
The Impact of Educated Mothers on the Well-being of their Daughters in District Charsadda-Khyber Pukhtunkhwa

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Original Article

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Abstract

Female education is the best way to save a society, as Napoleon said; "Give me an educated mother, and I will give you an educated nation". In Pukhtun society especially in areas where Pukhtun societal codes are strong it is extremely uncommon for women to get education however Charasdda happened to be a strictly Pukhtun yet progressive region since the times of Khudai khidmatgar social movement which was run to aware Pukhtoon from education. However; this paper is particularly highlighting the significance of educated mothers and her influence on the education, health and living standards of her daughters. For this purpose, a survey of educated women of 50 respondents and a structured interview of uneducated women of 10 respondents were conducted. The empirical data is provided in tables for each question asked. The results showed that 40-45 women out of 50 educated women are positive about education, physical and mental health, high living standards, financial independency and consensus of daughters in marriage. 5-10 members revealed hesitation because of low socioeconomic status or strong patriarchal effects. The interviews from the illiterate females presented a negative turn towards overall wellbeing of daughters according to international standards. 6-7 respondents were on the extreme side while 3-4 were flexible towards the societal progress for daughters' wellbeing. The perspective of illiterate women provides a wide reflection of a Pukhtun society. The result portion of the paper highlights the main outcomes on the wellbeing of daughters of educated mothers.

Introduction

Female Education gives socioeconomic progress to a society. It is well acknowledged that one of the most significant institutions for shaping a person's conduct in a constructive and forward-thinking manner is education. It is also acknowledged that girls' education may raise a family's standard of living, raise their income, and improve public life.

It is well acknowledged that women's education is essential to a nation's social and economic transformation. Educated women have been referred to the females who went to schools, colleges and also who has completed their bachelors and masters. Education enhances a woman's quality of life and is a fundamental human right for all people. Equal educational opportunities can provide doors for women to participate in decision-making. As a result, the educational exam for today's girls to become tomorrow's perfect women has been given to the schools (Mehran, 2003). However, a woman must overcome several obstacles in order to receive a basic education around the globe.

Globally, about 542 million women lack literacy, 100 million girls do not finish their elementary education, and 65 million girls never attend school at all (Aikman & Unterhalter, 2005, p.1). This illustrates greater disparities in life and the pervasive suffering of girls, which has serious ramifications for the majority of developing communities. Many developing nations, including Pakistan, often experience the detrimental effects of gender inequality and stereotyping (Naz, et al, 2015) in education on poverty, health, and reproductive concerns, as well as general socioeconomic growth (UNESCO, 2000; UNDP, 2011).

Particularly in Pakistan's rural areas, the low level of education among women is causing them to participate less in public life. As a result, until someone explains their fundamental rights to them, they are unable to read and comprehend them (Adcock, 2013). The education of children, their health, and the end of poverty are all significantly impacted by female equality in the workforce.

The high demands of family responsibilities and the poor educational attainment of girls provide obstacles to women's careers and educational institutions in many developing nations. The amount of female education is greatly influenced by the attitudes and views of Pakistani rural residents regarding women's participation in social activities. Parents are forced by patriarchal and cultural norms to always assign their daughters to handle home tasks (Iqbal et al., 2013).

It is true that women have various realms of responsibility than men, and they have numerous unique jobs to complete in life. But we must keep in mind that education and training are equally necessary for this work. Women's potential abilities are hampered if they do not have a suitable education. Furthermore, it goes without saying that an educated woman would raise and teach her children more effectively than an illiterate one.

In the conservative societies, women are considered a burden, and men are seen as the family's primary provider of income. A female is viewed as little more than a reproductive machine, one that will care for her siblings and perform all domestic tasks (Sarkar, Reza, & Hossain, 2014). Particularly in the rural regions of Baluchistan, FATA, and KP, thousands of brilliant and bright females are unable to pursue further education at the university level due to societal customs and gender prejudice. A male family member is increasingly in charge of rural families, and they usually take an unfriendly stance toward female education.

The connection between women's empowerment and children's nutritional status has been the subject of numerous studies. According to these studies, mothers who are knowledgeable can significantly lower the rate of stunting in children. Education also gives women more economic

independence and mobility. Research indicates that an educated woman experiences lower levels of physical violence and gives birth to healthier children.

The study is primarily based on a local survey to evaluate female education in Charsadda. Charsadda is a rural-urban district of the Peshawar division of Khyber Pukhtunkhwa. Geographically, the district is divided into two main sections; Do Aaba (Pushtu: Duaba, two rivers) and Hashtnagar (Pushtu: Ashnagar, eight cities) (KP open data portal). The district is divided into 3 Tehsils: Shabqadar, Tangi and Charsadda. About 126 village councils and 20 neighborhood councils (Local Govt. of KP, 2021). Demographically, Charsadda has an overall population of 1,616,198, with land area 996 sq.kms (<https://www.kpezdmc.org.pk>). The male proportion is 49% while the female proportion is 51%. The literacy rate in Charsadda is 31.7%, which is lower than the national and provincial levels due to a lack of facilities (Areej, n.d). The primary objective of the study is to promote female education in the region and make women life easy.

Research Problem

The problem of the research study is to highlight the relation between mother's education and her daughter's well-being.

Research Objectives

The research paper has the following objectives:

- 1.To evaluate how a mother's education affects the mental and physical health of her daughter.
- 2.To investigate the relationship between mother's educational attainment and her daughter's desired career path.
- 3.To comprehend how maternal education influence daughter's views and actions regarding gender equality and empowerment and build confidence in her.

Literature Review

Awan & Kausar, (2015) investigated the impact of mother's education on the children academic performance. For the first six years of a child's existence, a mother is the one who gives them the majority of the main care they require. Her level of expertise in several areas of fundamental nutrition, healthcare, and education greatly influences the kind of care she offers. Research indicates that 87% of children whose mothers with education succeed academically, compared to a mere 13% of academic failures.

According to Awan (2013), education is the most significant component that directly affects the development of human resources. It gives chances for the socially and economically disadvantaged segments of society and encourages a knowledgeable and industrious citizenry. Education is more important than the actions of people and institutional managers who work to reduce poverty and promote development, as well as to fundamentally alter society and promote sustainable economic growth, which is essential to creating opportunities for growth toward a competitive global community. Besides Awan (2014) and Ayesha Gul, Arab Naz and Muhammad Nadeemullah (2018) also highlighted this aspect. In addition, providing an educated family, educating women may aid in the eradication of other social ills, including the lack of human capital and the unemployment issue, among others.

Awan and Iqbal (2015), agree to the fact that education teaches a mother what she should be. Additionally, it teaches her what it takes to be a good wife, mother, and daughter. Women are only able to understand their rights with the aid of education. Women belong to a weaker segment of society because they are disadvantaged in many ways because of religious and societal norms that

are outmoded and strict. But it is difficult to take advantage of an educated lady. She will stop at nothing to protect her rights since she is aware of them.

According to Awan and Zia (2015), a woman with education may benefit her nation by raising morally upright children with broad perspectives and tolerant viewpoints. Mothers without education are superstitious. Their grasp of basic medicine is lacking.

According to Willms & Chao (2002), parenting techniques have a significant impact on a child's social and cognitive development. The authors of the study conducted a survey of 19,000 parents of children aged two to eleven years old, asking them 25 questions on their parenting style. Favorable parenting techniques, especially the influence of responsive parenting, were linked to significant favorable benefits on outcomes. Positive parenting techniques such as holding, rocking, chatting, singing, and playing with a child can support learning and development in the early years. Families across all socioeconomic levels engage in both positive and bad parenting techniques, according to the researchers' analysis of a sizable representative sample of Canadian families. These findings demonstrate the importance of universal early learning opportunities and the requirement of effective parenting techniques for all families.

Sarkar (2014) attempted to investigate how certain aspects of the family environment affect kids' academic success. There are 192 pupils in the sample; 96 of them are high performers and the remaining 96 are poor achievers. Exam marks, Schaefer and Bell's Parental Attitude Research Instrument, and Cattell's Culture Fair Intelligence Test were the instruments utilized. The Product Moment Correlation and the t-test were used to evaluate the data. Key findings included the following: (1) there was a significant difference between high and poor achievers at the.01 level in the home factors such as the educational environment, income, social background, and parent-child relationship. At the.01 level, there was a substantial difference in the mothers' approaches to childrearing between the two groups including those of the high achievers and those of the low achievers.

Awan and Bilal (2015) looked into how mothers' levels of education affected their children's performance. The study's goal was to determine how children's academic achievement was impacted by moms with and without education. Mothers' questionnaires were created to investigate the topic at hand, using the survey approach. Ten distinct schools were chosen, and twenty students were chosen at random from Peshawar City's schools. The moms of these kids were given a questionnaire. Spreadsheet software was used to arrange, tabulate, analyze, and interpret the data that was gathered. It was discovered that moms with and without education show interest in their children's education. While most children of educated moms are not harmed, children of illiterate mother's face obstacles in their performance due to financial difficulties.

The findings indicate that mothers' levels of education have a significant impact on their children's performance; moms with higher levels of education have a positive impact while mothers with lower levels of education have a negative impact. In addition to scheduled extracurricular activities, it is advised that a timetable for co-curricular activities be provided for the child's general personality development. The kids may also get religious instruction. Parents must also make it a habit to routinely review their children's schoolwork. Parents can assist their children with their homework. The government may implement a free education program to guarantee universal access to basic education.

Research Methodology

This is a qualitative and descriptive research study used the primary set of data which was collected from the *Prang* region of Charsadda. Besides the author’s birth place, the region is gradually gaining educational awareness and now people are trying to get away from the societal stereotypes.

A total sample of 60 respondents among which 40 were employed educated females (preferably teachers), 10 unemployed educated females and 10 illiterate women of age 25-60 years has been taken from the whole population of the area. A well-structured questionnaire was created, with the majority of the questions being strictly dedicated to the research and only a small number of introduction questions. For the purpose of survey a Google form was generated and it was filled by the educated women. However; to connect with the illiterate females, an unstructured interview was conducted to extract the information from the selected sample. Through in-person interactions with the chosen respondents, a closed-ended questionnaire was used to gather the primary data. Which was quite time taking thus the sample size of illiterate women was kept small. For the researcher on the field to get accurate and trustworthy data about the important matter at hand, the chosen sample size was sufficient.

Data Analysis:

Table No.1: Number of Respondents

Respondents	Number
40	Educated working females
10	Educated house wives

Source: Field Data (2023)

Table No.2: Do they Provide Education to their daughters?

Agree	100%
Disagree	0%

Source: Field Data (2023)

Table No.3: Type of School

Private	82 %
Public	18%

Source: Field Data (2024)

Table No.4: Importance of Tuition

Agree	66.7%
Not agree	33.3%

Source: Field Data (2023)

Table No.5: Religious Education along-with Modern Education

Agree	93.3%
Not Agree	7.7%

Source: Field Data (2023)

Table No.6: Education Assures Financial Independency Because of Pakistan's Deteriorated Socioeconomic Conditions

Agree	85%
Not agree	15%

Source: Field Data (2023)

Table No.7: Discussion about women menstrual health with young daughters

Agree	90.3%
Not Agree	9.7%

Source: Field Data (2023)

Table No.8: Discussing mental health issues with daughters.

Agree	78%
Not Agree	22%

Source: Field Data (2023)

The table shows that 78% agrees that adults have their own issues and open discussion with mothers leads to frankness among daughters which makes them bold, while the remaining 22% disagree with this.

Table No.9: Asking Daughters consensus in marriages.

Agree	82%
Not Agree	18%

Source: Field Data (2023)

The above table found that 18%, daughters are too young to choose partner for themselves and 82% they have to live their life with the men.

Table No.10: Encouraging girls in pursuing their hobbies or interests.

Agree	75%
Not Agree	45%

Source: Field Data (2023)

The table show that 55% people think that if they do thing with their own interests the result will be amazing. 45% population has an opinion that Girls are crazy they would rather choose a hobby which will not be suitable as their career in Pukhtun society, like only here only two professions teaching and medical doctor are thought to be suitable for girls. People would mind if she will become a musician or chef by profession.

Table No.11: Education Leads to Better Life.

Agree	96.6%
Not Agree	4.4%

Source: Field Data (2023)

The analysis found that out of the total 96.6% has an opinion that their life is far better than uneducated women as they are aware of their rights and status in the society. Due to their working status husband consider their opinion. In this regard, 4.4% women think that being a working woman it is quite challenging to handle both home and work at the same time. Kids complain about not having good time with mothers. They think that housewives have a better life comparatively as they only have to look after the house.

Table No.12: Society has made Girls under Confident

Agree	85%
Not Agree	15%

Source: Field Data (2023)

The about table shows that 15% thinks that society is built on the patterns which are suitable for female thus the arrangement of society is appropriate for girls.

Table No. 13: Allow Daughters to Express their Opinion.

Agree	78%
Not Agree	22%

Source: Field Data (2023)

Out of the total respondenst, 22% believes that girls are not enough mature to give a good suggestion and their opinion sometimes effect their dignity and grace of being womanhood.

Table No. 14: Participation of Girls in Decision Making

Agree	75%
Not Agree	25%

Source: Field Data (2023)

The table abover indicate that 25% educated women thinks that girls are not enough mature to take decision or participate in important decision making for family.

Table No. 15: How much Education is Necessary for Girls?

Intermediate (12 grades)	8%
Bachelors	55%
Master	24%
As much as they want	13%

Source: Field Data (2023)

The analysis shows that 8% believes that intermediate education is sufficient. 55% opined that it ensures employability helps in finding a good match for the girls. 24% thinks that girls should get a master degree and 13% think that girls should be allowed to get education as much as they want.

Table No. 16: Do you encourage daughters to share harassment issues with mothers?

Agree	85%
Not Agree	15%

Source: Field Data (2023)

The data analysis shows that 15% considers that sharing such bothering issues is an act of immodesty and people in return thinks girls are characterless.

Table No.17: Girls taking stand for their rights.

Agree	78%
Not Agree	22%

Source: Field Date (2023)

The table shows that 22% believes that it is society and family think them rebellious and disobedient when girls talk about their rights. But being educated mother, they take a good care of their daughters to make them feel privilege.

Table No.18: Financial independency effect married life

Agree	50
Not Agree	50

Source: Field Data (2023)

Half of the respondents i.e (50) agree that financial independency provides them courage to take stand for themselves and a sort of confident. If they are facing some kind of issues from their husbands or in laws side, they are able to express the issue and sometime got dominant. The same mothers think for their daughter that they will not be suppressed in their husband's house.

Table No.19: Giving portion to daughters in inheritance wealth

Agree	85%
Not Agree	15%

Source: Field Data (2023)

About 15% people think that the dowry which they give to the daughters is enough. The society and the family do not consider it traditionally good to give portion in the inheritance wealth it should belong to the son only. And daughters are supposed to let the portion goes to the son to show loyalty to the brothers and father.

Table No. 20: Supporting daughters in academic and personal goals

Agree	81%
Not Agree	19%

Source: Field Data (2023)

The table No. 20 indicate that 19% has the opinion that too much empowerment of girls leads to rebellious behavior in them and she might become a shame for her family.

Table No.21: Education leads to better problem-solving ability

Agree	96.4%
Not Agree	4.6%

Source: Field Data (2023)

The above table show that that 96.5% of the total respondents agree that education promote problem-solving skills and the remaining 4.6% showed their disagreement.

Table No.22: Educated mother strives to spent on daughters' education and health

Agree	89%
Not Agree	11%

Source: Field Data (2023)

89% of the total respondents believes that educated mothers strives to spend on their daughter's education and health while the rest 11% were not agree to this statement.

Table No.23: Taking daughters to psychiatrist in case of some mental issue

Agree	75%
Not Agree	25%

Source: Field Data (2023)

The table show that 75% educated mothers are willing to take their daughter to psychiatrist in case of some mental issue while the remaining 25% are afraid of exposing their daughters to psychiatrist because they don't want the society to think negative about them. However, they are enough education not to believe on superstitious things in that case.

Perspective of Uneducated Mothers about Their Daughter's Well-being

An unstructured interview was conducted with the 10 uneducated mothers to analyze their daughter's wellbeing. A lot of questions were asked from them related to the education, physical and mental health, employment, about the importance of education, and their financial status. Besides, the argument has been supported by famous Pushto proverbs which relate the respondents' views with the societal stereotypes. Majority of them responded that education is not a crucial need of girls, if girls need any guidance about their life, then religious books and religious institutes are enough to guide them. Few respondents agreed that they were not taught the religious book Quran, thus they are unable to teach it to their daughters. Beside the holy book Quran, other religious books are being taught in Urdu language which is quiet challenging for the girls to understand and they even lack religious education. Even if they have to send their daughters to schools they would prefer a government school for girls however, they are happy to admit their boys in private schools as boys are considered as an asset of the family and the scenes has been spotted despite the fact that their girls have more potential and appetite for schools. Academies and tuitions are some extra expenditures that they don't do on girls.

According to the respondents' girls are considered guest at their parents' house so their mothers don't expect a lot from them to achieve as they will not benefit their parents after marriage so their financial independency doesn't matter to these illiterate mothers; **"Rearing daughter is to work for another man"** Even these mothers don't let their daughters to make ID card or passport before marriage; they prefer to make it after marriage with their husband's name.

In case of some health issue, they prefer a public hospital for their girls and in case of mental issues they called it the effect of Jin'nat (ghosts, poltergeists, ghouls and demons). Instead of going for a psychiatrist they take their girls for a religious priest about which their mothers have some superstitious believes. According to respondents it is vulgarity to talk openly with girls about their menstrual health.

They don't like to give portion in inheritance wealth as they think that dowry is enough for them. Normally, women start collecting dowry stuff for their daughters immediately after her birth and intend to marry her as soon as possible. If a woman or a girl asks for her a portion in inheritance wealth she is regarded as disloyal to her brothers and they cut off their relationship with her.

They don't think women good for achieving something rather she is considered graceful by wearing ornaments; **"As ornaments are to woman, so are weapons to men"**. The respondents revealed that they are insecure about their daughters thus don't allow them outside the house; **"A daughter is a basket full of shame; the sooner you put it on the shoulders of another man, the better"**. If girls share any harassment issue with their mothers, they won't allow their girls to go outside next time or alone. There is always some men along with her to protect them.

The uneducated mothers rely on their men in every minor and major issue and they don't dare to question or suggest to their men as they are considered less wise than men. Few proverbs are quoted here; "**Woman's wisdom lies under her heels**" or "**A Pashtun woman's wisdom is equivalent to the wisdom of none men of a lower caste**" (Farid & Dinakhel, 2023)

The illiterate mothers don't allow their girls to show their opinion or take part in decision making. A very popular quotes about women shows the societal stereotypes; "**If she is woman, she is wrong**" or "**winter's wind and women's thoughts are not be trusted**" (Farid & Dinakhel, 2023). The patriarchal patterns of pukhtun society are more prominent in an uneducated family like the proverb says; "**Keep your sword, horse and woman under control**" (Farid & Dinakhel, 2023). They don't allow their daughter to ask for their right and called her rebel as the proverb indicates; "**A windmill is for working and making noise, while women is good when silent**" (Farid & Dinakhel, 2023).

About asking consensus of daughters in their marriage, these respondents revealed they don't ask their girls consent because girls are not enough mature to decide the best for themselves. It also hurts family unity as they prefer family marriages even if it is an unmatched couple. If a girl doesn't agree to get married to a person selected by her father, her father would not let her marry anyone else and she has to spend all her life at parent's house without getting married.

Major Findings

Due to patriarchal society certain decision of educated women are being affected by the head of the family; Father and brothers are insecure about their girls and most of the time they dominate over the mother's decision about her daughter. However; an educated mother proved to be a blessing for her daughters than an uneducated mother.

1. Research indicates that an educated mother may provide better socialization to her daughters and increase her bravery and strength.
2. A mother who has received higher education is better able to mentor properly and prepare her daughter for the future.
3. The understanding of fundamental health and nutrition allows her to establish better sanitary conditions at home.
4. An educated mother can also help her daughter to set and achieve goals, she can tutor her at home after school or even take her to the academies.
5. Further, she can assist her daughters by supporting her extracurricular activities, she can assist her in every field of life with ease.
6. Because she has up-to-date understanding of national and global situations, so she can provide her daughter with better job counselling.
7. Furthermore, a well-educated mother feels that she should spend the same amount of money on both girls and boys, thus she breaks the gender discrimination that usually exists in patriarchal and uneducated families.
8. Educated mothers seem to have great expectations from daughter in terms of achievements than her sons and thus she always focuses on her education and future and sends her daughters outside the home.
9. The broadminded educated mothers have less trust issues and insecurities regarding their daughters and always trying to provide financial independency to her daughter by giving her portion in inheritance wealth and provide her education. They also encourage their daughters to face society with bravery and take stand for themselves.

Conclusion and Recommendations

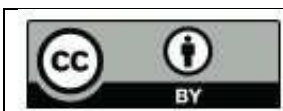
A well-thought-out behavioral change and awareness campaign will contribute to a rise in the number of girls' education. It has been noted that no such campaign has yet been carried out in the region. People don't understand how important education is. In addition, there are myths concerning

cultural and religious standards that prevent parents from supporting female education. The goal of the awareness campaign should be to dissuade early marriages and other cultural stereotypes as well as raising community awareness of the value of education. As the religious opinions are more acceptable in the society, at the community level, religious leaders and their spouses can be contacted to help raise awareness of the issue and persuade parents to send their daughters to schools. In addition to academic knowledge, girls should be provided skill-based training that will enable them to earn a living and strengthen their role in society, so that female education would not be considered an extra burden. Girls can be given incentives to attend schools, such as free uniform, books, stationary etc.

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