

Unpaid care work and Gross Domestic Product

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Unpaid care works

Every living being and every single creature since the time of birth till death require care. Care work include assistance done by one individual for another like looking after the children, elderly and differently able, cooking food, washing dishes, and other cleaning activities, services like providing education, health care and psycho counseling, beautifying and entertainment related work are unpaid care work. These activities play an important role for reproduction, functioning and development of human life and also very significant for the formation of physical, social and humanitarian capital. In this article, general understanding about unpaid care work, feminist and economical point of view, what is the need and how to calculate and measure this kind of work, what are the consequences if these kinds of works are not measured; the challenges in measurement and mitigating policies have been suggested.

Unpaid care works that are very important in human life are generally done within the household as well as outside the household. Since division of unpaid care works between men and women is done in an unequal manner (Fera and others, 2014) it is believed that it is women's responsibility to accomplish all unpaid care work in all geographical sectors, economic and social sector. Similarly, women, men and third gender also work outside the house or in market like hotel, restaurants, shops, health and educational institutions or in somebody else's house for which they take wage, salary or goods as payment. In order to improve relationship or management within a community, sometimes for the sake of neighbors, relatives or at times of natural disasters these kinds of works are done willingly and voluntarily in any part of the world. Therefore, it is said that encouragement and feelings play an important role in these kinds of works rather than wage or a salary.

Therefore in this article, general understanding on unpaid care work, economist and feminist point of view related to unpaid care work, International Labor Organization and United Nations definition of unpaid care work in accounting system (1993) and new regulation for GDP, its calculation and evaluation according to which Nepal's national census and labor surveys are being conducted and its definition of productive and unproductive works, why is it necessary to calculate and evaluate, how to do the calculation and evaluation, what are the effects if these works are not calculated and problems that arise while carrying out calculation and evaluation – all these aspects have been analyzed with some policy level suggestions.

Social reproductive works or work that produces service by one member of a family to others in a family like looking after and taking care of children, elderly, differently able or even of a capable family member, household works such as- cooking food, washing clothes and dishes, cleaning the house, tutoring the children, drop and pick-up from school, paying the bills of telephone, drinking water and electricity –all these works fall under the category of unpaid care

work which saves expenditure and increases income in a family. (Acharya, 2014). Apart from these works many have included works like collection of fuel and water and community works that are done voluntarily also in the category of unpaid care work. (Singh 2016, Fera and others, 2014, Action Aid, 2013 and Rajbhandari, 2008). Generally the common people have similar perception.

In this context, Dr. Meena Acharya writes, *generally unpaid care work means all those works that are not paid. But according to National Accounting System and feminist point of view any work that creates service that cannot be sold or purchased and are not incorporated in GDP and not calculated in the national income are unpaid care works.* (Acharya, 2014)

Dr. Acharya further states, *this definition is not service special but is based on whether that service has been sold or purchased in the market and has ultimately reached up to the consumers. Care and maintenance is a separate activity within economic activities says Amartya Sen.* (Sen 2013). Hammelwet talking about its specialties writes,

- *Care and maintenance is based on development.*
- *This cannot be separated as a good from an individual or cannot be separated.*
- *For this, responsibilities and means are necessary which is unequally divided in a society*
- *Individual and social values have their effect on the view point of service provider and receiver and also to the method of service provider.*

Giving more clarity to this, Dr. Acharya writes, (Acharya, 2014)

In easy terms method of production of goods and its consumption are different like production of a shoe and its use but method of production of service and consumption is same. Like taking bath and bathing others, putting oil on someone and asking someone to put oil –method is same. There are no goods involved in both methods.

In this context feminist economist Margaret Reid (1934 through Kabir, 2012) says that *ideologically any work done by others but is not done by an individual who gets the benefit (like cooking food) can be considered as producer economically but work of eating food is not economic work.*

Naila Kabir ((2012) further writes *women involved in unpaid care works reproduce labor force on daily basis and help in capital formation of a country. Any country that does not pay proper attention to social security provisions or reduce them gets compensated by unpaid care work. Therefore, it is said that nature of unpaid care work done by women determines how much time she has for paid works and the types of work.* (Kabir, 2012)

According to Human Development Report (2009 via Sen, 2013) not only education, health, per capita income, cleanliness, but even care and maintenance has an important role to play in

human welfare and development. The habit of eating food on time, wearing clean clothes, living in a clean environment and being taken care of at time of illness actually increases capacity of a family and helps in creating new opportunities. However, these works need continuous attention, sufficient time, skills, patience and experience and therefore these works are physically and mentally tough. Sometimes these works are done due to love and affection and other times due to family responsibility or coercion. Socialization and rearing of women and children showcase bigger role in beholding these responsibilities.

Economical and Feminist point of view on unpaid care work

Mainstream economists have not been found commenting that much on unpaid care work and roles of women. However, feminist writers while analyzing women's role have mentioned some of their thoughts which shows that concepts of mainstream economists are narrow.

An example

Traditionally, economic system has two sector models; one is house, family which is also called consumption sector where we can find women and children. The other sector is market sector which is also called production sector where we can find men. General ideology of economics says work of men is to produce and bring his earnings whereas work of women is to consume or to spend the earnings. A family's collective use reaches to the maximum if both men and women play their part. Therefore, salary of men must be sufficient to sustain the livelihood of his family and women's responsibility lies on nurturing her children and play her part in reproduction for the welfare of the society. (Adam Smith through Kenchaigol 2012)

This is a traditional concept of economics and is based on capitalist and patriarchal concept. But even if we take this as a basis, in order to maximize the collective use of household and a family, the role played by women in nurturing her children must be honored, recognized and valued. But economics is silent on this issue. Any work that cannot be sold or purchased in the market, and works done by women and children inside the household is considered as non-economic and unproductive by economy.

Similarly, another example from Kenchaigol

The place where women have to constantly live is not her office but her house. Women's responsibility is helping husband and children and devoting her full time to husband (men-labor force) and children (labor force for future and service provider) to create human capital. If women participate in labor market, she will neglect her responsibilities of building her house and increasing the capacities and characters of her children. (Pujol, 1992)¹

¹ Pujol 1992 cited by (IAFFE2013-102) The effects of gender bias on neo-classical economic theory and analysis. <https://editorialexpress.com/cgi-bin/conference/download.cgi?db.....>

According to mainstream economists, works done by women in her household and family like *development of labor force of men, increasing the capacity and enhancing the character of her children* –contributions of women are neglected by market economy and considers them as dependent based on patriarchal concept. Women economists (Kenchairol, 2012 and Sen, 2013) say that there is an unequal distribution of resources and means between family members like property, time, wisdom, technology, information, etc and which in turn makes women and children direct victims (poverty, illiteracy, ignorance, financial crisis etc).

Marxist feminist say that domestic work is an organ of feudal domestic production system which can be found in capitalist economy which allows men to have feudal powers to use women's work (Ferguson 2016). According to Marxist Feminist, Capitalism and Patriarchal system both are mediums of exploitation. Capitalists outside their house exploit the labors by giving low wage and they do not invest to form their humanitarian capital, similarly in a house that is driven by patriarchal ideology, women's labor is exploited inside a house or in reproduction sector for the benefit of oneself. Division of productive and reproductive works between men and women based on gender creates unequal forced relationship say some women rights activists and these days they have started raising their voice in favor of salary or wage for domestic works (*For please refer article of Professor Dr. Mira Mishra in this book*).

GDP, Economic Works and Women

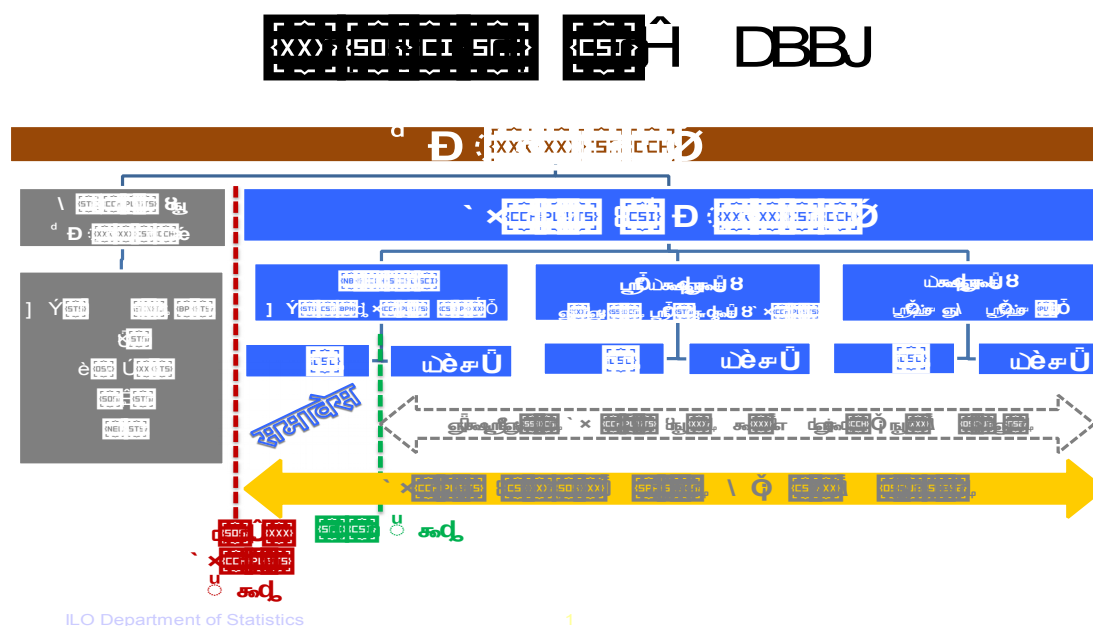
GDP or let's say while calculating economic works in Nepal's context from the time of Nepal's national census in 2001 (2058) till redefinition done by International Labor Organization and United Nations national accounting system 1993 provisioned that prior to calculation works done during one week at least one hour must be devoted to economic works like agricultural or non-agricultural goods if it is taken to the market or wage and salary given for producing goods for extended works (firewood, drinking water, collection of herbal products, food processing and maintenance etc) and people involved in such economic activities are regarded as labor force.²

In this context Dr. Acharya writes (2014:123) till 1968 primary agricultural products such as paddy, wheat, milk, meat etc that could be sold in the market were only calculated in GDP production. Following repeatedly raised questions on unclear definition of national production since 1970, United Nations formulated a new regulation in 1993 regarding calculation of national income in GDP production. According to which wherever the goods may be produced, all produced goods (firewood, water, collection of herbal products, food processing, maintenance etc) and those goods when sold and purchased the service related with it comes under GDP production.

The national census carried out in Nepal in 2011 (2068) was based on United Nations regulations on GDP production. According to information provided by representative of National Statistics Department Mr. Ana Raj Tiwari during the national conference on unpaid care work organized by Asmita Women's Publishing House, Media & Resource Organization (ASMITA) and Action

Aid Nepal in 2017 currently third calculation of labor force survey is being carried out in Nepal in which productive and unproductive works are being defined according to United Nations regulations on GDP production formally which is as follows: (Picture no. 1)

(Needed to be translated in English)



Source: International Labor Organization, United Nations 2008 through Government of Nepal, Central Statistics Department

According to the above picture (picture 1), any activities that an individual can do for his own self like –eat, sleep, read, bath, beg, entertain, play, travel etc excepting these all kinds of other goods and activities that produce service, whether it is for sale in the market or for household consumption or for the provision of voluntary or community service are meant as productive activities. Works that are done for one self only are unproductive activities.

Relating to this Dr. Acharya (2014: 123) writes: *The new regulation 2008 has categorized productive works under GDP record (SNA activities) and for the time being not under GDA record (Non SNA activities).*

According to this, under productive activities market oriented (organized and disorganized) and non-market oriented (governmental and non-profit making) production of all kinds of goods and service including goods that are produced in the household for household consumption come under GDP record (SNA activities). Similarly, service production for household works such as tutoring the children, paying the fee of electricity, water and telephone, attending and taking care of children, elderly, sick and guests and community works without pay which are not related to

the market come under activities that are not recorded in GDP (Non-SNA activities). (Antonopolas 2009). Though a member of a family that produces service for household provision or is involved in voluntarism or community service is called productive, the works done by him cannot be called as an economic activity and therefore contributions and service production works done by such person cannot be included in national production or national economy. According to the last Census report of 2011, out of 6,802,882 manpower involved in unpaid care work, a total of 82.7% are women (Page 173).

Unpaid care works if done within the household or for the household it is called domestic work and individual involved in such works are called inactive economically. Such persons are neither paid nor are they recognized. There is no limit to how many hours they work and social security rules are also not applied. But if the same work is done by other individual, such individual has to be paid and they are recognized as domestic labor. Works or service produced by such individual is termed as economical and are recorded in GDP. In many cases, women while doing one work do other works that are of similar nature as carrying baby at the back and cooking, washing dishes, washing clothes, cleaning the house, tutoring other children etc. Domestic work that require time, labor skills and attention and when such works are not evaluated economically, works done by women remain invisible in the household and society. These domestic works have to be done on daily basis and repeatedly which leads women to a situation where she has very little time left to be involved in direct income generating works or to look after her own health and treatment or to enhance and develop her own capacities. Due to these factors, women have multi-dimensional workload at one hand and on the other they are forced to be dependent economically and intellectually. These works are rarely found to be discussed in public discussions and debate, policy formulation and economic analysis.

Importance of calculation of unpaid care work

Every individual has a right to live secured and a good life. Constitution of Nepal 2072 (2016) has guaranteed rights of equality, right to justice, right against discrimination and exploitation, right to employment and labor, right of children and women under fundamental rights. Similarly, it has also provided various other rights to preserve, protect, strengthen and develop those rights. Part 4 of Constitution mentions about State's Directive Principles, Social Justice and Policy relating to inclusion, No. 4 mentions about giving economic value to those works and contributions related to looking after the children and family. Similarly, Government of Nepal in order to abolish all kinds of discrimination against women and children and to ensure their rights and duties have signed various international conventions and expressed its commitment to implement the same. Among them, Elimination of all kinds of discrimination against women 1979 (signed by Nepal on 1991), Beijing Declaration and Work Plan 1995, Millennium Development Goal 2000 and its continued form which is Sustainable Development Goals 2016-2030 have been announced and are being implemented. The Fourth World Women Conference held in Beijing 1995 announced unpaid care works without pay as unpaid service and portrayed it as the main reason for gender inequality. Goal no. 5 of Sustainable Development Goal aims to

strengthen all women and children and maintain gender balance (Government of Nepal, National Planning Commission, 2015). The 5th indicator of 4th goal aims to identify and evaluate unpaid care work in public services through infrastructures and social security and also by encouraging for collective responsibility. Since Government of Nepal is a party to various international conventions on rights of women it has to ensure that unpaid care works without pay is identified and evaluated. By doing so, developmental process will get inclusion which will help in achieving sustainable development goal.

In developing countries, unpaid care work is done by women and children. In rural sector and particularly in families with nominal income, if women and children do not engage themselves in household works like cutting grass, bringing fire woods, collecting water, cooking food, other family members especially men will not get time to involve themselves in market works or direct economic activities. Therefore, if these kinds of activities are calculated and evaluated it will give a collective understanding on the contribution of men and women in human welfare and development. It will also serve as a basis to understand the correct recognition, reduction and redistribution in these kinds of works (Sen, 2013).

Labor Act (Government of Nepal, 1992) says that any individual working in formal sectors has to work for 8 hours and not more than 48 hours a week and if the individual is needed to work more than that (not more than 4 hours), such an individual needs to be paid one and half more than general pay and will be provided with one day weekly leave (Government of Nepal, 2017)³. Similarly, half an hour leave for snacks break looking at the nature of work, fixing nominal salary, and fixing of other services and benefits are also mentioned in the Labor Act. But in unpaid care works, there are no statistics that show how many hours of work women have to do daily or on during festivals. Therefore today's main issue is to calculate, honor and identify unpaid care work and enforce the provisions of social security and establish equal participation by redistributing such works in equal and even manner.

In this context Dr. Sen says, *"Due to unequal distribution of work in unpaid care work, prestige and honor of service provider which is women is devaluated and they are pushed more towards poverty. As a result they are deprived from exercising various rights such as education, health, participation, social security in equal manner. Therefore, this is an issue related to Human Rights"*.

Traditional ideology of economics does not recognize house as productivity sector, it recognizes only the market as productivity sector. Feminists regard house as productivity sector as capital formation is done from the house in physical ways as well as non-physical ways which helps in forming economic and social capital for future (Miranda, 2011). Therefore, unpaid care work at household should be recognized and evaluated in a just manner and in order to showcase the contribution of women in Gross Development Product, calculation of their work is utmost necessary.

It is necessary to establish a truth that women who remain in their house doing unlimited works in continued manner are not dependent on others but they are also producers. If there is a change in understanding, it will help in capital formation (education, health, hygiene, food etc) by a large chunk that has long remain as unpaid.

The economic and social policy of a nation determines increase as well as decrease of workload for women in unpaid care work. For example towards the end of 1980s United States of America adopted a policy economic liberalization and structural reforms. As a result, states started cutting down on expenses on orphanages and hospitals and other areas of social security which led to a situation that domestic work load of women increased. (Antonopolus, 2009 and Acharya, 2014). Similarly if the state takes over the responsibility of looking after the children, orphanage, and physically and mentally retarded people including disabled ones, it will lessen domestic work load of women and will help women in spending their time in getting paid works according to their capabilities. Likewise, when they have an earning, they will be able to put their point of view within their family and it will also develop a capacity within them to decide to save their earning, which unfortunately women that are involved in unpaid care work do not enjoy. Therefore, recognition, calculation and evaluation of unpaid care work for women are also an issue of strengthening women economically. (Gale, F, and others, 2014)

In Nepalese context, various indicators have shown that economic, social, political awareness of women have grown in considerable manner (ASMITA, 2014, Government of Nepal 2017). However, some indicators show that there is an uneven power of balance between men and women and unequal distribution of resources, means, time, wisdom and opportunities accordingly. For example Table no. 1

Table no. 1

S.No.	Indicators	Women	Men	Source
1	Average workload (Hour)	9.5	8.2	Nepal Labor Force Survey 2008,
2	Literary percentage (above six years)	57.4	75.1	Central Bureau of Statistics 2009, via Dr. Meena Acharya, 2014: 136

3	Women's ownership over property House-Land	10.7 19.7	Government of Nepal, Central Bureau of Statistics 2011,
4	Wage-Women/Men proportionate	0.62	Government of Nepal,2017 A
5	Share of women in earned income	0.73	Sahabhagi and others, 2015: 122
6	Female representation in Civil Service	17	Government of Nepal, Central Bureau of Statistics 2016: 228
7	Child marriage (percentage)	29	Government of Nepal, Central Bureau of Statistics 2016: 228
8	Mortality rate (per lakh born alive)	258	Government of Nepal, Central Bureau of Statistics 2017: 32
9	Child mortality rate (per thousand born alive)	38	Government of Nepal, 2017:32
10	Gender based violence (percentage)	26	Government of Nepal, 2016: 228

Due to economic scarcity, inflation in daily consumer goods (average 9.9 2015/2016, Nepal), growing effect of world economy, growing migration of men (more than 1500 men go for foreign recruitment on daily basis-Government of Nepal, Fiscal Year 2016/2017), urbanization, narrowing of lands for production, expensive education and health service has forced women to work on agricultural sector or some other economic works. On one hand involvement of women in agriculture sector is growing (in 2001, almost 73% women and 60% men were involved in agriculture sector whereas in 2011, almost 77% women and 55% men were involved in agriculture sector-participants and others 2015) and at the other hand due to various struggles of women, access of Nepali women in politics, public service and

other symbolic roles are gradually increasing. But studies on how women are able to play multiple roles have not been carried out. In this situation, women have no alternative than to reduce their time to sleep or rest. In that case, is it true what the feminists have been saying that women are very flexible with their time? We have a total time of 24 hours. How long can we stretch? Due to this factor women (Government of Nepal, 2008) are forced to go through human poverty as well as time poverty (Action Aid, 2013) and they are not in a position to reap adequate benefit and income through their own entrepreneurship (Sahavagi and others, 2015).

These entire things have direct effect on women's physical and mental health.² (4) A study carried out by The Guardian newspaper of United States of America, Europe, Australia and other developed countries in 2013 showed that women have mental problems 40% more than men. When women have mental problems in countries where there are no problems of food, nutrition, health treatment etc, we can easily imagine that women in least developed countries like ours do have mental problems. Therefore, in order to identify these problems and to look for assuring alternative for solution, works done by women has to be calculated and evaluated.

Measurement and calculation of unpaid care works

There is no certain system developed to measure or calculate unpaid care work (Sen, 2013). Nevertheless, the one that is more in practice and used in Nepal's context too is **Time Use Method**.

1. Calculation on the basis of Time Use Method

Calculation or measurement on the basis of time is quantitative system according to which an individual takes out the average of his activities in 24 hours (or in one week). He does so by making notes of his activities and takes out the average time by measuring time that he spends on each of his activities on daily or weekly basis. The regulation on Gross Development Project of United Nations 1993 and the new regulation of 2008 have divided daily activities of a person in 24 hours into 4 parts. (Acharya, 2014)

1. Production of goods and service for market
2. Production of goods and service for non-market (Works done by governmental and non-profit making agencies) goods produced for domestic use, food processing, collection of firewood, water and herbal products
3. Production of service for domestic use
4. An individual who does service for himself and other activities

² <https://www.theguardian.com/society/2013/may/22/women-men-mental-illness-study>

Among above mentioned activities, the third one production of service for domestic use falls under **unpaid care work** and therefore how much of time men/women spend on each activities can be noted down and the time spent on each activity can be calculated. For example:

Table no. 2 **Method of calculating domestic and paid work**

S.No	Daily Activities	Total Time Spent (in minutes)			Remarks
		Women herself	Male friend	Other family member	
1	Cooking Food				
2	Washing Clothes				
3	Washing Dishes				
4	Looking after children				
5	Looking after elderly/disabled				
6	Paying the bills of electricity/ drinking water/telephone				
7	Others				
	Daily total time (in minutes)				
	Daily Average time (in minutes)				
	Daily Average time				

	(in Hours				
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Evaluation of unpaid care work pay

Dr. Acharya writes on unpaid care works without pay (2014): *Evaluation will be done but on what rate or price?* **5** According to current economy, market evaluates women's labor in lesser terms. Economy based on capitalism recognizes exchange, it does not recognize utility rate. We are devaluating women's labor by evaluating utility rate. (United Nations 2003 via Sen, 2013).

In these context feminist economists (Sen, 2013 and Elen, 2004) have brought forward two systems which are as follows:

Means system (input method)

Production system (output method)

1. Means system

According to this system, wage/salary of a person is calculated by fixing a suitable wage/salary for the time she has spent on unpaid care work. While fixing the rate **opportunity/chance rate or market (service) displacement rate** can be used. (European Parliament 2009 through Sen 2013)

a. Opportunity/Chance rate system

If an individual, instead of going to market to work decides to spend some or all of the time in unpaid care work at his own home, in that case such an individual is liable to get the same amount of money under opportunity/chance rate system that the individual would get working in the market. For example- if a woman who is a legal expert charge 2,000 for her legal advice and she has to look after her elderly mother 2 hours daily in that case she has to forget about 4,000 rupees daily. This same amount that she has to forget is her opportunity/chance rate. What amount of money a person has to sacrifice by indulging in domestic works that is unpaid depends on his/her academic qualification, capacity, age, experiences etc. Opportunity/chance rate can differ as per qualification and capacity of men/women while using this system in similar kind of domestic work. Similarly, this system has its own value (Sen, 2013) as there are opportunities of employment for all in the market and he/she gets salaries/wages as per his qualification and capacities, not on the basis of works that he has got in the market. Evaluation of domestic works through this system is difficult in least developed countries like Nepal where there aren't adequate job opportunities or even if there are they are not accessible.

b. Market (service) displacement rate system

This displacement rate system raises a question mark- *how much do you have to pay to displace a housewife from her work or what amount of money do you have to pay if you hire someone else to perform the domestic works that she was performing?* (Ellen, 2004). In this system, one has to go to the market to find out how much a domestic worker is paid on daily or monthly basis in order to evaluate the domestic works. Generally, two mediums are adopted while evaluating through this system.

- On the basis of general or average salary/wage and
- On the basis of expertise or special skills

According to Dr. Acharya (2014) and Sen United Nations (2003) through Sen (2013)-In general terms, evaluation of works done by women becomes less when we evaluate her works through average salary/wage system. This saying can be proved through personal analysis and supervision. For example- A woman doing domestic works (washing dishes, cleaning house and sometimes washing clothes) for 2-3 hours daily, for a family in Kathmandu is given 4,000 rupees generally. Taking this amount into account, if we calculate her works for a whole day (average 8 hours), she needs to be paid 10,000 rupees. The amount may be good in Nepal's context but if we look at effects of world trade, internal price level and urbanization etc, the amount of 10,000 actually becomes less. Moreover, the exchange rate becomes even less when compared to that of used price.

Similarly, evaluation of domestic work on the basis of expertise or special skills is done when one is paid for providing expert service. For example-salary/wage paid for works relating to taking of children, elderly and sick people or works relating done by mid-wife to lactating mothers and their children. One another example would be –Generally in Kathmandu these days' demands of women who can cook food for others during religious rituals, festivals, wedding ceremony or on special occasions etc is growing. Generally women performing these kind of works are paid 1,000-15,00 rupees a day with a new set of clothes. It hasn't been learnt whether any studies have been undertaken for this kind of works but works done on the basis of expertise or special skills can be an alternative for evaluation of domestic works. However, this service has its own limitations and weaknesses (Ellen, 2004). For example-this kind of service may not have regular demand as it is based on the theory of necessity or even if there is a demand, everyone may not have their capacity to buy. This kind of service providers will be very busy during festival, wedding seasons, etc but rest of the time they will be without any work. Therefore, evaluation of domestic works on the basis of this system may not be factual. The salary/wage that they get can also differ from place to place due to various sectors, community, geography and economic conditions.

Most important thing is that Nepali women despite spending their time in household works and looking after their children, elderly and sick people, also involve themselves in festivals, and

other special occasions day and night. Therefore, in terms of social and gender justice, it is important to evaluate the works done by women and link it with total national income.

Barring things mentioned above, studies have been carried out and unpaid works have been evaluated on how an unskilled labor (daily or on hourly basis) gets paid according to government rate under market displacement rate system. (Tamang, Sharmila, Sen, 2015/2016-Tamang, 2015 on a thesis for Masters degree and Rajbhandari, Menuka, 2008). In this context, Dr. Acharya says that the statistics derived from this kind of evaluation is determined by the labor rate. Similarly, the statistics derived has to match the theory of national income.

2. Production System

Under this system, focus is not on who performed what service or work, but what services were produced by performing such works and only those services are to be evaluated for national income. For example-evaluation of each work produced is done separately like how many types of food is being cooked daily or how many children or elderly were looked after etc. Following this, calculations are done as to what amount had to be paid to get those services in the market. Now the actual rate of the product can be gained by deducting the used rate of the capital and means from the actual amount. This method is also called Value Added System.

c. Value Added system

The rate of works done while performing unpaid care works without pay, rate paid while purchasing such service in the market, expenditure while making the same at house. For example (Acharya 2009)

Table 3

S.No	Activities	Essential things	Weight and Rate (per unit)	General Market Rate	Value Added
To cook food for five people					
1	Morning Tea	Milk, Tea, Sugar etc.	Rs. 75. Generally	Per cup Rs. 20 = Rs. 100	Rs. 100- Rs. 75= Rs 25
	Lunch	Rice, Lentils, Vegetable, Cooking	Rice-1Kg:	Per Plate	Rs. 750-

		Oil, Salt, Spices etc.	Rs 80. Lentil: Rs 40, Vegetable, Cooking oil, spice: Rs 160	Rs. 150= Rs. 750	Rs. 280= Rs. 470
	Snacks (Day)	Vegetable, Bitten Rice, Curd etc.	Generally Rs. 210	Per Plate Rs. 80=Rs. 400	Rs. 400- Rs. 210= Rs. 190
	Dinner	Plain Roti, Vegetable or Rice, Lentil, Vegetable	Generally Rs. 300	Per Plate Rs. 130= Rs. 650	Rs. 650- Rs. 300= Rs. 350
To wash clothes for five people					
2	Things that are ready	Soap, Surf, water (daily)	Generally Rs. 65	Market rate for the same Rs. 250	Rs. 250- Rs. 105= Rs. 145
	Utensils and other goods	On the basis of use (daily)	Generally Rs. 40		
Total			Rs. 970/-	Rs. 2150/-	Rs. 1180/-

According to Table no. 3, if value added calculation is to be done by taking the works of washing clothes and washing dishes for five people the total sum for one day comes to Rs. 1180. Similarly, if the sum for one day is to be calculated it comes to $\text{Rs. } 1180 \div 24$ which is 49.17. If women wash clothes and dishes for five people spending two and half hours daily, the value added rate for such work is 49.17×2.5 which is Rs. 122.9. In the same way, for a month it is $\text{Rs. } 122.9 \times 30$ which comes as Rs. 3687.75 and for a year it is $\text{Rs. } 3687.75 \times 12 = \text{Rs. } 44,253$.

Things to be remembered under this system are that price of service and goods are not same even within a state or a province. Moreover, price and rates of goods are different in restaurants, hotels and big hotels even if they are located at the same place or locality. Therefore, it becomes

difficult to determine a certain price while evaluating the Value Added rate. In this context, sayings of Dr. Acharya during her class for masters degree on gender studies is important-price and rates of goods of several places of a state (or province) can be taken to bring out an average which can serve as a symbolic rate. However, the foods that we eat at home are in a readymade state therefore we can take out the Value Added rate but how can one take out Value Added rate for works such as cleaning the house, looking after the children and elderly and paying the bills of telephone, electricity and drinking water. It becomes difficult to determine which means and its usage; however, despite of problems in between, the system as a whole cannot be ignored. Therefore, weaknesses and problems of each evaluation system should be left out and an appropriate system should be selected. If necessary, multi-system can also be used. By adopting these systems, though may not help in improving economic status of a Nepali woman and her family but it will certainly help in establishing economic identity of a Nepali woman.

Unpaid care work and its effects on the status of women

Generally women spend 1-10 times more than men in unpaid care works without pay (Gale and others, 2014). Policy makers think that women have natural capacity to provide service (Antonopolas 2008 and Action Aid, 2013) whereas everyone has humanitarian specialties such as love, affection, serving nature, feeling to help and care and a sense of responsibility. How one takes this and how one expresses this depends on society and its evolvement. Social division of these kind of humanitarian specialties of doing domestic works that also includes taking care of children, elderly and sick people leads women to social and mental pressures. Due to these factors, lot of working women, intellect and women having leadership capabilities are forced to live a dual life as well as they have fallen prey to a feeling of complex. It is said (Gale and others, 2014) that it has direct effects on women's labor participation rate, wage and salary, quality of work, decision making capacity etc.

Women involved in unpaid care work, and especially for a poor women is like imposing "time tax" which limits her social and economic activities in a clear way. State or its economic system in a broader way gets indirect benefit out of this. Antonopolas further says "*By not including and showing indifferent attitude to include such works under economic activities is undermining women's contribution towards economic activities. This creates unequal balance of power between men and women or individual or public sector in a society*".

Dr. Acharya in her various articles has given examples how Nepali women that are involved in unpaid care work have not been able to take special advantage through policies and programs that is meant to strengthen women (Acharya, 2014). For example-Productivity loan program targeting women of urban areas during 1980s and programs on deposit, loan and income generation operated by non-governmental organizations under women development program were not successful. Though these programs were successful in social transformation, it increased workload, time and poverty of women. (Acharya, 2014 and Bhadra, 2007)

Women are forced to learn and perform domestic works at any cost which puts a brake on their education especially at higher level (only 31% in bachelors or above in 2011-Acharya Meena, 2014:139). Studies have shown that these kinds of works have maximum impact on women's health (Government of Nepal 2017). Nepal's report on sustainable development goal 2017 reveals that 31% of women that are of reproductive age have anemia/blood loss which in 2011 was found in 35% women. Children born from mothers who have anemia/blood loss will naturally carry the same disease. 53% children in Nepal are suffering from anemia/blood loss due to various reasons. A study carried out by Bijayata Das in 2014 disclosed that *more than 10 lakhs young women in Nepal are suffering from uterus prolapsed (Das, 2014)*. She further writes that *uterus prolapse is a cause of increasing work load and discard*. These statistics show that the results of service oriented domestic works for women which seems to be her birth right is alarming. On one hand this is taking women to a vicious cycle of poverty, ignorance, disease, dependence etc and at the same time it is also pushing women towards human poverty or in a multi-dimensional poverty.

In order to get out from continued work load, economic scarcity, tiredness and domestic violence, women are found to choose unsafe destination for employment through informal ways. The grief, sorrows and pains instead of decreasing, is more on such places. Therefore it is important to solve these problems by reaching to the root cause. Some policy level suggestions have been given below.

Conclusion and policy level suggestions

Government of Nepal in recent years and in accordance with United Nations regulations on Gross Domestic Product 1993 and 2008 has defined goods and service production in a broader sense. Similarly, by defining unpaid care work as productive work it has shown improvement. However, a big chunk of economic activities has remained isolated and invisible as these works have not been evaluated and linked with GDP. A big part of women involved in these kinds of works are forced to have an identity of dependence. The effects of these kinds of works have already been discussed above. The evaluation and calculation systems have also been discussed. In the context of labor survey, it is necessary to collect factual details and data of time spent by men, women and third genders in domestic and unpaid care works. It is necessary for Central Statistics Department to take an initiative on this regard with the help of other stakeholders and experts.

It is also necessary for Central Statistics Department in coordination with other authorities to collect factual data and other details by selecting an appropriate system/model or if necessary multi-system/model. In order to make these kinds of work visible and also to show the involvement of people in these kinds of work especially women in national economy, studies on statistics of Total Domestic Product similar to what Dr. Meena Acharya in 1995 had done with

the help of United Nations Women Development Research and Training Center is necessary. By doing so we will not only get to learn about the exact statistics of production in GDP but we will also know about actual contribution and factual picture of people involved in this sector. Only in that case, we can discuss debate and plead on this issue nationally and in international level.

There has been a huge development in the field of information and communication in Nepal. However, students, common people, house wives and others are still unaware about issues that have direct link with their daily lives, policies and programs of the government, its amendments and reforms. Therefore it is important for Central Bureau of Statistics, Ministry of Finance and other subordinate bodies to draw the attention of all by publicizing its gender sensitive economic policies and programs through various possible media outlets. Discussions and interactions in school level, university level and community level can be held on the achievements, training programs for students can be done where the students can be asked to submit reports on their findings. The sole aim of all these attempts and efforts should be to re define the gender division, identity, re division and participation of men in domestic and unpaid care works without pay.

Unpaid care work that holds social and economic importance, and though these works are devaluated as there is no salary/wage, these activities are very important to lead and develop human life. The invisibility and non-recognition of these works leads not only men but also women to think that she is not a house wife or she works at her home. She does not regard the works that she does worthy of being called a work and she does not pay proper attention to her eating habits and her own health. Some women have been heard of saying, “though I bore the burnt and led a painful life, I will not force my children (especially daughters) to work like I did”. But it is important for everyone to have these special skills can help a person to become self-reliant. Especially in situations where a family cannot sustain only through the earning of men, and in least developed countries like Nepal where there are no alternatives when one cannot find readymade food in the market, it becomes all the more necessary and important that children learn how to cook food and stay clean. Therefore every parent and every teacher to their children and to their students respectively must help in developing a feeling that “I am capable of doing my own work, and I am not working for others, but for myself”.

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