door house hold activities, In laws criticism and their responsibilities,

One of the respondent indicated that “ My younger son is weak in studies that gives me a lot of worry and tension.”

One of the respondent shared that “I live with my in laws; they behave so badly with me. When my father in law leaves then at home my mother in law always fights with me”

One of the respondent shared her personal experience that “my son is handicap, he is quite mature now but at home I am the only one to take care of him. He is mentally retarded and unable to move, so taking care of him is really problematic for me.

Unable to hold him, and because of this routine feel extreme backache and lot of psychological tensions.

Left behind wives most common responses for tenth statement "Most of the time do you feel happy or sad" were Often sad, low mood, Some times happy some times sad, depressed, Most of the time sad & depressed, If busy then feels better otherwise if free weeps all the time, Sad & anxious,

Left behind wives most common responses for eleventh statement "According to your opinion what are the main causes of your sadness/depression, restlessness, worry and mental tension" were husbands' absence, Insecurity and loneliness, relatives conflicts, Inlaws attitude, children problems, All house hold matters, Financial problems, children responsibilities, household responsibilities, Husband lack of responsibility, children (sons) lack of interest in studies, In Absence of husband even minor problems cause lot of tension, worries, stress, Environmental causes, illnesses, difficulty in making decisions, mental tension because of worries and responsibilities, non cooperation by other family members/in laws, Household matters When have expectations from others, construction of house, managing monthly budget, home responsibilities, Low income of my husband, land dispute major, , to control my children, Family disputes, When other are angry, Dependency on others, BP,, husbands long stay, Having more expectations from others, Don't feel enjoyment in my own work, lack of interest, Arthritis,

One of the respondent told that "her elder son's illness (Thalassemia) is a big stressor in absence of her husband. Taking her son into hospital, arrangement of blood, facing criticism of others that I remain out of my home and negative attitude of others make me tense and worried all the time".

Left behind wives most common responses for twelfth statement “What do you think about future of you and your family” were to have my own home, Want to see bright future of my children, Not very hopeful, My husband’s better health and progress of my children, prosperous life, Want to have no problem in future, Not very positive, My children never face any problem, and live a successful life and attain good education and training, Positive thinking for my family and children, Expectations about good future, Better accommodation, better education of my children, to live with my husband when he will settle his business here, No hopes, Dark future, to go abroad and to live with my husband, Thinking about bright future of my family, Positive thinking about an educated family, Feeling negative, Not so positive, Better home, Good family life with good relations, Will fight with my husband when he will be back, Not very hopeful, To go abroad with my husband, To see my children performing good in their studies and jobs, Good home, living a complete family life with my husband also, To live normal life with my husband and hope for a good future, One of the respondent discussed that “She wants that after their children marriages, she want to live with her husband”

Another respondent shared that “She lived happy moments of her young age in absence of her husband and feeling so negative about this life”

Left behind wives most common responses for thirteenth statement “Whether your sadness have ever created any hindrance in performing household chores” were Sometimes I don’t feel interest in household chores, Yes Always faced the problem, Some

times I have no energy to move house work in routine, Disturbance in family affairs, My own tensions create problems, could not give proper attention to my family, Feeling difficulty in household functioning, Can't perform work at time, cant give time to my children and others , feeling no interest, During tension, because of mental uljhian household chores effect a lot, Number of times, but I try hard to manage, I keep my worries with me and never disturbed my home tasks, When in tension then household chores effect a lot, Show anger towards my children and home routine disturbs a lot,

One of the respondent provided the information that "When my father and mother in law show involvement, criticize me, talk in every matter then I feel lot of anger. Mother in law insists to take special care of her guests which make me disturb a lot".

Figure V Graphical presentation of the thematic analysis of culturally expressed and cultural free (overall) Psychological problems of left behind wives

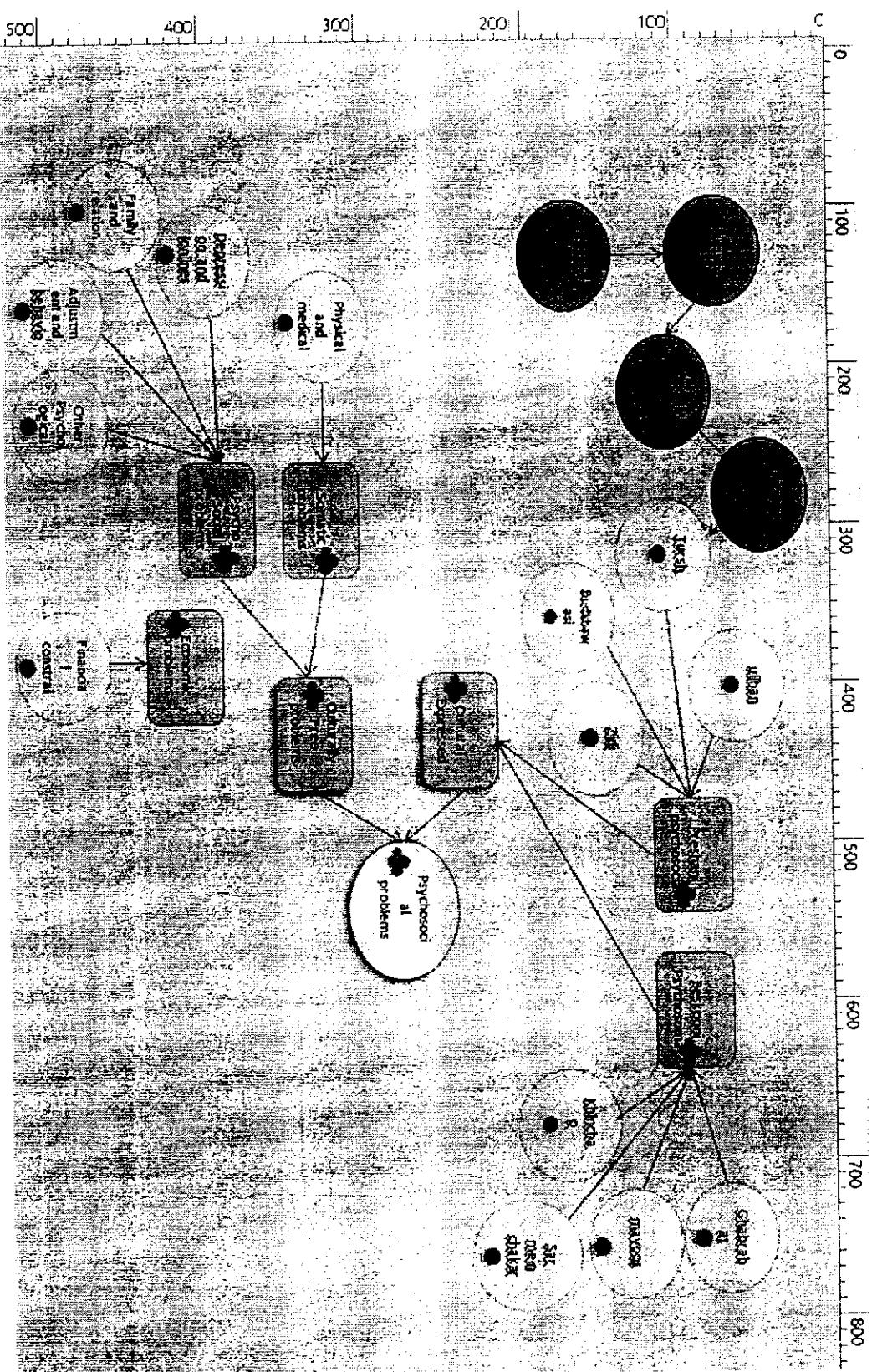


Figure V Graphical presentation of the Thematic Analysis of Culturally Expressed and Culturally Free (overall) Psychological Problems of Left Behind Wives

Thematic Analysis

For qualitative analysis of written description of psychological problems faced by wives of overseas migrants, grounded method of the open coding procedure was used in the present study. The open coding process based on line by line coding of data to investigate the relevant and associated codes of the data (Glaser, 1998a, 1992). The code units were generated based on selection of themes emerged within the data. These selections of frequent occurring statements were selected from different interviews and data was collected through purposive sampling technique. Open coding process after a frequent analysis, the basic themes were generated that were associated to organized themes. Themes were the similar concepts that could be resulted in a theory (Corbin & Strauss, 2008). The study was focusing to explore culturally emerging themes within the data i.e. mayousi (sadness), Khinchao (muscular tension) and global cultural free themes i.e. somatic problems, psychosocial problems and economic problems.

Results were analyzed by using qualitative data analysis Nvivo software Version-7 (QSR-International, 2006). The prominent cultural expressed themes were beskooni/restlessness (psychosomatic problems) and pershani (psychological problems). The psychosomatic problems or besakooni theme was further divided into subthemes. The beskooni/restlessness (psychosomatic problems) includes ghabrahah/anxiety (somatic problems), sar man chaker (headache and medical problems), mayoosi/hopelessness (feelings of sadness) and khinchao (muscular tension). The second important cultural expressed theme was also divided into subthemes including uljhan (irritations), badkhawshi (bad intentions), zidi pan (stubborn) and tursh (relationship and emotional problems). The subtheme tursh was the result of small theme bebas (feelings of helplessness). Bebas (feelings of helplessness) created muztrib (frustration)

which further created bedili (lack of interest) and uktahat (tiresomeness/boredom/wearisome). These chains of small subthemes lead to tursh (relationship and emotional problems).

The cultural free themes were divided into three main themes somatic problems, psychosocial problems and economic problems. These themes were further divided into subthemes. The theme somatic problems were related to subtheme physical and medical problems. The psychosocial problems were divided into subthemes depression and loneliness, family and relationship problems, adjustment and behavioral problems and other psychological problems. Lastly economic problems theme was related to subtheme financial constraints.

Pakistan with aim of investigating the psychosocial problems of left behind families of migrants. Results of the study showed that 36% of wives reported psychological strain/loneliness/emotional distance, 32% reported burden for having new responsibilities (caring children and domestic affairs), 32% of left behind children were lacking guidance in education and other co-curricular activities (lack of inspiration and social environment) (Farooq & Javed, 2009). As large number of left behind wives in present study reported about their loneliness and depression problems, various previous literature have found positive association between loneliness and depression but unfortunately literature supports that most of the work on loneliness among adults didn't incorporate marital status of individuals in their model (Johnson & Mullins 1989; Schwab & Peterson, 1990). In the subcontinent psychiatric and epidemiological studies identified high rates of depression and other neurotic illnesses among women, and in subcontinent gender ratio of these disorders is higher as compared to gender ratio prevailing in West (Mumford, Saeed & Ahmed, 1997).

Present study also highlighted that left behind wives psychosocial problems showed highly significant relationship with depression, Anxiety and Stress among left behind wives. These findings are in line with existing literature that left behind wives are vulnerable to develop psychological problems in the form of depression, anxiety, stress, work overload because of their husbands' absence due to migration (IOM, 2008; Lu, 2012; Jetley, 1983., Bose, 2000 Kishtwaria, 2011).

Present study also aimed at measuring the depression anxiety stress among left behind wives of overseas migrants. Results of the present study found strong association among these

stated variables, showing that left behind wives have been suffering from psychological problems in the form of depression, anxiety stress. Results are in accordance with already conducted researches. A cross sectional survey using multi stage sampling with aim of measuring the mental health of left behind adult family members of international migrants was conducted in six districts of Sri Lanka. Findings of the study showed considerably more occurrence of common mental disorders including depression, somatoform and anxiety disorder among adult left behind family members (Chesmal, Kolitha, Sisira, Puwalani, Buddhini, Sulochana, Gayani, Anushka, Kaushalya, Sharika & Athula, 2015).

Present study also measured depression anxiety stress among left behind wives because of the difference in the duration of their husbands' migration. Present study found significant difference on the scores of Depression and Stress because of the difference in duration of their husbands' migration, while for anxiety non significant difference has been noted in the study. Numbers of researches indicate that episodes of major depressive disorder are precipitated by stressful life events (Leopardi & Bartolomucci, 2009). As for left behind wives husband migration is a stressor so they frequently report their depression, anxiety and stress because of their husbands' absence. Previous body of research found that time spent by wives in absence of their husbands can be used as an indicator in determining their psychological and emotional problems i.e. depression, anxiety, loneliness. The greater the time male earning members live apart from their families, the more their left behind families suffer at emotional and psychological level. (Srivastra, 2003; Population Council Field Research).

Present study aimed at finding out the difference on depression anxiety and stress between left behind wives belonging to nuclear and joint family system. Results of the study showed high prevalence for depression and stress among left behind wives belonging to joint family system as compared to nuclear family system. For anxiety study showed non significant differences. One reason for these findings can be that in nuclear families, absence of the husbands makes wives dominating and they feel free to make important decision of their home (Jetlay, 1987; Paris, Singh, Luis & Hossain, 2005). But in joint family they have to take care of each and every person in the family as they can not make decisions alone. It has also been studied that interpersonal problems within the family have been specifically important in causing depression (Butzlaff & Hooley, 1998). It was found in a study conducted in Romania that left behind family members suffer strongly on mental and psychological level. Stress and anxiety by having insecure feelings about their loved one as well as having adjustment problems with other family members give rise to a number of psychological disturbances (Robila, 2011). Migration of male family member brings change in stereotypical roles of men and women in society. Male migration leads to greater role of left behind women in household decision making decision or greater interdependence with joint family members. This situation leads to increased stress, vulnerability and increased workload (Srivastra, 2003). After husbands migration to other country, left behind wives of joint family system were under more strict supervision and regulation (Desai & Banerji, 2008). A study was conducted in Pakistan for the assessment of loneliness and depression among left behind wives by giving focus to the role of family. Findings of the study indicated severe depression among left behind wives. Further study indicated significant positive association between loneliness and depression, specifically in

intimate relations domain. Further study found the joint family left behind wives report more about experiencing feelings of loneliness and severe depression in comparison with nuclear family left behind wives (Sahar & Gillani, 2014).

Present study also measured the difference on depression anxiety and stress between left behind wives having any physical illness or not. Findings of the study showed high rate of depression anxiety and stress among participants suffering from any physical illness. Findings of the present study are in line with other earlier studies showing that left behind wives of over seas migrants have increased rate of physical and mental health problems including depression (Antman, 2012).

Difference on depression anxiety and stress among working and non-working left behind wives of overseas migrants was also explored in the present study. Results of the study showed high depression and stress among non-working left behind wives as compared to working left behind wives, while for anxiety study showed the non-significant differences. Results of the study indicate difference on depression with respect to employment, and it has been observed that Unemployed respondents however show high level of depression as compared to employed respondents with. These findings are in accordance with a study, which found that unemployment and loss of family income is strongly associated with depression (Whooley , Kiefe , Chesney , Markovitz , Matthews, & Hulley, 2002). A study has been conducted in Gujrat Pakistan and it has also been found out that non working women have more chances of depression as compared to the working women (Akram &Khuwaja, 2014). It should not be underestimated that over seas migration can have some positive impact on emotional health by

changing gender roles and by increasing autonomy and decision making power of left behind women (Parrenas, 2005). In households where male members migrate their women perform their roles in their absence (Siddiqui, 2001). In Bangladesh and Pakistan results of qualitative studies indicated that mainly women role in decision making was greater, except the situation in which some other male members of migrant's family have financial control of the household (Roseli). In Punjab absence of husbands for longer period of time make left behind wives more powerful in making decisions regarding children's education, land, household finances. On their husbands' return they do not revert these mentioned important decisions (Jolly, Bell & Narayanaswamy, 2003; Whitehead & Hashim, 2005). Multiple factors can play their role in depression, anxiety and stress. It was found that migration has significant positive effect on household income, assets and on their consumptions (Chimhowu, Piesse & Pinder, 2003). Studies conducted in America and Jamaica showed that remittances receiving households showed a great decrease of participation in labour market (Grigorian & Melkonyan, 2011; Kim, 2007). In most of Asian countries where male is the guardian and responsible for their women security, so women face great difficulty in mobility in absence of their husbands (Bloom, Wypij & Gupta, 2001). Non significant findings on anxiety can be interpreted as a study has been conducted in India, in which psychological problems suffered by left behind wives were reported (order wise) i.e. loneliness, more responsibilities, negative impact on children's education, debt taken for financing emigration and high rate of anxiety (Zachariah, Mathew & Rajan, 2001). By having a close look at the findings of the said study, one can observe that Indian left behind wives also reported anxiety symptoms less as compared to other problems in the absence of their husbands. Findings of the present study can be justified as that being part of subcontinent India & Pakistan

share many similarities in living conditions of the people, in some cultural practices and traditions.

Present research also aimed at finding the difference on depression anxiety and stress among left behind wives having different durations of their marriage. Findings of the study showed significant differences on depression and stress because of marriage duration while for anxiety study showed non significant differences. It has also been found in an earlier study that marital relationships were disturbed among those couples who were separated apart. As a result some couples develop conflict and emotional distance, divorce and extra marital relations, while others develop strong emotional ties during this separation (Chee, 2003).

It was also planned to measure the difference on behavioural and emotional problems of left behind children of overseas migrants in comparison with children living with both parents. Findings of the study showed highly significant difference between behavioural and emotional problems of children living with and without their parents. The findings further indicate the prevalence of significantly more behavioural and emotional problems among children of overseas migrant parent as compared to children of non migrant parents. These findings support the stated hypothesis and results are in accordance with already existing literature (Lahaie et al., 2009; Caribbean UNICEF office, 2009). Number of studies have found that as compared to children living with their parents LBC are more vulnerable to emotional and psychological stress, low self esteem, feeling of abandonment, anxiety and depression, which can have negative impact related to developmental and socialisation patterns (Bryant, 2005; Coronel & Unterreiner, 2005; De la Garza, 2010; D'Emilio, Cordero, Bainvel, Skoog, Comini, Gough, Dias,

Saab, & Kilbane, 2007; Edillon, 2008; Gavriliuc, Platon, & Afteni, 2006; Stirbu, 2006; Wang, Ma, & Wang, 2005). It has also been found that the quality of life for left-behind children is significantly lower than that of non-left-behind children (Ma, Zhao & Wang, 2008). Present study in accordance with earlier studies found that left-behind children have a poor quality of life as compared to those children who are living with their parents.

Impact of migration of earning members (to Gulf States only) was studied among left behind children in Pakistan. This study was limited to families settled in Karachi City only and who were seeking psychiatric help for one of their family members. A comparison group of families attending out patient department was also selected to compare maladjustment among children of such families. In migrant families twenty two families out of twenty five families reported statistically significant recent maladjustment in children upto 30%, while in comparison group only twelve families reported maladjustment in children for only 10% (Ahmed & Zainulabdin, 1991).

Present study also hypothesized the investigation of the difference in behavioural and emotional problems of left behind boys in comparison with left behind girls. Although the findings of the present study didn't show the significant gender difference but mean difference between the scores of male and female left behind children can be seen, as left behind male children showed more behavioural and emotional problems with ($M=40.30$, $SD=27.16$) as compared to left behind female children ($M=37.17$, $SD=20.68$). Although results of the study do not completely support the hypothesis but results are partially supported by depiction of more behavioural and emotional problems in the direction of proposed hypothesis. One reason for this

non significant difference can be the high literacy rate in Azad State of Jammu and Kashmir (AJ&K) and focus of parents on their children. According to the statistics of Survey of Pakistan (2005-2006) literacy rate of AJ&K is above 60% which is significantly higher as compared to national average of Pakistan. According to the official report of Planning and Development Department of Azad State of Jammu and Kashmir the gross enrolment rate (between the age of 5-9 years) for boys at primary level is *95% and for girls is*88% (including the enrollment in both public and private schools) (Planning and Development Department AJ&K, 2014). So the importance and involvement of both boys as well as girls in education can be contributory factors in having non significant differences of behavioural and emotional problems across gender. However difference in mean values of behavioural and emotional problems of left behind male and female children indicate findings in the line of earlier studies that left behind male children are at risk to show more behavioral and emotional problems (IOM, 2008).

Another reason for these non significant behavioural and emotional problems across gender can be that all mothers might not reliably report about the emotional and behavioural problems of their children. Some may under or over rate the behavioural problems of their children. Future researchers can be planned to have more reliable data by taking information from teachers also by using teacher-report form (Graham & Jordan, 2011).

Studies have been conducted in Jamaica, Trinidad and Tobago, which found that psychosocial and emotional problems caused by separation from parents are expressed in different forms gender wise. Boys usually externalize their sufferings and girls express their sufferings through internalize behavior. It has also been reported that boys have more

interpersonal relationship problems and girls mostly express by having negative mood conditions along with low self esteem. It has also been indicated that children who are separated from parents because of migration have improved economic status but they are twice more than other children to suffer from emotional problems (Jones, Adele et al 2004). Results of these studies clearly indicate that children (both boys and girls) are effected because of parent migration, however expression of emotional problems varies across gender.

To test the effect of gender and age on Internal and external behavioural & emotional problems of left behind children, differences in their scores were analyzed by using 2×2 independent annova. The first factor was gender (male and female left behind children) and second factor was age categorized into (6-11 years & 12-18 years). Although main effect of gender and age was non significant on internal and external behavioural and emotional problems of left behind children while interaction effect of gender and age was significant. Similarly results of the study indicated non significant main effect of gender and age was for external behavioral and emotional problems of left behind children while interaction effect of gender and age on external behavioural and emotional problems of left behind children was significant.

Present study also aimed at measuring academic performance gender wise. Findings of the study support the hypothesis by showing significantly high academic performance of left behind female children on academic grades between the ranges of 90-100%, 80-90% as compared to male left behind. While male left behind children scored significantly higher on academic grades with score ranges from 70-80% as compared to female left behind children. Both male and female left behind children scored equally on academic grades with range from 60-70%. Only male children scored on academic grades with range from 50-60%. While again

on academic grades with range below 50% both male and female left behind children scored equally. These findings are in line with already existing literature on the mentioned topic. Pakistan Rural Household survey was conducted in Rural area of Pakistan including 16 districts covering 2531 households from 143 villages of four provinces, to study the impact of migration on children education (Mansuri, 2006). It has been found that in Pakistan drop out rate of girls in migrant household is low as compared to non migrant households. This can be the one of the factor for left behind female children good academic performance in the present study.

In rural area of Pakistan (Faisalabad) findings of a study related to the problems of left behind families of migrants showed that from sample of three hundred wives, 60% reported not satisfactory academic performance of their male children, while 64% wives reported that their daughter had fulfilled their expectations. Findings also showed strong association between father migration and drop out of male children from the schools and colleges (Farooq & Javed, 2009).

The present study also aimed at qualitative investigation of psychosocial problems of left behind wives of over seas migrants. Fourteen focus group discussions were held with left behind wives of over seas migrants in two districts Poonch & Sudhnotti of Azad State of Jammu and Kashmir. Major themes emerged during focus group discussions were left behind wives biological problems, psychological problems, social problems, child related problems, household responsibilities, emotional problems i.e. loneliness. Major objective of the qualitative part of the present study was to study/assess indepth the psychological problems of left behind wives of overseas migrants. As present study also measured the psychological problems quantitatively by using Depression Anxiety Stress Scale, so measuring psychological problems in social and cultural context was also the objective of using qualitative methodology in the present study.

During focus group discussions left behind wives reported their psychological problems in the form of stress, tension, burden, worry, anger, loneliness, emotional problems, sadness, irritability, anxiousness and anger. So broadly these reported complaints were grouped into three main psychological problems i.e. depression, anxiety and stress. Thirteen Urdu statement statements were formulated to collect indepth information about psychological problems faced by left behind wives of overseas migrants. During focus group discussions researcher felt difficulty in collection of data as majority of participants were reluctant and were not in the favour of recording of their interviews. So it was decided to study psychological problems in depth during main study by using open ended statements (in the form of Answer Record Sheet), on which respondents were allowed to give maximum information in the form of written statements. Answer record sheet was designed with the purpose that respondents will not feel any hesitation or reluctance while describing about their personal feelings.

After collecting qualitative data in the form of written statements on answer record sheet, content analysis was done by using N vivo version 7. Major themes along with some sub themes were identified. During content analysis specific focus was given to study the left behind wives symptom presentation of psychological problems in their cultural context, specific symptoms or problems and specific words used to describe their inner feelings.

Major themes identified were divided into cultural specific symptoms and cultural free symptoms. The cultural free themes were divided into three main themes somatic problems, psychosocial problems and economic problems. These themes were further divided into subthemes. The theme somatic problems were related to subtheme physical and medical

problems. The psychosocial problems were divided into subthemes depression and loneliness, family and relationship problems, adjustment and behavioral problems and other psychological problems. Lastly economic problems theme was related to subtheme financial constraints.

The prominent cultural expressed themes were beskooni (psychosomatic problems) and pareshani (psychological problems). The psychosomatic problems or beskooni theme was further divided into subthemes ghabrahahat (somatic problems), sar man chaker (headache and medical problems), mayoosi (feelings of sadness) and khinchao (muscular tension). The other important cultural expressed theme Pareshani was also divided into subthemes including uljhan (irritations), badkhawshi (bad intentions), zidi pan (stubborn) and tursh (relationship and emotional problems). The subtheme tursh was the result of small theme bebasi (feelings of helplessness). Bebasi (feelings of helplessness) created muztrib (frustration) which further created bedili (lack of interest) and uktahat (restlessness). These chains of small subthemes lead to tursh (relationship and emotional problems).

By having a close look at the responses of participants, it has been indicated that they report about their problems i.e. having sad mood, insomnia, fatigue, lack of interest, inability to make decisions, problems in their important areas of life and relationship problems work over load and child related problems. Depressed mood is the indication for making a diagnosis of depression accompanied by having negative view about self, about world and towards the future, by having emotions i.e. hopelessness, feeling guilt or worthless (Beck, 1967). Most of the studies conducted in Pakistan showed high prevalence rate of depression in different community samples. A systematic review has revealed that the overall mean prevalence of anxiety and depressive disorders in the community was 34% with the highest level reported to be 66%

(Mirza and Jenkins, 2004). In a cross cultural study conducted on Pakistani and Indian women whose husbands have been living in USA reported about their sensitivity and getting more depressed (Karasaz, 2005).

The essential features of depression have been marked by depressed mood or lack of interest for all routine activities. During depression mood of the person has been described as depressed, sad, hopeless, lacking courage, or “down in the dumps”. Lack of interest and pleasure is present nearly for all the time; at least to some degree individuals may also report lack of interest in hobbies, “not caring any more” or having no fun in activities which previously were joy able. Individual’s appetite may also decreases, and most of the people feel that they force themselves for eating while other individuals may have strong need of appetite and may show craving for some particular foods. These changes in appetite may cause significant weight loss or gain. Sleep is disturbed as person may be suffering from insomnia or excessive sleep. Individual may respond by showing psychomotor agitation or retardation. Decreased energy, tiredness, and fatigue are also common during depression. Individual has sense of worthlessness or guilt. Many individuals report impaired ability to think, concentrate, or make decisions. Individual may have repeated thoughts about death or ending one’s own life having possibility of may or may not be a specific plan (APA, 2013).

With high out-migration of migrant households, living transnationally is considered as the norm In Mexican communities (Sorenson & Olwig, 2002; Kandel & Massey, 2002). Likewise majority of male members of the study area migrate abroad for better opportunities and others who stay at their home and don’t accompany the migrant i.e. spouses, children and parents of over seas migrants consider this prevailing situation (migration) as normal/routine matter. But

still the responses of left behind wives to statements asked about their psychological problems in absence of their husbands indicated their sufferings at biological, psychological, social and emotional level. (Detailed responses of left behind wives on all thirteen statements are attached in Annexure-A)

Negative impact of overseas migration has been highlighted by high prevalence of depression, anxiety, stress, workoverload, children related health, education, discipline, personality development problems. Regarding responses of left behind wives on qualitative interview in the form of written responses, to first statement "**how do you feel most of the time in absence of your husband**" were heavily loaded with sad and depressive thoughts, loneliness, lack of interest, feeling burdened and work overload, feeing incomplete, pareshani, besakooni, anxious, lack of interest , mayousi, bebus, feeling bad, budkhawasi, feeling alone in case of children illness, not feeling excited/lack of excitement, budkhawasi, not happy because of loneliness, household problems, minor things/issues make me upset, difficult time, difficulty in taking care of in laws, uljhān & sensitive.

In the present study more than 60% husbands migrated to Middle East countries with majority in Saudia Arabia & UAE, and results of qualitative interviews indicated the psychological sufferings of their left behind wives mainly in the form of depression, anxiety and stress. These results are in accordance with a study carried on Nepalese female psychiatric patients where their husbands mostly work in Saudi Arab, India, Qatar, and Malaysia (Shakya, 2014).

Most of the time normal people say that they are depressed when they observe any change in their mood i.e. low mood. A person, who is experiencing transient sadness and loneliness, may also report that he/she is depressed. It has been a debate that whether this normal mood is synonymous with, or even related to the feelings experienced in the abnormal condition of depression. However in any situation while having feelings of dejection, hopelessness or unhappiness, most of the time persons make use of word depression to label this subjective state (Beck & Alford, 2009). As in the case of left behind wives, majority of the respondents reported about their internal state for most of their time in absence of their husbands as unhappiness, loneliness, sad mood, irritability, helplessness, lack of interest and energy. These symptoms meet the criteria of depression and these findings are in line with earlier researches conducted to study the effect of over seas migration with depression (Robila, 2011; Antman, 2012).

It has also been studied that the family's interpersonal problems have been specifically important in triggering depression (Butzlaff & Hooley, 1998). Scientific literature has identified life events as a causal factor in depression. In causing depression role of stressful life events have been studied a lot. (Kendler, Karkowski, & Prescott, 1999). Prospective studies have specifically been significant, because of indicating that life events mostly occur before the episode of depression. Even with a prospective study, there is a possibility that some life events are caused by early symptoms of depression that have not yet developed into a full blown disorder. Some of the life events i.e. loss and humiliation, have been particularly important to trigger depressive episodes (Kendler, Hettema, Butera, Gardner & Prescott, 2003).

Majority of left behind wives reported about their physical problems in response to statement "How do you feel physically about yourself" along with their psychological problems.

Stress is manifested in the form of psychological disorder, cardiovascular diseases and weak immune system (Pearlin, Lieberman, Menaghan & Mullan, 1981).

Left behind wives most common responses for third statement "Which problems disturb you most of the time in the absence of your husband" were mainly related with their personal problems in the form of biological, psychological, social, emotional, relationship problems, work responsibilities, children related problems. A study conducted in China found low scores of left-behind wives on their health-related quality of life in comparison with control group of non-left-behind wives. The study further indicated that left behind wives low quality of life was related with their status as left behind, older age, lack of education, low income, unemployment, poor physical health, lack of social support, increased stress, and high level of depression (Yi, Zhong, Yao, 2014). It has been found that giving birth to a child when husband is away as well as relationship problems with in laws have been reported most common stressors for left behind wives (Kumari & Shamim, 2013).

Left behind wives most common responses for fourth statement "What are the causes for above mentioned problems suffered by you" mainly covered their house related problems in absence of their husbands. In China, in those situations where husbands migrate away for getting jobs, the left-behind wives have to take responsibilities of hard work, i.e. growing farm crops, household responsibilities, and looking after their elders at home. These additional responsibilities, along with raising their children and a sparse sex life, are causing left-behind rural wives more psychological stress and negative effects on their mental health (Association HPW's, 2010).

Left behind wives most common responses for fifth statement “What inner changings you feel (mentally & physically) because of the stated problems” were heavily loaded with psychological problems in the form of tension, worry, sadness, tension and suicidal ideation.

Review of studies conducted on Latin-American families having impact of outmigration indicated themes i.e. depression, abandonment and rejection, feelings of conflict, change in role and having more responsibilities, lack of social support, and the important role of communication (Silver, 2006).

Left behind wives responses for sixth statement “Have you ever suffered from any mental tension” indicated their mental tensions, worry, sadness, irritability all the time.

Among left behind wives, mood, anxiety, somatic, and physical symptoms were common presenting complaints which are similar to findings among the wives of US Army soldiers deployed abroad (Kumari & Shamim, 2013).

Left behind wives most common responses for seventh statement “What changings you feel during mental tension” were comprised of biological, psychological, emotional problems resulting in developing conflicting relationship with others.

Left behind wives responses for eighth statement “What circumstances make you feel helpless” indicated their problems and their effects on important areas of their lives i.e. personal, familial, social and occupational.

Left behind wives most common responses for ninth statement “What are the factors which make you worried” were related to their children related problems, financial constraints, self esteem problems, worries, household responsibilities and conflicting relationship with others.,

Left behind wives most common responses for tenth statement “Most of the times do you feel happy or sad” were Often sad, low mood, Some times happy some times sad, depressed, Most of the time sad & depressed, If busy then feels better otherwise if free weeps all the time, Sad & anxious,

Husbands overseas migration don't have only positive impact for wives and other family members but can also have negative results in the form of psychological problems. A hospital-based descriptive study was conducted on Nepalese left behind wives by using convenient sampling method. Consecutive Female psychiatric patients hundred in number, with the specific stressor of husband migration, became the study subjects for a period of 12 months. The most occurring psychological problems were related to mood, anxiety, neurotic, and stress. Along with this nearly 10% had presented their problem for suicide attempt.(Shakya, 2014).

Left behind wives most common responses for eleventh statement “According to your opinion what are the main causes of your sadness/depression, restlessness, worry and mental tension” were also comprised of personal, children related problems, emotional, social problems, travelling and moving alone.

Left behind wives most common responses for twelfth statement “What do you think about future of you and your family” were comprised of mixed feelings both optimistic as well as pessimistic view about their future.

Left behind wives most common responses for thirteenth statement “Whether your sadness have ever created any hurdle/hindrance in performing household chores” indicated that how much they are suffering at their personal level, where they feel incapable to deal effectively with their sad mood, anger, hostility, irritability and in some cases poor social relationship with significant others.

Overall left behind wives reported their frequent complaints of having sad mood, anxiety, tension, worry, stress, uljhan, pareshani, budkhawasi, zidipun, children related problems (illness, education, training, recreational, personality development), financial constraints, household responsibilities, conflicts with inlaws, loneliness problems, personal health related issues, travelling alone, social insecurity and fear, land related issues, family disputes. These themes are also reported in other studies conducted in other areas of world.

Implications of the Study

The study can be considered important in many ways, as it has been conducted to measure the psychosocial problems of left behind families including wives and children of overseas migrants of two districts Sudhanoti & Poonch of Azad State of Jammu & Kashmir. Transnational migration do not follow similar universal pattern, so it is important to study transnational migration and its impact on families left behind giving specific importance to its context. From Sudhanoti and Poonch districts of AJ&K, majority of male population move

abroad because of earning money. As they move alone so their family left behind at their place of origin. Present study aimed at investigating the effects of only husbands/fathers overseas migration on psychosocial problems of their wives and children. Their wives and children suffer a lot at psychological level because of absence of their family head.

The possible implications of the study are given below:

- The study explored the behavioural and emotional problems of left behind children of overseas migrants and study found that left behind children are at more risk to develop psychological problems as compared to non migrant children. These findings can provide a baseline for taking useful measures by policy makers for ensuring the psychological well being of children of overseas migrants.
- It has been observed that as majority of male population of Poonch & Sudhanotti districts of Azad Jammu & Kashmir have migrated abroad for earning money, however researcher faced a great difficulty in knowing about the actual figures and number of persons who moved to foreign countries from these two districts. while working on the topic strong need was felt by the researcher that concerned governmental agencies should have district wise data of over seas migrants for formulating policies for future welfare of families left behind and also in favour of over seas migrants.
- The study explored the behavioural and emotional problems of left behind children of overseas migrants, and while collecting data of the present study, dire need was felt also to have actual facts and figure (calculated by governmental agencies) of left behind

children suffering from their father's migration. Only by having actual figures, strategies for dealing effectively with their problems can be devised by governmental agencies.

- Considering the overseas migration from these two districts at larger level, one can easily understand the risk of developing psychological problems among children of overseas migrants. The present research also demands investigation of children related issues in their fathers' absence and also for their solutions. It has been found that any country's future progress is mostly dependent on physical, psychological, moral, intellectual, social and spiritual health of its children.
- Mother's responsibilities and her role become dual and more significant in absence of her husband. Results of the study can be useful for devising health policies in public hospitals for assuring the mental health facilities for left behind wives and their children also.
- Overseas migrants send a large amount of remittances to their host country, so their sacrifices must be acknowledged by the host country policy makers for providing, quality education and access to mental and physical health care to their left behind families.
- Results of present study can be helpful for the counselors to deal with family matters that how psychological problems of the children can be resolved to make them active and responsible member of society.
- This research intends to provide basic data to the researchers who are interested in this area and the present findings will give them base line information to develop further hypotheses in this regard.

- Being a developing country findings of the research can be helpful to address this challenging issue by devising a policy framework for dealing with psychosocial problems of left behind family members while promoting migration for country's economic development.

Limitations of the Study

This study aimed at measuring the effect of overseas migration on psychosocial problems of left behind wives and children of Azad State of Jammu & Kashmir. Present study has some limitations.

- Purposive convenience sampling technique was used so it holds limitation in respect of generalizability of the findings.
- Behavioural and emotional problems of left behind children were explored quantitatively by making use of standardized scale, while qualitative investigation of left behind children's psychological problems could have produced more useful findings in cultural context.
- Present study collected qualitative data in the form of written statements, so more information can be gathered if interviews would have been conducted orally.
- Large sample group was selected for qualitative study of the variables. By conducting oral interviews with a small sample might give new interesting findings in the field of clinical psychology and research.

beneficial knowledge regarding applied research. There is strong need for conducting longitudinal studies to measure scientifically the effects of migration on family members staying at their place of origin. Such studies can better explain the problems of targeted population by giving importance regarding policy making.

Conclusion

The findings of the study suggest that migration influence should be studied not only in terms of socio economic process including remittances, but also as a psychosocial process due to family disruption and changing roles of left behind family. The purpose of the present study was to measure the psychosocial problems of left behind family members of overseas migrants including their wives and children. Over all findings of the study indicted the high prevalence of psychosocial problems among wives of overseas migrants in form of their biological, psychological, social, and emotional and child related problems, and their household responsibilities while -among children of overseas migrants present research indicated their poor academic performance and more prevalence of behavioral and emotional problems.

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Annexure A

ذاتی کوائف

عمر:

نام:

پیشہ:

شادی کا عرصہ:

بچوں کی عمریں:

بچوں کی تعداد:

خاندانی نظام: علیحدہ۔ مشترکہ

کوئی بیماری:

مابانہ آمدن:

خاوندکس ملک میں نوکری کرتا ہے:

خاوند کی گئے ہونے کتنا عرصہ ہو گیا ہے۔

خاوند کیا کام کرتا ہے۔

خاوند کتنے عرصے بعد گھر آتا ہے۔

Psychosocial Problems Scale for Left Behind Wives
Annexure B

ذیل میں دیا گیا سوالنامہ ”شعبہ نفسیات“، انٹرنیشنل اسلامک یونیورسٹی، اسلام آباد میں جاری تحقیق کا حصہ ہے۔ آپ سے گزارش ہے کہ برائے مہربانی سوالنامے میں درج بدایات کو غور سے پڑھیے اور اپنے احساسات اور جذبات کے متعلق محقق کو معلومات سے آگاہ کریں۔ آپ کی معلومات صرف تعلیمی اور تحقیقی مقاصد کے لیے استعمال کی جائیں گی۔ معلومات کی مکمل راہداری رکھی جائے گی۔

آپ کے تعاون کا شکریہ۔

ہدایات

ذیل میں دی گئی عبارات خاوند کی غیر موجودگی (بیرون ملک ملازمت کی صورت میں) بیوی کے مسائل کی نشاندہی کرتی ہیں۔ بر عبارت کے سامنے درجہ بندی کر دی گئی ہے۔
آپ سے گزارش ہے کہ بر عبارت کو غور سے پڑھیں اور موزون درجہ بندی کا انتخاب کریں۔

کبھی نہیں	کبھی کبھار	کسی حد تک	اکثر اوقات	بمعہ شہہ	
					1 خاوند کی غیر موجودگی میں میرے لیے بچوں کو کنٹرول کرنا مشکل ہے۔
					2 خاوند کی غیر موجودگی میں میرے لیے بچوں کی اچھی تعلیم و تربیت کرنا مشکل ہوتا ہے۔
					3 خاوند کی غیر موجودگی میں بیوی کے لیے بچوں کے سکول کا انتخاب، پڑھائی کی نہیں داری، سکول میٹنگ میں شمولیت مشکلات کا باعث بنتا۔
					4 خاوند کی غیر موجودگی میں بچوں کے لیے سکول آئے جائے میں مشکلات کا سامنا کرنا پڑتا ہے۔
					5 خاوند کی غیر موجودگی میں میرے لیے بچوں کی فرمانشیں (کپڑے، کھلونے) پوری کرنے میں مشکل ہوتی ہے۔
					6 خاوند کی غیر موجودگی میں، میں اپنے غصے کا اظہار اپنے بچوں پر کرتی ہوں۔
					7 خاوند کی غیر موجودگی میں بیوی پریشانی کا شکار رہتی ہے۔
					8 خاوند کی غیر موجودگی میں بیوی کی قوت برداشت کم ہو جاتی ہے۔
					9 خاوند کی غیر موجودگی میں (ذمہ داروں کی وجہ سے) بیوی زیادہ تر جسمانی مسائل کا شکار رہتی ہے (خون کی کمی، جوڑوں کا درد، بلڈ پریشر، دل کی تکالیف)۔
					10 باپ کی موجودگی بچوں کی تعلیمی کارگردگی پر مثبت اثرات مرتب کرتی ہے۔
					11 خاوند کی غیر موجودگی میں بیوی خود کو تنہا محسوس کرتی ہے۔
					12 خاوند کی غیر موجودگی میں بیوی کے لیے اکیلے رینا مشکل ہوتا ہے۔
					13 خاندان کی غیر موجودگی میں عید اور شادی بیاہ کے موقع پر بیوی اپنے خاوند کی کمی کو شدت سے محسوس کرتی ہے۔
					14 باپ کی غیر موجودگی میں بچے ان سے لاتعلقی کا اظہار کرتے ہیں۔
					15 خاوند کی غیر موجودگی میں بیوی کو بیماری کا احساس شدت سے ہوتا ہے۔
					16 باپ کی غیر موجودگی میں رشتے داروں سے مناسب پیار نہ ملنے کی صورت میں بچے دوسروں کے لیے نفرت کا اظہار کرتے ہیں۔
					17 خاوند کی غیر موجودگی میں کوئی بھی فیصلہ کرنا بیوی کے لیے پریشانی کا باعث ہوتا ہے۔
					18 خاوند کی غیر موجودگی میں رشتے دار میان بیوی کے تعلقات کو خراب کرنے کی کوشش کرتے ہیں۔
					19 خاوند کی غیر موجودگی میں گھر کے افراد بیوی کی رائے سے اختلاف کرتے ہیں۔
					20 خاوند کی غیر موجودگی میں بیوی رشتے داروں کی تنقید کا نشانہ بنتی ہے۔
					21 خاوند کی غیر موجودگی میں بیوی کے سماجی تعلقات متاثر ہوتے ہیں۔
					22 خاوند کی غیر موجودگی میں بیوی نبñی تناز کا شکار ہوتی ہے۔

کہیں نہیں	کہیں کبھار	کہیں کبھار	کسی حد تک	کسی حد اکثر	بھو شہ	خاوند کی کم آمدن میں گھریلو نظام چلانا بیوی کے لیے انتہائی پریشانی کا باعث بنتا ہے۔
						خاوند کی غیر موجودگی میں بیوی اپنے غصے کا اظہار لڑائی جھگڑے کی صورت میں کرتی ہے۔
						خاوند کی غیر موجودگی میں مسلسل فکر مندی کی وجہ سے بیوی جسمانی و نہیں بیماریوں میں مبتلا ہو جاتی ہے۔
						خاوند کی غیر موجودگی میں بیوی چڑاپن کا شکار ہو جاتی ہے۔
						خاوند کی غیر موجودگی میں بیوی کے لیے روزمرہ استعمال کی اشیاء (کھانا پینا، پہل، سودا سلف، بچوں کی ضروریات) کا انتظام کرنا مشکل ہوتا ہے۔
						خاوند کی غیر موجودگی میں بیوی کے لیے مہمانوں کی مناسب دیکھ بھال کرنا پریشانی کا باعث بنتا ہے۔
						خاوند کی غیر موجودگی میں بیوی کے لیے (گھریلو انتظام چلانا، زمین و جاءیداد کے مسائل، کاشتکاری، گھریلو جانوروں کی دیکھ بھال) مشکلات کا باعث ہوتے ہیں۔
						خاوند کی غیر موجودگی میں میاں بیوی کے باہمی تعلقات پر منفی اثرات مرتب ہو جاتے ہیں۔
						خاوند کی غیر موجودگی میں بیوی اپنی آرائش و زیبائش کا خیال نہیں رکھتی۔
						خاوند کی غیر موجودگی میں گھر کے مسائل بیوی کو بر وقت فکرمند رکھتے ہیں۔
						خاوند کی غیر موجودگی میں بیوی خود کو غیر محفوظ محسوس کرتی ہے۔
						خاوند کی غیر موجودگی میں بیوی ادھر سے پن کا شکار رکھتی ہے۔
						خاوند کی غیر موجودگی میں بیوی کو (فونگی، شادی، شوپنگ اور بیمار پرسی) کے لیے گھر سے باہر نکلتے ہوئے زیادہ محظا ط رویہ اختیار کرنا ہوتا ہے۔
						خاوند کی غیر موجودگی میں خوشی و غم کے موقع پر لین دین بیوی کے لیے پریشانی کا باعث ہوتا ہے۔
						خاوند کی غیر موجودگی میں رشتے دار مسائل پیدا کرتے ہیں۔
						بیرون ملک سے امداد کے بعد رشتے دار خاوند کو بیوی کے متعلق ورغلاتے ہیں۔
						خاوند کی غیر موجودگی میں دور دراز ائے جائے میں بیوی کو انتہائی دقت کا سامنا کرنا پڑتا ہے۔
						خاوند کی غیر موجودگی میں (علاج معالجے کے لیے / ضروریات زندگی کے لیے) بیوی کو دوسروں پر انحصار کرنا پڑتا ہے۔
						خاوند کی غیر موجودگی میں رشتے دار بر وقت بیوی کی حرکات پر نظر رکھتے ہیں۔
						خاوند کی غیر موجودگی میں بیوی بچوں کو سیر و تفریح کے کم موقع میسر ائے ہیں۔
						خاوند کی غیر موجودگی میں بچوں کی بیماری میں دور دراز بسپیل لے جائے کی صورت میں بیوی کو مشکلات کا سامنا کرنا پڑتا ہے۔
						خاوند کی غیر موجودگی میرے بچوں کی تعلیمی ناکامی کا ایک ایم باعث بنتی ہے۔
						خاوند کی غیر موجودگی کی وجہ سے بچے کی شخصیت میں کمی رہ جاتی ہے۔

۴۶	خاوند کی غیر موجودگی بیوی کے لیے گھریلو اور پیشہ ور انہ ذمہ داریوں کو بخوبی انعام دینا مشکلات کا باعث ہوتا ہے۔
۴۷	خاوند چھٹی کے دوران کم وقت بونے کی وجہ سے گھریلو ذمہ داریاں بطریق احسن پوری نہیں کرتا۔
۴۸	چھٹی کے دوران خاوند گھریلو ذمہ داریوں کے بجائے برادری کے دیگر امور، شادی بیاہ اور فوتگی میں مصروفیت کا شکار رہتا ہے۔
۴۹	خاوند کی غیر موجودگی میں گھر کی مرمت کا انتظام بیوی کے لیے مشکلات کا باعث بنتا ہے۔
۵۰	خاوند کی غیر موجودگی میں بیوی کے لیے سرال والوں کے ساتھ اچھا رویہ رکھنے میں مشکلات کا سامنا کرنا پڑتا ہے۔
۵۱	خاوند کی غیر موجودگی میں لڑائی کی صورت میں بیوی اور خاندان والوں کے درمیان ناراضگی طول پکڑ لیتی ہے۔
۵۲	خاوند کی غیر موجودگی میں سرال والے بیوی کے ساتھ اچھا سلوک روا نہیں رکھتا۔
۵۳	خاوند کی غیر موجودگی میں بیوی سرال والوں کی دیکھ بھال کرنے میں دقت محسوس کرتی ہے۔
۵۴	خاوند کی غیر موجودگی میں اگر پیسے وقت پر نہ پہنچے تو میرے لیے اخراجات کا توازن رکھنا مشکل ہوتا ہے۔
۵۵	خاوند کی غیر موجودگی میں بیوی کے لیے اکیلے کام کرنا پریشانی کا باعث بنتا ہے۔
۵۶	خاوند کی غیر موجودگی میں وقت گزارنا بیوی کے لیے پریشانی کا باعث ہوتا ہے۔
۵۷	خاوند کی غیر موجودگی کی وجہ سے بیوی کی زندگی نامکمل ہوتی ہے۔
۵۸	خاوند کی غیر موجودگی میں بیوی کو اپنے خیالات کا اظہار کرنے والا کوئی ساتھی نہیں ملتا۔
۵۹	خاوند کی غیر موجودگی میں تباہی کی وجہ سے بیوی خوش نہیں ہوتی ہے۔
۶۰	خاوند کی غیر موجودگی میں سرال والوں کے ساتھ اختلافات کی صورت میں بیوی خود کو زیادہ تباہا محسوس کرتی ہے۔

Annexure C

ڈی اے ایس ایس (سکیل)

نام: ----- تاریخ: -----

پریلیات: ہر ایس ایس نظریہ کا مطالعہ کریں اور ایک نمبر 0, 1, 2, 3 پر دائرہ ہالگ کیں جو یہ ظاہر کرے کہ گزشتہ یقینیہ بیان آپ پر کس حد تک لا کوہتا کوئی ناطق یا درست جوابات نہیں ہیں۔ کسی بھی بیان پر بہت زیادہ وقت صرف مت کریں۔ کسی بھی جواب کی شدت کے معیار کو جا چلتے کا پیان درج ذیل ہے:

مجھ پر بالکل بھی لا کوئی نہیں ہوتا	=	0
مجھ پر کسی حد تک، یا کافی وقت کے لیے لا کوہتا ہے	=	1
مجھ پر کافی حد تک، یا کافی وقت کے لیے لا کوہتا ہے	=	2
مجھ پر بہت حد تک یا زیادہ وقت کے لیے لا کوہتا ہے	=	3

نمبر شار	نظریہ	مجھ پر بہت حد تک یا زیادہ وقت کے لیے لا کوہتا ہے	مجھ پر کافی حد تک، یا کافی وقت کے لیے لا کوہتا ہے	مجھ پر بالکل بھی لا کوئی نہیں ہوتا	مجھ پر کافی حد تک، یا کافی وقت کے لیے لا کوہتا ہے	مجھ پر بہت حد تک یا زیادہ وقت کے لیے لا کوہتا ہے
1	میں نے اپنے آپ کا ٹھوٹی باتوں کی وجہ سے پریشان پایا	3	2	1	0	
2	میں اپنا نامہ خلک ہونے کے بارے میں جانتا تھا	3	2	1	0	
3	میں کسی بھی قسم کے ثابت احساس نہیں رکھ سکا	3	2	1	0	
4	مجھے سانس لینے میں دشواری کا سامنا ہوا (مثلاً سانس کا زیادہ تیزی سے چنا، جسمانی مشقت کی غیر موجودی میں سانس لینے میں وقت ہوتا)	3	2	1	0	
5	میں خود کو کام کرنے کے لیے مستعد نہ پاس کا	3	2	1	0	

3	2	1	0	میر ارٹل سوہرتے حال کی مناسبت سے شدید ہوتا	6
3	2	1	0	مجھے لکھ رانے/اکانپتے کا احساس ہوا (مثاں ناگوں کا جواب دینا)	7
3	2	1	0	مجھے پر سکون رہنا مشکل سوس ہوا	8
3	2	1	0	میں نے خود کو ایسی صور حال میں پایا جس نے مجھے بہت پریشان کر دیا۔ میں نے ان کے ختم ہونے پر بہت بہتر محسوس کیا	9
3	2	1	0	مجھے محسوس ہوا کہ میرے پاس آئندہ کرنے کے لیے کچھ نہیں ہے	10
3	2	1	0	میں نے محسوس کیا کہ میں جلدی پریشان ہو جائنا ہوں	11
3	2	1	0	میں نے محسوس کیا کہ میں بہت زیادہ احساسی تو لاٹی استعمال کرتا رہا ہوں	12
3	2	1	0	میں نے خود کو نیک اور فرشدہ محسوس کیا	13
3	2	1	0	جب بھی مجھے کسی معاطلے میں دیکھتی میں نے خود کو بے صبر محسوس کیا (مثاں اسکے میں، ترینک ایش کی وجہ سے یا، انتقال کروانے پر)	14
3	2	1	0	مجھے بے ہوشی کا احساس ہوا	15
3	2	1	0	مجھے احساس ہوا کہ میں نے ہر چیز میں دلچسپی کھو دی ہے	16
3	2	1	0	مجھے احساس ہوا کہ بخیثت انسان نیری کوئی اچیت نہیں	17

3	2	1	0	مجھے احساس ہوا کہ میں ذرا احساس طبعیت کا ماںک ہوں	18
3	2	1	0	زیادہ درجہ حرارت یا جسمانی مشقت کے لیے بھی مجھے واضح طور پر پہنچا یا (مثلاً باہروس میں پہنچنا)	19
3	2	1	0	میں نے بغیر کسی مناسب وجہ کے خوف محسوس کیا	20
3	2	1	0	مجھے احساس ہوا کہ میں بے وقارت ہے	21
3	2	1	0	مجھے کام ختم کرنا مشکل محسوس ہوا	22
3	2	1	0	مجھے لفڑی میں دشواری کا سامنا ہوا	23
3	2	1	0	مجھے اپنے کئے ہوئے کاموں سے کسی لفڑ کا احساس نہیں ہوا	24
3	2	1	0	کسی بھی جسمانی مشقت کی خیر موجودگی میں، میں اپنے دل کی حرکت سے آگاہ ہا بخوبی تھا (مثا دل کی دھڑکن یہ ہے کہ احساس، دل کی دھڑکن میں بے تابعگی)	25
3	2	1	0	میں نے بے دلی اور مانیوں کی محسوس کی	26
3	2	1	0	مجھے احساس ہوا کہ میں بہت چھپا ہوں	27
3	2	1	0	مجھے احساس ہوا کہ میری پریشانی حدت پڑھ گئی ہے	28
3	2	1	0	جب بھی کسی بات نے مجھے پریشان کیا، اس کے بعد مجھے پر سکون ہونے میں دشواری کا سامنا کرنا پڑتا	29
3	2	1	0	مجھے اس بات کا ذر محسوس ہوا کہ میں کسی معنوی گیر غیر مانوس کام کی وجہ سے نکال دیا جاؤں گا	30

3	2	1	0	میں کسی بھی چیز کے بارے میں پر جوش ہونے کے تامل نہیں تھا	31
3	2	1	0	میں نے اپنے کام کے دوران مداخلت کو برداشت کرنے میں مشکل محسوس کی	32
3	2	1	0	میں اعصابی تناؤ کی حالت میں تھا	33
3	2	1	0	میں نے محسوس کیا میں کافی غیر اہم تھا	34
3	2	1	0	میں نے ایسی کسی بھی بات کو برداشت نہیں کیا جو میرے کام کو جاری رکھنے میں مداخلت کرنا تھا	35
3	2	1	0	میں نے خود کو خوفزدہ محسوس کیا	36
3	2	1	0	مجھے مستقبل میں کوئی چیز ایسی ظہرنیں آئی جس سے متعلق میں پر امید ہوں	37
3	2	1	0	مجھے محسوس ہوا کہ زندگی بے معنی ہے	38
3	2	1	0	میں نے خود کو بے جان ہونے تھے محسوس کیا	39
3	2	1	0	میں ان صورتیں کے بارے میں پر بیشان تھا جن سے میں خوفزدہ ہو جاتا اور خود کو بے وقوف ہاتا	40
3	2	1	0	میں نے کچکا بہت محسوس کی (مشکل بھروس میں)	41
3	2	1	0	میں نے کسی بھی کام کے پہلی کرنے میں مشکل محسوس کی	42

Annexure D

6 سے 18 سال کے بچوں کے رویہ کی جانچ لست

از راہ کرم
صف لکھنے

والدین کا عام مشنے اگر چہ وہ فی الحال کام نہ بھی کر رہے ہوں۔

برائی مہربانی تفصیل کے ساتھ لکھنے پر ملائکہ، بانی اسکول تیجہ،
مسٹری، مزینر، خردی، ہوتا بیجنے والا، نوجی سر جیٹ،

والد کے مشنے کی نوعیت

والد کے مشنے کی نوعیت

بہ فرم بھرائیا پذیریہ: (ابنا مکمل نام صاف لکھنے)

اب کی جنس: مرد عورت
 دادا، دادی (با^{نی})
 موتیلے مل بپ

بچے سے اب کا رشتہ:
 موتیلے مل بپ
 حرفی والد والدہ

بیانے بوسنے والی
مل بپ گود لینے والا باب پاکوڈ
لینے والی مل

لپٹی عمر کے دوسرے بچوں
کے مقابلے میں بر ایک میں
کتنا اچھا / اچھی ہے؟

اوسمی
نہیں معلوم
زیادہ
سے
کم

لپٹی عمر کے دوسرے بچوں
کے مقابلے میں بر ایک میں
کتنا اچھا / اچھی ہے؟

نہیں معلوم
زیادہ
سے
کم

اوسمی
نہیں معلوم
زیادہ
سے
کم

اب کا بچہ دوسرے بچوں کے مقابلے میں بر ایک میں کتنا
سرگرم ہے؟

ا۔ برائی مہربانی ان کھیلوں کی فہرست بوجنے جن میں اب کا
بچہ/بچی سب سے زیادہ حصہ لینا چاہئے کرتا ہے۔ مثلاً کے
طور پر تیر کی، بیس بال، اسکیٹنگ، اسکیٹ بورننگ، یتک
رائٹنگ، فیشننگ، فیچنگ وغیرہ

کوئی بھی نہیں
الف۔
ب۔
ج۔

ا۔ برائی مہربانی کھیلوں کی علاوہ اپنے بچے کی پسندیدہ
بایں/مشقہ، سرگرمیوں، اور گیمز کی فہرست بچے کے میں کے
طور پر ٹکنی جمع کرنا، گزیل، کٹلیں، پیلو، مستکاری، کاریں،
کمپیوٹر، گاتا گاتا وغیرہ (ریٹیویاٹی وی وغیرہ کا سنتا اس میں
شامل نہ کریں)

کوئی بھی نہیں
الف۔
ب۔
ج۔

ا۔ برائی مہربانی جس سے اب کا بچہ منسلک ہے
نام لکھنے کے

اوسمی
نہیں معلوم
زیادہ
سے
کم

اب کا بچہ دوسرے بچوں کے مقابلے میں بر ایک میں کتنا
سرگرم ہے؟

کوئی بھی نہیں
الف۔
ب۔
ج۔

ا۔ اپنی عمر کے دوسرے بچوں کے مقابلے میں اب کا بچہ اپ
کی بچی کتنا اچھا کرتا ہے اکری ہے؟
مثلاً: اخبار تعمیم کرنا، بے بی مشک، بست صبح کرنا،
استور میں کام کرنا وغیرہ (اجر اور بلا اجرت دونوں
ملا میں یا گھریلو کام شامل کیجئے)

اوسمی
نہیں معلوم
زیادہ
سے
کم

بلا اجرت کہیں کرنا غیر قانونی ہے

کوئی بھی نہیں
الف۔
ب۔
ج۔

7. اپ کے بچے کے تقریباً تکسی فریبی دوست بنی؟ (بہانی بینوں کو شامل نہ کیجئے)

4 یا زیادہ 3 2 1 کوئی بھی نہیں

2. بلتے میں تقریباً کتنی نفعہ اپ کا بچہ/ بچی اسکول کے پاضبط اوقات کے علاوہ کسی دوست کے ساتھ مشاغل میں وقت گزارنا لگا رہتی ہے؟
(بہانی بینوں کو شامل نہ کیجئے)

3 یا زیادہ 2 1 مرتبہ سے کم

1. اپنی عمر کے دوسرے بچوں کے مقابلے میں ان مشاغل میں وہ کتنا اچھا لاجھی ہے؟

<input type="checkbox"/> کوئی بھائی بین نہیں ہے	<input type="checkbox"/> بہتر	<input type="checkbox"/> اوسط	<input type="checkbox"/> ابتو
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

الف۔ اپنے بھقیوں یا بینوں کے ساتھ گھلے ملنے میں کیسا / کیسی ہے?
ب۔ دوسرے بچوں کے ساتھ گھلے ملنے میں کیسا / کیسی ہے?
ج۔ اپنے والدین کے ساتھ کیسا رہویہ ہے?
د۔ اکیلے ہی کھیلنا اور کام کرتا ہے؟

اسکول نہیں جاتا / جاتی کیونکہ

7. 1. تعليمی موضوعات کے سلسلے میں کارکردنی

<input type="checkbox"/> اوسط سے زیاد	<input type="checkbox"/> اوسط	<input type="checkbox"/> اوسط سے کم	<input type="checkbox"/> ناکام بونا
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

بر اس مضمون کے خاتمے بر نشان لگائیجئے جو اپ کا بچہ/ بچی لیتا/ لیتی ہے

الف۔ اپنے بھقیوں، اگریزی یا علمی فنون

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ب۔ تاریخ یا سماجیات	دوسرے تعليمی		
ج۔ اڑتھیٹک یا ریاضی	موضوعات میلہ		
د۔ سائنس	کمپیوٹر کورسیز، غر		
۔	ملکی زبان، تجارت، جم		
۔	ورنکار، قران و نک		
۔	سیکھنا، یا دیگر غیر		
۔	تعلیمی موضوعات		
۔	شامل نہیں ہیں		

2. کیا اپ کا بچہ کوئی خصوصی تعليم یا اپنی سماجی تجربوں سے مزید مدد حاصل کرتا ہے یا کس خصوصی کلاس یا خصوصی اسکول میں حاضر ہوتا ہے۔

نہیں بیان — خدمات، کلاس یا اسکول کی قسم:

3. کیا اپ کے بچے / بچی نے کسی گریڈ کو دوبارہ کیا ہے؟

نہیں

بیان — گریڈ اور اسپلہ:

4. کیا اپ کے بچے نے اسکول میں کسی تعليمی یا دوسرے مسئلہ کا سامنا کیا ہے؟
یہ مسئلہ کب شروع ہوئے؟

نہیں بیان — کب؟
کیا یہ مسئلہ ختم ہو گئے ہے؟

کیا اپ کے بچے / بچی میں کوئی بیماری یا محفوظی ہے (خواہ جسمی یا نہیں)؟
کیا اپ کے بچے / بچی کے بارے میں سب سے زیادہ کس بات کی فکر ہے؟

0	= درست نہیں (جہاں تک اپ کو معلوم ہے)
2	= بالکل درست با اکثر درست
1	= کہس ہد تک یا کبھی کبھی درست
0	57. جسمی طور پر لوگوں پر حملہ کرتا ہے
2	58. ناک یا کھال یا جسم کے درسرے اعضاء کو پھاڑ دالتا ہے / پھاڑتا ہے (وضاحت کیجئے):
1	84. غیر معمولی و غیر معتدل خیالات (وضاحت کیجئے):
2	85. غیر معمولی و غیر معتدل خیالات (وضاحت کیجئے):
1	86. ضدی، نرش رور، یا چڑڑا
2	87. مزاج بالہ سان میں اچانک تبدیلی
1	88. زیادہ رونہتا بروٹھی ہے
2	89. شکی
1	90. گالی گلوج اور بد زبان ہے
2	91. حد کو بلاک کرنے کی بات کرنا اکرتی ہے
1	92. سوتے میں بات کرتا ہے اکرتی با جاتا جاتی ہے (وضاحت کیجئے):
2	93. بہت زیادہ بات کرتا اکرتی ہے
2	94. زیادہ جھیڑتا/ جھیڑی ہے
2	95. جھلایا برا یا گرم مزاج ہے
2	96. مشبوت کے بارے میں زیادہ سوچتا سوچتی ہے
2	97. لوگوں کو دھمکی دینا دینی ہے
2	98. انگرٹھا چومنا
2	99. سمجھت نوشی کرتا اکرتی ہے تباکو کھانا/ کھاتی ہے با حقہ بینا بینی ہے
2	100. نیندکی پریشانی (وضاحت کیجئے):
2	101. بغیر چھٹی کے اسکول سے غیر حاضر رہتا ہے اور بینی ہے۔
2	102. کم متحرک، دھمی چال، یا طاقت کی کمی
2	103. ناخوش، اداس یا افسرده
2	104. غیر معمولی طور پر بلند اواز
2	105. غیر طبی اغراض کے لئے نشیلی نواون کا استعمال کرتا ہے (الکھل یا تباکو شامل نہ کیجئے) (وضاحت کیجئے):
2	106. لوث مار
2	107. دن کے وقت پیشاب نکل جاتے ہیں
2	108. بستر پر پیشاب کرتا اکرتی ہے
2	109. رین رین کرنا
2	110. مختلف جنس میں بونے کی خواہ بونا
2	111. کھینچا کھینچا رہتا رہتی ہے۔ دوسروں کے معاملات میں ملوٹ نہیں بوتا بوتی ہے
2	112. پریشان رہتا رہتی ہے
2	113. براہ کرم کسی اور پریشانی کو بھی لکھنے جواب کے بھے/ بھی میں بے اور اس فہرست میں موجود نہیں ہے
2	80. بے ضرورت گھوڑا رہتا/ گھوڑتی رہتی ہے
2	81. گھوڑ میں چوری کرتا اکرتی ہے
2	82. گھر کے بلر چوری کرتا اکرتی ہے
2	83. بلا ضرورت بہت زیادہ چیزیں اکھٹا کرتا اکرتی ہے (وضاحت کیجئے):



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**TRANSLATION AND LINGUISTIC VALIDATION CERTIFICATION LETTER:
Child Behaviour Checklist for 6-18 years (CBCL 6-18)**

This is to certify the methodology used for the translation and linguistic validation of the Child Behaviour Checklist for 6-18 years (CBCL 6-18) for use in the countries and languages below.

Oxford Outcomes Ltd is a research agency specializing in the translation and linguistic validation of patient reported outcome (PRO) measures.

The aim of the translation and linguistic validation process is to obtain translations that:

- Achieve conceptual equivalence with the original instrument and with other translations.
- Are understood as intended by the target population.

The table below details the methodology used for each of the translations. The development process was overseen by a qualified and experienced individual in the target country ("lead translator") and an experienced project manager at Oxford Outcomes. All translations were proofread after finalization. More details on each step can be found from page 2 onwards.

Each of these translations was developed from the English version. This version was provided to Oxford Outcomes by Ramani Sunderaju.

The developer, Ramani Sunderaju, reviewed each of the translations after the back translation review or in-country review step.

Country	Language	Date of finalization	Forward & back translations	Cognitive debriefing ¹
India	Tamil	26OCT2012	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
India	Urdu	29OCT2012	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

¹With 5 subjects with epilepsy

Forward translations (including reconciliation)

The source text was translated into the target language by two independent translators. Each forward translator was a native speaker of the target language or qualified to translate into that language. The first forward translation was done by the lead translator. The second forward translation was done by an independent translator. The two forward translations were then reconciled into a third translation by the lead translator. Any issues that arose from this stage were discussed with the project manager.

Back translations (including review)

The reconciled translation was back translated into English by two independent translators. Each back translator was a native English speaker or qualified to translate into English, fluent in the target language, and had no prior knowledge of the source document.

The back translations were reviewed against the source document by the project manager. Any issues arising from this review were passed to the lead translator for comment. Where appropriate, the lead translator provided alternative wordings (along with their own back translation) in order to get closer to achieving conceptual equivalence with the original English. The back translation review report was then passed to the instrument developer for him or her to review. Any suggestions or issues were passed to lead translator who, in conjunction with the project manager, worked to resolve any problems and further refine the translation.

Cognitive Debriefing

The translation was given to 5 subjects (as defined above) in the target language group. Each subject was a native speaker of the target language and resident in the target country.

They were asked to read through and follow any instructions given, and then complete the document as instructed.

Following completion, the lead translator (or interviewer) asked a series of questions aimed at gauging their comprehension of the wording of the translation, including:

- Do you understand this?
- What does this mean to you? Can you explain it in your own words?
- Can you suggest any alternative wordings?

The answers to these questions, along with any other relevant comments and suggestions were summarised in a report which was then sent to the project manager. The project manager then

reviewed this report. Any issues arising were sent to the lead translator for further review or revision. Any changes to the wording resulting from the interviews were fully documented and explained.

Yours sincerely,



Robin Gordon-Stables
Associate Director, Translation Services

Annexure E

Answer Record Sheet

- ۱۔ خاوند کی غیر موجودگی میں اپ زیادہ تر وقت کیسا محسوس کرتی ہیں۔
- ۲۔ جسمانی طور پر خود کو کیسا محسوس کرتی ہیں۔
- ۳۔ خاوند کی غیر موجودگی میں کوئی خاص پریشانی جس کا اپ زیادہ تر وقت شکار رہتی ہوں۔
- ۴۔ اس پریشانی کی وجہ کون کون سے اسیاب بنتے ہیں۔
- ۵۔ اپ اس پریشانی کی وجہ سے اپنے اندر کیا تبدیلیاں محسوس کرتی ہیں۔

۶۔ کبھی ذہنی تناو کا شکار رہی ہیں۔

۷۔ ذہنی تناو کے دوران کیا تبدیلیاں اپنے اندر محسوس کرتی ہیں۔

۸۔ کن حالات میں خود کو بے بس محسوس کرتی ہیں۔

۹۔ کن وجوہات کی بنا پر اپ فکرمند ہوتی ہیں۔

۱۰۔ اکثر اوقات خود کو خوش محسوس کرتی ہیں یا غمگین۔

- ۱۱۔ آپ کے خیال میں آپ کی پریشانی، بے چینی، فکر مندی اور ذہنی تناو کی بڑی وجوبات کیا ہیں۔
- ۱۲۔ مستقبل کے حوالے سے آپ اپنے اور اپنے خاندان کے متعلق کیا سوچتی ہیں۔
- ۱۳۔ آپ کی پریشانی نے کیا کبھی آپ کے گھر بلو معاملات میں خلل پیدا کیا۔

ANNEXURE-F

Responses of left behind wives of overseas migrants on Answer Record Sheet

Following thirteen statements were presented to the participants on answer record sheet in urdu language (Annexure- E).

1. How do you feel most of the time in absence of your husband

Most common responses for this item were pareshani, besakooni, sadness, loneliness, anxious, lack of interest, mayousi, feeling difficulty in managing home tasks, insecure & restless, not relaxed, over sensitive, feeling incomplete, not feeling happy, some times happy/ some times sad, sad & depressed, physical problems, bebus, feeling bad, feeling alone in case of children illness, feeling bored, confused, difficulty in performing household and professional responsibilities, not feeling excited/lack of excitement, budkhawasi, not happy because of loneliness, household problems, minor things/issues make me upset, difficult time, difficulty in taking care of in laws, lack of tolerance, having no one to share my feelings, not having good time, busy time but mainly sad, life without meaning, lack of support, miss my husband a lot when my children ask for their father, under responsibilities, mental tension, worried, to feel overly burdened, to perform out door activities which causes tiredness and then anger, Outdoor activities cause tiredness, uljhian & sensitive, feelings about lack in personality development of my children because of their father absence, cant take self care, unable to solve home problems, Remain busy to avoid loneliness, miss my husband,

2. How do you feel physically about yourself

Most common responses for this item were Physical problems,i.e. arthritis pain, tiredness, lack of energy, Tiredness, weakness, To some extent better,not so active,blood pressure problem,loneliness, Lazy, lethargic, Headache, Heart problem, Feeling sick, ill and tension, Lethargic and weakness, difficulty in completing home tasks, gubrahaf, lack

of courage, , feeling tired, feeling difficulty in taking any initiative, arthritis, Nervous, Pareshani, mental tension, Sometimes better sometimes tired and tense, Not fit, pereshan and alone, tabiat bhojhal, difficulty in feeling happiness, All time busy routine makes me tired, normal, pain in body, Sometimes fit some times weak, breathing problem, knee pain, in extreme weather feeling low, mostly feeling tired, Extremely tired, Sad, Uljhan, Breathing problem, trembling, Don't feel fresh and active, all the time remain busy that's feel uktahat, stress, Pain in joints, muscular pain

3. Which problems disturb you most of the time in the absence of your husband

Most common responses for this item were Children worries(Other household tensions), To depend upon others, relations with others, Children related problems, in joint family set up problems related to in laws, In laws poor relations, Concerns related to childrens' health, safety of my husband in abroad, Responsibilities, To depend upon others for house hold affairs, Household responsibilities, Childrens' worry, Feeling tension, Difficulty in controlling children, Travelling out of home in absence of husband, Financial problems, imbalance between income and expenditure, Sad because of my own physical illness, handicap daughter's look after, Minor things make me sad, Daughter is ill, cant leave her alone, Lot of worries related to home (Lack of my own home), Mental tension, Family responsibilities, Self Insecurity, Children lack of interest in studies, don't obey me, Childrens responsibilities, relatives relations, Grocery, Feeling insecure, Absence of husband is the main problem, Children illness and education, Troubles in performing household responsibilities, hurdles in training and education of children, Mental stress and mental tension, Tension, absence of father causes lack of responsibilities among children, and they show problems of anger and irritability, Feeling self insecurity, Mental disturbance, Illness & grocery, Husbands absence, Cant give attention to my children, In case of conflicts with my in laws, Land dispute so all income goes for fighting land case, couldn't provide proper dress, shoes, food to my children, only have one room made of mud. Preshan, and difficulty in passing time, To depend upon others, Loneliness, children take care, Loneliness, children educational and other problems, Children health, education, all the time remain preshan,

seems difficult to pay house rent, When children do not show obedience. Children responsibilities, and travelling to other places in case of illness, attending marriage, to visit my parents home, to perform all duties alone, children education and training, children demands, not giving love of their father., Children training, Children illnesses, When others show change attitude, Problems with personality development of my children in absence of their father, Travelling alone, Children educational, physical, moral development, Getting upset even on minor issues, household problems, difficulty in making decisions, Personality development effects because of husbands absence, house hold and professional responsibilities effect, to depend upon others, To take care of every matter alone, other people fear, Household and professional responsibilities seem difficult, to depend on others in husbands absence, To control children, shopping from market, To take children out for outing, social relations difficult, house hold tasks, to be extra careful while going out of home, Social relations difficult, outing of family and children effects because of husbands absence, Inlaws bad behavior, Less chances for outing of children, difficulties in taking children to hospital, to depend on others, Feeling difficulty in taking decisions, Criticism of relatives, social relations effect, Increase responsibilities, Inlaws negative behavior, undue criticism, To depend upon others, in case of conflicts with others feeling alone, Making decisions regarding children, less attention on children, cant maintain balance in house hold activities, Insecure, getting upset because of being extra careful, Insecurity, fear, Children tension, Children lack of responsibility because of their fathers absence, irritability and showing anger, In extreme weather children difficulty going to school, All troubles related to home, My physical health, inlaws attitude and lot of their responsibilities, husband related, Only son worries, , in joint family set up problems related to in laws,

4. What are the causes for above mentioned problems suffered by you.

Most common responses for this item were not getting money in time(Financial constraints), Feeling alone, negative behavior of in laws, Children illness, their take care,

twin babies along with job, dual responsibilities, Other family members involvement in my personal family matters, In laws non cooperative attitude, Having more responsibilities, Childrens' responsibility and worries about husband 's job, Childrens take care, To control children, bringing daily use items from bazar(Grocery), Giving low quality education to my children, children do not show respect to elders, Lack of attention by others, feeling sad, Household responsibilities, Remain sad and also makes other sad, My own illness, Lack of social support, Have gone exhausted because of tensions and responsibilities(High prices of commodities/inflation), Family disputes, Criticism from others, Childrens' tensions, education, health and responsibilities, Others /inlaws involvement, Childrens behavioural problem, they run from home, grand parents disputes with me, Absence of husband, Low income, Relatives criticism and involvement, Responsibilities, husbands absence, loneliness, Weather changes cause illness among children, children carelessness (Poor performance of children in school), To perform all responsibilities alone i.e. children education, look after, household responsibilities, Other people negative attitude, When others do not support, Environmental problems , poor relations with others, Guests & strangers arrival, relationship with relatives, Irritability, Sometimes husbands absence, No social life, Inlaws when do not show cooperation feeling lonely, Land dispute, case of land, animals problems, my husbands brother also creates lot of problems, Remain in anger and do not show good behavior towards my children, when some one gets sick in family, When children do not take interest in studies, When my sugar level get disturb, To perform all house hold responsibilities alone in absence of husband, children illnesses, their school matters, marriage and death circumstances, When in emergency situation related to children school, children tamper tantrums, Children related matters, because of doing all house hold chores could not manage time for my children education, Not feeling happy because of loneliness, Mental stress and physical weakness, Children related problems i.e. health, educational, pick and drop from school, fulfilling their needs, no positive feelings, Not Taking right decisions, When children donot obey, when children spend time outside home, children company, To control children, travelling alone, Difficult to fulfill children demands,

difficulties of children while going to school, , others involvement because of husbands absence, Relations with in laws, Because of my own pareshani my home and my children effect, children show behavior problems and become irritable and show tamper tantrums, home and social life disturbs, Non cooperation by other relatives, insincerity by other, Social life disturbs, difficulty in maintaining relationship with relatives, dependency on others, Absence of husband while bringing things from market, to attend guests, marriage ceremonies and others, Environmental factors, others attitude, My husbands non caring attitude, in laws responsibilities, joint family, Husband lack of interest, in laws attitude, husband illness, relatives conflicts, Sons education, living in hostel, husbands health, dual responsibilities,

5. What inner changings you feel (mentally & physically) because of the stated problems.

Most common responses for this item were Stress, worries, mental tension, gubrahat, BP, joint pain, Physical tiredness and weakness and headache, Depression, sadness, anger, Weep mostly, sad depress, fast heart beat , Wanted to cry, depress feelings, Want to die, not interested in talking to any one, unable to get relaxed, lethargic, sad feelings, , irritability, Mental stress and tension a lot, physical weakness, zehni uljhan, At once take action, over reactive, zehni uljhan, tabiat mein zidi pan, , low patience, Tursh behavior, Mutzubzub, feeling inferior, Frustration, anger outbursts, , lack of interest, anxious, sad mood, Physically sick and psychologically pareshan, , trembling in hands and arms, lack of concentration, both mental and physical symptoms, Feeling disturb, restless, show anger on children, beat my children, mental stress and depressive thoughts, Trembling , heart beat fast, some times feel unconscious for two to three days, then have no information how my children go to school, Mental tension and pereshani, Physically ill and psychologically tense, Difficulty in breathing, lack of energy, Have gone careless, lack of interest in home tasks, , appearing older than my age,arthritis, feeling fever mostly, Remain sick, More depression, Helpless

6. Have you ever suffered from any mental tension

Most common responses for this item were Often, Most of the time, Mental tension, Mental tension most often, Anger, heart beat fast, negative feeling for others, Sometimes, All of the time, All the time tension, Lot of tension, Most often, Sometimes Children education and training causes mental tension, Often mental tension, All of the time, remain tense how time will pass, have only one son, In case of trouble experience a lot, Yes most of the time under stress, Some times when I fight with my husband, then feel tension, Mental tension often

7. What changes you feel during mental tension

Most common responses for this item were Irritability, anger, lack of interest in activities, fear, , stress, tension, worry, Only sons health, education worries, Tension, stress, muscular pain, want to cry, sad and depress, lack of interest, want to run away from home, anger outbursts, tension, suicide ideation, hatered towards others, BP problem, trembling, Not interested in house hold tasks rather in any task, besakooni, Headache, oversensitive, tiredness, , heart beat fast, sad mood, Unhappy, sad, depress lack of interest, not interested in life, Tursh roi, want to run away from home, cry a lot, Lack of courage, no positive thinking, relationship gets disturb, zidipun, extra sensitive, Restlessness, unhappy, Getting upset , difficulty in taking right decisions, Ghabra jana, Not feel happy/excitement, Lethargic, not fell any excitement, no attraction in life, life without meaning, Irritability and cant control my emotions, showing anger towards children, insomnia, restless, strong reaction, besakooni, Lack of tolerance, unable to accomplish tasks properly, weakness, To fight with other, some times want to show my revenge and some times feel victim, Lack of interest in all activities, feeling tired, can't feel happiness even at happy moments, Tabiat bhojal, feeling sick, under stress, Mentally weak, , low tolerance, want to cry, show anger on children, beat my children, Memory problem ,lack of concentration, Memory problem, Feeling Afraid, tired, cant give attention to my own children, dry mouth, lack of energy, lethargic, Ghabrahat, Anger outbursts, feeling angry towards others, Want to cry and weeps mostly, Becomes more sensitive, Lonelines, Sar mein chakar, High BP, Tabiat bhojal

because of mental tension, Want to commit suicide, disappointed, Bebasy, lack of emotional control, Different disturbing thoughts Lack of activenesss, Feeling afraid while alone, shivering, feeling fear from closed door, Weakness, loneliness, want to cry, weep mostly, feel little better after talking on phone with my husband, not like to talk with others, lack of interest in household daily chores, strong reaction at once, Lack of interest and sad feeling, Khinchao in my muscles(muscular tension), worry, Want to run from home, Not interested in talking with others

8. What circumstances make you feel helpless

Most common responses for this item were Not having contact with husband, When feeling disappointed from all sides, Taking children to hospital in absence of husband, When others do not listen or obey me, When others cheat, When others do not cooperate, As I have lot of responsibilities, feeling helpless, When I can't control children, When have mayusi from all sides, When have family troubles, When children makes troubles, When feeling alone, When go for grocery, When travelling far along with children, travelling because of childrens illness also, Absence of husband, No hope in future, When unable to accomplish tasks properly, Husbands absence and his angry mood, When I take debt from others, When feel unable to solve trouble alone, When I am unable to fulfill my childrens needs, Children create troubles, relatives criticism and involvement, When feel unaccepted by others, when others don't show their love, care, Absence of husband, When feel unable to meet my children needs in time, Getting money late, During Tension, Grocery, not managing home tasks properly, not getting needs fulfill at time, Children related matters, Children take care, their education, remained busy in household chores and could not give proper attention to children education, When in perashani I tell others, and they do not give support(lack of social support), Lack of social support, When some gathering at home, children illness, absence of husband at the time of need, When children make trouble, When there is no hope, When there is disappointment, When others blame me without my fault, Land dispute case, children responsibilities, Because of loneliness, When I feel unimportant, No hope in future, When children create troubles, Children problems, When children do not give response while teaching them, grocery, When my mother in law fights, When I want

to go some where but couldn't go because of absence of my husband, when I got ill, when on happy occasions see other couples together, Children tamper tantrums, children feeling about their father's absence, children illness, When children makes disturbance, children matters, to travel to far areas alone, During tension, Children related matters, Illness and death in family, Children behavioural problem, when unable to manage house hold chores, dispute with others, When servant goes on leave, Children education, When feel difficulty in solving some problems, When others do not listen me, When I get upset even on minor issues, When feel myself un important, have nothing to do, no hope in future, disappointment and bedili, Feeling un important, not hopeful, unable to control household matters, Loneliness, When children spend time outside home, When unable to finish my tasks, Children related matters, When have to go outside without my husband, children illness, When have no hope for future, When have no one to share my feelings, When do not get result according to expectation, In case of children illness going to hospital, going to attend some gathering and to leave children at home, When others understand me wrongly, When feel difficulty in controlling children, When others cheat, When get afraid, Hopeless about future, When depress, Feelings that no one loves me, Others criticism relatives disputes, difficulty in making decisions When others fight without any reason, Try hard to overcome my tensions, When going outside without my husband, When children wish to live with their father, Home related matters, When my husband do not give response to me, most irresponsible attitude of my husband, When my children do not obey, husbands absence, his lack of responsibility, When children do not listen When others show involvement in my matters, children create problems, Problems related to children and home, Related to my son conflicts with others

9. What are the factors which make you worried

Most common responses for this item were Not getting money in time(Financial constraints), Father's absence will cause some lacking in my children, Children related, Childrens' future, Inlaws don't cooperate, Worries about future of me and my children, Lack of resources, financial constraints, Childrens' health and safety, For childrens' safety, health and budget for whole month., My childrens' complex regarding the absence

of their father, Household responsibilities, Worries about my children future, Thinking about my children and family, Chilrens' education, When my son gets ill, Childrens educational , health worries, low self esteem, All the time worried for all matters, When feel unable to meet my childrens demands for toys, clothes, Daughter's illness, Concerns about my sons proper education and provision of love, care and affection, Children monthly fees and house rent, Childrens future, Childrens education, While picking and drop children at school , low income, relatives disputes, Son's job, worry about husband's health, children education, Dependency on others, children and house hold responsibilities, Children take care and education, Children future worries, In snow fall sending children to school, children future, Children health, illnesses, and education related matters, Children education and one of my son is handicap, Children and my family better future, Children related worries, Dependency on others even for minor things Remain pereshan because of personal responsibilities, Children illness, my own health, husband's health, elder children job, Taking care of children, Childrens carelessness in studies, Concerns regarding my children, All of the time remain tense how time will pass, have only one son, land dispute, Different household responsibilities, When I and my children get sick, grocery, When my father in law leaves then at home my mother in law always fights with me, When my father in law leaves then at home my mother in law always fights with me, In hurry I mostly feel restless, children pick and drop difficulties, Children academic performance, lack of attention, children health related matters, What will happen to my children if I get ill,

Children education and their future, Children health related matters, educational, Children illness, their poor academic performance, hose hold problems, When at once guests come and I have no thing at home, when children get late from school, their poor academic performance, delay in their home work, not prepared for their class test, when I couldn't finish my work in time, my parents health issues, While thinking about my children future, Children home work, Children better development and their future, As my children are growing up it makes me worried, Tension about my family and children, Children and family future related, When lack of attention to children education and

training, feeling difficulty in meeting my children desires, poor academic performance, all work performing alone i.e. house, children and job, Unable to maintain balance between indoor and out door house hold activities,different household problems, Children future worries, to go/visit other places, Children related matters, travelling alone, children illness, When unable to seek balance between home and professional life, Children educational matters, Absence of father cause personality development incomplete, children academic performance, to perform all activities properly, children academic performance, Children future, Children education and their future, To fulfill children demands, so that children wont get separated from their father, Children lack of attention in studies, house hold problems do not solve properly, Inlaws do not cooperate, Children become sensitive in absence of their father, absence of father may not cause any failure in children, Children lack of interest in studies, To depend upon others for minor issues, Children education and training, Children future worries, Future worries, When children do not obey, Children lack of interest in studies, children health related issues, My younger son is weak in studies that gives me a lot of worry and tension, In laws criticism and their responsibilities, Children poor performance, Children related matters, in laws negative attitude, Children related problems, husband illness, Sad, Children poor performance and lack of interest

10. Most of the time you feel happy or sad

Most common responses for this item were Often sad, low mood, Some times happy some times sad,sad & depressed, most often depress, sadness, Most of the time sad, Normal, not so good not so bad,some times sad, If busy then feels better otherwise if free weeps all the time, Sad & anxious, Sad most of the time, All of the time sad, Most of the time sad but some time happy also, Sad cant feel happy, Sad because of my husband's absence, Thoughts about my husband makes me sad, Mostly sad, While thinking about my husband makes me sad and lonely, Mostly Sad some times happy,

11. According to you what are the main causes of your sadness/depression, restlessness, worry and mental tension

Most common responses for this item were Husband absence, Insecurity and loneliness, relatives conflicts, Inlaws attitude, absence of husband, children problems, All house hold matters, Financial problems, children responsibilities, household responsibilities, Absence of my husband, Husband lack of responsibility My husband, my children (sons) lack of interest in studies, My younger son, Personal illness, children health, when need some thing on emergency basis and husband and can not get because of husbands absence, In Absence of husband even minor problems cause lot of tension, worries, stress, Environmental causes, illnesses, technology, When have no one else to share my problems, Missing my husband in case of making decisions, mental tension because of worries and responsibilities, Insecurity and loneliness, Absence of husband causes lack of understanding with him, No one to discuss my problems, When depend on others, when others show involvement, No enjoyment from my own work, not relaxed, Lack of planning for future, hurdles, Making decisions related to children difficult, other relatives want to disturb relationship, To take care of indoor and out door activities alone, no companion to share my feelings, other relatives do not cooperate, Extra burden of home related tasks, taking care of out door activities, relatives create problems, home environment is not pleasant, non cooperation by other family members/in laws, When have no companion to share my feelings, Non cooperative attitude of others, to take care of every household matter alone, Have no one for advise, worriness increases because of doing work alone, other people non cooperative attitude, Alone, to perform all responsibilities alone, Proper care of children has not been taken, My home circumstances, Household matters, children education and other matters, To take care of every matter alone, With growing age children problem also grow, Not getting money in time, children illness, children education, Absence of husband, cant take proper care of my children, give and take on happy sad occasions, Extra responsibility of house, children and relatives, getting money late and managing budget, taking care of guests,

Husbands absence, mental tension, family disputes and troubles, Financial problems, family tensions and disputes, children future, children education and training, When have expectations from others, While handling all affairs alone, fulfilling children needs, household management, indoor and out door affairs, construction of house, managing monthly budget, fulfilling children demands, Loneliness, Doing all work, When have no one to share my problems, Can't take proper care of my children, Financial problems , children better education and training, When at once guests come and I have no thing at home, when children get late from school, their poor academic performance, delay in their home work, not prepared for their class test, when I couldn't finish my work in time, my parents health issues, Poor performance of children in school, children health and educational worries, natural disasters, death , accidents in family, Absence of husband causes anxiety, mental tension, Professional responsibilities, household management, children education,, Dual responsibilities, Personal illness, household and children related responsibilities, children health related matters, emergency accidents, need of some thing in emergency situation and then non availability of that thing, To handle all affairs alone, children education and training, feeling difficulty in making decisions, remain worried because of responsibilities, to depend upon others, House hold responsibilities, relations with my in laws, To have my own home, Low income of my husband, children responsibilities, Illness of all children, my and others family problems, Financial problems, cant share my problems with others in absence of husband, Not getting money in time, children proper take care if not , Absence of husband, Childrens education and training, while taking my children to doctor in case of their illness, Land dispute major, When my kids do not obey me, when in laws don't cooperate, When I have to depend upon others, In absence of husband no one have to share my feelings, children's education and training, keep contact with husbands relatives, financial constraints, Insecure and alone, Take care of my handicap son ,Daughters education and training, To perform all duties alone, not getting things done at time, Feeling insecure, alone, Tension for each and every matter, Relatives poor relations, Incompatibility of thoughts with my husband, Husbands absence and not having my own home, Daughter's handicap, To take

care of guests, financial problems, non availability of money in time Financial constraints, husband's absence, having not my own home, elder sons illness(Thalaysemia), to control my children, Family disputes, When other are angry, Dependency on others, BP., husbands long stay, Having more expectations from others, Don't feel enjoyment in my own work, lack of interest, Arthritis,

12. What do you think about future of you and your family

Most common responses for this item were To have my own home and my children' success, Want to see bright future of my children, Positive thinking for my children successful life, My coming time be good, For good time, To live a happy peaceful life, To have my own home, My children best future, My husband's better health and progress of my children, Want to give good education and training to my children, Not very hopeful, My family get good education, progress, and be good citizens, So that I may live happily with my family, Bright future, Want to see bright future of my children, My family progress, My children get good education and further go for good jobs, prosperous life, Bright future of my family, Want to have no problem in future, Successful life of my family, Success of my children and family in every field, Praying for my family's bright future Praying for my family 's good future, Thinking about bright future of me and my family, Children success as a good citizen, Family and children bright future, Good future of my family, Children successful life, Want to see success of my family, Want to see my children future bright, and to manage house hold matters properly, To see my children successful, Not very positive, Wanted to see my family happy, and my children pious, Want to see the future of my family bright. My children never face any problem, and live a successful life and attain good education and training, My children progress in each and every field of their lives, So that my children become successful persons and good citizens of country, Positive thinking for my family and children, My children become good citizens, To use strategies for making good future for my children, Thinking that my children serve at high posts, Will visit different places, Thinking good about my children future, Want to see bright future of my children, Thinking positive for my family, pray for the bright future of my children and family, Expectations about good future, Better accommodation, better education of my children, My

children and family live a respectable life, My husband come back and live with us, positive thinking about my children success, Positive thinking, Children better education, to live with my husband when he will settle his business here, No hopes, Good thinking for my children bright future, Positive thinking, Good thinking regarding future of my family, Thinking positively for my children good education and training, Dark future, Children get good education and jobs, Better accommodation, to go abroad and to live with my husband, Thinking about bright future of my family, Positive thinking about an educated family, For better future, accommodation and best education for my children, Thinking positively for my children success, Dream about family time when my husband will be with us, Good well managed home, Feeling negative, After getting my children married, will live alone with my husband, Not so positive, Better home, Good family life with good relations, To see my children highly educated and follow religious teachings, Will fight with my husband when he will be back, Not very hopeful, To think positively about my children' education, jobs, to obey their parents and to show good behavior towards others, To go abroad with my husband, To see my children performing good in their studies and jobs, Good home, living a complete family life with my husband also, To live normal life with my husband and hope for a good future, Children should live a respectable life without worries, My children play a role in society, Positive thinking for my daughters successful life.

13. Whether your sadness have ever created any hindrance in performing household chores

Most common responses for this item were Sometimes I don't feel interest in household chores, Yes Always faced the problem, Some times I have no energy to move house work in routine, Disturbance in family affairs, Most of the time disturbed house hold routine, My own tensions create problems, For childrens' safety, health and budget for whole month, Yes most of the time, could not give proper attention to my family, Feeling difficulty in household functioning, Can't perform work at time, cant give time to my children and others , feeling no interest, household responsibilities cant maintain properly, Yes all the time, Disturbance,cant complete household chores in time, Try hard to not to make any disturbance, During tension, because of mental uljhan household chores effect a lot, Number of times, but I try hard to manage, I keep my worries with me and never disturbed my home tasks, When in tension then household chores effect a lot, Some times disturbance in daily routine, Yes when I am upset,

Always, Most of the time, my sister and sister in law help me. Remain unconscious for two to three days, Household matters effect a lot, When my father and mother in law show involvement, criticize me, talk in every matter then I feel lot of anger. Mother in law insists to take special care of her guests which make me disturb a lot. Then I feel difficulty in household tasks, Most of the time when I remain pareshan, Try hard to maintain all routine work, Often it occurs, When go outside then home effects badly, Some times tension and zehni Uljhan creates hurdles, Lot of times because of anger and difficulties unable to manage home tasks properly, Disturbance, and doing tasks late, Try hard that not to disturb my home routine, To some extent, Lot of disturbance because of my own tensions, Show anger towards my children and home routine disturbs a lot,

The University of Vermont

ASEBA

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A Non-Profit Corporation



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Site License Agreement to Permit Rabia Mushtaq to Reproduce the Urdu Translation of the Child Behavior Checklist for Ages 6-18 (CBCL/6-18)

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LICENSOR:

Thomas M. Achenbach, Ph.D.

Signature: 

Title: President, Research Center for
Children, Youth & Families, Inc.

Date: 11 August 2014

For License # 1047-07-28-14

Accepted and Agreed to:

LICENSEE:

Rabia Mushtaq

Signature: 

Print name: Rabia Mushtaq
Title: student PhD, Department of
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Islamabad Pakistan.

Address: B-024/Fatima- Tul-Zahra Block, Sector
H-10 /International Islamic University, Islamabad
Pakistan

Date: 11-08-2014

The University of Vermont

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Telephone: (802)656-5130 / Fax: (802)656-5131

Email: mail@aseba.org / Website: <http://www.aseba.org>



April 1, 2015: Amended License to Include an Additional 100 Copies of the Urdu Translation of CBCL/6-18. Title of Study has been Amended to "Role of Overseas Migration on Psychosocial problems of left behind families of AJK"

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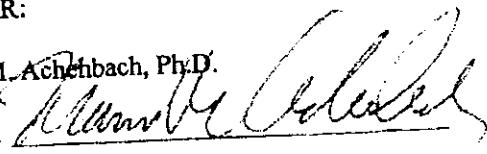
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Thomas M. Achenbach, Ph.D.

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Title: President, Research Center for
Children, Youth & Families, Inc.

Date: 16 April 2015

For License #1047-07-28-14 Amended 04-01-15

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LICENSEE:

Rabia Mushtaq

Signature: 

Print name: Rabia Mushtaq

Title: _____

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Date: 15-4-2015