

## Psychological Well-Being Among the Freed Kamhalari Girls in Dang

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**Abstract :** The principal objective of this paper has been to assess the level of psychological well-being (PWB) of freed Kamhalari girls sheltered in a governmental rehabilitation center in the Dang district. All the girls (N=100) have been selected for a quantitative study, including 15 cases of in-depth interviews for qualitative study in 2013. The study results suggest that the level of psychological well-being of freed Kamhalaris has not been found to be high; rather they are moderate, with small incidences of a lower level of psychological well-being. Regarding the qualitative study, a total of six themes was identified: physical pain and fatigue then and now, the lasting experience of anxiety, unfair treatment, low self-esteem, depressed mood, and frustration due to current state and confusion. These themes reflected the unrelenting intrusive nature of painful experiences of those affected. This research will provide empathic insight into their past experience. It will add to the body of research on Psychological Well-being of Freed Kamhalari Girls and may generate ideas for intervention research.

**Keywords :** Kamhalari, Experiences, Tharu, Psychological Wellbeing

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