

A Study on Psycho-Social Condition of Small Farmers

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ABSTRACT

India is one of the world's larger nations; the seventh largest in land area and in Asia second only to China in land area and population. The country is completely heterogeneous not only in its climate, people and resources but also in the diversity of culture, language level of prosperity, terrain and stage of development. Three fourth of the world's population still reside in villages and constitute the bulk of the population in the developing countries. India is one among them and 72.22 percent of India's population (2001 census) lives in villages with farming as the principle source of livelihood. The agriculture sector encompasses a large variety of activities that has seen a number of major changes in recent years. These changes along with a distinctive rural life and work-related problems may consider influence stress levels in farming communities. Here this describes how the psychosocial issues may affect the physical and mental health of farmers. Working in the agriculture sector is known to be very physically and mentally demanding job. The determinant impact that work can have on workers' health is partly due to the different psycho-social hazards faced by the farmers and workers in this sector such as long working hours, isolation, financial uncertainty planning difficulties. Majority the agricultural area is located in rural region. Isolation and lone working can be a source of concern in the agriculture sector. Available evidence demonstrates an association between poor social support and increased stress symptoms anxiety and depression amongst farmers. Due, in part, to the rural location of most farms means farmers and agricultural workers might not receive adequate or lower social support. In fact, some research studies have found that the main contributing factor for depression and suicide in farmers was financial difficulty. Farms face competition from imported and cheaper produce from countries with cheaper labour and the dominance of supermarkets, the latter who very often provide low prices for agricultural products. Plans made by farmers might become redundant or difficult to implement due to changes in the weather or stock problems. Destructive weather conditions have the ability to affect individual farms, such as when a field gets destroyed by hail or frost. Poor weather conditions can affect a group of farms or community when their crops are destroyed by excessive rainfall, or entire regions of crops and livestock can be affected by weather conditions that include droughts or floods. Stock crises generally apply to livestock farming. The stock crises may occur at a farm, community and/or regional level. Social condition is an existing circumstances, situation or state affecting the life, welfare and relation of human beings in community. It is now estimated that about 4 lakh hectares of farm land is now being diverted to non-agricultural uses each year. Increasing number has been creating the problem of surplus labors or disguised unemployment, which in turn is pushing (their wage rates below the subsistence level). Fluctuation in the prices of agricultural products poses a big threat to Indian agriculture. For the interest of the farmers, the Government should announce the policy of agricultural price support so as to contain a reasonable income from agricultural practices along with providing incentives for its expansion. Stabilization of prices is not only important for the growers but also for the consumers, exporters, agro-based industries etc. In India, the movements of prices of agricultural products are neither smooth nor uniform, leading a fluctuating trend. In the absence of proper price support and marketing support, prices of agricultural products have to go down beyond the reasonable limit so as to create a havoc on the financial conditions of the farmers.

Among farmers majority of them, nearly 46 percent of their sources of income other than agriculture is animal husbandry and coolie. 28 percent of the respondents are getting the income from coolie, 14 percent of the respondents get from only animal husbandry. Analysis reveals that the financial status of the small farmers is not too good. Where they face lot of financial crisis. The sources of agricultural water depend on location, and the end use of the water. For crops, the ideal source of water is rain, provided when it is needed and without flooding. Rain, as we know is a common phenomenon and as a result it is being used by vast majority of people as the major source of irrigation. The young among the farming communities are hardly interested in agriculture. Farmers children are abandoning agriculture for other jobs. The main reason which the respondents gave that most of the children are studying in urban area and they have their own field of interest, and majority of the children are disinterested because they feel that it's not easy at a present era to continue especially due to natural calamities unavailability of labors and other financial issues.

The main problem faced by the Indian farmers is the labor problem. The farmers think that getting labors for the work is a major problem. And usually they do their work by themselves since they have little cultivation. Alcohol can often lead to depression anxiety and other disease. And many of the farmers suffer due to the

consumption of alcohol. The diagram below analyzed and interpreted that how many percentages of the people get affected due to the consumption of alcohol and other social evils such as cigarettes etc. Today people in agriculture have to deal with common pressures from a number of sources. For example, financial issues, diseases, which may lead into depression. It is clear that a vast majority of farmers are male belonging to the age group 35 -60 were found predominantly in agriculture and the relative majority 30 percent of farmers are illiterate. Nearly 58 percent of the farmers were belonging to the income group between 25000-50000. A majority of farmers, almost 46 percent, go to do coolie work and had animal husbandry. It is clear that people are still involved in animal husbandry and coolie as their source of income other than agriculture. Farmers mainly belongs to lower middle-class family which reveals that the financial status of the small farmers is not too good. Where they face lot of financial crisis. Information on agricultural research done in public private partnership must be transparent and accessible to farmers. Information related to agricultural technology and research must be accessible to farmers. Ensure life securities to farmers through pension, insurance, and free health care. Weather based crop insurance schemes must be abolished and every farm must be made a unit for the assessment of losses and the resultant compensation. In order to educate the younger generation on agriculture and to help them develop interest in this sector, agriculture must be incorporated in the school syllabus. Stop grabbing land from farmers in the name of development and special economic zones. The need to organise the farmers based on the issues is necessary to eliminate the root cause of the labour problem and agricultural problems.

Farming is not just physically a difficult job A farmer has to be able to take many smart decisions in order to succeed. It definitely takes a lot of experience and 'farmer shrewdness' but in today's complex and changing world, this isn't enough anymore- a farmer almost need to be a good entrepreneur. Finally, we can say due to lack of education and poor financial condition, effective leadership is found lacking among the small farmers. The Indian farmers have been the victim of centuries of exploitation.

Key words: Agriculture, Farmers, Stress, Financial uncertainty, Social Isolation, Psycho-Socio condition and Environmental Condition.

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I. INTRODUCTION

The agriculture sector encompasses a large variety of activities that has seen a number of major changes in recent years. These changes along with a distinctive rural life and work-related problems may consider influence stress levels in farming communities. Working in the agriculture sector is very physically and mentally demanding job. The determinant impact that work can have on workers' health is partly due to the different psycho-social hazards faced by the farmers and workers in this sector such as long working hours, isolation, financial uncertainty planning difficulties. Work in the agriculture sector is characterised by working long and specific work hours as livestock and crops require constant care. Majority the agricultural area is located in rural region. There is a distinct association between poor social support and increased stress symptoms anxiety and depression amongst farmers.[1] Most of farmers and agricultural workers might not receive adequate or lower social support due to farms are located in rural area. Factors prevalent in remote areas (e.g., poor local transport, slower pace of life, and limited access to public services) can increase the feelings of isolation.

Agriculture outputs, be it crop or animal products, are vulnerable to market risks and competition which can be a significant source of stress for Farmers. They face competition from imported and cheaper produce from countries with cheaper labour and the dominance of supermarkets, the latter who very often provide low prices for agricultural products. In fact, some research studies have found that the main contributing factor for depression and suicide in farmers was financial difficulty. Furthermore, the agriculture sector has in recent years been particularly affected by underinvestment in rural infrastructure, agricultural science, weather disruptions, and natural resource constraints. Work plans made by farmers might become redundant or difficult to implement due to changes in the weather or disease outbreak or stock problems, which, in turn, can be a source of stress for farmers.

Destructive weather conditions can affect farming as the crops may be destroyed by excessive rainfall, or droughts or floods, Farms that are involved in crop plantation are particularly vulnerable, as they may sustain heavy losses or may need additional planning and effort to save their crops The inability to influence the season/weather, disrupted plans and crop losses, extra financial and labour input present possible challenges that can contribute towards work related stress symptoms. Stock crises generally apply to livestock farming. Diseases related to an environmental pollution source can affect the stock and health of a group of farms, while a contagious disease outbreak (e.g. - bovine spongiform encephalopathy, foot-and-mouth disease, tuberculosis) has the potential to devastate an entire farming region. The economic effects of such situations are shared by

entire rural communities, for crop farmers, along with the challenge of dealing with crop disease and pests, the possibility of damaged crops is another source of stress for farmers as well.

A person's standing in society is often determined by his or her occupation, income or education level or family background. It also has a subjective component, associated with the perceptions that are drawn from these various objective points of reference. Social condition is an existing circumstance, situation or state affecting the life, welfare and relation of human beings in a community. Indian society is traditionally old and extremely complex. Opinions of the scholars differ regarding the depth of its part. The Quebec human rights commission's 1994 policy position or class attributed someone principally because of his or her level of income, occupation and education, having regard to the objective and subjective components of each. [2,3] According to Max Weber "society is a web of social relationships" Social status indicates religion, language, culture, values, beliefs, attitude, caste, races, way of living, dressing pattern, social practices and so on.

Small Farmers and India

According to the 16th round of the National Sample Survey (NSS), a small farmer who owns between 1 to 2 hectares of land (one hectare means 2.48 acres). Based on the National sample survey 71 percent of the cultivators operating about 15.6 percent of the total farm land in the country are small farmers, having cultivated holdings below 5 acres. They are Ethnic minority farmers, or Farmers with limited resources. A vast majority of small farmers in our country are living under conditions of direct poverty and backwardness due to their low state of health. Superstition, ignorance, lack of education, poverty, seasonal employment etc. [4] The problem of agriculture and economic problems of the Indian farmers are old and unskilled methods of cultivation, undeveloped varieties of seeds, shortage in the means of irrigation, shortage of manure, illiteracy, poverty, unemployment, labor problem and so on.

Agriculture

Agriculture is one of the most important primary activities which supply food for the entire population of the world. It most commonly includes the raising of crops and animals. Climate and soil condition are the most important factors influencing the development of agriculture. Agriculture is a primary activity that has great importance in the Indian economy. Agriculture provides a number of industries with raw materials and thus important also for the industrial development of the country. Most parts of India have subsistence agriculture. [5] The farmer owns a small piece of land, grows crops with the help of his family members and consumes almost the entire farm produce with little surplus to sell in the market.

The population in India is increasing at a rapid pace and exerts heavy pressure on agriculture. While looking into the present need of food grains, we require an additional 12-15 million hectares of land for farming. This requires more land for urban settlements which will ultimately encroach upon agricultural land. It is now estimated that about 4 lakh hectares of farm land is now being diverted to non-agricultural uses each year. Complete mechanization of Indian agriculture is still a distant goal and animals are used to ploughing, irrigation, threshing and transporting the agricultural products. In India, only one-third of the cropped area is provided by perennial irrigation and the remaining two-third of the cropped area has to depend upon monsoon which is uncertain, unreliable and irregular. India is a vast country with varied types of relief, climate and soil conditions. Therefore, both tropical and temperate crops are successfully grown in India. Very few countries in the world have a variety of crops comparable to that produced in India. Since Indian agriculture has to feed a large population, production of food crops is the first priority of the farmers in the country. More than two-thirds of the total cropped area is devoted to the cultivation of food crops. [6] Although India has the largest population of livestock in the world, only four per cent of the reporting area is devoted to permanent pastures and other grazing lands. This is due to the pressing demand of land for food crops. It will affect the productivity.

Seasonal Pattern: India has two major crop seasons.

(i). *Kharif* season starts with the onset of monsoons and continues till the beginning of winter. Major crops of this season are rice, maize, jowar, bajra, cotton, sesamum, groundnut and pulses such as moong, urad, etc. (ii). *Rabi* season starts at the beginning of winter and continues till the end of winter or beginning of summer. Major crops of this season are wheat, barley, jowar, gram and oil seeds such as linseed, rape and mustard. [7]

Problems of Agriculture

The distribution of agricultural land in India has not been fairly distributed. Rather there is a considerable degree of concentration of land holding among the rich landlords, farmers and money lenders throughout the country. But the vast majority of small farmers own a very small and uneconomic size of holdings or they are landless cultivators cultivating on the land owned by the landlords. The land tenure system practiced in India is suffering from a lot of defects. The problem of insecurity of tenancy and eviction still prevails

to some extent due to the presence of absentee landlords and benami transfer of land in various states of the country.

In India, the average size of holding is expected to decline from 1.5 hectares in 1990-91 to 1.3 hectares in 2000-01. There is continuous sub-division and fragmentation of agricultural land due to increasing population and breakdown of the joint family system. Thus the size of operational holdings has been declining year by year making farming quite uneconomic. As the prices of the cash crops are increasing and more and more land has been diverted from the production of food crops into cash or commercial crops. This has resulted in imbalanced cropping pattern and food crisis in the country. Indian agriculture is continuously subjected to instability arising out of fluctuations in weather and gamble of monsoon. As a result, the production of food-grains and other crops fluctuates widely leading to continuous fluctuation of prices of agricultural crops. [8]

Agricultural laborers are the most exploited unorganized class in the rural population of the country. From the very beginning landlords and Zamindars exploited these laborers for their benefit and converted some of them as slaves or bonded laborer and forced to continue the system generation after generation. After 50 years of independence, the situation has improved marginally. The level of income, the standard of living and the rate of wages remained abnormally low. [9] The number of agricultural workers are increasing day by day and this in turn, creating the problem of surplus labors or disguised unemployment, which in turn is pushing their wage rates below the subsistence level.

The farmers in India have been adopting orthodox and inefficient method and technique of cultivation. Such adoption of traditional methods is responsible for low agricultural productivity in the country. Indian farmers are not applying sufficient quantity of fertilizers and not using hybrid seeds on their lands. They don't have sufficient income to purchase these. Indian agriculture is still suffering from lack of assumed and controlled water supply through artificial irrigation facilities. Thus, the Indian farmers have to depend much upon rainfall which is neither regular nor even. Proper rotation of crops is very much essential for successful agricultural operations as it helps to regain the fertility of the soil. As the farmers are mostly illiterate, they are not very much conscious about the benefit of crop rotation. Therefore, land loses its fertility to a considerable extent. [10]

Indian farmers are facing the problem of low income from their marketable surplus crops in the absence of proper organized markets, adequate transportation and communication facilities. Scattered and sub-divided holdings are also creating serious problem for marketing their products. Therefore, they fell into the clutches of middlemen for the speedy disposal of their crops at an uneconomic and cheaper price. Fluctuation in the prices of agricultural products poses a big threat to Indian agriculture. Having dealt with the concept of agriculture and small farmers one can understand the significance of the study of villages in present Indian economic scenario, Indian small farmers face a number of problems in the family, society, economic psychological life of the village people. [11] Due to agricultural crisis farmers are committing suicide in different parts of the country.

II. REVIEW OF LITERATURE

The agricultural sector encompasses a large variety of activities that has seen a number of major changes in recent years. These changes, along with a distinctive rural life and work-related problems may considerably influence stress levels in farming communities. Agriculture, also called farming, is "the cultivation of animals, plants, fishes, fungi, and other life forms of food, fibre, biofuel, drugs and other products used to sustain and enhance human life". In order to provide an understanding of the variety of work within agricultural operations, a detailed definition of agricultural activities is required. Agricultural activities are defined as a condition or activity which occurs on a farm in connection with the commercial production of farm products. [12]

Sustainable Agriculture, a Case Study

A study conducted by Peter M. Rosset the institute for food and development policy when trade collapsed with the socialist block in late 1989 and 1990, Cuban government has launched a national effort to convert the nation's agriculture sector from high input agriculture to low input, self-reliant farming practices on an unprecedented scale, by mid-1995 the food shortage has been overcome and the vast majority of the population no longer faced drastic reduction of their basic food supply. The urban experience illustrated that we can feed a nation's population well with the small or medium sized farm model based on appropriate ecological technology and in doing so we can become more self-reliant in food production. [13]

Literature Review on Factors Affecting Farmers

Farmer's suicides are not a phenomenon by itself; rather it is an extreme manifestation of the underlying agrarian crisis prevailing within the country for a long period of time. In According to official records, around 160,000 farmers have committed suicide since 1997 (Vandana Shiva, 2008). Given these facts, this paper tries to trace out the major factors leading to such rural devastation on basis of the literatures

available. According to literatures most affected states are: Maharashtra (Vidharbha), Andhra Pradesh (Telengana, Warrangal, Rayalaseema, etc), Karnataka (Northern Karnataka), Kerala (Wayanad) and Chhattisgarh. Policies associated with the process of liberalisation-imposed stress on peasantry of the country by withdrawing formal supports towards the sector, which in turn made farmers dependent on non-institutional sources such as private moneylenders and private agents. The costly inputs, eventually gets transformed into debt. This situation coupled with crop failure due to pest attack, climatic change and lack of irrigation led to mismatched expectation of farmers and indebtedness. Agonised farmers found solution to all these woes in the forbidden path of committing suicide. (Mukherjee, Sanchita, 2009. "Examining Farmers suicide in India Those involved in farming are at higher risk of developing mental health problems. Fifty-two papers were identified focusing on stress and coping styles in farmers. A number of studies also focused on neuropsychological functioning and agricultural chemical use, depression, suicide, general mental health and injury and mental health. This research studied male farmers, female farmers, farm workers, farming families, and young people living on farms. Research to date indicates that farmers, farm workers and their respective families face an array of stressors related to the physical environment, structure of farming families and the economic difficulties and uncertainties associated with farming which may be detrimental to their mental health. Whilst suicide rates in some groups of farmers are higher than the general population, conclusive data do not exist to indicate whether farmers and farming families experience higher rates of mental health problems compared with the non-farming community. It is clear, however, that farming is associated with a unique set of characteristics that is potentially hazardous to mental health and requires further research. [14,15]

Malik, M. (2000), submitted thesis to the Maharshi Dayanand University Rohtak with the name of the summary, standard of living, of the farmers in rural areas in district Jind (Haryana). The Study has been undertaken with purposes to know the standard of living of the farmers in rural areas in district Jind by studying the pattern of working, income consumption, saving, debts, education, culture and their living conditions and to find out the different solution and suggestion to maintain and raise the standard of living of people in rural areas and to stress on area planning. There is no doubt that the study is very much useful to know the standard of living in rural area of district but main drawback of the study is given under: This study includes all kinds of farmers to know their living standards so it does not explain clearly the ground realities of marginal farmer. It can be concluded through this analysis that the standard of living of the people in rural area is concerned that decreasing savings, excessive borrowings for unproductive purposes and increase in income not in the proportion to increase in whole sale price index indicate the worse economic condition of the people living in rural areas. [16] There is no doubt that the study is very much useful to know the standard of living in rural area of district but main drawback of the study is given under: This study includes all kinds of farmers to know their living standards so it does not explain clearly the ground realities of marginal farmer. It is concerned only with Jind district of Haryana. So, findings- of this study cannot be generalized for whole state, because different districts have different economic conditions.

Upadhyay, R.G. (2001) did a sample survey study to find out the impact of MFAL on marginal farmers and Agricultural labourers in Ballia district, from the state of eastern Uttar Pradesh. A sample of 2 blocks, 7 villages and 41 beneficiaries and 20 non- beneficiaries was drawn for carrying out the present sample survey enquiry block selection was based on the criterion of higher percentage of beneficiaries to total number of marginal farmers. A separate sample of non-participating marginal farmers equal to 5% of total non-beneficiaries in each village was drawn randomly so as to make it a control sample for the purpose of comparisons. This paper reveals weak limbs and are suggestive of policy aspects both at organizational and operational levels to it be boot camp in- to for strengthening the programme, this study is not linked with the level of living of marginal and small farmers. So, study does not fulfil the motive of our study

Marrtan D.C. Immeak and Jorge A. Alarcon (1992) have been mentioned about Household income, Food Availability, and commercial crop production by small holder farmers in the western highlands of Guatemala. The study covers a population of small holder farm households in the Western highlands of Guatemala and only a fourth land is under cultivation small holder farming systems, low agricultural productivity and poor access to major markets characterize this region. The study brings together data from different sources. A farm production and household expenditure survey were conducted by the Ministry of Agriculture, Livestock and food among 1490 smallholder farmers in February-March 1987. Finding of this survey are to be diversified Farm households were indeed more market dependent; but the maize farmers also commercialized a significant share of their maize production. [17]

Study of Kent, R. (2010), suggests that agricultural production is likely to remain an important livelihood activity for marginal farmers due to a lack of alternative rural livelihoods and limited opportunities. If increased attention to policy and investment to support smallholder agriculture are not provided to these marginal farmers, there is a strong risk that the majority of benefits will accrue to better off farm households that are more attractive propositions for service providers and respond better to market opportunities. Kaur, G., (2009) Socio Economic Status of Farmers during Pre and Post Liberalization, Thapar University, Patiala, this

study attempts to deal with socio-economic status of farmers of Punjab during pre- and post-liberalization period. The study uses primary data collected for 150 households from district Muktsar Punjab and also secondary data on Agricultural credit, and agricultural productivity during the period 1981-2005. The findings of the study show that farmers have been debt ridden because of high interest rates charged by money lenders. Income wise relation depicts that more of farmers with low income are producing wheat and cotton, while the large farmers with higher income produce paddy, cotton and wheat. [18,19]

III. DATA ANALYSIS AND INTERPRETATION

Data analysis and interpretation is the process of assigning meaning to the collected information and determining the conclusion, significance and implication of the findings. According to C.R. Kothari (1989), "The term Analysis refers to the computation of measures along with searching for patterns of relationship that exist among data groups" Data analysis is the process of inspecting, rearranging, modifying and transforming data to extract useful information from it. This study has revealed that 45 is the average age of farmers and there are not enough young farmers to replace them. It also shows that number of female farmers are negotiable in comparison with male farmers. 74 percent of the respondents who are male belonging to the age group between 35 to 60 years, were found to participate predominantly in agriculture., whereas the percent of the female respondents belonging to the same age group were found as 26%.

People from rural backgrounds don't have a well-developed or systematic formal education system and it is often difficult for them to attain it due to financial restrains. It is found that 30 percent of the respondents who are illiterate. 22 percent of the respondents are with primary education. 28 percent of the respondents have completed their secondary education (High school). And 20 percent of the respondents had pursued their PUC. Marital status are the distinct options that describe a persons relationship with a significant other. Out of total 50 respondent's 2 percent of the respondents are unmarried; 45 respondents are married and 3 respondents are widow. Majority of the respondents that is 90 percent of the respondents are married. Family is the foundation and fundamental building block of the society. The type of family that the respondents live in has a great influence on the relationship that may develop between the family members. Family type of the respondents is analysed and found that all 50 respondents live in nuclear family. Based on the survey, 11 respondents were belonging to the income group between 10000-25000 and 29 respondents were belonging to the income group between 25000-50000. The rest 10 respondents whose annual income per annum is above 50000. The majority of the respondents belong to the income group between 10000-25000. Most of them are involved in other activities for their financial security. The source of income of 46 percent of the respondents are farming, animal husbandry and coolie. 28 percent of the respondents are involved in farming and working as coolie, 14 percent of the respondents rely on farming and animal husbandry. And 12 percent of the respondents have business, petty shops, and some other works which constitute the other sources of income.

Financial status means the level of income into which applicants are categorized for purposes of determining the extent of their eligibility to receive financial assistance. This study found that 29 respondents belongs to lower middle-class family, 12 respondents are below poverty line and 9 respondents belong to middle class family and there is no respondent who belongs to upper middle class or high income. Analysis reveals that the financial status of the small farmers is not good. Community relationships will help to connect to the people and places around us and gives a sense of belongingness. Based on this study, 78 percent of the respondents have friendly relationship with local community, 16 percent of them maintained causal relationship with the local community, and 6 percent of the respondents are not having community relationships. The study depicts that consisting of elder generation express their desire to maintain friendly and casual relationship with community.

All 50 respondents possess own land, and 24 of them possess the land between 1 -2 acres and out of them 19 respondents are using full acres of land for cultivation and whereas 5 of them are partially cultivating. 19 respondents have 1 acre and all of them are fully using their land for cultivation. 7 respondents have 2 -3 acres of land and five of them using it for cultivation. 38 percent of the respondents grow areca nut coconut and rubber, 32 percent of the respondents grow coconut areca nut and paddy, 18 percent of the respondents cultivates Areca nut and paddy and only 12 percent of respondents cultivate vegetables, paddy, Areca nut, and coconut. Rain, as we know is a common phenomenon and as a result it is being used by vast majority of people as the major source of irrigation. The study clearly reveals that along with the rain they use water from wells for cultivation. It is found that 29 respondents (58) depend on well and rain for irrigation 21 respondents (42) depends on canal and rain none of them are depending on River water.

The basic objective of the farmer awareness programmes was to give exposure to the Indian farmers on various agricultural marketing reforms, modern methods, subsidies, loans etc. This study showed that majority of the respondents that is 86 percent of them are aware of the government plans and facilities are available for them but still there are 14 percent of the respondents who are unaware of the facilities available. Debt means the amount of money which needs to be repaid back .It is difficult for farmers to get out of debt because they were

often in debt because they do not get a good price for their crops. As per the survey, how many of the respondents have debts. 36 respondents have debts and rest others 14 don't have any debts. 42 percent of them have debts regarding to agricultural loan, 16 percent of them have house loan and 14 percent of them have other loans such as educational loan for the children, marriage loan etc

Satisfaction level of farmers are analysed with certain questions. 47 respondents said that they have financial worries and only 3 of them are happy with their financial situations. 26 respondents are unhappy with their lifestyle. 43 respondents said that they are happy with the relationships in their life and only 7 respondents felt that they are not happy with the relationship's ion their life. 42 of them are happy with the agricultural production, 8 of them are not. This makes us to analyse that the poor mental health of the farmers. All expenses incurred in acquiring or maintaining agricultural product are not less. The below diagram shows how many percentages of the respondents feel agricultural expense is very high and moderate. 84 percent of the respondents said that the expense very high and 16 percent of the respondents said that the expense is moderate. Agricultural expenses with regarding of buying seeds and fertilizers, laborer charge, applying of medicines etc.

In Indian context if we see the current economic status of the small farmers are not that good. They face lot financial crisis. From the survey, majority that is 64 percent of the farmers are not in a good financial situation and 24 percent of farmers are in very bad condition and only 12 percent of respondents say that their current economic status is better. None of the respondents are in very good economic condition. The young among the farming communities are hardly interested in agriculture. The study reveals that majority of farmer's children are not interested in agriculture. 66 percent of them said that their children are not interested to be in this field. 22 percent of them are interested in agriculture and the rest are partially interested. The main reason which the respondents gave that most of the children are studying in urban area and they have their own field of interest, and majority of the children are disinterested because they feel that it's not easy at a present era to continue especially due to natural calamities unavailability of labors and other financial issues.

The main problem faced by the Indian farmers is the labor problem. Out of 50 respondents 43 think that getting labours for the work is a major problem. and number of 8 respondents said that for them getting labourers is not a problem and usually they do their work by themselves since they have little cultivation. A number of different factors can cause agricultural productivity to decrease. The four most important factor that influence crop yield are natural calamities, lack of resources and lack of knowledge. 32 respondents said that their crops get affected due to natural calamities, 3 of the respondents due to unavailability of resources and 15 of the respondents due to diseases to the plants. Majority 64 percent of the respondents expressed that their crops are getting affected due to heavy rain and also during the time of summer due to heat destroys the crops. 30 percent of the respondents said that due to various plant diseases they can't yield much; it affects their crops.

Happiness is conceived as the degree to which an individual judges the overall quality of his life. Majority of the respondents (56 percent) said that they are not too happy and not too sad. Alcohol can often lead to depression anxiety and other disease and many of the farmers suffer due to the consumption of alcohol and other social evils such as cigarettes etc. Study showed that 44 per cent of the respondents are getting affected due to the consumption of alcohol and other social evils and 54 percent of them are not been affected by any kind of social evils. The reasons for consumption of alcohol are to be relived from the stress and other worries.

Small farmers are facing problems from all dimensions, including nature, geography, government, traders etc. The majority problems faced by the respondents are natural calamities and labor analysis reveals that labor problems, natural calamities and diseases are wide spread among the small farmers which is not in their control. At the same time some are also facing the other problems such as price fluctuation. The study of depression level of the respondents. 66 percent of the respondent's very often get into depression, 18 percent of the respondents sometimes get into depression 10 percent of them are always be in depression and 6 percent of the respondents rarely get in to depression. It shows that the mental health of the farmers is not good due to various reason and it led some of them to consume alcohol.

IV. MAJOR FINDINGS OF THE STUDY

It is clear that a vast majority of 74 percent of the respondents who are male belonging to the age group 35 -60 were found predominantly in agriculture and 30 percent of the respondents are illiterate.

The result says that 90 percent of the respondents are married and following the nuclear family system. The study highlights that majority 58 percent of the respondents were belonging to the income group between 25000-50000. It is clear that people are still involved in animal husbandry and coolie as their source of income other than agriculture. Majority of 58 percent of the respondent's belongs to lower middle-class family and they face lot of financial crisis. A significant majority 78 percent of the respondents have friendly relationship with local community, the study depicts that consisting of elder generation express their desire to maintain friendly and casual relationship with community. 100 percent of the respondents possess own land, and Majority of the respondents that is 48 percent possess the land between 1 -2 acres. They are using full area of land or partial for cultivation. Study reveals that the respondents grow areca nut coconut and rubber. All 100 percent of

the small farmers have cultivated areca nut which is the important source of income for them and their family. Long years ago, rubber was not cultivated. But at present farmers have been growing rubber plantation.

A majority of 58 percent of the respondents depend on well and rain for irrigation. From the study it is clear that majority of the respondents that is 86 percent of them are aware of the government plans and facilities are available for them. The majority 72 percent of the respondents have debts regarding to agricultural loan, house loan and other loans such as educational loan for the children, marriage loan etc. majority of them borrowed loan from private /cooperative banks. A vast majority of 94 percent of the respondents felt that they have to worry about their financial status. As most of them are from lower middle-class family and also most of them are suffering from financial issues. Majority of 52 percent of the respondents expressed that they are not satisfied with their lifestyle but most of them are happy with the relationships in their life. Majority 84 of the respondents agreed saying that they are happy with the agricultural production and all of them get seeds and fertilizers on time they don't have to struggle in getting seeds and fertilizers. A vast majority of 84 percent of the respondents said that the expenses of agriculture are very high and 64 percent of the respondent's current economic status is not too good.

The data reflects that 44 percent of the respondents are getting affected due to the consumption of alcohol. The reasons for consumption of alcohol are to be relieved from the stress and other worries. Majority of the respondents said that their children are not interested to work in the field of agriculture. 86 percent of them felt that getting labours for the work is a major problem. It indicates that getting labours for work is major problem faced by majority of the respondents. On a scale of 1-5, 5 being a highest happy. The study reveals that the 56 percent of the respondents have graded themselves for 3. It shows that majority of them are at a middle state where it shows that they are not too happy and not too sad. Majority of them face the problem of labor, diseases natural calamities, which are not in their control. 66 percent of the respondent's very often get into depression. Which shows that majority of the respondents have very poor mental health.

V. SUGGESTIONS

At present the farmers are practicing traditional farming with limited mechanization. They cannot pursue expensive modern farming practices. There is a great need for pro farmer agricultural research. Information on agricultural research done in public private partnership must be transparent and accessible to farmers. Information related to agricultural technology and research must be accessible to farmers. Farmers constitute 70 percent of country's population and makes a very important contribution to the economic system of this country. Therefore, the state and central governments must have a special Agricultural budget. Ensure life securities to farmers through pension, insurance, and free health care is required. Weather based crop insurance schemes must be abolished at gram panchayat level or a unit of assessment with low transaction cost. [20] In order to educate the younger generation on agriculture and to help them develop interest in this sector, agriculture must be incorporated in the school syllabus. The need to organise the farmers based on the issues is necessary to eliminate the root cause of the labour problem and agricultural problems. And also, to Stop grabbing land from farmers in the name of development. Measures should be taken to protect crops from various diseases. Insecticides should be exhibited and made available for the small farmer at reasonable prices in government farms or at village centres. There must be scientific system to predict weather and this information must be accessible for farmers. Production of locally viable models of combination of crops of cereals, vegetables, fruits, fodder crops and animal husbandry should be promoted. Setting up of agriculture clinics, agriculture business centres to help farmers to improve their skills and efficiency. Timely provision of financial assistance to farmers in agricultural season and during crop failure. [21,22]

VI. CONCLUSION

In vast countries like India villages have an enormous value. It should be treated or a national asset and preserved, this study helps us to understand the changes that have been taking place in the village is especially in the life of the small farmers. Jawaharlal Nehru said "Everything can wait, but not agriculture" so farming sector should get a primary importance in our national plan Farming is not just physically a difficult job A farmer has to be able to take many smart decisions in order to succeed. It definitely takes a lot of experience and 'farmer shrewdness' but in today's complex and changing world, this isn't enough anymore- a farmer almost need to be a good entrepreneur. Many farmers with poor education need help to learn how to take the right decisions and succeed. Farmers have always been dependent on the weather and all around the year they potentially suffer from the consequences of drought, hale, too much rain, not enough sunshine etc., depending on where they live. The Indian economy and society are still predominantly agrarian. India is also the country having the largest population of rural poor. There will be no less than 300 million people living below the poverty line. Farmer's income can be enhanced by providing scientific support to the existing farming system and by promoting various non-farming activities. Finally, we can say due to lack of education and poor financial

condition, effective leadership is found lacking among the small farmers. The Indian farmers have been the victim of centuries of exploitation. If our agriculture is to make rapid progress the small farmers will have come into his own and be maker of own destiny.[23]

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