

Urbanization, Shifting Family Structure, and Changing Lifestyles in Kageshwori Manohara Municipality

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Abstract

Kageshwori Manohara Municipality is one of the rapidly growing urban areas experiencing high population growth, migration and infrastructure development. This study examines the role of urbanization, shifting family structure and changing lifestyles, focusing on current trends in urbanization, family structure, occupation, social relationships, daily activities, food habits and housing patterns. A descriptive research design was used. Primary data were collected through questionnaires, interviews and field observations. Secondary data were obtained from books, journals, and related publications. A convenient sampling method was applied, and 100 respondents were selected from different ward. Data were analyzed using Likert-scale questionnaires and simple statistical tools. The findings show that urbanization has changed the social structure and lifestyle of local people. Joint family systems are declining, while nuclear family systems are increasing. Agriculture is being replaced by non agriculture sectors. People's lifestyles have become modernized with changes in housing patterns, food habits, technology use and daily activities. Urbanization has improved infrastructure, education, healthcare, communication, and employment opportunities. However, it has also created many problems. Therefore, the municipality should improve waste management systems and introduce land-use and zoning policies to protect disappearing farmland.

Keywords: *Nuclearization, peri-urbanization, occupational shift, sustainable urban planning , Kathmandu valley*

Introduction

Urbanization refers to the process of growth in the proportion of population living in urban areas. Historically, the concept of urbanization has been related to specialization, industrialization and consequent economic development. Although the form of this

relationship has remained contested, there is a general consensus among scholars that a fundamental characteristic of urbanization is the structural shift in employment from agriculture to non-agricultural pursuits. In other words, urbanization is a territorial response to structural changes in the economy. A distinctive division of labour, technology based production of goods, trade of a variety of goods and services, high level of spatial and economic interaction, and relatively high density and diversity of population are basic tenets associated with urbanization (Sharma, 2003).

The process by which villages become towns and towns become cities is known as urbanization (Verma and Reddy, 2025). As cities expand, the traditional family model, often rooted in agricultural and communal societies, faces pressures that can lead to profound changes in family roles and relationships (Haq, 2024). Urbanization refers to the growth in population defined as urban, i.e., population residing in designated urban areas. Urbanization is rapidly growing day by day. It impacts on social, economic, and cultural aspects of human life. In developing countries like Nepal, urbanization has increased in recent decades due to factors such as population growth, rural-to-urban migration, development of infrastructure, search for better education, employment, and healthcare opportunities. As a result, many rural and semi-urban areas are transforming into urban centers, bringing both opportunities and challenges.

Urbanization is a transformative process characterized by the movement of populations from rural to urban areas, significantly impacting social structures and cultural norms (Haq 2024). The historical context of urbanization is marked by significant migration patterns from rural to urban areas, particularly during the 19th and early 20th centuries. This shift was largely driven by the Industrial Revolution, which began in Britain in the late 18th century and spread to other parts of the world. As factories proliferated, they created a demand for labor that rural areas could not meet. Millions of people left their agricultural livelihoods in search of better economic opportunities in burgeoning industrial cities (Hall, 2009). This migration was often characterized by a demographic shift, with young men and women moving to urban centers, leading to rapid population growth in cities such as Manchester, Chicago, and New York (Haq 2024).

Local Self-Governance Act, 1999 has classified urbanization into three categories: Mahanagarपालिका (Metropolitan city), Upa-Mahanagarपालिका (Sub-Metropolitan city), and Nagarpालिका (Municipality). The classification is based on criteria such as population size, annual revenue, and the availability of urban infrastructure and services. While the double standard in designating municipal area between the Tarai and the hills remains incomprehensible, Article 88 (2) C of the Act considers

a Nagarpalika as only a “semi urban area”. Under the Local Self-Governance Act, 1999, Kageshwori Manohara was recognized as municipality under Nepalese law. This municipal status is significant because it reflects urban characteristics such as population growth, annual revenue and the availability of urban infrastructure and services. Therefore, Kageshwori Manohara municipality is a appropriate place to studying the impact of urbanization on social structure and lifestyle.

Urbanization has become one of the most significant social processes in Nepal, particularly in the Kathmandu Valley, where rapid population growth and migration have accelerated the expansion of urban areas. Kageshwori Manohara Municipality is one of the emerging urban regions experiencing this rapid transformation. While urbanization brings opportunities such as improved infrastructure, education, healthcare, and employment, it also creates various social and cultural challenges.

The process of urbanization has been changing the traditional social structure of the community, resulting in changes in family systems, social relationships, and occupational patterns. Joint families are gradually shifting toward nuclear families, and community work is weakening due to changing lifestyles and increased individualism. Similarly, traditional occupations based on agriculture are being replaced by service oriented and business activities. At the same time, urbanization is significantly influencing the lifestyle , particularly in housing patterns, food habits, daily routines, and consumption behavior. While modern facilities and technologies have improved living standards, issues such as environmental pollution, unmanaged waste, and social inequality are also increasing.

Although these ongoing changes, there is a lack of detailed sociological studies focusing specially on how urbanization is affecting social structure and lifestyle at the municipal level, particularly in Kageshwori Manohara Municipality. Most existing studies are limited to broader urban areas and do not address local level realities. Therefore, the main problem of this study is to understand how urbanization is influencing the social structure and lifestyle of people in Kageshwori Manohara Municipality, and to identify both positive and negative impacts of this transformation.

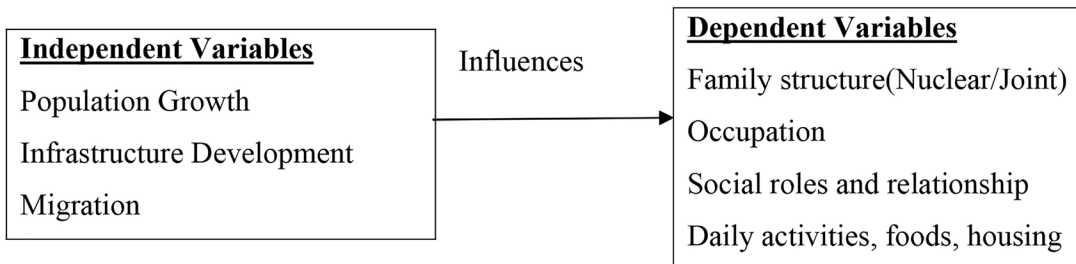
General Objective of this study is to examine the role of urbanization, shifting family structure and changing lifestyles in Kageshwori Manohara Municipality. Hence, the study is basically concerned with how urbanization has affected social structure (family, relationship, occupation) and people's lifestyle (daily activities, foods, housing).

Literature Review

In Modernization Theory, W.W Rostow "The Stages of Economic Growth: A Non-Communist Manifesto" (1960), said that traditional society changes modern society through urbanization, industrialization and technology. Similarly, in the Structural Functionalism Theory, Emile Durkheim "The Division Labour in Society" (1893) explains Mechanical solidarity and organic solidarity. Mechanical solidarity denotes traditional society and organic solidarity denotes modern society. Traditional societies are characterized by mechanical solidarity, where individuals share similar values and strong collective consciousness. However, with urbanization, societies shift toward organic solidarity, where social cohesion is based on division of labor and interdependence. This transition helps explain changes in family structure, occupational roles, and social relationships in urbanizing areas.

Talcott Parsons "The social System" (1951), explains society as a system of interrelated parts working together to maintain stability. Urbanization introduces changes in one part of society (such as economy or infrastructure), which in turn affects other parts like family, education, and social institutions. This perspective is useful for analyzing how changes in social structure and lifestyle are interrelated and interconnected.

Figure 1
Conceptual Framework



The conceptual framework of this study shows that urbanization related factors such as population growth, infrastructure development and migration are independent variables which influences dependent variables like as family structure (nuclear/joint), occupation, social roles and relationship, daily activities, foods and housing .

Empirical Review

Ham (1973) found that rapid urbanization in Asian big cities, without sufficient industrial and urban economies, is the inevitable deterioration of the human

environment, lifestyles of families and individuals. However, that the urbanization process is playing a dynamic role, demonstrating a new spirit in the development of the urban community as well as in the process of modernization.

Devkota (2012) discussed that lack of a strong policy for the regulation and management of rapidly growing, uncontrolled urban development in Nepal has created many problems, including deficiencies in basic urban services, encroachment of public lands, slums and sprawling settlement. This study shows that the patterns and trends of urbanization in Nepal and identifies some key issues related to unplanned urbanization. The paper also highlights local government responsibilities and suggests measures proper urban planning and governance.

According to Esmaeili and Abedinzadeh (2016), instead of following merely the predetermined lifestyles in the social system, the youth themselves somewhat determine their own choices and positions nowadays. Of course, family as a social source still retains its importance in which young people grow up. But lifestyle is a certain aspect of people's experiences that its advantage lies in giving people a right of choice, creativity, satisfaction and pleasure that in itself creates more fun and joy. Bhattarai and Budd (2019) found that in the case of Nepal, rapidly growing municipalities are facing sustainability issues due to the lack of resources and essential infrastructure.

Dhungana and Pokharel (2020) mentioned that urbanization is not only limited to the core of Kathmandu but has spread to suburban areas. Kageshwori Manohara municipality which was rural areas just half a decade back ago, is now an independent municipality. However, the growth pattern is seen to be highly related to the growth of Kathmandu city. In other words, the development of Kageshwori Manohara represents peripheral growth of Kathmandu, where the wards geographically connected to Kathmandu hold the largest share of urban growth of the municipality. Therefore, Kageshwori Manohara can be understood as a satellite city of Kathmandu as the growth trend shows major dominance in the areas sharing boundaries with Kathmandu city, which is a growing city in itself.

Adam et al. (2023) found that urbanization in the Tamale Metropolis is associated with a transition from extended family structure to the nuclear family system. At the same time, built-up areas rising from 12% to 24%, showing rapid urban growth. Sub-CBDs have been established in response to the spatial structure changes that have resulted from the urbanization process. This study concludes that there is a clear relationship between social and geographical structure, which has consequences for sustainable urban management.

Ali and Rahman (2024) studied about urbanization trends. Urban expansion is influenced by social, economic, and policy issues. It evaluates the beneficial effects on infrastructure and livelihoods as well as the negative effects, such overcrowding and environmental deterioration. The essay offers a review of recent data and trends with a focus on sustainable urban development. In order to ensure fair development and environmental preservation, it ends with suggestions for legislators and community involvement in fostering balanced and sustainable urban expansion. The study endeavors to contribute to the conversation regarding the successful management of urbanization in a manner that is beneficial to both communities and the environment by addressing these critical issues.

Poudel and Poudel (2024) noted that the practice of declaration of urban centers in Nepal has not been following the scientific basis and opened up a new discourse on delineating constituent urban centres. Verma and Reddy (2025) found that the traditional joint family remains an important institution in Indian despite increasing urbanization. However, migration, changing lifestyles, and modernization have changed family structures. As urban population continue grow, joint family shifted nuclear family. This shift has may lead to various social and psychological challenges. Consequently, the government and decision-makers must focus on the effects of this shift in family patterns in society and the likely repercussions.

In the words of Sahare (2025), urbanization is marked by rapid population growth, a rise in the number of households, and evolving economic structures. People migrate to cities for availability of services, infrastructure, and job opportunities. However, urbanization improves living standards of people, but also creates overcrowding, pollution, increased crime, socio-economic disparities, social cohesion, altering interpersonal relationships and weakening traditional community bonds.

Methodology

The study has used descriptive research design to describe the urbanization, shifting family structure and lifestyle in Kageshwori Manohara Municipality. Convenient sampling has been used to fulfill the objectives of the study. A total of 100 respondents were chosen from various Kageshwori Manohara Municipality wards, including 35 in Ward No. 6, 35 in Ward No. 9, and 30 in Ward No. 7. Likert scale surveys and primary sources were employed. By receiving informed content from respondents, guaranteeing voluntary participation, and protecting the confidentiality of the information supplied, ethical principles were upheld. Simple statistical techniques including frequency distribution, percentage, table, and pie chart were used to examine the gathered data.

Data Analysis

The demographic information

Out of 100 respondents in terms of economically active age group, 4 respondents are below 20 years, 27 respondents are 50+. Remaining 69 respondents are 20-50 age group. Similarly, 61 respondents are male and 39 respondents are female. 13 respondents are illiterate followed by primary level (29), secondary level (25), higher secondary level (23) and bachelor and above (10). Majority of the respondents are employed as labor (46), followed by service oriented (26), business (22) and agriculture (6). Similarly, half of the respondents (50%) are long-term residents, having lived in the area for more than 10 years. 18 respondents have been found living in less than 5 years and 32 respondents having lived in 5-10 years.

Trend of Urbanization in Kageshwori Manohara Municipality

Table 1

Perception about Urbanization in Kageshwori Manohara Municipality

S.N	Description	S.D	D	N	A	SA
1	Population has increased rapidly in this municipality		1.00%	27.00%	54.00%	18.00%
2	Migration from rural areas has increased urbanization			4.00%	74.00%	22.00%
3	Roads and transportation facilities have improved	1.00%	1.00%	8.00%	76.00%	14.00%
4	Modern buildings and housing are increasing		2.00%	13.00%	75.00%	10.00%
5	Commercial areas and businesses are expanding		2.00%	8.10%	80	9.10%
6	Access to education and health services has improved		7.00%	22.00%	59.00%	12.00%
7	Agricultural land is decreasing due to urbanization		2.00%	6.00%	61.00%	31.00%
8	Urbanization has improved employment opportunities		21.00%	25.00%	47.00%	7.00%

Source: Field Study 2026 A.D.

Table no 1 shows that 54% respondents agreed population has increased rapidly in this municipality, only 1% respondents disagreed this statement. Most of the respondents(96%) agreed migration from rural areas has increased urbanization only 4% are neutral. 90% respondents agreed roads and transportation facilities have improved only 2% disagreed. 85% respondents agreed modern buildings and

housing are increasing, 13% neutral and 2 % disagreed. 90% respondents agreed Commercial areas and businesses are expanding, 8% neutral and 2 5 disagreed. Most of the respondents 71% agreed access to education and health services has improved but 7 % disagreed. 92% respondents agreed agricultural land is decreasing due to urbanization, 6% neutral and only 2% disagreed. 54% respondents agreed urbanization has improved employment opportunities, 25% neutral and 21 % disagreed.

At the above table we can say that urbanization trend has rapidly increased in this municipality. These findings support WW Rostow's Modernization Theory, which explains the transition from a traditional society changes modern society through urbanization, industrialization and technology.

Influence of Urbanization on Social Structure (Family, Relationship, Occupation)

Table 2
Perception about Influence of Urbanization

S.N	Description	S.D	D	N	A	SA
1	Joint family systems are decreasing			1.00%	66.00%	33.00%
2	Nuclear family systems are increasing			1.00%	66.00%	33.00%
3	Family members spend less time together than before	3.00%		8.00%	58.00%	31.00%
4	Social relationships among neighbors are becoming weaker	4.00%		16.00%	59.00%	21.00%
5	People are becoming more individualistic	7.00%		26.00%	47.00%	20.00%
6	Traditional social values are changing.	1.00%		11.00%	61.00%	27.00%
7	People are shifting from agriculture to non-agricultural jobs	1.00%		5.10%	70.70%	23.20%
8	Employment in business and service sectors has increased	11.00%		7.00%	73.00%	9.00%
9	Women's participation in employment has increased	11.00%		16.00%	62.00%	11.00%
10	Occupational diversity has increased due to urbanization	1.00%		24.70%	64.90%	9.30%

Source: Field Study 2026 A.D

Table 2 shows that 99% respondents agreed joint family systems are decreasing and 99% agreed nuclear family systems are increasing. 89% respondents agreed family members spend less time together than before. Only 3% respondents disagreed this statement .80% respondents agreed Social relationships among neighbors are becoming weaker, 16% neutral and 4 % disagreed. 67 % respondents agreed People are becoming more individualistic, 26% neutral and only 7 % disagreed. Most of the (88%) respondents agreed Traditional social values are changing. 94% respondents agreed people are shifting from agriculture to non-agricultural jobs. 81% respondents agreed employment in business and service sectors has increased but 11 % disagreed. 73 % respondents agreed women's participation in employment has increased, 16% neutral and 11 % disagreed. 75 % respondents agreed occupational diversity has increased due to urbanization, 24% neutral and only 1 % disagreed.

At last, above table shows that our social structure (Family, Relationship, and Occupation) has rapidly change in this municipality. This finding supports Emile Durkheim's concept of the transition from mechanical solidarity to organic solidarity, This transition helps explain changes in family structure, occupational roles, and social relationships in urbanizing areas.

Change in People's Lifestyle (Daily Activities, Foods, Housing)

Table 3

Perception on Changing Lifestyle

S.N	Description	S.D	D	N	A	SA
1	Daily lifestyle has become more modern			2.00%	54.00%	44.00%
2	People are using more technology in daily life				34.00%	66.00%
3	Fast food and packaged food consumption has increased			1.00%	38.00%	61.00%
4	Traditional food habits are decreasing		1.00%	9.00%	53.00%	37.00%
5	Housing structures have become more modern and concrete-based		1.00%	12.00%	53.00%	34.00%
6	Open spaces around houses are decreasing			3.00%	43.00%	53.00%
7	People are more health conscious than before	2%	27.00%	16.00%	31.00%	24.00%
8	Urbanization has increased living expenses			1.00%	47.00%	52.00%
9	Urbanization has changed dressing patterns and lifestyle		2.00%	5.00%	58.00%	35.00%

Source: Field Study 2026 A.D.

Table no 3 shows that 98% respondents agreed daily lifestyle has become more modern. 100% respondents agreed people are using more technology in daily life. 99% respondents agreed fast food and packaged food consumption has increased. 90 % respondents agreed traditional food habits are decreasing, 9% neutral and 1% disagreed. 87% respondents agreed housing structures have become more modern and concrete based and 12% respondents were neutral. 96% respondents agreed to open spaces around houses are decreasing. 45% respondents agreed people are more health conscious than before and 27% disagreed. 97% respondents agreed urbanization has increased living expenses. 93% respondents agreed urbanization has changed dressing patterns and lifestyle.

These findings show that urbanization has changed people's lifestyle such as daily activities, foods, housing in this municipality. Talcott Parson's explains society as a system of interrelated parts working together to maintain stability. Urbanization introduces changes in one part of society (such as economy or infrastructure), which in turn affects other parts like family, education, and social institutions. This perspective is useful for analyzing how changes in social structure and lifestyle are interrelated and interconnected.

Urbanization and Type of Family

Table 4

Nature of Urbanization

S.N	Urbanization is	Percentage
1	Planned	7
2	Unplanned	27
3	Not Sure	66
Type of Family		
1	Joint	29
2	Nuclear	71

Source: Field Study 2026 A.D.

Table no 4 shows that 7% respondents understand urbanization is planned and 27% respondents understand unplanned. Most of the (66%) respondents do not understand urbanization. Similarly 29% respondents live in joint family and 71% respondents live in nuclear family.

Changes and Nature of Family Structure

As a society around the world moves from simple to complex , there is an expansion and change in family structure. As families move from joint to single, the size of family unit also decreased.

Table 5

Changes of Family Structure

S.N	Change in Family Structure	Percentage
1	Yes	16
2	No	84
Nature of Family Structure		
1	Joint to Nuclear	81.30
2	Reduced Family Size	6.30
3	Other	12.50

Source: Field Study 2026 A.D.

Table no 5 shows that 16% respondents agreed urbanization changed their family structure and 84% of respondents did not agree that urbanization changed their family structure.

Similarly, 81.30% respondents agreed urbanization changed their family structure joint to nuclear, 6.30% respondents agreed reduced family size and 12.50% respondents agreed others causes.

Status of Current Occupation and Yearly Income

The status of current occupation and yearly income shows the socio- economic condition of respondents. The yearly income of the respondents depend on their current occupation.

Table 6

Status of Current Occupation

S.N	Occupation	Percentage
1	Agriculture	6
2	Service	32
3	Business	25
4	Other	37

Table 7

Yearly Income Range

S.N	Income Range	No	Percentage
1	2-3 Lakh	33	39.80
2	3-5 Lakh	17	20.50
3	5 Lakh+	33	39.80

Source: Field Study 2026 A.D.

Table 6 shows that only 6% respondents belong to agriculture, 32% respondents belongs to to service, 25% respondents belong to business and 37% respondents belong to other occupation. The data shows that agriculture shift to non agriculture in this municipality. Similarly, 100 respondents among them 83 respondents agree to give answer. 39.80% earn 2-3 lakh per year, 20.50 % earn 3-5 lakh per year and 39.80% earn above 5 lakh per year shown in Table 7.

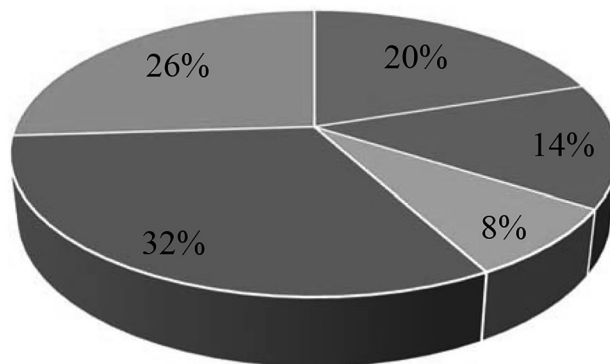
Perception on Socio-Economic Changes

Socio- economic transformation is perceived as the result of positive and negative changes of urbanization. Socio- economic change as a process which brings both advantages and challenges to individuals, communities, and society.

Figure 1

Positive Changes of Urbanization

- Communication Facilities
- Education
- Health Care Service
- Market and Business Opportunities
- Others



Source: Field Study 2026 A.D.

The above figure shows the positive changes of urbanization. 32% respondents agreed

increase market and business opportunities, 14% education, 8% health care service and 26% others. Overall, the table indicates that urbanization has brought several positive changes in the study area, especially in economic opportunities and communication development.

Table 8

Negative Changes of Urbanization

S.N	Negative changes	Percentage
1	Decreased Open Space	18
2	Increased Pollution	49
3	Increased Waste and Sanitation	26
4	Reduced Social Relationship	7

Source: Field Study 2026 A.D.

Table no 8 shows that negative changes of urbanization. Most of the respondents 49 % agreed increased pollution, 26% agreed increased waste and sanitation, 18% agreed decreased open space and 7% agreed reduced social relationship. Urbanization has also created several social and environmental problems.

Suggestions for Better Urban Development

Most respondents emphasized the need for increased employment opportunities, better education, improved health facilities, fair wages, and proper market management. They also highlighted the importance of planned urbanization, clean drinking water, population control, and effective utilization of natural resources. In addition, respondents focused on social equality issues such as women's participation in all sectors, equal pay for men and women, and better care for women and elderly people. Many respondents further suggested stronger government responsibility, political reform, and better management of infrastructure and public services. Overall, the findings show that people desire sustainable and well-managed urban development that improves living standards and promotes social welfare.

Discussion

The findings of this study show that the current trend of urbanization has rapidly growth in Kageshwori Manohara Municipality and significantly changed on social structure and lifestyle of local people. The demographic information shows that most of the respondents' age group lies between 20-50 years and 61% were male. Most of the respondents had primary and secondary level education while 33% respondents had higher secondary and above. Occupational data shows that many respondents

involved in labor, business sectors and service whereas only 6% of respondents still depend on agriculture. This shows that occupational activities shift from agriculture to non-agriculture. Such a clear occupational transition highlights the significant socioeconomic transformation ongoing in the municipality.

According to this study, respondents agreed that population has increased rapidly, migration from rural areas, roads and transportation facilities have improved, modern building and housing are increasing, commercial areas and business are expanding, access to education and health services has improved, agricultural land is decreasing and employment opportunities has improved. Bhattarai and Budd (2019) report comparable findings, that in the case of Nepal, rapidly growing municipalities are facing sustainability issues due to the lack of resources and essential infrastructure . Likewise, Dhungana and Pokharel (2020) identify Kageshwori Manohara as a satellite urban area shaped by Kathmandu's expansion a trend that aligns closely with the results of the present study.

The research also showed huge changes in social structure. Most of the respondents agreed that joint family systems are decreasing and nuclear family systems are increasing. Family members spend less time together than before, social relationship among neighbors are becoming weak, people are becoming more individualistic, traditional social values are changing, people are shifting from agriculture to non agriculture, employment in business and service sectors has increased, women's participation in employment has increased and occupational diversity has increased due to urbanization. This finding is similar to Adam et al.(2023), who found that a significant transition from the extended family structure to the nuclear family system due to the urbanization. Similar findings to this study were made by Verma and Reddy (2025), who discovered that urbanization alters family structure, joint families become nuclear families, lifestyles change, and people become more individualistic.

This study has also shown notable changes in people's lifestyles. Most of the respondents agreed that daily lifestyle has become more modern, people are using more technology in daily life, fast food and packaged food consumption has increased, traditional food habits are decreasing, housing structures have become more modern and concrete based, open spaces around houses are decreasing. Most of the respondents are more health conscious than before but some of them (29%) are disagreed. Similarly, this study shows that urbanization has increased living expenses, changed respondents dressing patterns and lifestyle. This finding is similar to Esmaili and Abedinzadeh (2016) who explained that modern lifestyles are increasing based on individual choice, technology and changing consumption patterns.

The positive impacts of urbanization, most of the respondents focused improved market and business opportunities, communication facilities, increased healthcare service, better education. The major negative changes of urbanization were increased pollution, increased waste and sanitation, decreased open space, and reduced social relationship. Therefore, this study finding that urbanization has both positive and negative effect in Kageshwori Manohara Municipality. This finding is comparable to that of Ali and Rahaman (2024), who discovered that social, economic, and policy factors have an impact on urban expansion. It evaluates the beneficial effects on infrastructure and livelihoods as well as the negative effects such as overcrowding and environmental deterioration. Supporting these findings, Sahare (2025) argues that urbanization profoundly impacts social cohesion, manifesting in altered interpersonal relationships and the gradual dissolution of traditional communal bonds. Such transformations, precipitated by lifestyle modifications, economic constraints, and ecological stressors, resonate closely with the empirical evidence derived from this study.

At last, most of the respondents suggested that increased employment opportunities, better education, improved health facilities, fair wages, and proper market management, planned urbanization, clean drinking water, social equality, women's participation in all sectors, equal pay for men and women, and better care for women and elderly people, stronger government responsibility, political reform, and better management of infrastructure and public services. These suggestions are similar to Poudel and Poudel (2024) who found that the practice of declaration of urban centers in Nepal has not been following the scientific basis and opened up a new discourse on delineating constituent urban centers.

Conclusion

The conclusion of this study that urbanization has rapidly changed social structure and lifestyle of respondents in Kageshwori Manohara Municipality. Population growth, increased migration, expansion of business and commercial area, access of education and health services, infrastructure development, decreasing of agricultural land and improved employment opportunities are characteristics of urbanization. Similarly, huge changes can be seen in family structure, occupation, social relationship, foods, daily activities and housing system. The finding show that nuclear family system are increasing and joint family system are decreasing. People are individualistic, so social relationships are weakened. Agricultural sectors are shifting nonagricultural like as service, business, labor and others. Similarly, urbanization has modernized people's lifestyles through increased use of technology, modern housing, changing food habits,

and changing dressing patterns. However, it has also created environmental and social problems such as pollution, waste management issues, reduction of open spaces, and weakening traditional values and relationships.

However, since this study used a small convenience sample, the results should be understood as representing the opinions and experiences of the respondents rather than the municipality's full population. Kageshwori Manohara is progressively becoming a satellite settlement as a result of Kathmandu's continuous growth, where agricultural land is being replaced by urban development. To prevent future loss of the remaining farmland, the municipality should implement land-use and zoning regulations and bolster its waste management systems.

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