

Level of stress, suicidal ideation and coping among farmers

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Abstract: India currently ranks 19th in rates of suicide worldwide, and while increasing amount of attention is being paid by health workers and legislators toward the need to identify and ameliorate the subgroup of Indian farmers has demonstrated notably higher rates of suicide, and the suicides have generated major political debate and the creation of inquiry commissions. and recommendations; however, what results have been gained, is a question still not answered adequately.

The goal of the current study is to assess farmers' levels of stress, suicide ideation, and coping in order to determine the prevalence of depression. and suicidal ideation to measure the resilience the that influence depression and influence among farmers and 50% of sample of suicidal ideation attitude test of SAS count sample glance nashik in kalwan taluka a further extremely high suicidal tendency at 16% and hence above average suicidal tendency at 4% further average suicidal tendency at 8% and below average at 3% and low suicidal tendency at 2% and low suicidal tendency further more perceived stress in suicidal ideation to be never (PSS) perceived stress scale at 2% no stress or tension and second almost in PSS never 18% ratio of never to be tension PSS incant in scale and sometimes at 27% and fairly often at 3% ratio perceived stress scale and also very often at 0% PSS. In its include describe the coping some fluctuating ways of coping on PSS.

Keywords: - Suicidal ideation, resilience, stress, perceived stress scale (PSS).

I. INTRODUCTION

India currently ranks 19th in rates of suicide worldwide, and while increasing amount of attention is being paid by health workers and legislators toward the need to identify and ameliorate the subgroup of Indian farmers has demonstrated notably higher rates of suicide, and the suicides have generated major political debate and the creation of inquiry commissions. And recommendations; however, what results have been gained, is a question still not answered adequately. 60% to 70% are employed by

farming and similar activities, so it is clear that this sector is crucial in shaping the rural economy. India has achieved food self-sufficiency as a result of the green revolution, yet malnutrition and rural poverty have not yet been totally eradicated. Agriculture has been extensively impacted by climate change over the last few decades, including drought, extreme weather, rising carbon dioxide levels, and other changes. In the last several decades, agriculture's contribution to the Indian economy has decreased, with its percentage share of GDP falling from 30.2% in 1980 to 11.8% in 2013-2014.

The purpose of the present study is to examine level of stress suicidal ideation and coping among farmers for objectivity of this study was to find out prevalence of depression and suicidal ideation to measure the resilience the that influence depression and influence among farmers and 50% of sample of suicidal ideation attitude test of SAS count sample glance nashik in kalwan taluka a further extremely high suicidal tendency at 16% and hence above average suicidal tendency at 4% further average suicidal tendency at 8% and below average at 3% and low suicidal tendency at 2% and low suicidal tendency further more perceived stress in suicidal ideation to be never (PSS) perceived stress scale at 2% no stress or tension and second almost in PSS never 18% ratio of never to be tension PSS incant in scale and sometimes at 27% and fairly often at 3% ratio perceived stress scale and also very often at 0% PSS. In its include describe the coping some fluctuating ways of coping on PSS.

1.1 Objective:

This study's goals were to quantify resilience, determine the frequency of depression and suicide thoughts among farmers, and identify the variables that affect both resilience and depression.

1.2 Stress:

Stress can be either emotionally or physically stressful. Any circumstance or idea that infuriates you or causes you anxiety can trigger it. Your body's response to a demand or task is stress. When worry keeps you safe or enables you to fulfill a deadline, it can be beneficial.

1.2.1 Types and symptoms of stress

- Physical stress
- Psychological stress
- Psychosocial stress
- Psycho-spiritual stress
- Emotional stress
- Behavioral stress
- Physiological stress

1.2.2 Test Conducted

1) Suicidal attitude test

Suicidal ideations (SI), often known as suicidal thoughts or ideas, is a general term for a variety of thoughts, desires, and obsessions with death and suicide.

2) Ways of coping

Ways coping is described as the actions taken to control stressful events both inside and outside the body. It is a word that is used to distinguish between conscious and voluntary mobilization of activities and "defense mechanisms," which are adaptive subconscious or unconscious responses that both strive to lesson.

3) Perceived stress scale

These other excellent Mind Garden tools might be of interest to you if you find the Perceived Stress Scale to be helpful.

II. LITERATURE REVIEW

On the basis of the reviewed papers this study would suggest that farmers, and particularly farmer's wives, are at risk of elevated levels of psychiatric morbidity and that the main perceived sources of stress relate directly to legislative procedures and changes in farming practice as a result of this. Respondents mentioned external media criticism as a substantial stressor in addition to these fundamental sources of work stress. Farmers will have suffered additional stress as a result of the BSE issue since this study was conducted, and attention has also been raised to the possible consequences use of organophosphates may

have on farmers' physical and psychological health (Davies, 1995). The above factors, the elevated levels of stress in farming families and their high suicide rate does suggest that behind the image of rural tranquility lies a hidden problem which may only be alleviated through public awareness, local, collective action and national political intervention (Developing Health and Social Care in Rural England, 1996). In the absence of these, and given the likelihood of continuing change in farming practice and rural neighbor hoods, the current levels of occupational stress may be predicted to continue for members of the farming community.

2.1 Recommendations

1. Given the extremely low socioeconomic level of the farmers, increasing their access to and use of the financial and other assistance mechanisms available to them would greatly help to lower the incidence of depression.

2. Counseling for farmers is urgently needed because 60% of the farmers who took part in the study had suicidal thoughts. This would help their mental health and relieve their distress. Even so, it would only be a short-term, temporary solution to the problem of suicide prevention. The long-term solution to the problems among farmers will be to teach them how to cultivate under challenging climatic conditions.

III. RESEARCH METHODOLOGY

3.1 Title

Level of stress, suicidal ideation and coping among farmers.

3.2 Statement of problem:

To study the level of stress, suicidal ideation and coping among farmers.

3.3 Objectives

- a) To study the level of stress in farmers.
- b) To study the level of coping in farmers.
- c) To study suicidal ideation in farmers.

3.4 Hypothesis:

- a) Level of stress and level of coping among farmers will be negatively correlated.
- b) Level of stress and level of suicidal ideation among farmers will be positively correlated.
- c) Level of coping and level of suicidal ideation among farmers will be negatively correlated

3.5 Sample:

- a) Sample size selected for the project for finding the level stress and suicidal ideation and coping among farmers is as follows;
- b) Number of Farmers-50
- c) Region-Kalwan
- d) Ownership of Land-2 to 5 Acres
- e) Gender-Male

3.5.1 Data collection tools

A community based cross-sectional analytical study was performed among farmers residing in a rural area of Nashik district in kalwan taluka. The test performed suicidal attitude test, Ways of coping, perceived stress scale test were used to identify the factors influencing depression and resilience.

3.5.2 Research variables

- Suicidal attitude test
- Ways of coping
- Perceived stress scale

Controlled variables

Age limited 30 to 40 area kalwan

3.5.3 Operational Definition:

- a. Stress: Stress is a feeling of tension emotional or physical.
- b. Suicidal Attitude: Suicidal ideation means thinking or planning about suicide.
- c. Coping: Coping means to deals successfully with any kind of difficult situation or matter

3.5.4 Needs to Improve:

If the farmers in a village are not modern, the village cannot advance. Nobody makes a lot of money if farming is done the same way it has always been done. The young people have no desire to remain in the village since they need to increase their income to meet all of their new wants.

Farmers need to deal with many problems, including how to:

- a) Cope with climate change, soil erosion and biodiversity loss.
- b) Satisfy consumers' changing tastes and expectations.
- c) Satisfy the growing need for more food of a higher standard.
- d) Invest in farm productivity.
- e) Adopt and learn new technologies.

IV. RESULT AND DISCUSSION

The collected data was tabulated and analyzed with appropriate statistical tools such as-mean, standard

deviation, r-test and persons correlation coefficient (r). To analyze the data means and persons r-correlation coefficient was computed to check the relationship. The obtained data is systematically presented in the following tables.

4.1 Perceived stress scale

Table 1: Mean and SD r-table ways of coping

Farmers		
	Mean	SD
PSS	20.52	6.129

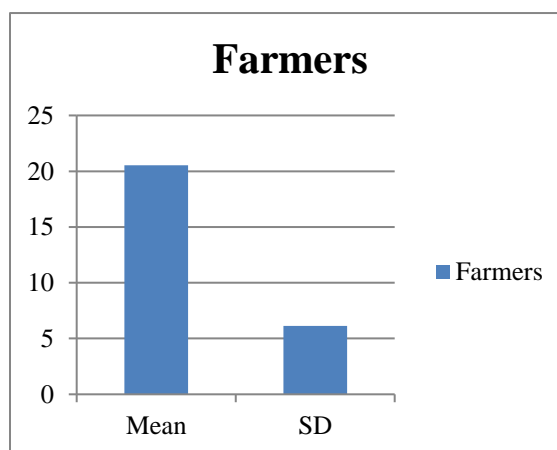


Chart-1 Perceived stress scale

4.2 Ways of coping

Table 2: Mean and SD r-table ways of coping

Farmers	
Mean	SD
87.92	12.87

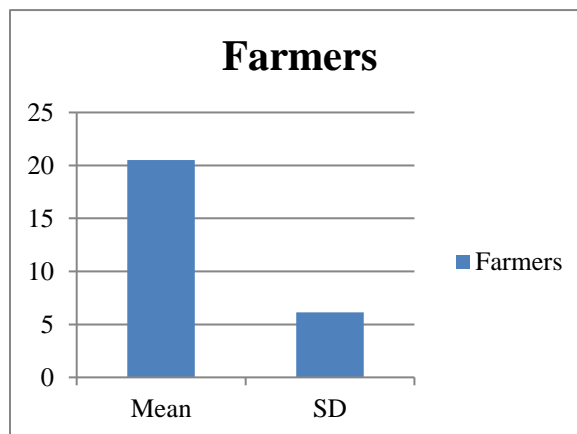


Chart-2 Ways of coping

4.3 Suicidal attitude test

Table 3: Mean and SD r-table suicidal attitude

Farmers	
Mean	SD
390.32	63.59

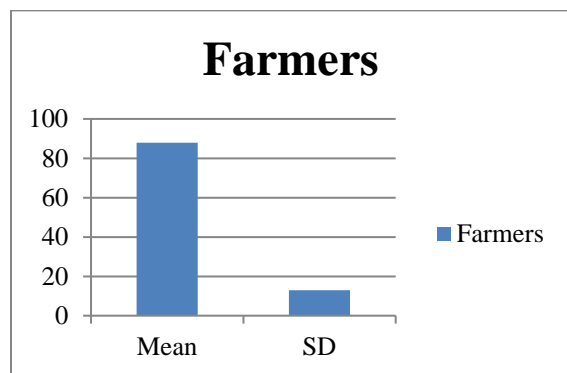


Chart-3 Suicidal ideation

Table 4: Following table is indicates by variables, sample size, correlations and significance

Variable	N	r	Significance
Suicidal ideation	50	0.1356	Not significant
Perceived stress scale	50	0.1572	significant
Ways of coping	50	0.0101	significant

4.4 Discussion

The purpose of the present study is to examine level of stress suicidal ideation and coping among farmers for objectivity of this study was to find out prevalence of depression and suicidal ideation to measure the resilience the that influence depression and influence among farmers and 50% of sample of suicidal ideation attitude test of SAS count sample glance nashik in kalwan taluka a further extremely high suicidal tendency at 16% and hence above average suicidal tendency at 4% further average suicidal tendency at 8% and below average at 3% and low suicidal tendency at 2% and low suicidal tendency further more perceived stress in suicidal ideation to be never (PSS) perceived stress scale at 2% no stress or tension and second almost in PSS never 18% ratio of never to be tension PSS inclaint in scale and sometimes at 27% and fairly often at 3% ratio perceived stress scale and also very often at 0% PSS. In its include describe the coping some fluctuating ways of coping on PSS.

This result revealed that coping among various areas stressing in farmers very high in case scale and because of level of stressing in farmers become of level of in farmers. Invariably fluctuating percent in

farmers, because depends on the variation and different areas in farmers and other variety of this reasons may includes it.

V. CONCLUSION, LIMITATION& SUGGESTION

5.1 Conclusions

1. The prevalence of depression and suicidal ideation among farmers in the study area was high. Though some farmers were able to cope with the problem, majority of the farmers were not able to cope with their high level of farming related problems and depression
2. This study would suggest that farmers, and particularly farmer’s wives, are at risk of elevated levels of psychiatric morbidity and that the main perceived sources of stress relate directly to legislative procedures and changes in farming practice as a result of this Respondents mentioned external media criticism as a substantial stressor in addition to these fundamental sources of work stress. Since this survey was undertaken farmers will have stress.

5.2 Limitations

1. The present data is collected from kalwan city only, so the results cannot be generalized.
2. The sample size is limited to 50.
3. The age group of sample was 21 to 30 limited.
4. Depression and resilience measured in this study are self reported by the farmers which have not been confirmed by clinical assessment by physician. This might be one of the factors contributing to the high degree of depression found in this study.

5.2 Suggestions

1. The research can be further conducted on large group.
2. The research subject with different age group and educational backgrounds could be studied for further research.

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