

Silent Sufferings of People with Disability (PWD) and the Barriers faced by them in Pokhara Metropolitan City

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Abstract: "Silent Sufferings of People with Disability; Physically Disabled People and the Barriers faced by them in Pokhara Metropolitan City" is mainly focused on the different barriers faced by the physical group of PWD and the impact of barriers in their life. The members from disability organizations of Pokhara Valley; established by PWD themselves were selected for study. The findings are based on the field level investigation, observation and in-depth interviews with the 46 members of PWD of different organizations. Disability prevalence is high in rural areas than in city owing to agricultural and rural lifestyle and youth age is more prone to disability. Most of the people with disability are dependent upon their parents for livelihood. Many of the people with disability leave their study in the middle as the schools are not accessible. They are facing different kind of barriers in their life but these sufferings are silent/unheard. People with disability are mistreated and seen as an object of pity which is attitudinal barrier. People with disability especially wheel chair users find difficult to travel from one place to another as public vehicles do not stop for them where as taxi fare is high. Though the people with disability are provided with disability allowance it is nominal. There are many laws and policies formulated regarding the upliftment of people with disability. But it is only limited in speech of leaders and papers of bureaucracy. The effective implementation of existing laws and policies are still necessary.

Keywords: Disability, people with disability, barriers, impacts, silent sufferings

Introduction

Impairment and disability are fundamental human experiences across cultures, yet disability remains curiously under-studied and under-theorized within anthropology, particularly within physical anthropology and archaeology (Heather, 2011). Disability is a vitally important human experience. A failure to embrace disability as a core concern can only impoverish the discipline, both theoretically and empirically (Gleeson 1999).

Disability is omnipresent, in all nations and all races. It is found not only in human beings but in animals as well. It is either congenital (from birth) or acquired due to

accident or as the result of diseases. It can occur in all age group from infant to old age. In fact disability is a human reality that existed since the human evolution in the earth.

Disability is an umbrella term, covering impairments, activity limitations, and participation restrictions. It is a problem in body function or structure; an activity limitation is a difficulty encountered by an individual in executing a task or action; while a participation restriction is a problem experienced by an individual in involvement in life situations.

People with disabilities have the same health needs as non-disabled people – for

immunization, cancer screening etc. They also may experience a narrower margin of health, both because of poverty and social exclusion, and also because they may be vulnerable to secondary conditions, such as pressure sores or urinary tract infections. Evidence suggests that people with disabilities face barriers in accessing the health and rehabilitation services they need in many settings (WHO, 2015).

Most of the people with disability have low socio-economic status. The community of people with disability has still been marginalized due to lack of awareness and so provoked cooperative thoughts of society towards them. They are still facing prejudice of being disabled. It has been long time; some human rights activists from disability group have begun disability movement for the promotion and protection of human rights of people with disability but the government is still lagging to respond their demands properly. Though there have been slight changes in the perception of people regarding the view of disability yet things are to be changed from individualistic perspective to policy level and proper implementation. The physical and social barriers must be removed completely where abled body people and people with disability gets equal opportunity so that the uplifting of the excluded, marginalized people with disability group would be possible to create barrier free society where everyone can live in peace and harmonious society.

The Problem and Objectives

Population of people with disability is growing rapidly around the globe along with Nepal. It is estimated that over one billion people live with disabilities. This corresponds to about 15% of the world population. About 15 out of every 100 people in the World have a disability. Total population of Nepal in 2001 census

was 22,736,934 where as in 2011 census was 26,494,504 with total disability rate increased from 0.46% (103,795) to 1.94% (513,301). Though the Nepal Government has addressed the policy, assured the rights of people with disability they are limited only in the papers. There is not much monitoring and evaluation of the effective implementation of the policies and rules.

Several organizations; NGOs, I/NGOs, CBR, CBO are working in the disability sector in awareness, empowerment, disability rights, education, training, counseling, rehabilitation etc. but they are only focused only in the initial period. Some provide rehabilitation facilities and where as some trainings. But due to the high competition in the market there are less or no opportunities in the market for people with disability in business or service. Though the media organizations are organizing awareness campaigns still the people with disabilities are mistreated as an object of pity. People with disabilities are hidden as the matter of social prestige by their families. The notion that people with disabilities have equal rights and duty as any other individual, is largely absent from the popular mindset. There is not much academic research conducted in the field of disability especially in least developed countries like Nepal. There is necessity of anthropological study of disability in Nepal and globe. Therefore this research is focused on the various barriers faced by people with disability and the impact of barrier in their socioeconomic relationship. The research has been conducted on the members of the organizations, established by the people with disability themselves in Pokhara valley.

The general objective of this study is to explore sufferings, problems and barriers faced by people with disability and also to find out the impacts of barriers on the socioeconomic, political and educational status of PWD.

Data and Methods

The study site is located in Pokhara metropolitan city of Kaski district where organizations of people with disability are located centrally. With the help of the organization, individual respondent were contacted and research was conducted. Also district major social, economic institutions are located in Pokhara valley it was easier to observe the relationship and the condition. Life in village is difficult, so most of the PWD are living in city areas for treatment as well as employment. Also the major organizations established by PWD are situated in Pokhara Valley.

This study has espoused both exploratory as well as descriptive research design as it has tried to explain the barriers faced by them. This study has been exploratory since it has endeavored to explore the new insights, ideas, knowledge in the disability sector. It has analyzed cause and effect relationship between barriers and socioeconomic relationships. It has also been descriptive because it has described the socioeconomic relationship. Status of people with disability, barriers, discriminations, other problems often faced by them and their daily life chores is described. Their emotional concerns, love, marriage, religious, educational, professional life has also been discussed.

Ethics in this research has been completely maintained. Consent from the participants was taken before hand. They were told about the research purpose and objectives. Their privacy has been maintained throughout the research.

The universe included the total population of people with disability of physical disability group in Pokhara sub-metropolitan city. Central Bureau of Statistics 2011 has shown that there are 9219 PWD in Kaski District. Among the total disability, 3210 are the physical group. Disability Survey Project Report of 2009 has

shown people with disability in Pokhara Sub Metropolitan City is 1354. There is no update of data after the disability survey. There are few organizations functional in the disability sector. In this study the organizations established by the physical group are selected. The organizations namely Independent Living Society Nepal, Creative Disabled Society and Disabled Independent Development Association are selected for the study. Then information was collected from forty six respondents by using snowball and purposive sampling methods for this study.

Both qualitative and quantitative data were collected for this study. Primary source of data were used in the study. Primary data i.e. the first hand data was collected from participant observation, key informant interview, focus group discussion and questionnaire schedule.

The major tools for data collection were semi-structured and unstructured interviews. Semi-structured interview was designed to interview the people with disability respondent to know about the barriers faced by them and their experiences. Similarly, unstructured interviews were developed for the key informant interviews. The tools were developed on the basis of literature review and suggestions of people with disability. Chairperson of the organization and focal person of government office were selected as key informant interview for the data collection. Focus Group discussion was also conducted. Besides researcher himself was present in the data collection so he had an opportunity to engage in the activities of people with disability as participant observation. Also researcher has maintained field notes along with photography.

This study being qualitative in nature, no any quantitative method was used for testing reliability and validity of the data. However, this study has tried to cross-

check the data with various methods of triangulation, observation and cross-questioning. Semi-structured interview was the most important tool of data collection. So, this tool was tested and retested till the researcher was satisfied with its strength. First of all, an hour long focus group discussions were conducted during the occasion of different program organized by organizations. After their feedback and positive comments interview questions were reviewed and modified.

The most difficult and exciting part was the analysis and presentation of both qualitative and quantitative data. Quantitative data, displayed in tables and charts, spoke for themselves. However, the fallacies of these data were immense. In some of the cases, what table spoke and

what researcher observation told were totally different. So, the researcher moved ahead with interpreting and analyzing how these results were right and how they were wrong. In between the interpretation of both types of data, the researcher also checked where these two agreed and where they did not.

Results and Discussion

Disability Type

A disability is a functional limitation or restriction of an individual's ability to perform an activity. There is various kind of disability. Among them the physical group is selected in this research. Different kinds of physical disability group are interviewed in the research which types are illustrated in the Table 1.

Table 1: Sex of the respondent by age

Age Group (Years)	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
11-20	1	2.17	2	4.34	3	6.52
21-30	7	15.21	12	26.08	19	41.30
31-40	6	13.04	5	10.86	11	23.91
41-50	9	19.57	0	0	9	19.57
51-60	3	6.54	0	0	3	6.54
60+	0	0	1	2.17	1	2.17
Total	26	56.55	20	43.45	46	100.0

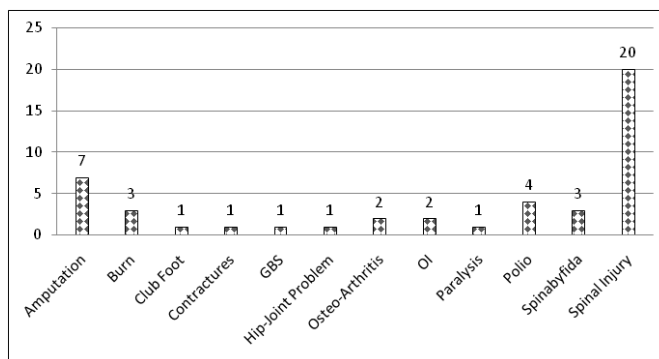


Figure 1: Disability Type

Source : Field Survey, 2018/19

Figure 1 illustrates that there are many categories of physical group as well. In this research majority of the respondent is Spinal Injury which are 20 in number among 46 respondents. Likewise Amputation group are 7 in number with second highest. There are many single respondent of club foot, contractures, GBS, Hip-joint problem, paralysis.

Age and Sex Background of the Respondents

Age category is a culturally defined division based on age used to define the life cycle such as infant, child, teenager, young, adult, elderly where as sex refers to a person’s biological status and typically categorized as male , female or intersex (Henslin, 1996) People of different age groups and sex are interviewed in the research. The Table1.3 shown below illustrates the age and sex category of the respondents in the research.

Table1 indicates that the highest percent of age group is 21-30 with 41.30 percent following by age group 21-30 with 23.91 percent whereas the lowest percent is 2.17 of age group above 60 years. The proportion of male respondents (56.55 %)is higher than female (43.45%) in this study.. This shows that the females are less affiliated to the organizations than males.

Ethnicity

Ethnicity is derived from Greek word “ethnos” meaning “people” or “nation”, these terms refer to people who identify with one another on the basis of common ancestry, language, shared history, and cultural heritage (Henslin, 1998). It applies to cultural characteristics. Disability is omnipresent. It can happen to anyone either to male or female or any ethnic group. The research is conducted to various caste groups which are classified according to their ethnicity which is illustrated in the

table below

Table 2 shows the Brahmin group is higher in number with 43 % in the organization following ethnic groups 35%. Dalit representation or the membership in the organization is less. Only 9% of the total respondents are dalits. No any Madeshis or Muslim background respondent have been found during the research in those organizations. No discrimination based on the ethnicity and caste has been found in the organization during the research period.

Table 2: Ethnicity of the Respondents

Ethnicity	Frequency	Percentage (%)
Ethnic Groups	16	35
Dalits	4	9
Brahmins	20	43
Chhetris	6	13
Total	46	100

Source : Field Survey, 2018/19

Level of Education

Education is vital in 21st century credential society. Besides, education reflects a nation’s economy. Education is extensive in the most industrialized nations. It undergoes vast change in the industrializing Nations and is very spotty in the Least Industrialized Nations. In Nepal the literacy rate is only 65.9%. In this scenario we can imagine the education level of people with disability. People with disability are not been able to go to schools and colleges due to the various barriers faced by them. Though some of them have gone to school they have faced many troubles. The data collected in this research have been segregated on the level of education and presented below in the Table 3.

Table 3: Level of Education of the Respondent

Level of Education	Frequency	Percentage (%)
Illiterate	1	2
Literate	2	4
Primary	5	10
Under Secondary	6	13
Secondary	9	20
+2	14	31
Bachelors	9	20
Total	46	100

Source : Field Survey, 2018/19

Table 3 shows that the largest percent of respondents have studied till +2 that are 14 out of 46. Only 9 out of 46 have attempted to study further. Out of them, 3 have joined the master's level. Though the people with disability have interest in study many have left the education in middle because of the unfriendly disable environment in the school, colleges and poor economic condition of the family.

Marital Status

Marriage is universal. All societies known today have the custom of marriage. Marriage is socially approved sexual and economic union usually between a man and a woman that is presumed to be more or less permanent and that subsumes reciprocal rights and obligations between the two spouses and between the spouses and their children (Ember & Ember 2011). In this research, both the married and unmarried people with disability have been interviewed during the data collection period.

It is found that 26 out of 46 people with disability are married whereas 20 people with disability are unmarried. Marriage is disability is often considered problem but in reality there is not much as the

general people think. There must be slight adjustment for both couple. In this research married percent is more because most of the people got married before they got disability

Disabilities Causes of the Respondents

Disability is present everywhere , in all nations and all races. It is found not in human beings but in animals as well. It can occur in all age group from infant to old age. It is either congenital or acquired due to accident or as a result of disease. The Table below shows the different causes of the disabilities of the respondents of Pokhara Valley.

Table 4: Disabilities causes of the Respondents

Causes	Frequency	Percentage (%)
Accident by falling	15	33
Vehicle Accident	8	17
Conflict	1	2
Fire	4	9
Medical	9	20
Natural Disaster	2	4
Congenital	7	15
Total	46	100

Source : Field Survey 2018/19

Accident by falling

Table 4 has indicated that 33 percent of the people with disability are the migrants of Pokhara valley. They have migrated to Pokhara Valley from surrounding villages and adjoining districts. Most of the people with disability are from the remote villages. We all are aware that the Nepal is an agricultural country. Most of people in villages keep animals like cows, buffaloes, oxen, goats. Some free the animals to graze

while some keep in shed feeding them. People have to go to jungle and cut green grasses and fodders for animals. Many people fall in accident while cutting the grass from trees. Their spinal cord is injured and hence they get disability. It is most common causes of disability in villages. In this research, respondent got disability falling from tree while cutting grass for animals.

Nepal is a mountainous country and geographic terrain is rough. Still many places are not joined with motor able roads. People have to walk in slippery and narrow path in the hills of the remote villages. Animals and humans have to pass through the same path. The same cliff becomes the death point or turning point of human life. They fall from the cliff. In this research there are 6 respondents who fell from the cliff and injured their spinal cord.

Similarly, in the city area also people working in the electric/telephone/cable pole, painting in multi storied buildings are most prone to get spinal cord injury by falling from the height. In this research only one case is found falling from the electric pole due to current.

Accident by vehicle

Transportation has become easier and faster due to the motor able road ways and vehicles. But due to the poor condition of road and negligence of driver there are many accidents. As a result of which some people loss their life where as some people get disability. 17% (8 out of 46) of the respondent got disability due to the vehicle accident. Most of them fell in bus accident. Some of them were hit by jeeps in the road.

Congenital

Disability is present in some by birth. Congenital anomalies cannot be linked to specific causes. Some known various causes or risk factors are malnutrition,

infection, genetic factors, environmental factor like pesticides, radiations, high dose medicines during pregnancy etc. There are 7 respondents (15%) who were born with disability in this research.

Conflict

People with disability are disproportionately affected by conflicts and it can result in increased numbers of disabilities. Conflict can be between brothers, two gangs, or the state and the rebellions. We have experienced 10 years civil war led by the Communist Party of Nepal Maoist. There is no clear record of people with disability as a result of 10 years' war. Luckily one of the respondent got disability as a result of conflict between state and the People's Liberation Army. .

Fire

Fire is also one of the major causes of physical disability. Family of people with low and middle income and rural environment are most prone to get accident due to fire. As their source of energy is firewood. 4 respondents who took part in this research were caught with fire in their childhood. But the severity of impact in them is less than other physical disability group.

Natural Disasters

Natural disasters like flood, landslides, and earthquakes also disproportionately affect the life people with disability and these disasters can also led to increased number of disabilities. The earthquake that hit Nepal on 25th April 2015 killed 8,000 people and injured more than 22,000 people. There is no any clear data how many of the injured people got disability from earthquake. Here in Pokhara 2 respondents were found to be victim of earthquake and got injured due to it.

Medical

Disability can happen due to medical causes

as well. Medical terminology used in this research means in the sense of bio medicine, diseases, immune system, and vaccination. 9 out of 46 people got disability due to medical causes. Out of 9 one respondent got disability due to the low body immune due to which he is not able to any work. Another, one respondent also got disability due to infection on spinal cord. Likewise 4 respondents got disability in child due to lack of polio vaccination and 2 of the respondents got disability due to cold as a

result of which they became the victim of arthritis. One of the respondents had to cut her leg due to sugar.

Respondent's Age at Disability

Disability can happen to anybody. People of all ages whether a newly born baby, child, teenager, youth, adult or elderly can get disability. The figure 2 shows the age when respondent of Pokhara valley got disability who took part in the research.

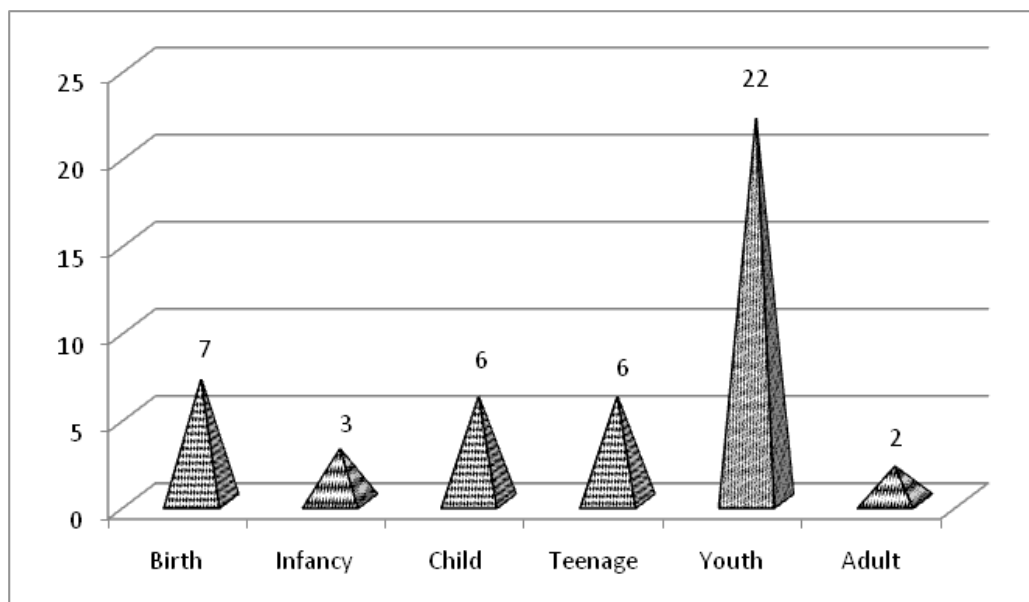


Figure 2: Age when Respondents got Disability

Source : Field Survey, 2018/ 2019

The above chart clearly illustrates that most of the respondent (22) got disability at their youth stage. The respondent's ages were in between 18-40 years in this youth category. There were 6 people with disability who got disability in teenager. Teenager's ages varied from 10-16 years in the research where as children ages were ranging from 2 to 10 years. There were the same number people with disability who got disability at their child stage. There were 7 respondents

who got disability by birth whereas 3 of them got disability in their infancy. Infancy period when they got disability was in between 45 days to 15 month. There are 2 respondents who got disability at their adulthood in their fifties.

Life Styles of people with disability

Life style is a manner of living that reflects the person's values and attitudes. Life style in this study includes, place they live in, how they live, things they own, the kind of job they do, the activities they enjoy. People migrate in search of better opportunities from village to town. Some migrate on their

own will whereas some have compulsion because of their situation. People with disability face many difficulties and barriers in the village so they have to migrate to the city either for treatment or easy transportation. 85 % are the migrants to Pokhara Valley from adjoining villages and cities. Life of people with disability is very hard in the remote part and villages as well. So they have to migrate to easy places like cities or valley where there is easy access to treatment to other facilities. The research shows that the disability is occurred more in villages than the towns. Natives have their own house to live in whereas migrants are living in rent or hostel.

Assistive Device for Mobility (things they own)

Assistive device means the equipment used by people with disability for the movement from one place to another like wheel chairs, canes, crutches, stick, prosthetic devices,

artificial body parts etc. Assistive devices are their two legs or hands for their work. Wheel chair, crutches are the two legs for the people with disability under physical group. Assistive device makes their life easier. Without the support of it they cannot move from one place to another or could not do any work.

Figure 3 describes that most of the people with disability (26) who took part in this research used wheel chair as an assistive device. Eight of the users use crutches as an assistive device. 3 of them used prosthetic devices where 2 used artificial legs where as one used one artificial leg. There is single respondent who used walker and cane respectively. There are 7 respondents who didn't use any assistive devices. The seven respondents who didn't use any device for mobility are the people with very less impact of disability in their body. There are 16 people with disability who owns scooter as a means of transportation.

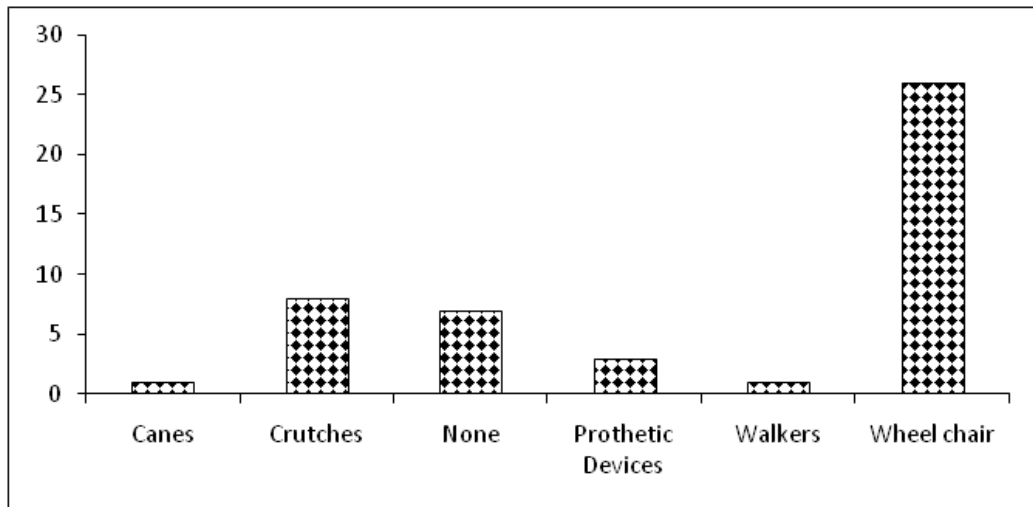


Figure 3: Assistive Device used for Mobility

Source: Field Work, 2018/ 2019

Occupational Background

No bread is free. A person has to do something for his survival in this earth. Otherwise he/she must be born with a

golden spoon in his mouth. The collected data is categorized on the basis of the occupation of people with disability which is illustrated in the Figure below.

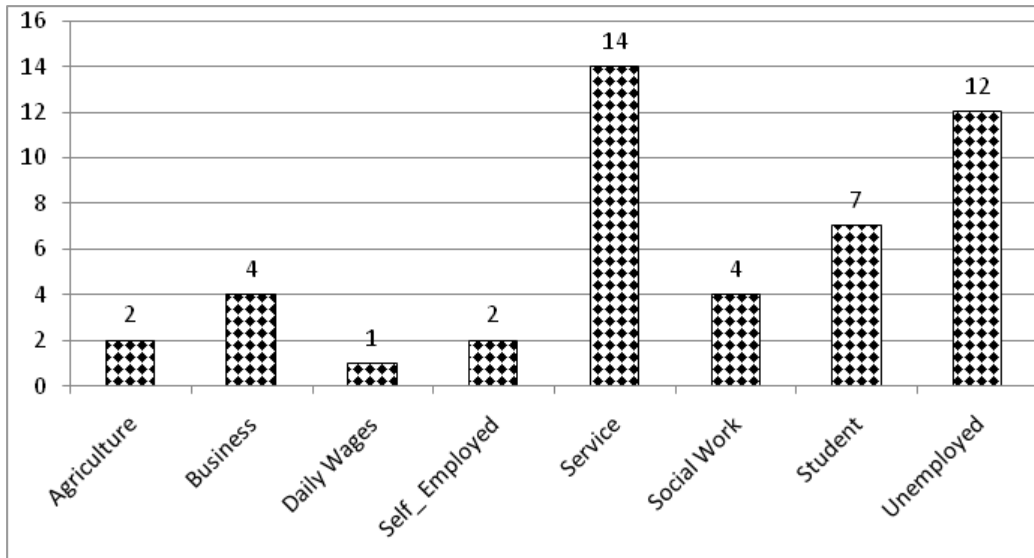


Figure 4: Occupational Backgrounds of the Respondents

Source : Field Survey, 2018/ 2019

Figure 4 clearly presents that most of the respondent are unemployed. 19 respondents including 7 students are jobless. They have to depend on their family for the livelihood. One of the respondents is found asking for help in front of the Pokhara mall in Prithvichowk, Pokhara. Only few of them possess the personal property or cash in hand. Most of their life is under poverty line. People with disability who have managed their life with pension, rented their house and job holders are found to be engaged more on social work.

Silent Sufferings of people with disability; Barriers Faced by them

Man is born free but everywhere he is in chain. People with disability face different barriers in the course of life. Nepali society still views disability as a penance to the sins committed in previous births. They have been excluded everywhere from decision making role to inclusive participant. The different barriers faced are the silent sufferings of them. Though government has made some policies regarding the

disability they are not implemented properly. Disable Friendly Environment is the common term we often hear or read in the news seldom. This research has tried to simplify it according to the experience of people with disability. Total 46 people with disability were asked about the different barriers faced them in their daily lives and summarized.

Physical or Architectural Barriers:

Architectural or physical barriers are elements of buildings or outdoor spaces that create barriers (obstacles) to persons with disabilities. These barriers relate to elements such as the design of a building's stairs or doorways, the layout of rooms, or the width of halls and sidewalks etc. All the people with disability respondents were asked about the physical barriers faced by them and summarized as mentioned here.

Steps: The main barriers or obstacles faced by the people with disability especially physical groups in the governmental office, public places or in their home are the steps. The steps in the entrance of buildings,

stairways, toilets create trouble for people with disability for easy access. The steps should be modified into ramps and the lift must be installed in buildings above one story building.

Narrow Door: The width of door also creates obstacles for people with disability especially wheel chair users. The width of wheel chair and the width of door in most cases doors of toilet do not match. Often width of toilet and bathroom door is kept narrow so the wheel chair is not accessible inside. The width of the door must be kept width than the wheel chairs width.

Less Space in Toilet and Bathroom: Generally the space in toilet and bathroom is kept less. The space there is regarded as the waste of land and building area. It is also one of the most barriers faced by their group. Wheelchairs are their legs for movement; they have to take the wheel chair inside. So there must be sufficient space for the movement of wheel chair.

Toilet Commode: The normal pan is difficult for people with disability to use. The level of floor and the pan is same it is difficult for people with disability to make position or sit there. It will be easier if there is commode in the toilet. They can shift from wheel chair to commode to excrete in the toilet. As most of the public places such as departmental stores, school, hospitals, bank etc. don't have commode in the toilet it has become difficult for people with disability to refresh from emergency break. Besides toilet commode the toilet door are also barriers. They are too narrow for wheel chairs. They have to control their urine and stool while going out from home. There is another problem aroused while controlling the urine and stool. Therefore the toilet is another problem people with disability often face in life.

Room Appliances are at Height: We often keep the room appliances at our easy access height. Example the kitchen almirah are at upper parts, dining table set, electric switch, door locks & handle, cupboards, almirah, kitchen table are usually at height. As people with disability position is sitting position on wheel chair their height will be less for reaching those room appliances. Besides house room appliances the counter in the public spheres like bank, hospital, telecom office, electricity etc. are also at height.

Slippery Tiles: Tiles are easy to clean so people often use it in the floor. Public places like departmental stores, hospitals are using tiles. Able person also often slip there whereas people with disability using crutches, canes, walkers are at high risk to slips there. They fear often so feel like not going there often though they have will to go.

Attitudinal Barriers: Attitudinal barriers are behaviors, perceptions and assumptions that discriminate against persons with disabilities. These barriers often emerge from a lack of understanding, which can lead people to ignore, to judge, or have misconceptions about a person with a disability. The different attitudinal barriers faced by the people with disability are synthesized in the bullets below

- People often treat people with disability as a subject of pity.
- People with disability cannot do anything in life.
- People with disability are the extra burden to the family and country.
- People with disability often face a verbal abuse from friends, family and society.
- People with disability are physically bullied.
- People do not believe in capacity of people with disability. They regard them

- as inferior.
- People with disability are often stared in the market.
 - People with disability are often avoided by family, friends.
 - Traditional people often regard disability (people with disability) as a bad sign when seen at starting of any occasions or good works.
 - People with disability often face rude behaviors from staffs of public, private and government offices.
 - People have narrow understanding of people with disability
 - People have false conceptions that people with disability come always for donation or begging.
 - People with disability are the result of sin of previous life.
 - People with disability if married also their child will not be born. If born also they will have child like them.
 - people with disability are regarded as an object of horror so didn't let to walk from the road
 - People often criticize people with disability going to parlor, restaurants, party, drinking alcohol.
 - People with disability are always interfered in their decisions.
 - People feel strange about disability.
 - People tease or stared whenever people with disability walked in couples or go somewhere.

Informational /Communicational Barriers
Information or communications barriers occur when sensory disabilities, such as hearing, seeing or learning disabilities, have not been considered. These barriers relate to both the sending and receiving of information. Though physical disability is not directly affected by their sensory but due to the physical barriers, they are lagging behind in the area of information and communication. Though many people with disability have wished to share their

life stories and experiences they don't get the platform. They have tried to visit many FM studios but all have gone in vein because all the studies are in top floor.

Technological Barriers: Technology barriers occur when a device or technological platform is not accessible to its intended audience and cannot be used with an assistive device. Technology can enhance the user experience, but it can also create unintentional barriers for some users. The major technological barriers faced by the people with disability are as follows:

- Hard to adjust scooter to 4 wheelers scooter in Nepal, have to import from India.
- No wheel chairs are manufactures in Nepal. Have to import from abroad and have to depend upon donors for sponsorship. There is no servicing facility for wheel chairs. Have to wait for long time of some parts are to be repaired or change.

Organizational Barriers: Organizational or systemic barriers are policies, procedures or practices that unfairly discriminate and can prevent individuals from participating fully in a situation. Organizational or systemic barriers are often put into place unintentionally. Most of the respondents have not visited the organizations. They are only limited to their houses and near surroundings.

In this research some of the organizational barriers faced by people with disability are highlighted below.

- People with disability have no experience or less experience about the priority in job or services in private firms or government. People with disability capacity are often doubted.
- People with disability have better experience of visiting the government

and private offices. They always think people with disability visit office to ask for help or donation but they never think they also go with a purpose of work.

Besides these barriers people with disability often face major problems i.e. barriers in transportation. As public buses feel difficult to stop for people with disability on the way, they have to travel through taxi. It is costly to travel in taxi. Also the movement in road is unsafe as there is no sufficient space in footpath for wheel chairs. The conditions of roads are also not good. Not all the road is black topped. So it is becoming difficult of people with disability to walk to bulky and gravel roads. Likewise geographical barriers are also obstacles faced by them.

Along with the different barriers faced by them, all the respondents were also asked about what should be done to reduce or eliminate those barriers. The responses of the people with disability are highlighted as follows:

- Strong implementation of existing laws, rules and regulations regarding disabilities.
- Advocacy and lobby about disability rights.
- Awareness campaign about disability to the general public.
- Existence of stable and strong government system in the country.
- Empowerment of people with disability.
- Accessibility of people with disability in all sectors.
- Prioritization to people with disability in services and facilities.
- People with disability representation in decision making role.
- Disable friendly environment in all sectors.
- Economic uplift of people with disability.

Impact of Barriers in Life

Society still holds biased stereotypes toward people with disability. The social model

of disability indicates that the problem is with society's attitude towards people with disability and not with the people with disability. There are increased efforts to ensure that people with disability can easily access education, employment and social amenities. But still there are many barriers faced by them. Their life is affected by the barriers. All the respondents were asked about the impact of barriers in their life. The findings collected are synchronized as follows:

- They have only the limited number of choices. They don't have multiple choices to select in their life.
- They could not acquire the higher education or continue the further studies due to the barriers faced while acquiring the education.
- They are not able to go to the place of their interest. Public buses do not stop for them and taxis are expensive. They are not able to wheel far away or walk in crutches for longer distances. They are often limited to their near surroundings.
- They do not have their personal choices. Most of their choices have influence of their guardians as they are economically dependent upon their parents.
- They face much difficulty in acquiring the governmental and non-governmental facilities due to the physical and attitudinal barriers. Service providers do not pay much attention to them or are serious about them.
- Though are some opportunities for them in the National and International arenas, they are not being able to achieve it due to different barriers faced by them.
- Their life is most prone to threat from health point of view to economic point. They face difficulty to find job easily. They are the most vulnerable group.
- There are many hindrances in easy access of services and facilities also.
- There even face difficulty to carry out

- regular activities also due to the barriers.
- They often need to ask for favor or need help of others in their life to execute their regular life.
- They have become stronger due to the barriers faced by them. They are reenergized to carry out the campaign for barrier free and inclusive society.

Conclusion

It is clear that disability is congenital or acquired due to accident or as a result of disease. It can occur in all age group from infant to an old age. Disability prevalence rate is increasing. This may be because there is rise in population ageing, rapid spread of chronic diseases, accidents as well as improvements in the methodologies used to measure disability. Most of the physical group are disabled due to spinal cord injury resulted from accident. Besides injury amputation due to accident or fire also causes physical disability.

We cannot stop or check and balance the disability. No one knows when and how disability occurs. We can at least be aware and sensitive about disability issues. There are various barriers faced by people with disability in our society. People with disability are also part of society, they have equal rights and duties like non-disabled is absent from the popular mindset of the people. They are still seen as a subject of pity. Though people with disability with profound and severe impact of disability are provided with disability allowance, the amount is very low for them. Most of the PDW even do not know about the disability rights, issues and allowance as well.

Though there are rules and regulation though few drafted for people with disability they are not implemented properly. Still school, colleges, governmental offices are not disable friendly though few have made accessible gate way and door for people with disability also. Disability prevalence

rate is higher in rural areas than the city.

The theoretical perspective i.e. social model of disability justifies this study. People with disability often encounter economic, environmental and cultural barriers. Governmental, nongovernmental institutions, civil societies even our society have failed to accommodate their individual and collective needs. Voices of people with disability are increasing in order to generate policies and practices to create barrier free inclusive society. The main problem associated with the independent living concept/ philosophy in Nepal is the economic dependency on parents.

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