

## Role of Family in Supporting Female Education and Aspiring Career in Southern Punjab, Pakistan

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### Abstract

The study has examined the role of the family in the attainment of women's education and development careers in Southern, Punjab Pakistan. The purpose of the study is to explore the role of the family and its influence on them in choosing women's careers. The research was conducted with a qualitative approach and was exploratory in nature. The study was conducted in March-April 2022 in the South region of Punjab, Pakistan. In the study, 15 respondents were selected by using a purposive sampling procedure and they were from different cities and from an educational sector, Women University Multan, Pakistan. Data was collected through semi-structured in-depth interviews of time duration 30 to 40 minutes. After that data was analyzed by using the thematic analysis method. From transcripts, 10 themes emerged. That themes were family support and acceptance, family as a source of moral support, family in career decision, marriage as a barrier, spousal support, support from mother-in-law, women's salary and societal support, challenges being a mother, gender inequity, facilitating factors from family and wellbeing. The current study explained that women are dependent on their parents in choosing and in the progression of their careers. The study revealed that moral support from family has a positive impact on women's successful life. This research explored that those women who got more support from their families were more motivated and became able to manage the stress and pressure of educational and career life responsibilities.

**Keywords:** Career Decisions, Challenges and Wellbeing, Role of Family

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### Introduction

Education is a process of obtaining systematic teaching, either at the basic or higher level, and it is an illuminating experience. An institution calls imparting and receiving knowledge to another person education. While a career is the process of putting one's intellectual prowess to use, it also requires long-term participation in a job. A professional path is sometimes referred to as a career because it includes work experiences, education, and training. The most significant factor influencing a woman's decision to pursue an education

and a job is her family. A girl's family offers pathways to developing a strong professional network (Parvazian et al., 2017; Ramanaik, et al., 2018).

Women faced numerous obstacles in the past with relation to pursuing higher education and careers on a global scale. At the time, women were only seen to be capable of working to support their husbands during difficult financial times and as a helping hand. In Pakistan, the number of women working in a variety of professions is rising, which is good for their freedom and rights. It was believed that men were the family's only bread earner and that women should not be permitted to make more money than men. One issue impeding women's career advancement was gender discrimination (Pessin et al., 2023; Sarwar & Imran, 2019).

Family support is thought to be extremely important in a person's life. A family is central in helping them pursue a higher

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education and making a profession. It is extremely difficult for a woman to balance her life with her children, profession, and education without the support of her family. Parents and in-laws have the power to enhance their daughters' educational experiences and employment or career. They help their daughters focus on their education and careers, and they begin to manage their lives in light of their obligations (Yasmin & Husna, 2020).

Sometimes financial difficulties and obligations from marriage prevent women from pursuing higher education. In many parts of Pakistan, a girl is forced to drop out of school because her parents are unable to cover the cost of her education. Generally speaking, they would rather spend money on marriage than on her education. In southern Punjab, Pakistan, most women work part-time jobs to pay for their education. However, some families receive substantial financial help from their husbands after marriage (Dalal, 2011, Pasha, 2023).

Support from home is crucial for working women. Mothers are often a daughter's greatest source of support before to marriage. And if she works after marriage, she will have to handle a lot of responsibilities by herself, like taking care of the kids and her husband's responsibilities around the house. However, if she receives domestic assistance or a helping hand from her spouse or mother-in-law, she will be able to focus on both her profession and her home while maintaining good mental health. It is crucial for a working woman to have strong moral support from her family, whether she is married or single. For her mental health to continue to be healthy and positive, her work environment should also be calm (Ferguson et al., 2016; Khalid, 2023).

In Pakistan, it is considered normal for a woman to take care of her household and be the bread earner. Also, it's a stereotypical picture that implies men are the primary bread earner and women are merely make maker. As time goes on, the traditional

expectations and role are changing to take into account that both genders are capable of earning a living and taking care of the home in families (Endendijk & Portengen, 2022). It is evident that a working woman encounters obstacles connected to her gender. Having to balance her obligations to her family and her career is a major obstacle for working women. Women still face numerous obstacles from their families, including lack of financial, moral, and professional support. She constantly hears disparaging remarks, divisive viewpoints, and foul language from her spouse and relatives. The largest obstacle to a woman managing her work and school obligations is the unequal division of family tasks (Ramachandran, 2002).

A working woman's spouse's support at home is a wonderful gesture that contributes to the peacefulness of the home. A husband must provide for his wife and share tasks with her because traditionally, women are expected to play a homemaker's role in the household. Both men and women who have this kind of connection will benefit from improved mental health (Bianchi, 2011). The absence of support from family members affects working women more than men, both before and after marriage. She may manage her education, career, and married life more well if her family is very supportive of both men and women. A woman becomes demotivated due to a lot of opposing viewpoints and cruel treatment, and she chooses to give up on her studies and profession. Today's women aspire to be successful in life, pursue higher education, and have great careers, all in line with the ideal woman. She wants to split the cost of maintaining the house and full filling her kids' dreams (Kocak et al., 2021).

### **Problem Statement**

Females are lacking in getting support from family. The most common problem is gender inequality. As it is said that the men are the only bread earners than the woman. So, Women must stay at home and no need to get higher education and no need to earn.

In current research, it came to know that a female's success is only due to the support of her family, spouse, and her in-laws. The study is important in getting knowledge about the current circumstances and mental health of female who are continue their educational and career with their household responsibilities. I came to know, mostly women lack moral support from their family and from her husband. This study will help in improving the wellbeing of female by giving her financial and moral support so that she can balance her personal and professional duties very well.

### **Significance of Research**

This study has a great significance for women's mental well-being. When family supports female education and helping in managing her both career and household responsibilities then she became able to be an ideal woman. Females who get an education are less likely to marry to young and more likely to spend healthy and productive lives in building their career. They can build their future and families better. The more she can get education the more she can better serve for nation as a teacher, doctor and engineer etc. If she gets fully support in getting higher education and to pursue her career with her household duties, then she can live a happy life. When spouse and family members share her burden and responsibilities she will focus on her career and on her home peacefully. The purpose of the study is to reduce gender inequality in our society and provide women equal rights of getting education and developing a career with the support of family.

### **Research Questions**

**Q.1** What is the role of family in supporting women's education and career progression?

**Q.2** What kind of financial and moral support females are receiving from their families?

**Q.3** What are the challenges about gender inequality regarding women's education and career?

**Q.4** What are the challenges being a mother, women are experiencing and what

are the facilitating factors from their families?

### **Method**

This study used a qualitative approach to use face to face interview method. Regarding women's education and career this approach is so effective for deep understanding. South region of Punjab, Pakistan is selected as a study area. This study is exploratory in nature which was conducted during March-April 2022 in South region of Punjab. The study aimed to know how working ladies manage their both personal and professional life and what are their mental health conditions.

### **Sample Size**

For this study purposive sampling is used to take 15 respondents came from different areas of Southern Punjab.

### **Characteristics of Participants**

Participants who become part of this study are mostly working ladies, getting higher education, 15 respondents who are married and unmarried working women managing their life with education and career. Participants are from South region of Punjab, Pakistan.

### **Inclusion/Exclusion Criteria**

In my study respondents are between the age of 20 to 30. Some are unmarried and managing their study life with part time job. And most of these are married women who had marriage period not more than 4 years balancing her career life with her children. All participants from Southern Punjab and willing to participate.

### **Procedure**

This study used well-structured interview guide to collect information. First section of this interview guide is related to demographic information and second section consists of semi structured interviewing questions. These interviews allow respondents to share all the circumstances freely. To increase the richness and diversity of answers participants were allowed to express their responses freely. Informed consent, demographic variables and questionnaires was comprised in the form of booklet.

Confidentiality was also ensured. Data was analyzed through organizing, coding, and interpreting the collected data to identify patterns, themes, and insights. Techniques such as member checking, triangulation, and reflexivity are used to enhance the trustworthiness of the study.

### Research Design

It is Qualitative research design based study.

### Data Collection Technique

Interview technique was used to collect primary data. And semi structured interview guide is used to take in depth responses and observed their crisis which causes mental health issues. Every interview is recorded through an audio video recording device. Each interview to 30 to 40 minutes and after that each interview was transcribed to take inside data and to study it. After taking interview then next step was transcribing the data of each question it is the key part of qualitative analysis work.

### Analysis

After taking semi structured interview the next step was under thematic analysis in which all the patterns were organized for in depth understanding. Patterns were organized into number of themes and sub themes and it give great understanding of

personal perceptions and representations of the respondents. That themes were family support and acceptance, family as a source of moral support, family in career decision, marriage as a barrier, spousal support, support from mother-in-law, women's salary and societal support, challenges being a mother, gender inequity, facilitating factors from family and wellbeing. For representation of the respondents each respondent is provided with the number as Respondent 1, 2, 3, .....15. In addition, information is gathered from their level of education, parental education, their family structure, social economic status, spouse and number of children and occupational levels of them.

### Results

The present study selected 15 participants from different cities of southern Punjab, Pakistan. Having or not having Moral and Financial support from family, marriage as a barrier and having no helping hand at home affects positively and negatively in progression of a woman's career. From the collected data and by applying thematic analysis there are 10 different themes emerged in the context of knowing the role of family in educating their daughters and developing their aspiring career.

**Table 1**

*Demographic Information of Respondents (N=15)*

R	A	Lev of E	O	MS	S # of C	IL	PE
R1	24	Graduated, doing MS	Lecturer	Unmarried	4/0	Satisfying	Matric
R2	27. 5	PhD	Lecturer	Married	4/0	Satisfying	MA, LLB
R3	24	M.Phil. (Agriculture)	Lecturer	Engaged	3/0	Not Satisfying	Matric
R4	23	BS Final semester	Calling agent	Unmarried	3/0	Satisfying	Master's
R5	24	M.Phil. (Physics)	School Teacher	Unmarried	3/0	Satisfying	Matric, BA
R6	25	Graduation, ADCP	Housewi fe	Married	2/1	Not satisfying	Matric

R7	22	BS Final semester	Observer in DRC	Unmarried	7/0	Satisfying	Dentist
R8	27	BSc Zoology	Online marketing	Married	4/2	Satisfying	F.A, Matric
R9	22	BS Final Semester	Child Psychologist	Engaged	2/0	Satisfying	Matric
R 10	25	M.Phil. in Education	Visiting Lecturer	Married	5/2	Not satisfying	Matric
R 11	23	MSc, BA	Teacher, Free Lancing	Unmarried	5/0	Not Satisfying	Matric
R 12	25	M.Phil. Biochemistry	Entrepreneur	Married	0/3	Satisfying	Graduation
R 13	26	BS Math, B.Ed.	Teacher	Married	4/1	Satisfying	Lecturer
R 14	22	BS Last Semester	No	Unmarried	4/0	Satisfying	MA, BA
R 15	26	Master in chemistry, B.Ed.	Studying Further	Married	2/1	Satisfying	Matric

*Note.* R=Respondents, A=Age, Lev of E=Level of Education, O=Occupation, MS=Marital Status, S/No. of C=Siblings/No. of Children, IL=Income Level, PE=Parent's education.

**Table 2***A Summary of Themes, Sub Themes, and Illustrative Quotes (N=15)*

<b>Themes</b>	<b>Sub Themes</b>	<b>Illustrative Quotes</b>
Support and role of family	Family support and acceptance	Family is playing the most important role it can be say that only families helping their daughters to get education and becoming a great person. (Respondent-9) When family is supportive, they will play a great role in educating their daughters I am hostelize and travel alone but my family is my backbone they support me very much in my opinion and support of family counts more. (Respondent-4)
Financial and moral support	Family as a source if moral support, Spousal support, Support from Mother and mother-in-law, family in career decision.	My family always supports me financially but morally their support level was not high. (Respondent-14) My husband is supporting me for my career and I am managing both my professional and personal life just because of his support. (Respondent-15) My mother and my mother-in-law are my helping hands when I go to give lecture, they to care of my children at home very well. (Respondent-10) I am dependent on my husband and my parents for concerning my career decisions. (Respondent-12)
Problem experiences	Challenges being a mother, Marriage as a barrier	In very start I faced some challenges about my career my home and my children but with the passage of time I manage time by following schedules so now I work everything on time so I manage well. (Respondent-10) After marriage there are lots of challenges for me to fulfil my dreams, I want to become a good clinical psychologist and for this I am bearing time inshallah 1 day I will become what I want to be. (Respondent-6)
Gender inequality	Gender inequity, Women's salary and societal support	In my family I am facing gender inequality boys receive more respect and care even if they get fail parents 10 to pay their deals again but they are not willing to continue a woman's job or career in their families because I think it will be in equity with the boy who is earning more. (Respondent-5) I faced ill words at time of my Master's people were started to ask that why you study more my father sides family and in laws were not happy they always questioned me and made me stress full I passed difficult time. But if my father did not support me, I would not done my Master's. (Respondent-6)
Importance and spirits	Facilitating factors from family and well being	My mother and my sister always help me and my mother is the only helping hand because she can handle everything and do all household work, she works for me and motivate me that you can do your work and we will be there for you to do your household work. (Respondent-7)

**Themes*****Support of Family and Acceptance***

Most of the respondents stated that their family is very supportive in getting

education and they have positive responses regarding career development.

- *Family is playing the most important role it can be say that*

*only family is helping their daughters to get education and becoming a great person. (Respondent-9)*

- *When family is supportive, they will play a great role in educating their daughters. I am hostelize and I travel alone but my family is my backbone they support me very much in my opinion support of family counts more. (Respondent 4)*
- *I am facing a challenge about my career because my family did not understand that I have a tough time financially and my parents are uneducated, and I help myself financially, so these are my biggest challenges. (Respondent-11)*

#### **Family as Source of Moral Support**

Many respondents said that if their family would not be supportive morally for them it would be difficult for them to get higher education and best career in life. Out of 15 respondents only three respondents answered that their family is not morally supportive.

- *My family always supports me financially but morally their support level was not high. (Respondent-14)*
- *My family fully support me financially, but I can say that moral support was very less they were not stressing and motivating me to get good marks they just say do what you can do easily. But I think I lack moral support from them. (Respondent-5)*

#### **Family in Career Decision**

Respondents were stated that they are dependent on their father and on their spouses for choosing their career.

- *I am not dependent on my father or any other person in choosing a career. I am independent and my family just allow me what I want to do. (Respondent-10)*
- *I am dependent on my parents and my brothers for my career decisions but now I think I am independent*

*that I can always be there for myself to choose career for myself but if I have to take decision or any advice then I will take it from my parents. (Respondent-7)*

- *I am dependent on my husband and my parents for concerning my career decisions. (Respondent 12)*

#### **Marriage as a Barrier**

In most responses' respondents were stated that they had the only fear of quitting their education or their career just because of marriage or having a child.

- *After marriage, there are lots of challenges for me to fulfill my dreams. I want to become a good clinical psychologist and for this I am bearing time. Inshallah one day I will become what I want to be. (Respondent-6)*
- *When I was giving my exams of my graduation my parents get me married and I must quit my education and my career but now I am thinking that I have much time and I can continue my job or if I want to get for the education my husband will support me. (Respondent 8)*

#### **Spousal Support**

Married respondents were stated that they are living in nuclear family and husbands are helping in our household duties.

- *My husband is supporting me for my career, and I am managing both my professional and personal life just because of his support. (Respondent-15)*
- *I think my husband is my best support and he will support me in my career he promised that he will help me in my business. As well as he supports me in cooking and in raring of our children. (Respondent-8)*

#### **Support from Mother and Mother-in-Law**

My married respondents stated that their mother-in-law is very supportive in taking care of their child and allowed to get higher education and also made a career.

- *As I am getting education after marriage, and it is a big opportunity for me and my husband who supports me a lot and my mother-in-law she managed my all-household activities and she also to care of my child. (Respondent-15)*
- *My mother and my mother-in-law are my helping hands when I go to give lecture, they took care of my children at home very well. (Respondent-10)*

### **Woman's Salary and Societal Support**

For my respondents it was the biggest challenge in their lives that they lack societal support. Almost every respondent was agreed and wanted to share their story regarding lack of a societal support.

- *I heard many ill words during my whole education life. Relatives and sometimes my father also said ill words regarding education. He cannot afford my expenditure and he wanted that I must quit my studies. Girls have no need to go out for higher studies I faced my depression and life was much complex for me to face my hidden changes. Due to financial problem, I always remain in stress and I lost my focus on my studies. (Respondent-1)*
- *I face ill words at time of my master's people were started to ask that why you study more. My father sides family and my in laws were not happy. They always questioned me and made me stressful. I passed difficult time. But if my father did not support me, I would not done my Master's. (Respondent-6)*

### **Challenges Being a mother**

Some of my respondents were received familial support regarding taking care of children by their in-laws.

- *I am managing my household duties and taking care of my son Bilal. Yet we are three members in a home so I have no burden of work but when I*

*start my work again then it will feel difficult to me. (Respondent-6)*

- *In very start I faced some challenges about my career my home and my children. But with the passage of time, I manage time by following schedule so now I work everything on time so I manage well. (Respondent-10)*
- *I am not facing any kind of issue because I have management skills and I manage my household work with my career and with my baby and my family fully supports me. (Respondent-15)*
- *If a woman is working lady and she did not get better support from her family as well as from her field then she becomes negative and negativity come in her life. Being a mother, I think there must be relax for a lady who is going out as well as taking good care of her home and child she must receive good environment and healthy Bond. (Respondent-8)*

### **Gender Inequity**

Most of my respondents were not facing gender inequality in their families but in somewhere they were also agreed that they are living in the society where gender inequality exist and most people are following it.

- *In my family I am facing gender inequality. In my family, boys receive more respect and care even if they get fail parents tend to pay their dues again. But they are not willing to continue a women's job or career in their families because they think it will be inequality with the boy who is earning more. (Respondent-5)*
- *My family and my mothers in law both support boys and girls for higher education and career as well equally. (Respondent-13)*



### ***Facilitating Factors from Family and Well-Being***

Parents specially mothers and mother in laws when become helping hands of their daughters and daughter in laws respectively, they will definitely get stress free life where they have to manage their educational and career life as well as raring their children.

- *My mother is my helping hand it can be set that my parents help me a lot. (Respondent-1)*
- *My mother and my sister always help me, and my mother is the only helping hand because she can handle everything and do all household work, she works for me and motivates me that you do your work, and we will be there for you to do your household work. (Respondent-7)*
- *For a working lady, her house must be a peaceful place for her, and I observe from my sister's house that are husband sport is matter a lot. I noticed that when Mother or mother in laws as well as spouse share responsibilities at home then their daughters and wives enjoy good mental health and provide a source of peacefulness at home. (Respondent-11)*
- *For better mental will be it is necessary that her environment and her relationship with peoples surrounding her must be strong people should create a helping hand and full fill her social needs this can better women's mental wellbeing. (Respondent-12)*
- *In my opinion a woman's mental will be in could remain good if she is a working lady then she must receive words of appreciation and if she has a household help at home then it will be very good for her and she will focus on her career and on her children as well as on herself with a healthy mind. (Respondent-15)*

### **Discussion**

This research analyzed that respondents have different experiences regarding receiving moral and financial support from their family members and from their husbands.

The first theme of the study was support from family and acceptance. Respondents were getting support within the family and also having economic and social support and acceptance of them that it is very important for a woman to get education and continuing her career. Now the process of women's entry into the working world or making a career is influencing the environment and prevailing the trend of working women as well as a house maker. The society considered women's role being a working woman is just to give their family adequate financial support. But now the perception is changing, and family starts porting and accepting women's career progression (Bianchi, 2011; Yasmin & Husna, 2020).

The second theme was family as a source of moral support which had discussed a great part that females are receiving model support from parents and from spouses. Respondents were getting motivation and confidence to cope up with difficulties and to focus on educational and career life were just from their parents. In many families exist where women lack moral support from their families and from their husbands. In successful career progression women always need a more support from her parents. Fathers were playing very great role in crossing the hurdles and they encouraged their daughters to promote their lives at a better workplace (Agoes Salim et al, 2023).

The third theme reflects the role of family in career decision. In families it is clearly observed that consent from father and husband to choose a career is still prevailing. And for quitting a job or quitting and education period is also just because of family pressure and no independency of women. Families are not much encouraging because they clearly

stated that women would not balance her career and family life. Some women have great convincing power that after getting higher education they could easily convince their parents and family members that they need to get a good job and making a career is very important for their future life. But still, it is prevailing that the great role in choosing a woman's career is solo dependent on father and husband (Kocak et al., 2021; Pasha, 2023).

The fourth theme was about marriage as a barrier. For a working woman it was very challenging time that expectations from family and society influenced her to quit her higher education or took it her career life just for the sake of building a home. Many families did not expand money on their daughter's education because they think that there is no need to get higher education for a woman she just has to marry and live her future life in her husband's home. So, marriage cause hindrance in progression of career and many respondents were decided to leave their job just for the sake of marriage phase. If a woman's family does not help her during her marriage phase regarding not to quite education or career will adversely effect on women's life (Sarwar & Imran, 2019; Endendijk & Portengen, 2022).

The fifth theme was spousal support. Spouse who is more supportive had flexible personality and he played a great role in relationship and facilitate her partner to fulfill dreams. The supportive spouse adopts kind behavior and have best abilities to accommodate career progression of his wife. In most of my respondents in this study they received great moral support from their spouses, but she faced some negative oppositions from relatives and sometimes from in laws (Ferguson et al., 2016).

The sixth theme was emerged was support from mother-in-law. Mothers and mother in laws are the leaders of the family and they have to establish a peaceful home. In my study my respondents stated that their mother-in-law is very supportive and she

always motivated to go out and focus on your career. But in some areas, it is reported that in laws and mother in laws are mostly get fed up just because of her daughter in law is failed to manage both her career and family life (Khalid, 2023).

The seventh theme was about women's salary and societal support. Society is made from men and women and every home have both men and women to run a society. But unfortunately, our society is not supporting females those who are going out for continuing career and as well as giving time at home to take care of their children. Most of the respondents were unhappy about the relatives and societal thoughts which negatively influence their parents to just stop daughters from higher education. This will heart breaking for the daughters and sometimes in some cases it is reported that society also promoting now education and career abilities of women. Because of great responses of women after getting education and having input career their behaviors and their positive thinking changes the society. Now people start respecting a job in lady and their respect and educated women (Bianchi, 2011; Dalal, 2011).

The eight theme is about challenges being a mother. In the study most of the respondents were highly successful in their fields and they build their career with passion and the also want to support her family and her children. But mothers are relied on their family members to share some responsibilities and to take care of her children when she is at workplace. These kinds of challenges were also saw in literature and women faced very contradictory societal and in laws expectations with regards to successful career as well as motherhood. So, it exists even today that female are facing many challenges regarding their career and motherhood life (Chesak et al., 2021).

This study has ninth theme which is about gender inequality. In the study mostly daughters and women are not facing any kind of gender inequality in their family. But a few were victim of gender inequality.

Women have to be dependent in choosing their career and considering a great job from father and husband. As we are living in male dominant society where it is studied that female are always subordinate and their income and efforts are always considered as secondary (Ali et al., 2011; Ramachandran, 2002).

The last theme was facilitating factors from family and well-being. Now families are getting to understand about burden of education and responsibilities at workplaces. So, they are trying to start believing on their daughter and they are now started giving her some motivation and moral support (Pessin et al., 2023). Most of my respondents were happy that their fathers are very helpful in giving moral and financial support. But there are some families exist those who are very strict and pressurized their daughters regarding very great marks and they have no motivation and moral support which cause many psychological issues in child. Every kind of sport came from family and from spouse so it must be considered to live in a happy environment and having a daughter or a wife with good mental health must be provided with a great moral support (Yasmin & Husna, 2020).

### **Conclusion**

The current study has explored the strong involvement of family members, parents, spouse, and mothers in law were supporting in higher education and highly agreed in progression of women's career. Women are trying to manage their education and career lives in a good manner. The current study also explore that the number of restrictions were imposed upon the married woman which were also mother's now to stay at home and have no freedom to choose a career for their selves. And also results explored that gender inequality is still existing in our society about choosing career and about women's income. The role of family in supporting women's education and career and providing them helping hands and

facilitating factors in their healthy lives is very important.

### **Implications**

This study delves the important role that families play in supporting female education and career aspirations, particularly in the context of Southern Punjab, Pakistan. The study highlights the positive impact of family support. It offers a forum for starting discussions about gender norms and creating an atmosphere that is more accepting of women pursuing higher education and careers. The study also emphasizes the importance of enhancing accessibility and affordability of education for females in Southern Punjab. The study concludes by highlighting the long-term socioeconomic advantages of encouraging women to pursue higher education and careers.

### **Limitations and Recommendations**

The study has some limitations and suggestions as the sample size was 15 women from Southern Punjab, Pakistan only. It cannot give results of all population. And the other limitation was, researcher has only selected South region of Punjab Pakistan and used only semi structured interview in this research by using audio/video. It is suggested that future study should be on large scale to help in generalizing the results. It is suggested that more areas and more cities should be included in the study and also use other techniques also to get better results.

### **Contribution of Authors**

Umme Hani: Conceptualization, Investigation, Methodology, Data Curation, Formal Analysis, Writing – Original Draft  
Asma Bashir: Conceptualization, Methodology, Writing - Reviewing & Editing, Supervision

### **Conflict of Interest**

There is no conflict of interest declared by the authors.

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### Data Availability Statement

The datasets of the current study are not available publicly due to ethical reasons but are available from the corresponding author [U.H.] upon the reasonable request.

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