



International Migration: Causes and Consequences in Nepal

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Abstract

This research article analyzes the causes and consequences of international migration in Nepal. Main objective of the study is to identify and examine issues of emigration which is supposed to be the fundamental cause of forcing Nepalese people to abroad for education and labor works. Using qualitative research method, this paper analyzes secondary data derived from published articles, journals, and books. Qualitative analysis focused on key causes and consequences made by increasing migration upon the Nepal. The study found that lack of quality higher education, lack employment, lack of skilled human capitals and career development opportunities were the push factors for increasing migration problems of the Nepal. In terms of economic development, migration contributes to national and family economic growth which is the major consequences seen in Nepal because of international migration. This paper also identified and analyzed the social, political, gender and economic consequences in relation to migration. The conclusion of the research is that both push and pull factors are responsible for migration making positive and negative impacts upon the country's social and economic development.

Keywords

Migration, Pull Factors, Push Factors, Nations, Politics

Introduction

Migration denotes to the mobility of people from their place of usual residence to other places for any purposes special for some duration or permanent. Migration has a long history in the world from beginning. While defining international migration, Aryal (2021) puts his view as an international migration refers to the cross border movement of people away from the country of their origin. International migration is also known as the emigration which means the act of departing one's native state with the intending to settle temporarily or permanently in other nations or migration across national territories. It is as old as the human being civilization. As time passed, the trends of migration have been changed. There has been an increase in the volume of global migration because of geographical differences and changing patterns and dynamics of migration (Carling & Talleraas, 2016).

To the Nepalese context, Singh (2015) concludes that the history of formal labor migration begins in

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1814-1816, after the Nepal-British India war. From this point of view, In Nepal, international labor migration started about 200 years ago, particularly after the First World War. From that, there is the increasing number of people who are leaving their home state in every year. When people have a desire for change in their lives that directs migration.

In recent years, substantial numbers of people have migrated or sought to migrate from regions that are afflicted by poverty and insecurity to more prosperous and stable parts of the world (Borjas & Crisp, 2005). It is because they see secure and prosperous future. There are different kinds of migration such as internal, external, seasonal, periodical, permanent, temporary, national, international etc. According to Sapkota (2022) Urbanization, migration, industrialization, economic liberalization, and scientific and technological innovation have all naturally contributed to the acceleration of development from a local to a worldwide scale in the twenty-first century, which is an era of hyper-globalization. International migration is related to international migration which is defined by UN as person who changes his or her country of residence (IOM, 2019).

International migration is taken as an important concern in the global forums because of its various prospects and challenges. In order to declare the causes and serious consequences of the immigration especially from Nepal is very necessary to measure. As being of developing and landlocked country Nepal has to be aware about it from policy level and from institutional discourses.

Statement of the Problem

Large part of the Nepalese geography is occupied by rural poverty (Paudel, 2018). Approximately 1,600 Nepalese men and women depart the nation each day in order to work abroad in other countries. Over 4.7 million additional labor permissions were granted to Nepali migrants seeking employment overseas between 2008/09 and 2021/22. Because so many Nepalese are involved in transnational migration, mostly for employment and education, it has become a significant aspect of Nepali society and has affected nearly every Nepali household. The large-scale labour migration of Nepali citizens has been driven by a multiplicity of factors: poverty, lack of employment opportunities at home, conflict and other social, environmental and political factors, and the demand of skilled and low-skilled migrant workers coupled with the offer of higher wages in the countries of destination (Government of Nepal, Ministry of Labour, 2022). International migration has played a significant role in Nepali society. Masses of citizens temporarily depart their home every year from Nepal. In order to understand why individuals began and continue to migrate, numerous studies on migration have been conducted by various researchers worldwide.

There are so many causes of international migration from Nepal to another country for the many purposes. Among them some are major and some are minor. This article seeks the answer of the major causes of international migration from Nepal to other states beside India. In the Nepalese context, numerous studies on migration and livelihood have been conducted by various academics. but it is hard to find out the researches related to Nepal that is why it is done to find out the reason behind the rapid international migration from Nepal. It is still mysterious to find out why so many people choose for international migration?

Objectives of the Study

The main objective of this study is to explore the causes and consequences of international migration in the context of Nepal by identifying and analyzing the key factors driving migration and examining its impacts on the country.

Literature Review

Morawska (2007) writes an article entitled "International Migration: Its various Mechanism and Different Theories that Try to Explain It" which describes macro level explanatory approach like the pull and push model which is known as attraction vs force model, labour market theory, world-system theory and political economy model including some neoclassical economic theory such as rational choice theory, human capital theory and the cumulative theoretical approach. In the article the writer discusses why people move to unknown places. From the article he found that the diversity of economic, political, and cultural contexts that attracts migrants of differently positioned groups and of the resulting trajectories of

their migratory movements. This article generally talks about the push and pull factors without making special examples and supporting details which is the main research gap seen comparatively to this study.

Gheasi & Nijkamp (2017) discuss about International Migration Motives and Impacts, with Specific Reference to FDI through their research article. They argue that international migration is becoming the topic of debate not only in the advanced country but also in the developing states. They clarify the impacts of international migration in the socioeconomic sector of the host country and the brain drain problem in the developing states. The article is based on articles written by different writers. Some theories have been analyzed while making the article more authentic and effective. Regarding to the reasons for migration, the writers analyze the neoclassical macroeconomic and microeconomic theories which tells the migration as the result of a process of economic development. On the other hand, the new theory of economics of migration describes the family based decisions for the international migration. Similarly, the labour market theory argues that it is not the push factors for migration, it is rather of the pull factors. Similarly, he discusses the direction of migration flows including the factors such as postcolonial ties, culture, language and so on. International migration is both self-selected and non-self-selected movement.

Kunwar, (2021) has carried out a research article entitled 'Foreign Labour Migration Causes and Impacts in Nepal' aiming to describe the major causes and impacts of Nepalese foreign labour migrants. The secondary sources of data have been used to meet the objectives. He has applied the qualitative as well as quantitative research design to analyze the data. From the research, it was found that globalization is the main cause of foreign migration and he suggests 3 'D' (Development, Demography and Democracy) as the main driving force to international migration. On the other hand, migrants contribute the state or nation development through remittance.

Byanjanakar & Shakha (2021) have written an article entitled 'Role of Remittance on Rural Poverty in Nepal: Evidence from Cross-Section Data' to analyze the impact of remittance on rural poverty in Nepal. They have used survey method for data collection. To this, 54645 households of 50 districts were taken as the sample. The independent variable were measured using statistical tools like descriptive statistics, correlational matrix, econometric analyses using graphical diagrams. From the survey it was found that 58% rural households received remittance to eradicate poverty. Educated households are less likely to fall into poverty. It suggests that there is great role of remittance to reduce poverty in rural area of Nepal.

The article written by Benson and Osbaldiston (2016) explain that the term 'lifestyle migration' has been used to refer to an increasing number of people who take the decision to migrate based on their belief that there is a more fulfilling way of life available to them elsewhere. As a result, lifestyle migration is a diverse and expanding phenomena that has significant but little understood effects on both individuals and societies. This article describes and thoroughly examines a number of mobility groups that share relative wealth and the pursuit of a better quality of life. We make an effort to specify the parameters of the phrase "lifestyle migration," the traits of the desired lifestyle, and the role of this type of migration in the modern world. By mapping the different migrations that fall under this broad category, we are able to identify the parallels and discrepancies in their migratory paths. Furthermore, based on the sociological literature on lifestyle, it is offered a preliminary theoretical conceptualization of this phenomenon, examining the historical, sociological, and personal factors that contribute to this migration and attempting to explain its recent escalation in various forms. Therefore, the first step in creating a more comprehensive program for the research of lifestyle migration is this paper. Given the effects that such migrations have on locations and individuals at both ends of the migratory chain, it is argued that research on this movement is particularly crucial in the modern era.

Taylor (2006) writes an article on 'International Migration and Economic Development' where he tells that either the antithesis nor the solution to economic progress is migration. International migration is undoubtedly a significant factor in migration in many LDCs, making it an essential aspect of revenue growth in all nations. Migration is influenced by economic development and underdevelopment. Development is therefore shaped by migration. How to use migration as a development instrument, or how to design policies that optimize migration's ability to boost economic growth in nations that send migrants, is the crucial challenge for LDC governments. The present state of knowledge regarding global migration and its effects is summarized in this study. It has taken into account what the goals of government policy

should be with regard to global migration and has provided some examples of how those goals may be met. The goal was to give a conversation that wasn't strictly academic and was based on data from studies on international migration. Many assumptions have been made about the causes of international migration and how it affects development. As a first step in thinking honestly about international migration and developing effective policies that can leverage it as a tool for development, this study has attempted to dispel some of them.

Regarding to the research gap, most of these studied literatures talk only the theoretical aspects of international migration. There is area gap, methodological gap, time gap and information gaps are easily found. Therefore, it is very necessary to find the causes and consequences of international migration in relations to Nepal is very important. Similarly, the research reports and article published are more descriptive rather than exploratory regarding to the consequences and causes of emigration. This study strongly focuses to bridge such gaps.

Methodology

The qualitative research design was used as per the research problem. The research design was structured on the basis of the nature of qualitative and library research. The major information related to the research objectives have been inserted while collecting and analyzing the data. Regarding to the data collection tools and procedures of the study, the sources of data were totally secondary. To collect the required data for the research study were taken from the secondary sources such as government reports, NGOs and INGOs reports related to migration. Some journal articles that focus on the causes and consequences of international migration have been collected to defend the research gap. The data were arranged in to the form of different themes so that the research questions were easily answered.

Results

After the completion of data collection, collected information or data was analyzed in terms of thematic and analytical purposes. The required data were paraphrased, especially the conclusion and finding and suggestion of the researcher of different discipline related to international migration. This chapter shows the results and discussion about the research as suggested by the research objectives and research questions in the thematic visions as follows:

Causes of International Migration

Immigration is a major force in every state in the world. As a result, the developed countries have become full of diversity and multiethnic community. There are contemporary theories related to international migration. (Massey et al., 1993) describe some models that explains the initiation of across movement and the related theories. They oppose that migration is a household choice made to reduce family income risks or to get around capital restrictions on family production activities, which is consistent with the new economics of migration hypothesis. The root causes of migration can be defined through the thought of as the social and political conditions that induce departures especially poverty, repression, and violent conflict (Carling & Talleraas, 2016).

Neoclassical economics theory, which is known as macro and microanalyses of international migration, explains that geographical disparities in labor supply and demand are the root cause of international migration. According to Porumbescu (2018) One definition of international migration is a form of population movement brought on by disparities in labor marketplaces and financial retribution across various nations. This theory accepts that wage disparities between nations are the primary driver of workers' international migration. Similarly, there is wages different because of the labour intellectual flows. On the other hand, micro theory of ne way to think of international migration is as an investment in human capital. Depending on their skill level, people decide to relocate where they can be most productive. Additionally, it discusses global migration in terms of financial markets, futures markets, unemployment insurance, and crop insurance markets, among other things.

The 'Dual Labour Market Theory', which places the focus on migration away from personal choices and contends that the inherent labor demands of contemporary industrial economies are the cause of international movement. The theory suggests the four fundamental features of advanced industrial societies and their economics: structural inflation, motivational problem, economic dualism, and the demography of labour supply (Massey et al., 1993). Furthermore, the writers analyzed on 'World System Theory' as the theory of international migration, which suggests that a mobile population that is likely to migrate overseas is produced when capitalist economic linkages are introduced into peripheral, non-capitalist civilizations. Similarly, they argue that on 'Network Theory' where migrant networks are sets of relational ties that attach migrants to across the states. Another theory analyzed by them is 'Institutional theory' that focuses on private institutes and voluntary institutions arise to satisfy the claim to international migration.

Castelli (2018) carried out a research article entitled 'Drivers of migration: why do people move?'. This article talks about the major drivers of migration not only internal but also abroad of their states. He has done qualitative research and used the secondary source of data. From the research it was found that the political, demographic, socioeconomic, and environmental circumstances are the main "macro-factors" that influence migration. These are the primary causes of forced migration, both domestically and internationally, and they are mostly outside the control of individuals. The author has divided the article heading into five sections: the introduction, the definition of migrants, the reasons behind migration, the health issues in the country of destination, and the conclusion.

Similarly, 'push and pull' theory is also applied in the article. He explains the multifaceted drivers of migration: macro, meso and micro factors. Migration is always the result of a complex combination of macro-, meso- and micro- factors at the society and individual level. The main causes of migration, according to the "macro-factors," include the origin country's poor economic and human development, urbanization and population growth, dictatorships and wars, social factors, and environmental changes (Bonfiglio, 2011).

King, (2011) suggests distinguishing six different types of international migration approaches: push-pull theory and the neoclassical approach; migration and development transitions; historical-structural and political economy models; systems and networks; the new economics of migration; and approaches based on the transnational turn in migration studies. In order to explain the various elements that influence international migration, contemporary theorists also argue that it is necessary to develop multidisciplinary models and integrate individual theories into system approaches.

Lee (1966) defines migration as a shift of residence that is either permanent or semi-permanent. He Everett Lee has divided the elements that influence the choice to migrate and the actual migration process into the following four groups: (1) Local origin-related factors; (2) Local destination-related factors; (3) Intervening barriers; and (4) Individual considerations. He describes different volumes of migration, such as territories differentiate with the degree of diversity of areas included in that territory, migration varies with the diversity of people, the difficulty of surmounting the intervening obstacles, migration varies with fluctuation in the economy, volume and rate of migration tend to increase with time. Along with the international migration theory, the theoretical framework for immigration policies and politics has important role for the international migration. The goal of each of these ideas is to forecast and explain how policymakers and immigration laws will respond.

Developing states like Nepal have the starting point of immigrants from both regions i.e., north and south. Sarker et al., (2018) suggest that Rapid and unplanned urbanization is occurring in developing nations, which could lead to a rise in poverty. For sustainable development, controlling the rate of urbanization is essential. IOM, (2019) reports shows that foreign employment is the most significant motivation for international migration from Nepal in the twenty-first century. And Nepal is a major labour sending country for the foreign employment for the purpose of common livelihood strategy. These people are sent from rural and remote area of Nepal.

Generally, there are two factors of international migration, namely push factors and pull factors. Within these factors: Push factors is related to force migration which means that is forced migration, involving risks to life and livelihood from both natural and man-made sources. According to Aryal (2021, P.238) major push and pull forces driving international migration are as follows:

In Countries of Destination:

- Population decline and aging from below-replacement fertility.
- Labor shortages, combined with desire for low-wage and service workers
- High-skilled brain gain
- Improved transportation and communications
- Opportunities for children
- Safety net for families

In Countries of Origin:

- High population growth, high fertility, and young age structure
- Unemployment, underemployment, and limited career development
- Urbanization and growth of megacities
- Living conditions, including poverty, housing, schooling, and climate change
- Political, social, and ethnic unrest, violence, and armed conflict
- Lack of opportunities

Baral and Sapkota, (2015) have identified as the following causes of international migration specially from the students of nursing:

Table 1*Major Causes of International Migration*

S.N.	Main Cause of Migration	Rank
1	Lack of training and educational opportunities in Nepal	1
2	Lack of job and career opportunities in Nepal	2
3	Personal ambitions	3
4	Economic factors	4
5	Job dissatisfaction	5
6	Married to the man living there	6
7	Political conflicts	7
8	Lack of modern facilities	8

From the table it is seen that the major push factors are very much responsible to leave Nepal by the students and other Nepalese. The majority of the people leave Nepal for education and they settle in the host country. Similarly IOM (2021) shows that every year, almost 5 million Nepalese leave their country in pursuit of work.

Pangali et al. (2021) opine that Migration is one of the key affecting aspects for the population distribution in Nepal. Professional opportunity, education facility, health facility and topographical condition are the key causes of movement of people from one country to another country. Migration has direct effect on various sectors such as social, biological, financial and demographic. Secondary data from the Ministry of Finance (MoF), Central Bureau of Statistics (CBS), and Department of Foreign Employment (DoFE) has been used to meet the objectives of the research. From the research it was found that remittance is playing a crucial role in the Nepalese economy and the trend was continuously increasing every year. The majority of international labor movement has occurred to Saudi Arabia, Qatar, Malaysia, and other countries from Nepal. They conclude that the labour migrants are unskilled and Province One and Madhesh province have the highest share for labour migration and Karnali Province has the share of the lowest for international labour migration.

From these data, it is assumed that Nepali people leave their native land for employment and education for the first priority and other factors such as personal ambitions, job dissatisfaction, married to the man living there, modern facilities have also the crucial causes for emigration. Furthermore, it is deduced that fertility rate, employment, education, opportunities, health facilities, security etc. have the great force factors for the international migration. This is the globalized world as said by (Bastola, 2018)

education is taken as important aspects of leaving the native land. Additionally, K.C., (2021) One of the causes of population change is migration, which can have an impact on socioeconomic conditions both where it originates and where it ends up. It affects the population's size, makeup, and other attributes.

Dhakal, (2022) defines the push factors for international migration from Nepal in the area of out migration. The limitations and vulnerabilities at their place of birth make people want to leave. Push factors refer the poor economic condition at the place of origin. When it is queried to know that what are the motivations behind leaving the place of origin, in response to this: the main reasons for migration were: lack of higher education, infertile land, job transfer, Maoist issues, geographical challenges, business failure, lack of land, natural climates, lack of urban facilities, low income, and family leaving the place of origin that were connected at the place of origin. Among them lack of higher education and lack of urban and rural opportunities are the main reasons to leave Nepal.

Consequences of International Migration

For the consequences or impacts of international migration, Rijal, (2022) points out to the major two areas; i.e. impact on economy and impact on women. Given that men make up 81% of Nepal's total migrant population, it is critical to comprehend how males' external migration affects their wives and other family females, commonly known as "women left behind." On the other hand, Phadera, (2019) deduced from his research that Family members who are living abroad are deterred from engaging in wage work by their presence. Both male and female members may attest to this. But women are more likely to work for themselves, nearly exclusively through subsistence farming.

Remittances raise the standard of living and household income significantly, but they also present problems that do not benefit the economy. There is no doubt that most the out migrants are workers. They leave their native land for the best economic development not only their house hold activities but also to their nations. NSO, (2023) shows the following data that has the consequences of remittances for Nepal which clarifies that the 20 – 23 percent of national GDP has been occupied by the worker remittances. It shows that international migration has contributed to the national development for developing states like Nepal.

Table 2

Workers' Remittances

S.N.	Title	2020/021 (GDP)	2021/022 (GDP)	2022/023 (GDP)
1	Workers' Remittances as Percentage	22.08	20.42	22.89

Similarly for the political consequences, Kapur, (2014) the fine-grained features of the diaspora and the countries of origin and settlement that influence the probability, shape, and intensity of diasporic long-distance nationalism. Furthermore, (Tuccio et al., 2016) conclude regarding to the consequences of international migration that social and political development may be influenced by international migration. The influence of the host nation is important, though, because newly adopted attitudes and conventions aren't always "better" than the original standards.

Singh (2015) opines that there is socio-economic impacts of emigration seen in Nepal. He further explains about the consequences of emigration as Families of emigrants are affected by demonstration effects, which occurs when funds received from remittances are used on pointless or ineffective purposes. Other negative societal effects of emigration in the eyes of emigrants and their families include drunkenness and venereal disease, the potential for a family member to not return, family dissolution, and the death of a family member in the country of destination.

Economic disparity will either continue to exist or, more accurately, rise as a result of this migration trend. Therefore, policy adjustments are also required if migration is seen as a means of improving everyone's prosperity so that underprivileged and marginalized individuals can also take advantage of lucrative migration pathways (Adhikari et al., 2023). On the other hand international migration also have the psychological effects if there is forced migration (IOM, 2004).

In the context of Nepal, international migration is very challengeable. Phadera (2019) for Nepali people as saying that many Nepali emigrant workers find themselves working long hours in dangerous

conditions, experiencing pay delays, and some even losing their lives as a result. There is the lack of human resource in the native state as a result, the state has been facing skilled human resource for the nation building. From all these literatures it is found that there is the social, economic, socio-economic and psychological consequences have been seen in Nepal from the out migration or emigration.

Discussion

This study investigated the causes and consequences of emigration i.e. international migration in the context of Nepal which is cross cutting issues of the country. The finding reveals that specially pull factors such as better education, career opportunity, better lifestyle, economic development and so on have significantly enhance the out migration of Nepal. These results align with prior research (Lee, 1966; Sarker et al., 2018; Baral & Sapkota, 2015; IOM, 2021) which also emphasized the transformative role for international migration in the context of Nepal.

On the other hand this study also investigated the major consequences as founded from the different research scholars (Adhikari et al., 2023; Phadera, 2019; Tuccio et al., 2016; Kapur, 2014) have suggested that consequences in socio-economic sectors, psychological sectors, policy sectors and so on are serious consequences seen in Nepal due to the international migration. All these findings suggest that the government should be aware about this serious problem of emigration should be addressed very soon. Furthermore, this study underscores the pivotal role of globalization in every sectors of the countries along with human relations, there is high increasing number of emigrants from Nepal.

The result suggests that international migration has both positive and negative consequences in individual to national areas in relations to Nepal. There should be international relations between the out-going migration and immigration to run the nation smoothly. The possible issues and problems due to the international migration should be managed by the concerned authority of Nepal in time which will encourage the balancing trait of population of the state. To identify the future consequences the future studies should explore the causes and impacts of emigration in Nepal.

In order to complete the research article, the emerging issue of international migration is taken as the research problem. The secondary sources of data have been analyzed, so it is the library research. The theoretical and empirical review and the thematic literatures have been critically analyzed as per the research objectives to draw the conclusion. Similarly, Ethical consideration of the study is taken as the important aspect of the research study to bring reliable and valid research on the research problem. It has made this article more valid and reliable. For this, the information from the articles were referenced or cited properly to maintain ethical values. These data were not analyzed in terms of modification and fabrication. This information was not applied for the different purposes to maintain the ethical consideration of the study. On a whole, secrecy, concealment, obscurity, ownership of intellectual property, susceptibility, maltreatment, legitimacy and informed consent etc. will be ethically maintained. Mainly the required information or data have been paraphrased to be free from plagiarism.

Conclusion

This is the 21st century where the mobility of the people from one state to another state is common trends. The direct and indirect obligations for the emigration or international migration such as education, health, economy, conflict, politics, religion, social structure, demands of friends, family press and so on have been identified in Nepal. Consequently, there is the situation of emigration or temporarily migration from Nepal to abroad specially to India and other gulf and European states. Global migration trends show that citizens move from one country to another country because of interconnectedness and interdependence in various issues and matters. Nepal is among the world's least economically developed countries. However, Nepal has been dealing with a significant influx of migrants and, consequently, remittances from overseas due to recent international labor treaties. From Nepal, especially the push factors are responsible as well as pull factors to leave the country. As a result, the impacts on social, cultural, political, economic, socio-economic, psychological effects and gender consequences have been seen in the country.

About Author

Laxmi Prasad Bastola holds Master's degrees in International Relations and Diplomacy & English Education. Currently he has been teaching International Relations and Diplomacy at Central Department of IR&CAPS. He has more than 10 years' professional experiences on teaching in higher education.

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