

Exploring The Causes Of Married Women Social Exclusion And Its Impact Upon Family Development In The Rural Areas Of Faisalabad Central Punjab, Pakistan

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ABSTRACT

The family is the smallest unit of a society and, therefore, critical to its development and maintenance. Pakistani society is mainly based on patriarchal system. Fathers and men in families represent one of the most important resources for family well-being especially in those societies where women are excluded and marginalized in the decision-making process at all levels. Women are the most underprivileged segment of Pakistani society, and the life of a rural woman is the most vulnerable as compared to the rest of the women in the country. This research was carried out in rural regions of Pakistan's Central Punjab province, in the district of Faisalabad. Both qualitative and quantitative approaches were used for data collection. Five point likert scale was used to collect the data related to married women exclusion and impact on family development variables. The data was collected from 550 married women in rural setting of Faisalabad, central Punjab. For qualitative analysis, 11 Focus group discussion were carried out to get in-depth information. A univariate, bivariate and multivariate linear regression model was designed to observe the causality of the association between the variables. The descriptive analysis reveals that social exclusion of women is widespread in rural areas. Rural women are the most vulnerable to social isolation, which has a negative impact on their family and social development. Some women were receiving the good cooperation of their husbands in daily affairs but were excluded from family, property and land affairs. This scenario requires rapid intervention based on well-conceived public policy, which promote the wider participation of women in socio-economic and political spheres through positive efforts so that they can contribute to the development process. Women had access to resources, but they had no control over them. Pakistan can no longer afford to have half of its population socially and economically excluded.

Keywords: Family Development, Women Exclusion, Deprivation, Rural Areas.

Introduction

The family is the basic social institution of society. All human communities contain a

number of important institutions. Nevertheless, the relative importance of these institutions varies from society to society. Every member society is aware of and actively participating in fulfilling

the necessary responsibilities for that society, and the family is easily identifiable (Mark & Pike, 2017). A family is an association of at least two people of different sexes who are often expected to form a bond, have children, and establish a family (Dayoung & Kogan, 2020). Another description: "A family is a group of individuals who are connected by birth, marriage, or adoption, as well as by the sharing of a home or by close emotional ties". Families can be made up of people who identify as members of the same ancestry, tribe, or clan" (Enrique, 2007). Family is the smallest unit of a society and, as such, is essential to its development and maintenance. The four biggest obstacles to starting a family are selecting a mate, marital relationship, raising children and reproduction (Crapo & Bradford, 2020). The family development theory is a technique for examining how families interact and work over time. Studying family relations involves taking both an internal perspective, which emphasizes the role of women in the family and the relationships among family members, and an external perspective, which emphasizes the links within the societal framework in which the family exists. Essentially, this theoretical approach examines the significant life-cycles of adjustment that each family member goes through as well as the significant occasions that have an impact on the family as a whole (Crapo & Bradford, 2020). The family's universal function is to meet requirements that are shared by all people, including marital satisfaction, strong social support, reproduction, financial security, cultural identity, child rearing, and education. Human societies must provide for members' biological and social reproduction if they are to survive and thrive (Irum, 2017). The family serves basic social tasks in most societies. It governs sexual conduct in two ways. First, it specifies who is allowed to have sexual contact with whom. Humans have self-regulate by developing social conventions that govern sexual partnership.

Second, the family is in charge of reproduction, and the rules, values, and beliefs that govern family life have a big impact on how many children are born (Abbasi & AlGhamdi, 2017). There are four major issues in the development of a family: mate selection, spousal relationships, parenting, and change (Enrique et al., 2007). The patriarchal structure is the basic foundation of Pakistani society. One of the most vital resources for family well-being is fathers and men in families, particularly in countries where women are excluded and marginalized from all levels of decision-making. In Pakistan, women make up the majority of the poor population, and rural women's lives are the most vulnerable when compared to urban women (Sanchita, 2014). There is a major difference in the status of women across classes, districts, and urban/rural divisions because of socio-economic development and the effect of capitalist, feudal, and tribal social development on women's lives (ICRW, 2019). "Social exclusion" has gradually taken over from relations like poverty and deprivation as a term for unfolding social division. Social exclusion is the result of long-life practices of uncertainty that demoralize the capability of women, especially rural women in Pakistan (Peter & Ndegwah, 2015; Huma, 2017). The concept of social exclusion is seen as covering a remarkably wide range of social, economic and health problems among women which effects their own and family life (Sen 2000, 2007). Social exclusion creates a sense of powerlessness, hopelessness and depression that further diminish the possibilities of inclusion in society (Shirindi, et al., 2015). The presence of married women social exclusion and its impact upon family is dramatically a concern in today's era among women especially living in rural area. Women in Pakistan live in a world ruled by strict religious, familial, and tribal norms which are major cause of exclusion. On a regular basis, they face discernment, marginalization, and violence. Being excluded from the mainstream life of

society and treated as less than equal leads to poorer health and greater risk of untimely death (Ayesha, 2014). In practically every facet of life, women in Pakistan face exclusion, discrimination, and injustice, which has an impact on their family and social lives (WTP, 2010). Women's participation in household activities, family raising, marital stability, and providing social and emotional support to family are all regarded crucial for the welfare and integrity of the family institution at the micro level. Women's participation in social, political, and economic activities outside the house is a critical factor for nation growth and development at the macro level (Siraj & Zafar, 2017). In Pakistan, women are often excluded from society's mainstream. Women now have access to resources, but often lack control over them, which is a major issue addressed in this study (Bukhari, 2018). Women's poor participation has been blamed on a variety of factors. Women are frequently viewed as homemakers, with their roles limited to household tasks, and they are sometimes confined to their houses in the sake of family honor and respect (Anwar, 2011). Women's underdevelopment is also evident in their low levels of education and health, as well as their high rates of fertility and mortality, as well as their lack of or limited access to key services (Zarar, 2017; Saeed et al., 2018). Women in Pakistan, without a question, hold a prominent position in their families, but how much independence and freedom do they have in making decisions about their own life and defining their own goals? Moreover, women status is uneven across different classes and regions. In Pakistan family development is very sensitive questions especially with respect of martial relationship and reproduction due to cultural and religious values. Majority of people is not discuss such issues and women sufferer whole life due to social norms (Mahwish et al, 2019). Given the context of this study, it is assumed that family development in terms of

marital relations, child bearing, and reproductive health is a sensitive issue, and patriarchal systems tend to show rigidity while expressing tolerance for women's autonomy, as this autonomy is thought to be detrimental to society's social structure, particularly the family system. Family is regarded as the foundation of society, and it is widely assumed that its integrity can be preserved through uneven power relations between men and women. Women's less favourable position in the economic and decision-making spheres, along with their restricted mobility to access and no control on recourses (Mohammad & Khan, 2008; Raazia & Ibrar, 2015; Noor, 2017).

Research Objectives

The aim of this study to explore the causes of women's social exclusion and its impact on family Development in rural areas of Faisalabad central Punjab, Pakistan

Theoretical Framework

The issue of social exclusion in the context of poverty, unemployment, and inequality was examined in this study using the feminist theory. Feminist ideas that focus on the experiences of women have made social exclusion their main point of argument (Goldenberg, 2007). In essence, social exclusion captures aspects of unfairness and disadvantages that have long presented a challenge to the practice of social sciences. Poverty has demonstrated and will continue to demonstrate that feminism is very much a feminist concern. Women who experience exclusion and its effects on family development as a result of inequality, have poor decision-making skills when it comes to employment, and are illiterate. They are still locked in poverty and have no power. According to feminists, the 'feminization of poverty' is also a result of women's vulnerability as a result of patriarchal and gender-biased concerns, which have an impact on rural women's and families'

health (Cliffs, 2013). Diana Pearce (1978) first used the phrase "feminization of poverty" in her research paper. This idea is a result of gender bias and capability deprivation that exist in both cultures and governments, in addition to the lack of wealth. The lack of options and chances, including the inability to live a long, healthy life and benefit from fundamental rights like freedom, respect, and dignity, is another effect. The feminization of poverty illustrates the idea of social exclusion of women from work and welfare (Broza-Grabowska, 2011).

Significance of the Study

Although social exclusion has a late arrival in the academic literature, so does women's exclusion. As it received its first treatment in French and European societies, societies like ours are still far behind in taking up the issue of women's exclusion seriously. They are the most underrepresented section of Pakistani society and are denied access to basic necessities. They are witnessing exclusion at the individual, familial, and societal levels. This study will be conducted to expose those causes and factors of exclusion and make a valuable contribution to the role of the men in women's exclusion and family development in Pakistan. Finally, the study will focus on the measures to combat women's exclusion in Pakistani society. This study will be useful for planners and policymakers, besides arousing some sort of consciousness about women's exclusion among the women participants, and will help to develop a discourse among the contemporary. Also, the study will highlight how the patriarchy system has served the interests of men at the cost of women. To put it simply, it can be deduced that how the inclusion of men leads to the exclusion of women in the

rural settings of Pakistani society which effects family development, particularly when it comes to decision making related to family issues.

Research Methodology

The current study used both quantitative and qualitative methodology to investigate the causes and factors of women social exclusion and its impact upon family development in rural areas of Faisalabad region located in central Punjab, Pakistan. The sample was selected by using multistage random sampling technique. In district Faisalabad, four tehsils were selected through random sampling method. In next stage of sampling, three rural union councils were selected from Tehsil Saddar Faisalabad, Jaranwala, and Tandanwala while, two union councils were selected from Tehsil Samundari. In next stage, two rural villages were selected from each selected union councils. At the last stage, 25 married women were selected randomly from each unit. One respondent (married women) was selected from every household. The sampling units were chosen randomly at all stages. The data was collected 550 randomly selected married women excluded divorced and widows to meet the minimum requirements of 10 percent representation of the sample. The data was collected with the help of interview schedule constructed of five point likert scale ranging from 1 to 5. The data was collected during the second wave of covid-19 during the month of March 2020 to April 2021. Quantitative data was evaluated using a social science statistical software (SPSS). For qualitative 11 FGDs were conducted.

Results & Discussion via Mixed Methods

Table 1: Respondents participation of Exclusion in daily family activities

Daily routine life	Extent of participation										M	S.D.	Rank
	Not at all		To some extent		To a small extent		To be a moderate extent		To a great extent				
	f	%	f	%	f	%	f	%	F	%			
Manage household budget	15	2.7	38	6.9	371	67.5	115	20.9	11	2.0	3.13	.67	4
Cooking	40	7.3	32	5.8	32	5.8	117	21.3	329	59.8	4.21	1.22	1
Cleaning	47	8.5	40	7.3	76	13.8	155	28.2	232	42.2	3.88	1.26	2
Supervision of household	46	8.4	87	15.8	110	20.0	292	53.1	15	2.7	3.26	1.03	3
Shopping of household things	53	9.6	155	28.2	293	53.3	42	7.6	7	1.3	2.63	.81	8
Access to cash	38	6.9	169	30.7	284	51.6	51	9.3	8	1.5	2.68	.79	6
Taking decision related your children education (n = 522)*	47	9.0	123	23.6	306	58.6	17	3.3	29	5.6	2.73	.88	5
Children Marriages (n = 522)*	70	13.4	112	21.5	289	55.4	42	8.0	9	1.7	2.63	.87	9
Family planning	100	18.2	105	19.1	281	51.1	54	9.8	10	1.8	2.58	.95	10
In-laws/ relatives	119	21.6	73	13.3	261	47.5	61	11.1	36	6.5	2.68	1.12	7

* 28 respondents never having any child

Source: Author Calculation

Table 1 specifies that a large proportion of the study population participated independently in cooking. Mean value of this activity is 4.21 with

standard deviation is 1.22. Mean value of this activity show that women's responses fell in between the 'to be a moderate extent' and 'to a

great extent' categories but were more tending toward 'to be a moderate extent' category. However, cleaning (3.88 ± 1.26) was ranked as 2nd. Mean value of this activity was also around four. Nevertheless, supervision of household (3.26 ± 1.03) and manage household budget ($3.13 \pm .67$) were ranked as 3rd to 4th, respectively. While, taking decision related to their children education ($2.73 \pm .88$), access to cash ($2.68 \pm .79$), In-laws/ relatives (2.68 ± 1.12), shopping of household things ($2.63 \pm .81$), children marriages ($2.63 \pm .87$) and family planning ($2.58 \pm .95$) were ranked as 5th to 10th, respectively. So, majority of the sampled women had participation in cooking, cleaning, supervision of household and manage household budget. Therefore, they had meager participation in family planning, decision about children marriage and shopping of household things. The FDGs results were also consistent with the survey results as women participants narrated: A woman said I had control over daily activities, but when the time came for major decisions like child marriages, land and other major decisions, my husband did not even discuss these matters at home; they went outside with their own siblings and took decisions. My daughter's age is 13. My husband let me a few days before her marriage.

Another woman said her husband would not allow her to go outside. They bring all kinds of things for me and my family. I am excluded from all matters, even what I cook today. After 5 years of marriage, I have never bought clothes of my own choice. My mother-in-law and husband bought them for me.

This finding is consistent with some previous studies such as Bakhsh (2017) Pakistan

has been declared the world's second-worst nation in terms of women's exclusion and gender inequality, especially in rural areas where women are treated as slaves, according to a report. They must clearly follow their wives, fathers, and brothers. They don't have a choice over themselves because they are thought to be dumb. Women's prime duty is domestic work (labor), such as cleaning homes, caring and rearing children, washing, cooking, and various other forms of work. However, the existing societal framework or process does not compensate for this human labor. Since society's social, cultural, and moral values are organized in such a way that women are free to work. The findings show that women who are older and have been married for longer are 5-0 to 8.0 times more likely to make household decisions than women who are younger and have been married for less time. In the early years of marriage, women faced exclusion in all family matters and were less involved in the decision-making process (Naushin, 2002: Rehan, & Qayyum, 2017: Dandona et al., 2015) another study results inline that 67% of Punjabi women are not motivated to engage in decisions about children's marriages and education but take decisions related to household duties aligns with the findings of a study conducted in rural Punjab, Another study (Saira et al., 2005: Awan, 2016; Adeel et al., 2017) concluded that nearly 76% of Pakistani women are trapped in a vicious cycle of patriarchal norms because they lack the freedom to make decisions about their lives, including marriage, divorce, childbearing, health, mobility, inheritance property, education, and career.

Table 2: Respondents concerning to their thinking about main root cause of social Exclusion

n = 550

	Response	M	S.D.	Rank
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Causes of women exclusion	Not at all		To some extent		To a small extent		To be a moderate extent		To a great extent				
	F	%	f	%	f	%	f	%	f	%			
Norms	24	4.4	35	6.4	71	12.9	67	12.2	353	64.2	4.25	1.16	1
Education	22	4.0	28	5.1	107	19.5	178	32.4	215	39.1	3.97	1.07	3
chronic disease	22	4.0	45	8.2	67	12.2	355	64.5	61	11.1	3.71	.91	5
Disability	46	8.4	70	12.7	116	21.1	268	48.7	50	9.1	3.37	1.08	8
Inadequate resources	76	13.8	92	16.7	281	51.1	30	5.5	71	12.9	2.87	1.13	16
Ignorance	60	10.9	110	20.0	254	46.2	93	16.9	33	6.0	2.87	1.01	17
Domestic violence	63	11.5	83	15.1	283	51.5	43	7.8	78	14.2	2.98	1.12	14
Discouragement from women	43	7.8	85	15.5	341	62.0	53	9.6	28	5.1	2.89	.86	15
Strenuous family responsibilities	23	4.2	94	17.1	163	29.6	258	46.9	12	2.2	3.26	.91	12
Insufficient leadership	18	3.3	99	18.0	156	28.4	262	47.6	15	2.7	3.29	.90	11
Dowry	32	5.8	92	16.7	167	30.4	235	42.7	24	4.4	3.23	.97	13
Poverty	36	6.5	21	3.8	58	10.5	162	29.5	273	49.6	4.12	1.15	2
Being infertile	97	17.6	29	5.3	107	19.5	223	40.5	112	20.4	3.51	1.19	7
Early age marriages	86	15.6	73	13.3	139	25.3	76	13.8	176	32.0	3.33	1.39	10
Son preference	14	2.5	84	15.3	146	26.5	32	5.8	274	49.8	3.85	1.25	4
Status as parent	27	4.9	118	21.5	114	20.7	101	18.4	190	34.5	3.56	1.29	6
Sexual harassment	25	4.5	114	20.7	111	20.2	248	45.1	52	9.5	3.34	1.05	9
Color and race	221	40.2	122	22.2	85	15.5	64	11.6	58	10.5	2.30	1.06	18

Source: Author Calculation

Above table 2 represents the respondents' thinking about main root cause of social exclusion. It was observed that norms (4.25 ± 1.16) and poverty (4.12 ± 1.15) were the main root cause of women's social exclusion. Mean values of responses about these root causes fell between 'To be a moderate extent' and 'to a great extent' categories, but more tending towards to 'To be a moderate extent'. However, lack of education (3.97 ± 1.07), son preference (3.85 ± 1.25), chronic disease ($3.71 \pm .91$), status as

parent (3.56 ± 1.29) and being infertile (3.51 ± 1.19) were ranked as 3rd to 7th, respectively. Mean values of these root causes fell between 'To a small extent' and 'To be a moderate extent' categories, but more tending towards 'To be a moderate extent' category. With respect to qualitative part following inferences can be drawn: A women said in FDGs, in 8 years of marriage, I have had no children. My husband is supportive, but my in-laws and relatives tease me all the time. My mother-in-law does not give

me permission to attend any relatives' ceremonies and treats me at home as a servant. Because I have no children.

My husband and sister-in-law are educated and I am not. I excluded all the major decisions. Education is an important factor in involving women in the mainstream.

Therefore, Disability (3.37 ± 1.08), sexual harassment (3.34 ± 1.05), early age marriages (3.33 ± 1.39), insufficient leadership (3.29 ± 0.90), strenuous family responsibilities (3.26 ± 0.91) and dowry (3.23 ± 0.97) were ranked as 8th to 13th, respectively. Mean values of these root causes fell between 'To a small extent' and 'To be a moderate extent' categories, but more tending towards 'To a small extent' category.

A women Said in FGDs, I am excluded just because I am disabled. I perform all of the tasks and domestic responsibilities, but still people say I am a poor woman. My in-laws always tease me and say it's your good luck that you are married to our son. No one accepts you as a wife. Even though my husband does nothing, I earn money and run my house.

Another woman said I reaped before marriage. My in-laws and husband know this at the time of marriage. But after marriage, I listened to abusive language and learned to control myself. Sometimes when my sister-in-law fights with me, she says, "Who is the father of

your children?" I faced discrimination in all matters of daily life. While, Domestic violence (2.98 ± 1.12), Discouragement from women (2.89 ± 0.86), inadequate resources (2.87 ± 1.13) and Ignorance (2.87 ± 1.01) were ranked as 14th to 17th. Mean values of these root causes fell between 'To some extent' and 'To a small extent' categories, but more tending towards 'To a small extent' category. However, Color and race (2.30 ± 1.06) were ranked as lowest as 18th. Some previous studies provide supports to this study, WHO (2019) around the world, women are systematically barred from social, economic, and political life. Female social exclusion begins at a young age and is most visible during life transitions such as puberty and marriage. The patriarchal structure of Pakistani society is one of the major causes of social exclusion. 70% of women are excluded due to such a structure. Women's poor health, early age marriages, infertility, and son preference are also products of their lower social, economic, and cultural status. Males and females have varied access to health care due to social and familial control over sexuality, economic dependence on men, and mobility limits. Intra household prejudice in food distribution causes nutritional deficits in female children. Women's poor mental and physical health, as well as chronic disease, reduce their productivity and come at a substantial social and economic cost to society (WB, 2011: Anwaar, Chaudhry and Ambreen, 2012: Tabreek, 2017: Saba, 2018).

Table 3: Effects of Exclusion on Women's Life

n = 550

Effects on women life	Extent of exclusion effects										M	S.D.	Rank
	Not at all		To some extent		To a small extent		To be a moderate extent		To a great extent				
	f	%	f	%	f	%	f	%	f	%			
Lack of social engagements	28	5.1	85	15.5	112	20.4	101	18.4	224	40.7	3.74	1.22	4

Avoidance of performance	52	9.5	30	5.5	126	22.9	339	61.6	3	0.5	3.38	.77	8
Delayed completion of tasks	53	9.6	35	6.4	152	27.6	240	43.6	70	12.7	3.43	.95	7
Low quality performance	44	8.0	27	4.9	248	45.1	21	3.8	210	38.2	3.59	1.15	6
Mental Health	41	7.5	33	6.0	210	38.2	30	5.5	236	42.9	3.70	1.20	5
Lack of political engagement	20	3.6	29	5.3	190	34.5	99	18.0	212	38.5	3.83	1.11	1
Lack of religious fairs and festivals	28	5.1	30	5.5	179	32.5	100	18.2	213	38.7	3.80	1.16	2
Reproductive health	37	6.7	38	6.9	164	29.8	96	17.5	215	39.1	3.75	1.23	3

Source: Author Calculation

Table 3 represents the respondents' thinking about exclusion effects on women's life. Study findings declared that 'lack of political engagement' was the main exclusion effects with mean value 3.83 and standard deviation 1.11. However, Lack of religious fairs and festivals (3.80 ± 1.16), reproductive health (3.75 ± 1.23), lack of social engagements (3.74 ± 1.22), mental Health (3.70 ± 1.20) and low-quality performance (3.59 ± 1.15) were ranked as 2nd to 6th, respectively. Mean values of all above discussed exclusion effects show that women's responses fell in between the 'to a small extent' and 'to be a moderate extent' categories but were more tending toward 'to be a moderate extent' category. While, delayed completion of tasks ($3.43 \pm .95$) and avoidance of performance ($3.38 \pm .77$) were ranked as lowest i.e. 7th to 8th, respectively. Mean values of these exclusion effects show that women's responses fell in between the 'to a small extent' and 'to be a moderate extent' categories but were more tending toward 'to a small extent' category. So, lack of political engagement, lack of religious fairs and festivals, reproductive health, lack of social engagements and mental health were the

key exclusion effects on women's life. FDGs results also similar with survey results. The study findings also reveals that exclusion of women effects their life to avoid performing the family activities and social commitments. With this regard some previous studies provide support to this study (ibid). According to Jewkes et al., (2019) around the world women play a critical role in the family's economic well-being. Women do a variety of tasks depending on their socioeconomic status, the number of family members, and the nature of their occupations. They do not have the freedom to make life decisions such as marriage, divorce, childbearing, health, inheriting property, education, and career. Another study finding consist with survey result Hussain et al., (2020) concluded that almost 76.2% of women do not perform their duties well due to domestic violence and reproductive health issues. Married women in Gilgit Baltistan experienced sophisticated stages of domestic violence psychological (68.8%), physical (36.9%), and sexual (21%) due to mental, physical, and sexual violence, as well as lack of social support from their husbands and in-laws. Furthermore, women did not fully participate in

family and community events. Exclusion has long-lasting effects on women's mental ability and pushes them into a dark valley. Sometimes it

is very tough to get rid of them, but in all situations she performed her duties silently.

Table 4: Respondents Exclusion Effects their Family Development

n = 550

Family effects	Extent of effects										M	S.D.	Rank
	Not at all		To some extent		To a small extent		To be a moderate extent		To a great extent				
	f	%	f	%	f	%	f	%	f	%			
Poor socialization	23	4.2	119	21.6	158	28.7	48	8.7	202	36.7	3.52	1.3	1
Poor family education	19	3.5	118	21.5	170	30.9	239	43.5	4	0.7	3.17	.89	4
Poor family nutrition	14	2.5	124	22.5	162	29.5	246	44.7	4	0.7	3.19	.88	3
Low access to quality of medicine	26	4.7	92	16.7	183	33.3	243	44.2	6	1.1	3.20	.89	2
Care and protection	22	4.0	113	20.5	201	36.5	211	38.4	3	0.5	3.11	.87	5
Poor martial R/S	30	5.5	115	20.9	348	63.3	51	9.3	6	1.1	2.80	.72	6

Source: Author Calculation

Table 4.41 represents extent of reproductive health effects their family. Women health is directly linked with family development. It was observed that poor socialization (3.52 ± 1.3) was ranked 1st. Mean value of this effect is in between 'To a small extent' and 'To be a moderate extent' categories, but more close to 'to be a moderate extent' category. Simply shows that if mother health is not stable she cannot give proper socialization to her children. However, Low access to quality of medicine ($3.20 \pm .89$), poor family nutrition ($3.17 \pm .89$), poor family education ($3.11 \pm .87$) and care and protection

($3.11 \pm .87$) were ranked as 2nd to 5th, respectively. Mean values of these effect tending towards 'to a small extent' category. While, poor martial relationship ($2.80 \pm .72$) was ranked as lowest (6th). So finding clearly shows that women reproductive health have important for family development if she bear child every year and face frequent martial reap her personal and family life suffer. She could not give proper intention, care and protection to her children. FDGs results also similar with survey results. With respect to qualitative part following inferences can be drawn: Women said that due to domestic

violence and lack of medical facilities, we cannot fully focus on family responsibilities. Children especially suffer when my husband does not care about me during my illness. We are unable to even cook or give showers to our children. Our children use abusive language like their father does. Saba et al., (2022) said that women's low health status is a function of their economic, cultural, and social status as a result of subordination and its effects on women and family life. Due to social and familial control over women's sexuality, economic dependent on men, and movement constraints, male and female access to health facilities differed. Female children suffer from nutritional deficiencies as a result of food delivery within the family system. Women's health is adversely impacted by early marriages, unnecessary childbearing (desire for a son), lack of influence over their own bodies, and high, indifference, and low educational status. Under such circumstances, women as mothers do not play a dominant role in family relations and children and family well-being. Due to the federal and patriarchal structures of society, some areas almost 60% lack proper access to medical services, which is one of the major barriers to women's exclusion regarding reproductive health and, as a result, fewer family growth. The Ejaz et al, (2015) reported that when a mother gains low status in family and society, it has a detrimental effect on her children's health, education, nutrition, and economic status, as well as a welfare loss that could take decades to resolve. Mothers' exclusion from family matters and poor health have a negative impact on children's socialization, family nutrition, health, and education. Only a woman gives strength to her family in every developmental stage (Zarar, et al., 2017).

Conclusions & Recommendations

The study investigated women's social exclusion and related factors which effects upon family development in the rural areas of Faisalabad,

central Punjab-Pakistan. It is evident from the participants' individual experiences that social exclusion is complex and has a wide-ranging impact on their lives. From the participants' perspective, social exclusion relates not simply to a lack of material resources, but also to matters such as inadequate social participation, inadequate access to education and general services and a lack of power. Women face discrimination in almost all aspects of life but it is the least in education and healthcare whereas it is at peak in social behavior. Very few people are in favor of women pursuing a career. The results show that persons who consider themselves to be experts on religion have narrow-minded viewpoints that are mostly to blame for this discrimination; in the media, too educated and modern women are portrayed as having weak morals and ultimately suffering as a result. Religion-based exclusion, poverty, and a lack of education were more prevalent in the lowest socioeconomic category. People from educational backgrounds were more tolerant and had a greater grasp of religion, therefore there was little to no exclusion of women. They continue to adhere to the long-standing custom that daughters are a burden and males are blessings. In a culture where men are viewed as superior and have influence over women's life, they also raise boys. Because of this, women have a deeply ingrained sense of inferiority and poor self-esteem, which leads them to accept abuse and prejudice as a normal part of life. Promotion of religious values; actual Islamic women's rights handbook; education and awareness seminars for men and women together to raise understanding of women's social, economic rights, reproductive health, and economic rights; There should be a minimal of social exclusion in rural areas through increasing health care facilities and skill development programs.

Conflict of Interest

The authors declare that they have no conflict of interest.

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