

Abstract

The current study aims to explore the perceptions and lived experiences of expatriate wives, shedding light on the challenges and benefits they encounter during their husbands' overseas assignments. The sample of ($n=4$) expatriate wives, aged between 25 and 50, from Lahore, Pakistan, were purposively selected for in-depth interviews. The qualitative analysis found that these women faced a spectrum of experiences, encapsulated by themes such as the burden of responsibilities, communication gaps, psychological and physiological issues, socialization challenges, parenting dilemmas, family support dynamics, financial stability, and the joyous moments associated with their husbands' returns. Despite the advantages of financial stability and educational opportunities for their children, the study concludes that the disadvantages of expatriation, including increased responsibilities and emotional strains, often outweigh the benefits. These findings emphasize the importance of considering family well-being and holistic support systems in the context of expatriate assignments. Ultimately, the expatriate wives advocate for employment and business opportunities in their home country, emphasizing the value of unity and proximity to family in their own homeland. This research contributes to a deeper understanding of the intricate experiences of expatriate wives and their unique needs within the context of global mobility.

Keywords: Interpretive Phenomenological Analysis, Expatriate Adjustment, Spouse Adjustment, Extended Family.