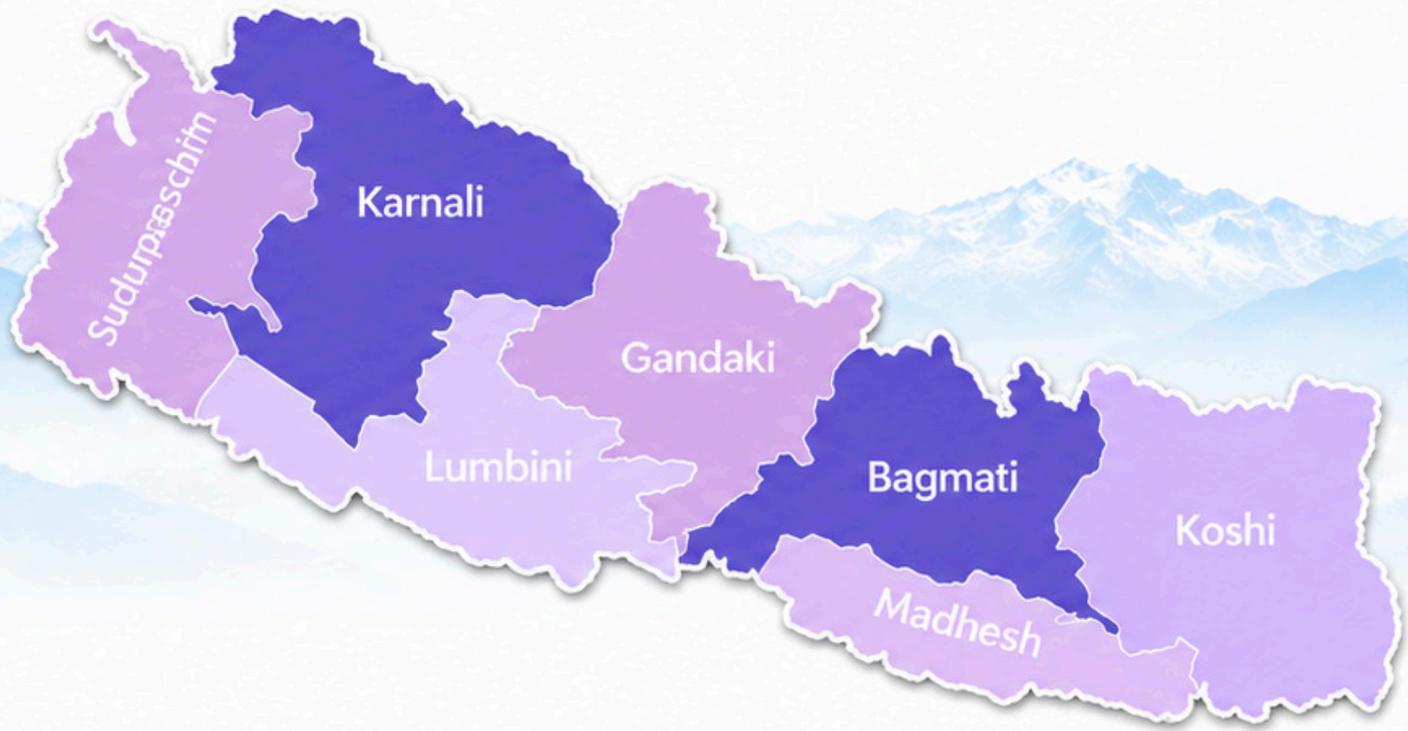
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Rapid Assessment of Youth Participation in 2026 March Election



Methodology

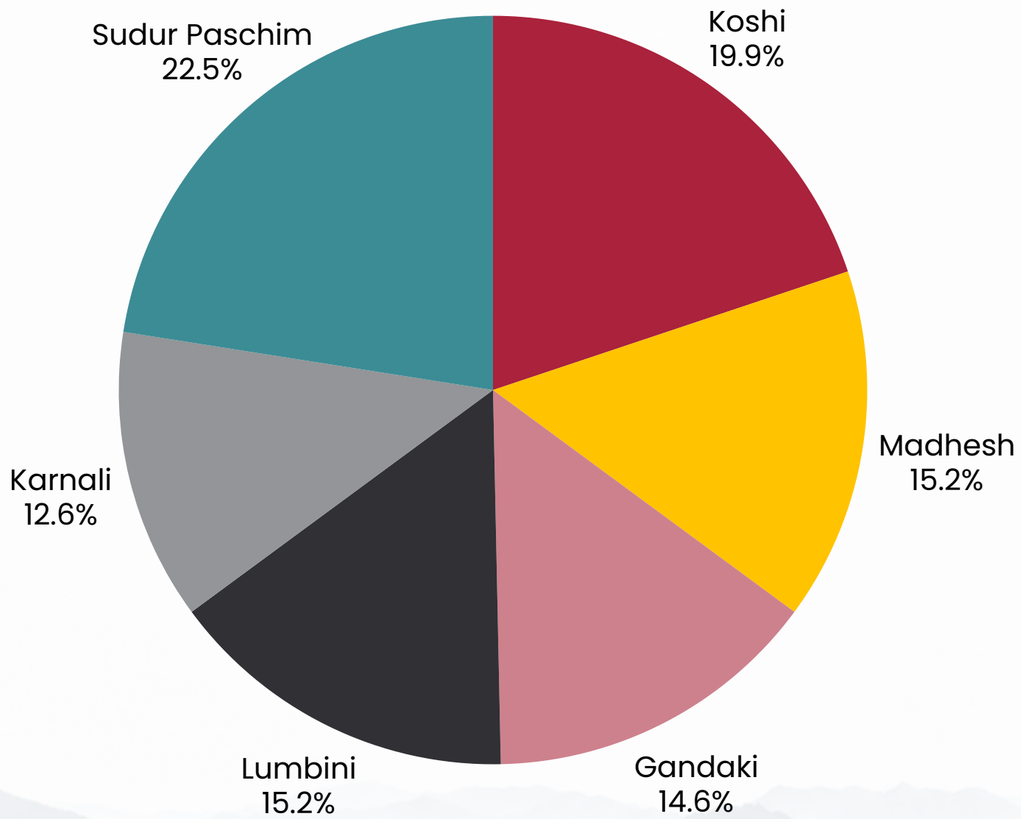
The study adopted a mixed-methods approach, combining quantitative and qualitative data. A survey was conducted through Google Forms, engaging 151 youth from all seven provinces of Nepal.

Additionally, six workshops were conducted with survey participants to facilitate in-depth discussions and explore their perceptions and experiences of youth participation in the electoral and broader political spheres.

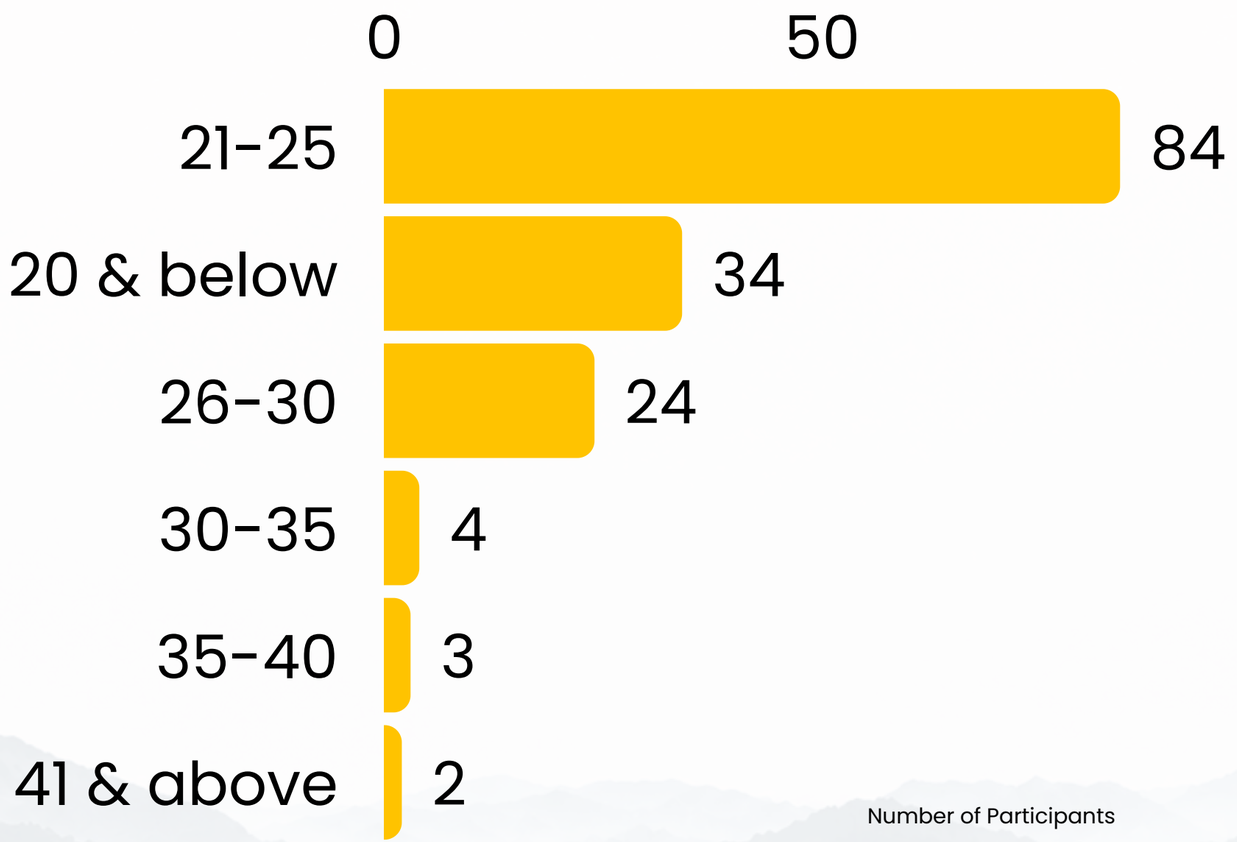
The quantitative/graphical findings presented in this report are based on the survey responses while the 'key findings and insights' section presents consolidated findings, drawing on insights from both the survey and workshop discussions.

The study was conducted from Sep-Oct 2026.

Participants' Geographic Representation

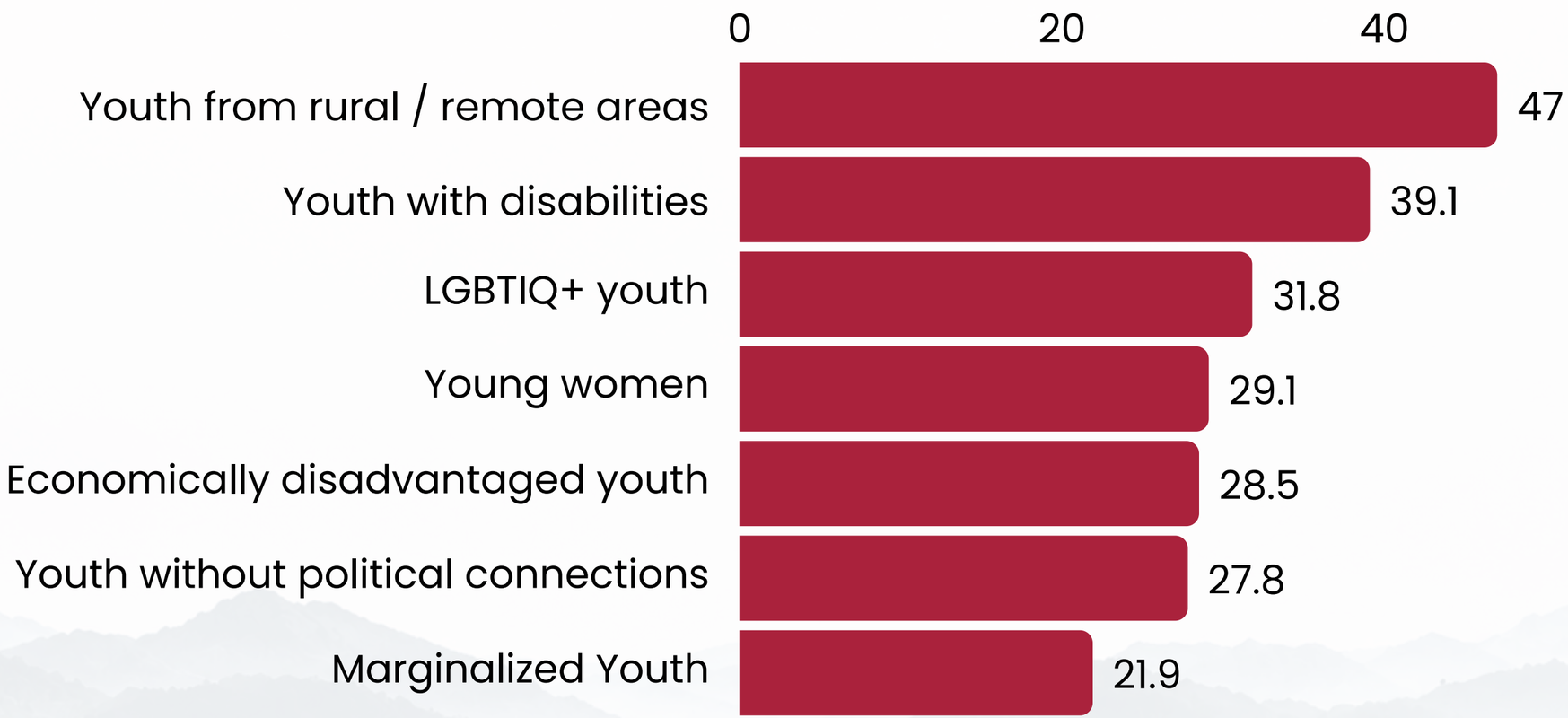


Participants' Distribution by Age



Findings

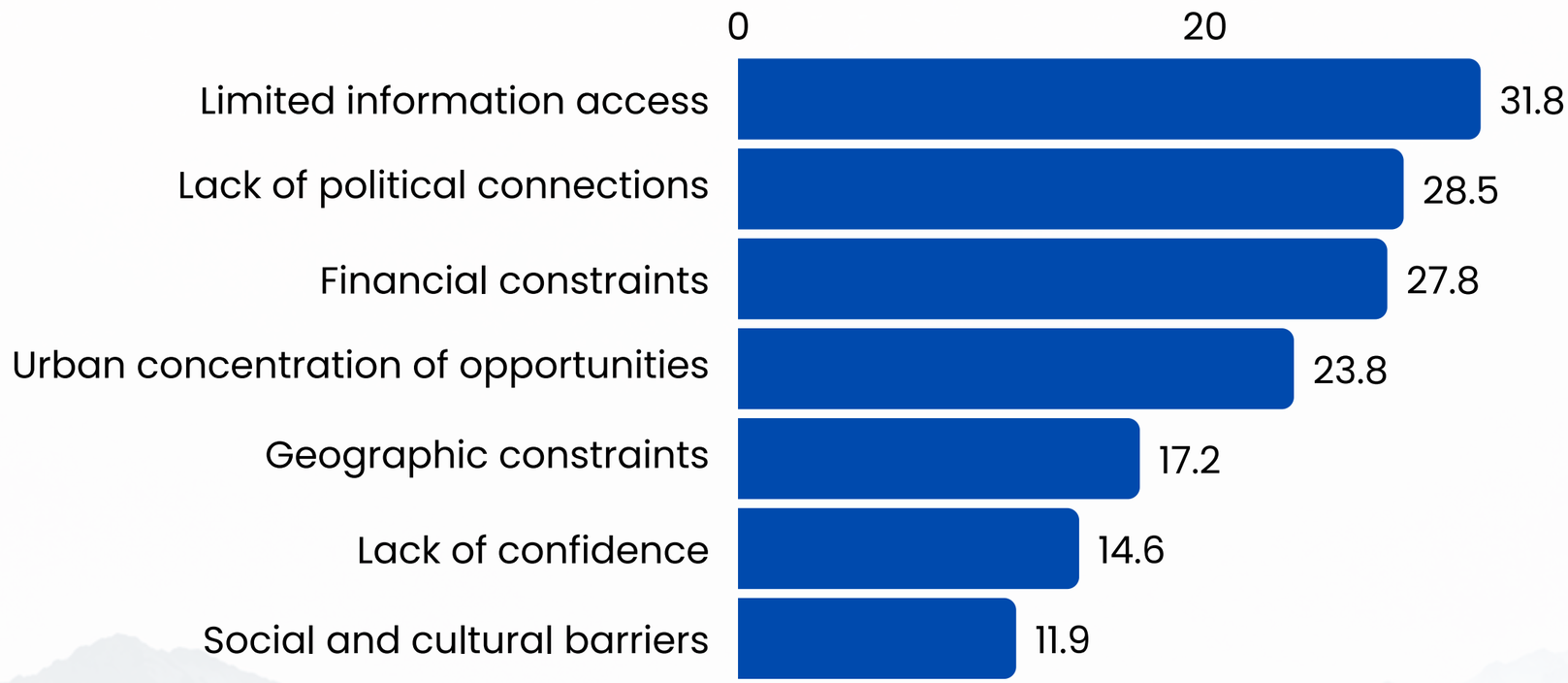
Groups facing greater barriers to participation



- *Labels are in percentage*

Findings

Barriers to youth political participation



- *Labels are in percentage*

Key Insights

- After the Gen-Z protests, most of the participants stated that local levels are more open and have recognized youth as key stakeholders and are included in discussions and consultations.

- Youths believe that there are enough opportunites for political participation within the legal provision, but there are non-legal barriers and other constraints that hampers the direct political participation (as candidates).

- Political Parties do not include enough youths in decision making positions, their participation is limited as campaigners, within student wings, etc

Key Insights

- Families believe politics to be too risky and dangerous, and less financially assuring, oftentimes barring youth from getting direct involvement in civic engagement and politics.

- Young-women face additional barrier in terms of harrassment, character assassination and targeted campaigns for simply participating in political discourse.

- Political and civic information online is often confusing, unverified, misinforming and rage-baiting, contributing to polarization rather than proper information.

- While the reservation and quota system in politics and bureaucracy is aimed at supporting inclusion, it also acts as resistance, limiting marginalized people to quota-prescribed numbers.

Recommendations from participants

- Institutionalize formal mechanisms to ensure meaningful youth participation in consultations, policy dialogues, and decision-making processes across all levels of government

- Democratize political parties and expand spaces and youth quotas in comittees and decision making posts.

- Voting access must be provided to both, Out-of-District and Out-of-Country citizens.

- Online campaigning and digital spaces must be monitored to address misinformation, defaming and hate speech content and countring rumours.

- Voter and civic education must be expanded beyond just the election period







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