**JOB STATUS AND TIME ALLOCATION PATTERN FOR DAILY ACTIVITIES OF THE TIBETAN WOMEN IN MYSORE DISTRICT**

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**ABSTRACT**

The Government of India accepted the Tibetans as refugees and the Executive Committee of the ruling Indian National Congress (1959) passed a historical resolution which enabled the Government of India to safeguard the interest of Tibetans. The government of India has provided several benefits by creating Tibetan settlements in Himachal Pradesh, Arunachal Pradesh, Karnataka, Orissa, Delhi and elsewhere (Arakeri 1978). Tibetans refugees relocated in different places as independent settlement in Karnataka state, out of the total five settlements in Karnataka, three are located in Mysore district.Though Tibetans are free to work in the Indian economy as non-citizens it is often difficult for them to find jobs. Hence, Tibetan refugees in India / Karnataka are mostly agriculturists besides taking up some business such as, carpet weaving or selling Sweaters (Wangmo 2008). Large number of refugees happens to be women and children. Women often carry the heaviest burden of survival for themselves and their familiesand take up business for additional income.An increase in work participation tends to reduce child care time and other related inputs.Hence the present study was taken up to understand the job status and time allocation among the Tibetan women.The study was undertaken in two of the taluks of Mysore district where the Tibetan refugee families have been located covering 30 villages and 6 camps. The study covered a selected 300 families in 3 settlements, criteria being that these had at least one pre-school child.Results indicated that Time allocation pattern of women for daily activities showed less time being spent on childcare, personal care and exercise in all the households. It was obvious that while employed women spent maximum time in office / business activities reducing the time spent on household activities, child care, the un-employed women had more time for household chores and child care activities.

**Key words**: Tibetan Refugees, women and children, job status, time allocation

**INTRODUCTION**

In India, there are a large number of international migrants, bulk of these being Tibetans. Tibetans came as refugees to India in 1956 and have been relocated in different places as independent settlement in Karnataka state. Out of the total five settlements in Karnataka, three are located in Mysore district. Government of India in consultation with the state government of Karnataka started the first Tibetan settlement i.e. LungsungSamdupling at Bylakuppe for initial population of thirty thousand settlers. Total of five settlements in Karnataka state is accounting for third of total Tibetan exile population. Out of these five, three are located in Mysore district, each one settlement in Chamarajanagar and Uttara Kannada districts. Tibetan refugees settlements in India have been deliberately designed in such a way as to recreate Tibetan society with its core values intact. The major economic activities of the refugees include agriculture, handicrafts, small business, dairying, horticulture and so on. The sources of income include annual voluntary tax, business revenue and donations. Most of the Tibetan refugees hold Indian registration certificates. A small percentage of Tibetan refugees bear foreign passports. (Subramanya 1998)

It has been to a large extent, endorsed and even encouraged by the government of India as a matter of policy. Tibetan refugees in India / Karnataka are mostly agriculturists besides taking up some business such as, carpet weaving or selling Sweaters. The Tibetan refugees including women and children in the Indian settlements have adjusted themselves with the local environment and food habits. They have modified their food habits and dietary patterns in accordance with their changed social, economic and environmental conditions.

Few researchers in India have assessed the social, economic, political and cultural problems of Tibetan refugees. The major deficiency observed in their works was the lack of emphasis on the empowerment of Tibetan women and children in general and promotion of health and nutrition in Tibetan women and children in particular. It is obvious that mother employment has a certain adverse impact on the overall development of children, especially at their early ages when mother care is crucial for them. Different cognitive and psychodynamic theories are concerned with the effect of early childcare on the overall development of the children. Further, lack of infant-mother attachment may induce children vulnerability to depression.The psycho-physical stress faced by women due to multiple burdens has been linked to adverse effects on physical and mental health (Henretta et al. 2002; Do et al. 2014). Participation of women in business for additional income may have an impact on personal time including rest and sleep.According to observed data and prevailing social and cultural norms, women have been bearing the primary burdens of housework, childcare, and other family responsibilities. The unequal share of care responsibilities between women and men further worsens the disadvantages of women in balancing public and private life, with an impact on their employment and health outcomes.When looking at the total work burden (unpaid and paid), women spend more time in work than men, which has an impact on their health status (Dinh et al. 2017).An increase in work participation tends to reduce child care time and other related inputs.Hence the present study was taken up to understand the job status and time allocation among the Tibetan women.

**OBJECTIVES**

The present study was therefore designed with the objective to study the Job status and time allocation pattern for daily activities of the Tibetan women in Mysore district.

**METHODOLOGY**

The study was conducted in two of the taluks in Mysore district in the state of Karnataka, India. The three Tibetan settlements selected were Lug sung Samdupling (LS) and Dickey Larose (DL) at Bylakuppe (Periyapatna Taluk) and Rabgyaling (RG) at Gurupura (Hunsur Taluk). The survey proper consisted of assessing the general information of households, socio-economic status, dietary patterns, food behaviors, health awareness and practices and time allocation pattern of women with special reference to child care.

The study was conducted in all the 30 villages and 6 camps where the Tibetan settlements were located. The families in the villages were selected using a randomized sampling procedure. The villages were selected based on the fact that;they were homogeneous in socio economic and physical attributes.All the villages followed typical cropping pattern and food/ dietary patterns.They were reflecting typical Tibetan, culture and life-style.Women were free from sickness / disease and they were also non-pregnant / non- lactating at the time of the survey. On this basis a total number of 300 women aged 20-40 years were selected for the study.

**Time Allocation Pattern**

Information on time allocation patterns for women was assessed using an activity guide list classifying a wide range of possible activities. The general categories included were the households chore time including childcare, occupational activities (own and paid labor) time spent on knitting, recreation, rest and sleep.The information was collected using a 24 hour recall for the prior day’s activities twice during the survey period. Activities and the duration of time spent upon waking up until the time women went to sleep were recorded for different categories.The selected women were classified into three groups, to assess the impact of total working hours spent in occupational related activities, on other household tasks particularly childcare. This was based on the nature, type and duration of the work that they were engaged in.Women who were actively engaged in occupation (own and/or for wages) working at least for a period of 8 to 10 hours in a day were grouped as employed women [EW]. Women who were engaged ≃ about 4 hours a day in any of the occupation were classified as partially employed women [PEW]. The women who were not involved in any of the occupational activities (own or for wages) formed the control group defined here as unemployed women (UEW) for the purpose of comparison.The computed data was analysed for statistical significance.

**RESULT AND DISCUSSION**

Survey covering the study group of 300 women was carried out to determine the time allocation pattern to have an estimate of time spent in different activities. Occupational status of the Tibetan families was found to be mainly agriculture. It was followed by business and service profession. The pattern being similar in all the three settlements. The percentage of waged laborer’s was small. The level of education obtained by man and woman (husband a wife pair) heads of the households was found to be better in the LS settlement as compared to the other two. It was noteworthy, that the percentage of women being educated up to SSLC was higher than that of men. A higher percentage of women graduates were found to be in LS settlement. The number of women not having formal education was less than that of men in all the three settlements. The educational level of the women appeared to be better than that of men among these families.

**Table 1: Distribution of Women in Tibetan Settlements and their Job status**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name of the Settlement** | **Number of Women** | **Number of employed Women** | **Number of partiallyemployed Women** | **Number of unemployed Women** |
| **Lugsung Sam dupling settlement, Bylakyppe** | **110** | **52** | **42** | **16** |
| **Dickey Larose settlement,Bylakuppe** | **100** | **38** | **47** | **15** |
| **Rabgyaling settlement, Gurupura** | **90** | **28** | **34** | **28** |
| **Total** | **300** | **110** | **100** | **90** |

LS had higher percentage of women (48%) having been employed outside on full time basis followed by DL (38%) and RG (31%). The percentage of women employed on part time was found to be higher in DL (47%) when compared to LS or RG. Percentage of women who were not employed out side was found to be higher in RG settlement.

**Fig. 1: Daily activity of the Tibetan Women based on the age**



**FP-** Food Preparation, **FW –** Fetching Water, **CH-** Cleaning House, **WC** – Washing Cloths, **THA** – Total Household Activities, **CC** – Child Care, **PC** – Personal Care, **R –** Recreation,

**RS** – Rest and Sleep, **EX** – Exercise, KN– Knitting, O**/B** – Office / Business Work

Time spent on Daily household chores like food preparation fetching water, cleaning vessels/house and washing clothes consumed a major share of the total time by women.Amounted to **277 minutes,** in the younger age group of 20-29 y, which decreased to **240** minutes in the older age group of 30-40 y. The time spent child care activities was greater in the younger age group than that of the older age group. Significant differences were observed in the duration of time spent in recreation and personal care, The older age group mothers spent more time in rest and sleep than the younger women. Though, older women (30-40 y) were spending comparatively more time in knitting, office work and business, time spent in exercise was very minimum (6 minutes) and similar in both the age groups.The pattern of daily time spent on daily activities showed less time being spent on child care, personal care and exercise indicating that these were not given importance they deserve.

**Time allocation pattern of women vis-à-vis their work status**

As observed earlier daily household course occupied a major share of the total time spent by these women irrespective of their work status. However, the time spent in the household activities and child care was significantly higher in unemployed women (UEW) when compared to employed women (EW) and partially employed women (PEW). Time allocation for child care activities was significantly low in case of EW followed by PEW. On an average EW and PEW spent **48 and 87 minutes** respectively on child care activities as against **184 minutes** in UEW which was much higher and also significant between the three groups (p value <0.05).Women employed (Full or part time) was not able to spend more time on personal care or rest and sleep. Therefore, the time spent was significantly less in EW and PEW when compared to UEW group.

**Fig. 2: Daily time spent for different activities by the Tibetan women by their Work Status**



**FP-** Food Preparation, **FW –** Fetching Water, **CH-** Cleaning House, **WC** – Washing Cloths,

**THA –** Total Household Activities, **CC** – Child Care, PC **–** Personal Care, **R –** Recreation,

**RS** – Rest and Sleep, **EX** – Exercise, KN **–** Knitting, O**/B –** Office / Business Work

|  |  |  |
| --- | --- | --- |
| **ACTIVITIES**  | **AGE IN YEARS** |  |
| **20 – 29** **n=134** | **30 -40****n=166** | **“t” test** |
| **Food preparation** | **110b ± 61** | **96 a ± 49** | **2.15\*** |
| **Fetching water** | **23 b ± 17** | **13 a ± 5** | **6.58\*** |
| **Cleaning house** | **61 b ± 51** | **31 a ± 25** | **6.24\*** |
| **Washing clothes** | **83 b ± 31** | **50 a ± 26** | **9.85\*** |
| **Total household activities** | **277 b ± 117** | **240 a ± 80** | **3.12\*** |
| **Child care** | **105 b ± 76** | **72 a ± 61** | **4.08\*** |
| **Personal care** | **51 b ± 30** | **40 a ± 44** | **2.56\*** |
| **Recreation** | **135 b ± 140** | **71 a ± 29** | **5.20\*** |
| **Rest and sleep** | **400 a ± 154** | **486 b ± 21** | **6.42\*** |
| **Exercise** | **6 a ± 16** | **6 a ± 19** | **0.00NS** |
| **Knitting** | **239 b ± 41** | **135 a ± 56** | **18.54\*** |
| **Office/ Business** | **237 a ± 157** | **257 a ± 147** | **1.13NS** |
| **\*Significant at 5% level, NS: Non-Significant** |

**Table 3: Comparison of daily time spent for different activities and age of the subjects**

Women taking up additional outside employment had less time at their disposal for activities like, personal care rest and sleep and knitting. Employed women (EW & PEW) were spending significantly higher time in office / business. The time spent in recreation was similar regardless of their work status.Both macro or regional and micro or household level studies have indicated that nutritional and health status particularly of women and children are positively related to economic status. Studies have actively linked increasing income, to a net increase in the labour activities and consequent impaired nutrition over a period of time. As such the findings of the study were indicative of the fact that increasing number of Tibetan women are taking up outside jobs full time or part time thus increasing net increase in work time for the daily activities. Hence, time allocation for different activities, both inside and outside are of major concern for the maintenance of nutritional status of women themselves and their children. There is some evidence that the time for child care, leisure restand personal time of mothers may be affected by the mother’s participation in the economically gainful activities.

|  |  |  |
| --- | --- | --- |
| **Activities (min)** | **Employment Status** | **“F” test** |
| **EW****n= 118** | **PEW** **n=123** | **UEW****n=59** |
| **Food preparation** | 102a ± 56 | 123 b ± 57 | 160 c ± 52 | **4.25\*** |
| **Fetching water** | 19 a ± 17 | 17 a ± 17 | 16 a ± 16 | **1.06NS** |
| **Cleaning house** | 44 a ± 37 | 185 b ± 4 | 195 c ± 44 | **4.93\*** |
| **Washing clothes** | 25 a ± 27 | 25 a ±28 | 126 c ± 36 | **8.82\*** |
| **Total household activities** | 190 a ± 103 | 371 b ± 103 | 497 c ± 87 | **9.75\*** |
| **Child care** | 48 a ± 65 | 87 b ± 62 | 184 c ± 72 | **5.96\*** |
| **Personal care** | 25 a ± 25 | 36 b ± 23 | 44 c ± 20 | **4.73\*** |
| **Recreation** | 100 a ± 99 | 100 a ± 105 | 97 a ± 97 | **2.05NS** |
| **Rest and sleep** | 248 a ± 153 | 360 b ± 120 | 456 c ± 107 | **8.12\*** |
| **Exercise** | 5 a ± 10 | 7 a ± 16 | 7 a ± 14 | **1.78NS** |
| **Knitting** | 30 a ± 51 | 60 b ± 45 | 120 c ± 57 | **4.61\*** |
| **Office/ Business**  | 448 b ± 106 | 252 a ± 60 | - | **4.79\*** |
| **\*Significant at 5% level, NS: Non-Significant** |

**Table 4: Comparison of daily time spent for different activities by the women according to their employment status.**

It was evident from the results that Tibetan women employed outside did spend less time on household activities, personal and child care activities. On the other hand, the mean time for household chores, childcare, personal care, time for rest and sleep of unemployed women was found to be significantly higher.

**SUMMARY**

All Tibetan women in the study reported low level of physical exercise irrespective of their work status. Though, the quality of the child care could not be measured, the fact that breast feeding was continued for a longer time by all the mother irrespective of their work status was proof enough for its quality at least up to the age of one year.The women’s employment may benefit their families in meeting the food and other demands but it may adversely affect the nutrition of the women themselves as it may promote sedentary life style.

The present study provides evidence based recommendation for improving access and reducing barrier to nutrition and health care.

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