**Interview details**

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| Participant ID | HKAP04H |
| Municipality | Suddhodhan |
| Occupation | Daily wage worker |
| Education (grade) | 0 |
| Type of household | Joint |
| Ethnicity | Muslim |
| Nb of pregnancies before this one | 0 |
| Gestation age in months | 5 |
| Start time | 12:00 |
| End time | 13:45 |
| Interviewer | Mahesh Chandra Chauhan |
| Date | 10/03/2023 |
| Name of translator | Mahesh Chandra Chauhan |
| Name of transcriber | Mahesh Chandra Chauhan |

**Background**

The interview took place in the courtyard. And after 30 minutes of the interview, he went to pray and I waited for him for about an hour to continue the interview.

**Interview**

# INTERVIEWER:

What do you do?

# PARTICIPANT:

I am a daily wage worker. I go to work when someone calls me for work. Otherwise, I sit at my home.

# INTERVIEWER:

Does it mean that you do not go to work every day?

# PARTICIPANT:

We don't have much work here. And I don't go to Mumbai and Delhi for work as I am sick.

# INTERVIEWER:

Have you gone to school to study?

# PARTICIPANT:

No, I have not gone. I studied a little bit but that too, I left.

# INTERVIEWER:

What level did you study up?

# PARTICIPANT:

I had gone only for a few days. I can't understand reading and writing.

# INTERVIEWER:

Do you live alone or in a joint family?

# PARTICIPANT:

It's a joint family. I live together with my wife, my father and my mother.

# INTERVIEWER:

And don't you have children?

# PARTICIPANT:

No, I don't have children yet.

# INTERVIEWER:

Do your parents live with you?

# PARTICIPANT:

Yes but they went to my sister's house as she is sick. It's been 5 to 10 days since they have gone there.

# INTERVIEWER:

Do you know how many months your wife has been pregnant?

# PARTICIPANT:

She is starting her 5 months.

# INTERVIEWER:

Is it her first pregnancy?

# PARTICIPANT:

Yes, it's the first.

# INTERVIEWER:

Did your wife go to any hospital for her pregnancy check-ups?

# PARTICIPANT:

Yes, she did.

# INTERVIEWER:

Do you know what check-ups she did?

# PARTICIPANT:

They had told her to do x-rays to know how the child is. Whether the child is in the correct position or not. She had done video x-rays in Taulihawa and the doctor said that the child is good. The doctor told her to take vitamins and milk. After having milk for 20 days, she had a common cold and cough so she stopped having milk.

# INTERVIEWER:

Did she do any other kind of check-ups or tests?

# PARTICIPANT:

She might have done blood and urine tests and others.

# INTERVIEWER:

Do you know if she had done it or not?

# PARTICIPANT:

She was saying that she had done it.

# INTERVIEWER:

Do you know what tests she had done?

# PARTICIPANT:

I don't know. I just know that she had done video x-rays. They said that the child was in good condition. They said that she should have vitamins, milk and fruits.

# INTERVIEWER:

Do you know what were the blood tests for?

# PARTICIPANT:

They did not say anything about this. They just said that the child is in good and healthy condition. My wife and my sister went for check-ups.

# INTERVIEWER:

As your wife is pregnant, how do you help her?

# PARTICIPANT:

She does not have any problem eating or sitting. There has not been a lack of anything. As I am a male, it does not matter to me but it matters a lot to women. I don't let her do any heavy work such as carrying water or any other heavy weight.

# INTERVIEWER:

How do you help her?

# PARTICIPANT:

I have to do all the work as I have to help her. She should not have any kind of physical pressure. She needs to be happy. If she goes in the sun, she can feel dizzy. We need to take proper care of her as she has a child inside her. It's not good to force her to do work by physically hurting her. She might do work after the delivery of the child. If she has any problem, then her child can also have problems. She is not alone now, she has a child inside her. If I get any wound or cut, it affects only me but if a pregnant woman is hurt it affects her child. The child can also have problems if the mother is hurt. If the child has any problem, then it can be a problem for everyone. We don't even have money for daily living. How can we afford a treatment? How can I pay for her treatment if I don't have enough money for food? This is the problem. That's why I do all the household work. I don't have much problem as we don't have cattle.

# INTERVIEWER:

Do you sometimes sit together and talk about her health?

# PARTICIPANT:

We talk about all this.

# INTERVIEWER:

It's good. And do you ask her about her problem?

# PARTICIPANT:

Yes, I do.

# INTERVIEWER:

Does she talk to you about her problems?

# PARTICIPANT:

Yes, she does.

# INTERVIEWER:

Do you know where pregnant women should go for check-ups?

# PARTICIPANT:

Here, in Lawani. There is a hospital.

# INTERVIEWER:

Is it a public hospital or a private one?

# PARTICIPANT:

There are both public and private hospitals.

# INTERVIEWER:

Which one do you visit?

# PARTICIPANT:

We go to the public one.

# INTERVIEWER:

Have you gone with your wife to the hospital for her pregnancy check-ups?

# PARTICIPANT:

No, I have not.

# INTERVIEWER:

Do you think it is better for pregnant women to visit the hospital alone or with someone?

# PARTICIPANT:

It is better for them to go with someone because it would be very difficult if any problem occurs when they visit alone. That's why they should go with someone. But if they don't have anyone to go with, then they have to go alone. As God has sent us alone during birth, we have to do all works alone too. If there is someone they can go with, then they should go with them. If there is no one, then they should go alone. But my sister always goes with her.

# INTERVIEWER:

What do health workers do when she goes to the hospital? Did she tell you about this when she came back from the hospital?

# PARTICIPANT:

I think they do blood and urine tests. I think she should eat and sleep properly and should sleep only at night, not during day time. She should walk more.

# INTERVIEWER:

Do they ask for your name, address and anything else when you visit the hospital?

# PARTICIPANT:

Yes, they ask these things like address and age.

# INTERVIEWER:

What about problems?

# PARTICIPANT:

Yes, they ask if there is any problem. They ask about all these things. No one would go to the hospital if there was no problem. Now, after pregnancy, they need to go for a check-up in 15 days or a month. They should not just sit there at home. If there is no problem, it’s okay to not do anything but if there are problems, they need to go.

# INTERVIEWER:

Do pregnant women need to pay money while going for check-ups?

# PARTICIPANT:

No, they don't need to pay in public hospitals. It is free of cost.

# INTERVIEWER:

Do you think pregnant women feel shy or hesitate while doing for check-ups?

# PARTICIPANT:

No, they don't.

# INTERVIEWER:

Do they feel shy?

# PARTICIPANT:

They feel shy at the first visit, but after that they don't. We did not do anything bad so we don't need to be ashamed or scared.

As I am a Muslim, I can't say that I am a Chhetri. First, we are born as Hindu but then as we are born in a Muslim house, they circumcise us. We became Muslim. The God does not differentiate us as Hindu, Muslim, etc at the time of our birth. This castes are here only. We are not differentiated into castes before our birth.

# INTERVIEWER:

Sometimes, some pregnant women don't want to go for check-ups. What do you think could be the reasons?

# PARTICIPANT:

Some feel shy in front of many people. I also feel shy in front of a large number of people and can't speak. If there is some crowd or gathering, then I can't speak in front of that many people. I have gone to Butwal and Kathmandu also but I can't speak because I don't know how to speak Nepali. If someone talks, I can’t reply. But I can give support. If you ask me to help you now, I can do it right now.

Some people say that we should not go outside at night as someone can kill us. But they can't kill me. I have been saved 6 times from dying.

# INTERVIEWER:

Now, what do you think about pregnancy check-ups?

# PARTICIPANT:

I think that proper check-ups should be done. Both my wife and our child should be healthy. If they are healthy, then it is good for everyone. If there are some problems, all will say that we are not good persons. They will say that I only cared for myself and not about my pregnant wife. They will say that I ask her to work during pregnancy and might even say that I beat and hurt her.

If the family is small, they can live well. They can eat well and share food between four people. If there are many people, they can't eat well like that because the food will not be enough. My house itself is not that good and if we are many members, there will be many problems. There should be 2 to 3 children in the house and our parents.

# INTERVIEWER:

You said that your wife went for check-ups with your sister, right?

# PARTICIPANT:

Yes. She is not living there for long time. It's been about 6 months. Before, she was living in Pipri with her parents. It is close to Taulihawa.

# INTERVIEWER:

Let’s talk a bit about blood tests. What are your thoughts and opinions on blood tests during pregnancy?

# PARTICIPANT:

The results of the blood should be good. If blood tests results are bad, then it will create problems to all including the mother and the child. We should live well in our house and eat properly. We should not do theft or fraud and we should be upright.

# INTERVIEWER:

Do you know what blood tests pregnant women need to do?

# PARTICIPANT:

No, I don't know.

# INTERVIEWER:

What diseases do you think are detected through blood tests?

# PARTICIPANT:

Blood tests are to make sure that they won't get any disease and the blood will not turn into water. Some people have swelling in their body. It is said that there blood has become water. I am thin but my blood is good and thick. And those who are fat have blood like water. As we have 21 degree blood in our body whereas fat people have 17 degree. When we focus on appearances, fat people look stronger than me and I look older than them. I look lean but a fat person can’t carry heavy weights as I can.

# INTERVIEWER:

Now we will talk about deficiency of blood in pregnant women. Have you heard of blood deficiency?

# PARTICIPANT:

If they don't eat properly, then there can be vitamin deficiency. If they don't get to have vitamins or enough water, then this can lead to blood deficiency. It can cause dizziness. They don't feel healthy. If we eat food like fruits, milk, curd, etc. then our body can get vitamins from them. Pregnant women also need to walk. They should not sit in one place. After waking up in the morning, they should walk. If the body gets enough air and water, then it won't get diseases.

# INTERVIEWER:

What do you think causes blood deficiency?

# PARTICIPANT:

I think it may be due to low water intake and oversleeping. If we sleep for a long time, then we can get diseases. Also, they don't get natural air. That's all. People can get sick if they sleep more than required.

# INTERVIEWER:

As we talked about blood deficiency, what are the symptoms?

# PARTICIPANT:

The body turns yellow and there is cough [laughs]. If they go out in the sun, then they can faint due to dizziness. There are many other symptoms. I can't tell all of them.

# INTERVIEWER:

How can we prevent blood deficiency during pregnancy?

# PARTICIPANT:

The pregnant women need to wake up early in the morning. They need to take shower and do cleaning. Then they should go for a walk. They should not sleep until 10 am. If anyone sleeps until late, then he or she can get sick, either male or female. A person who wakes up early in the morning has fresh mind and body. And a person who has not taken bath looks dirty.

Education and money do not mean everything. There is difference between a person who wakes up at 4 am and one who makes up at 10 am. For example, during paddy farming season, those who work in the morning get tired in the evening but those who work in the evening, it does not matter to them.

# INTERVIEWER:

If there is deficiency of blood in pregnant women, what problems do they have to face?

# PARTICIPANT:

If there is no blood or water in the body, there can be problem to the child too. This can threaten the life of the pregnant woman. It is also a problem for family members because they have to consider where to go for treatment and how to arrange blood. It will be a problem to decide whether we should take her to Bhairahawa or Taulihawa, Butwal or Kathmandu. That's why a person should be healthy. Even though a person is lean and thin, he or she should be healthy. Then there won't be any problem. Only God can decide hardship or happiness for us. Nothing happens according to our wish. When there are problems, then we should bring foods even in a low quantity such as apple, grapes, etc. We should also drink plenty of water, even if we don’t feel thirsty. Many people don't want to drink water, but if we give them a cold drink, they can drink up to 2 litres. They also drink alcohol and fight with others. If a person is good, no matter if others speak to him badly, he does not care about other people and just does what need to be done.

# INTERVIEWER:

Can blood deficiency affect the child?

# PARTICIPANT:

Yes, it can. If there is no energy in her body, then the child also won't have energy. The child can only get energy if the mother has energy. Like if I am illiterate, I would tell my child to go to school. If he/she does not agree, I would beat them to force them to go. Even if I have a loan of 2000 or 3000, I should send them to school. If the child is educated, then he/she can sit among the people and speak. My parents also used to tell me to study but I did not. I roamed around with boys. But I never did any bad things like theft or fraud.

# INTERVIEWER:

Now we will have talk about HIV, syphilis and hepatitis B. Have you heard of HIV AIDS?

# PARTICIPANT:

Yes, I have. There is no medicine for it.

# INTERVIEWER:

Where did you hear of it?

# PARTICIPANT:

They were talking about it in Lawani chowk. A young man had died. When I asked them how he died, they said that he died because of AIDS.

# INTERVIEWER:

Did you know him?

# PARTICIPANT:

I had only heard of him, not seen him.

# INTERVIEWER:

Do you know how if get that disease?

# PARTICIPANT:

I don't know. He was from another village.

# INTERVIEWER:

Have you heard about how one can get this disease?

# PARTICIPANT:

One who sleeps with other's wife can get this disease. If I get this disease, my wife will also get it. If someone drinks in the same glass than me; he or she can also get this disease. If I am coming from India, many people might have touched me and I could have been affected by different conditions. If I enter my home and I am infected, I can transmit the disease to my relatives. I can die and my relatives too. That's why, we should stay outside for some time before entering home. We should take shower, change our clothes and then only enter the house. It is a bad habit to directly enter the house.

# INTERVIEWER:

Can you tell us what kinds of symptoms may be seen after one gets HIV?

# PARTICIPANT:

The body turns yellow. I think these are the problems. There is no effective medicines. I don't know if there is medicine now but earlier there was no medicine for it. There is no cure for those who think too much and are stressed. Thinking too much may damage the brain nerves. When the nerves are damaged, you die immediately. When I overthink, I also feel that my head is going to explode. When this happens, my sisters suggest me not to think too much. They tell me that they are with me and that I don't need to think too much because I have everything at home such as food, water, hand pipe. They ask me what I need to think about when I eat, sleep and live well. A man can never be satisfied. A man can never be happy no matter how much wealth he has. That's why we should have the feeling of satisfaction.

# INTERVIEWER:

As you had heard about HIV disease, had you not heard about where he used to take medicines from?

# PARTICIPANT:

No, I have not heard all these things. I never listen to other people. I was going to the chowk on bicycle and then heard about how the person died. They were saying that he had died due to such disease.

# INTERVIEWER:

What kind of problems can a person with HIV get?

# PARTICIPANT:

Those with diseases appear sick and unhealthy. The body turns yellow and these problems increase. If the person is not treated, he/she can even die. I think they will live for 2 to 4 months and then they will die. If it's been long time and the disease defeat the person, the person can even die. If you perform tests in 15 to 20 days instead of doing it within 10 days, then you won't be cured. If a long time passes, nothing can be done. For example, if I have only 10 rupees but I buy something for 20 rupees, then I can't pay for it. That's why people can have problems. If I have a property worth 1 lakh rupees but I take a loan of 10 lakhs, then from where and how can I pay it? They say that the people from the bank will lock your house. If you take money and don't return it back, then it will happen.

# INTERVIEWER:

If this disease is seen in pregnant women, what problems can they have?

# PARTICIPANT:

They will have yellowing of the body, weakness and lack of energy. It can happen to anyone, either male or female. They can get all these problems.

# INTERVIEWER:

Does it cause problems to the child too?

# PARTICIPANT:

Yes, it can because the child is inside her. If something happens to us, then we can speak about it but the child can't speak. We won't know about anything. As the disease is inside the body and if it is externally present, we can cure it by removing the skin. Sometimes there is muscle growth on our body. If we scratch it from the surface, then it bleeds but if we cut out the muscle growth and remove it, then it gets relieved. I had so many of them on my body once. There are marks even now. Some used to say that burning them with incense sticks will cure them. I did but it did not work. Then I heated thin iron wire on fire until it became red hot and burnt them completely with it. Then they got removed from the roots and it got cured completely. I had done a lot of treatment for it but it was not cured. If we visit doctors, they give us medicines. If we visit *dhaami jhaakri* [traditional healers], they just say that we have some spirit or something like that. Around 100 to 200 rupees get spent on just minor things. But I treated mine myself.

# INTERVIEWER:

Now we will have conversation about hepatitis B. Have you ever heard of Hepatitis B disease?

# PARTICIPANT:

I might have heard but I don't remember.

# INTERVIEWER:

Hepatitis B is a type of liver infection. It can be transmitted through blood and sexual intercourse. The symptoms are high fever and fatigue. It can make you feel sick all the time. And small rashes appear on the skin. Have you ever seen any person with such symptoms?

# PARTICIPANT:

Others might have it but not me.

# INTERVIEWER:

You don't have it?

# PARTICIPANT:

If I work in the sun for a long time, then my eyes turn red.

# INTERVIEWER:

So you have not seen any person with such a disease?

# PARTICIPANT:

I have heard of it in other villages but we don't go to see them.

# INTERVIEWER:

How do you think it transmits?

# PARTICIPANT:

If someone has this disease and we go near them then we can also get it. Those who don't maintain hygiene also get this. If we mind our own business without any care about others, then nothing will happen. If God wants to give us the disease, we can’t do anything against that.

# INTERVIEWER:

Have you ever heard about syphilis or *Biringi*?

# PARTICIPANT:

I have not heard.

# INTERVIEWER:

I will tell you a little about this disease. Syphilis is s mostly transmitted through sexual intercourse. If one gets this disease, then there will be symptoms such as appearance of small rashes or marks in our mouth, lips and genitals. These can gradually spread over the whole body.

# PARTICIPANT:

In our Madhesi language, it is called *Khujuli* (itching).

# INTERVIEWER:

Such symptoms are seen in this disease. Also, there are rashes on the palm of our hands and the bottom of our feet. In this way, it can spread to the whole body and there can be high fever. There can be headache and feeling of fatigue. There can also be swelling in the glands near our neck, as they say these are small blisters in the cheeks. This disease can be treated with early treatment. Have you seen anyone with such symptoms?

# PARTICIPANT:

No, I have heard of it but I have not seen it.

# INTERVIEWER:

Does it mean that you don't have any knowledge about it?

# PARTICIPANT:

No, I don't have.

# INTERVIEWER:

Do you have any knowledge about sexual infections? The ones which are transmitted through physical relations.

# PARTICIPANT:

If we go to other's house, then we get this disease. If we stay in our own house, then we don't get any disease.

# INTERVIEWER:

Do you think that these diseases can be transmitted only through sexual relations?

# PARTICIPANT:

It can also be transmitted if we go near them or eat or live in the house of someone infected.

# INTERVIEWER:

What problems are seen in person infected with STDs?

# PARTICIPANT:

For example, if I am sick and I have a wife and small children. We need to sleep together as there is a small child. If I have any disease in my hands and we sleep together, it can be transmitted to the wife or children. If I have scabies, then my wife and children can also get it. It won't transmit if we live separately. We should not transmit it to the whole family. Otherwise, there can be problems. If we go to someone's house, then it can transmit to them too.

# INTERVIEWER:

What should we do to prevent the transmission of STDs?

# PARTICIPANT:

We should stay at one place and we should not go to other's houses. Otherwise, the medicines also don't work. Like there was corona disease. Everyone used to say that we should not go to each other's house or the streets, otherwise the disease will spread. That's why we should live inside our own house. If we stay inside our own house, then we can be safe.

# INTERVIEWER:

During pregnancy, blood test should be done. If we tell pregnant women to go to have blood tests, would they go for blood tests?

# PARTICIPANT:

Yes, they would go.

# INTERVIEWER:

Will they agree to do the test?

# PARTICIPANT:

Yes.

# INTERVIEWER:

Some might not agree for the blood test. Why do they not agree to do blood test?

# PARTICIPANT:

I don't know why they won't go.

# INTERVIEWER:

If we tell pregnant women that we can detect any disease through blood tests, will the pregnant women agree to do the blood test?

# PARTICIPANT:

I think they will. If someone does not want to go, we should convince them nicely. We should tell her that if any disease is present, there would be many problems later including a lack of money. That's why we should counsel them nicely to go. We can't just beat and bring them. If they don't agree, we will have to beat them because we need to follow both ways. First, we should counsel them nicely and if they don't agree, we have to be crooked.

# INTERVIEWER:

It would be good to counsel them nicely. It's not good to beat them. We should not fight during pregnancy. We should counsel them to do the test by explaining them nicely. We should not fight or argue.

# PARTICIPANT:

Yes. If we fight, there would be problems. They will also call us bad people in the neighbourhood. Now, it's time to pray. I will come back.

# INTERVIEWER:

Then I will wait for you because I have to talk a little more with you.

# PARTICIPANT:

[One hour later]. Some people don't go for prayers but we should go. I always go.

# INTERVIEWER:

I will tell you a story. It is only imaginary, not personal. Suppose your wife has rashes in her genitals. She is very stressed about it. It is really painful. If she tells you that she has such a problem in her sexual organ, what suggestions would you give her?

# PARTICIPANT:

I will tell her to take medicines. First, she needs to see the doctor for a check-up. She should tell the doctor about all her problems and what happened to her. The doctor will examine her and give medicines accordingly. She should take the medicines given by the doctor.

# INTERVIEWER:

Will you suggest her to do a blood test?

# PARTICIPANT:

Yes, if there is any internal problem, we need to perform a test to detect what happen and how it happened. If we can see it just by observing, then it is ok but if not, tests need to be done.

# INTERVIEWER:

If you suggest her to go to the doctor for a check-up but she does not agree to go, how will you counsel her?

# PARTICIPANT:

We should counsel her nicely to go to the doctor. If she does not go for a check-up then she can have more and more problems. We should explain such things to her and take her to the doctor.

# INTERVIEWER:

If she feels shy to go, what will you do?

# PARTICIPANT:

Yes, some might feel shy. I will tell her that I will come with her. She should not be scared. There are so many men and women. All of them are there for check-ups and treatment. The doctor will check and give medicines.

# INTERVIEWER:

Suppose that your wife came back from the hospital stressed because she did not like the behaviour of the health workers. Why would she be so stressed?

# PARTICIPANT:

She might think that she would not have to come to such place if she was not pregnant. But people should also think that if we don't give birth to children, how the family will continue? We need to think about all these things. We also should think about who will look after us when we will get old. We have to increase the population. We can't just be alone. We need to produce children, either 2 or 10.

# INTERVIEWER:

If any pregnant woman has STD and she goes to the hospital for check-up, what kind of behaviour do you think the health workers will show towards her?

# PARTICIPANT:

I think they will give medicines to her.

# INTERVIEWER:

Suppose your wife has rashes around her genitals, can she tell it to someone else other than you?

# PARTICIPANT:

No, she can't tell because she has to tell how it happened and what is the reason behind it.

# INTERVIEWER:

As you are her husband, she will tell you. Can she tell it to other relatives such as your father, mother or neighbours?

# PARTICIPANT:

Yes, she can tell.

# INTERVIEWER:

In your opinion, is it good to tell to others?

# PARTICIPANT:

Yes, we should tell what we know. If a person has any problem, we should ask the other members of the family. We should take medicines too because it should be prevented from being transmitted to other members. If relatives are tested positive then they should take medicines. Otherwise, there is no need for medicines.

# INTERVIEWER:

It is the end of the interview, do you have any questions?

# PARTICIPANT:

No, I don't have questions. We should eat and live well in our own house. If we do mistakes, then we can get beaten or go to the police station. If we don't do mistakes, then it won't matter. That's why we should live well with honesty without making mistakes.