

# A Differential Study of Psychological Well-being and Occupational Stress Between Organic and Inorganic Farmers of Pune District( N/ 300)

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**ABSTRACT:** The aim of the study is to identify differences between psychological well-being and occupational stress of the organic and inorganic farmers. For this study, two instruments have been considered i.e. psychological well-being by Sisodia & Choudhary (2012) and Farmers Occupational Stress (2019) by Naik D. For the present research sample has been selected by purposive sampling technique on 300 organic and inorganic farmers from Pune district of Maharashtra state, India. Results reveal that psychological well-being and occupational stress in both the groups of farmers have differ significantly.

**Keywords :** Psychological Well-being, Occupational Stress, Organic, Inorganic Farmers

## I. INTRODUCTION

Maharshi Parashar, grandson of Maharshi Vashista, the book encompasses two hundred and forty-three verses. Moreover, it is the theory of agriculture exhibited in such a way that the farmers would benefit by its implementation. This includes observations on all the dimensions of agriculture such as meteorological observations relating to agriculture, management of agriculture, management of cattle, agricultural tools and implements, seed collection and preservation, ploughing and all the agricultural procedures included from the basics of preparation fields to harvesting till the storage of crops. In the Krishni Parasher, theory explores all aspects about plant life such as organic farming techniques, crop management, holistic farming, or rather sustainable use of available resources etc. (Maheshwari, 2018).

Farmer's happiness creates our nation's development at psychological, physiological, economical and sociological level because Bhutan bets organic agriculture is the road to happiness (Barclay, 2012). The Himalayan Kingdom of

Bhutan, known for seeking "happiness" for their nationalities, is aiming to become the very first nation in the world to turn its home-grown crops and farmers 100% organic.

"On an average, one farmer commits suicide on every 30 minutes in India," (Centre for Human Rights and Global Justice, 2011). India took its first rise of farmer suicides in 1997, by the time the number of farmer suicides per year was around 14,000. This number took a sharp high jump in 2005 to 17,000 per year (Sainath, 2007).

The concept of stress initially coined by Hans Selye (1976), has several implications. Occupational stress can be noticed as a natural extension of this classical concept of human activity, namely work (Appley & Trumbull, 1986).

As per Booth & Lloyd's (1999) research on occupational stress which was conducted in the South West of England, revealed a substantial score on the General Health Questionnaire, which visibly was more in women farmers i.e. occupational stress found higher among farming women than farming men.

Most Importantly, as per Hawton et al. (1998) research on psychological autopsy study which uncovered reluctance among farmers to take initiative to discuss their support needs because of a fear that personal issues could become exposed to all. For an awareness of the specific stresses faced by rural communities i.e. farmers and their families. The old Agricultural Development and Advisory Service (ADAS) has become the Farming and Rural Conservation Agency.

Ryff's (1989) research has revealed a transfer of attention from a subjective to an objective formation of psychological well-being. Her research is based upon Maslow's concept of

self actualizations (1968) theoretically as well as conceptually.

Moreover, farm stresses such as perceived economic problems, stress symptoms, and safety behavior were predictors of occupational farm accidents. An increased risk of injury is related to poor safety attitude and higher levels of stressors and other symptoms. The combination of high levels of stress symptoms & poor safety behaviors was associated with a particularly high accident risk. (Glassook.D. & others,2006)

### HYPOTHESES

- Psychological Well-being of organic farmers will be higher as compared to conventional farmers.
- Occupational stress will be lower in organic farmers as compared to conventional farmers.

### VARIABLES

In the present research study, Professional Organic Farmers and Inorganic Farmers are Independent Variables whereas Psychological well-being and Occupational Stress are the Dependent Variables.

### SAMPLE

For the present research sample has been selected by utmost possible care and based on predetermined criteria. In this research purposive sampling technique is used in sample selection. The sample of the present study consisted of 300 farmers, 150 professional organic farmers and 150 conventional farmers from Pune district of Maharashtra state, India. Only men farmers have considered and their age range is between 30 to 60 years. All of them have minimum HSC qualification. Farmers have a minimum three years experience of the same farming method. Farmers have farmland between 3 acres to 10 acres with annual income between 3 lakhs to 10 lakhs. Present research included only those farmers who raise edible crops such as grains, vegetables and fruits.

### TOOLS

For this study, the researcher has been used mentioned tools for the data collection as follows;

- Psychological Well-being Scale (2012) by Dr.Devendra Singh Sisodia and Ms.Pooja Choudhary.
- Farmer's Occupational Stress Index (2019) by Deepa D Naik.

### Psychological Well- Being Scale ( Sisodia & Choudhary,2012)

The scale consists of 50 items in Five Areas— Satisfaction, Efficiency, Sociability, Mental Health and Interpersonal Relation. This scale can be administered on any age group. Present test has reliability 0.87 by test retest method and validity is 0.94.

### Farmer's Occupational Stress Scale

For present research, Farmer's Occupational Stress Scale has been developed by the Researcher. The occupational stress scale with 20 items was administered to 50 farmers to determine reliability. Likert's method of summated ratings was used in this scale. The reliability analysis of data is presented in table 1.1

**Table 1.1**  
**Reliability Coefficients of Test**  
**Number of Subjects = 50, Number of Items = 20**

Spearman-Brown Reliability	0.8013**
Split-half Reliability	0.8008**

\*\* Significant at .01 level

All the reported reliability coefficients are statistically significant and within ideal range for a scale to be called reliable.

The validity of the scale was determined by the LawShe (1975) method and it was found to be statistically significant (0.91).

### Research Design

#### Two Matched- groups Design:

Researcher has been matched Organic Farmers to Conventional Farmers on the following variables-

- Age
- Education
- Experience of farming method
- Area of farmland
- Income
- Crops

## II. RESULTS AND INTERPRETATION

The results are shown in table 1.1

**Table 1.2**  
**Comparison of Psychological well-being of Professional Organic and Conventional Farmers**

Groups	Psychological well-being		Mean Diff.	't'
	Mean	SD		
<b>Professional Organic Farmers (N-150)</b>	<b>206.36</b>	<b>22.42</b>	<b>21.42</b>	<b>7.98,p&lt;.01</b>
<b>Conventional Farmers (N-150)</b>	<b>185.12</b>	<b>23.64</b>		

Results presented in table 1.2 indicate that satisfactory condition of existence; a state characterized by satisfaction, efficiency, sociability, mental health and good interpersonal relationships i.e. psychological well-being was found to be significantly superior in professional organic farmers (M=206.36) as compared to conventional farmers (M=185.12). The calculated

$t=7.98$ , is statistically significant at .01 level and also gives statistical strength to this finding that psychological well-being of organic farmers is of considerably higher magnitude as respect to conventional farmers.

The results are also shown in figure 2.1

**Figure 2.1**  
**Bar Diagram Showing Comparison of Mean & SD Scores on Psychological Well-being in Professional Organic and Conventional Farmers**



Since the psychological well-being of professional organic farmers was found to be significantly superior to the conventional farmers.

The results are shown in table 1.3.

**Table 1.3**  
**Comparison of Occupational Stress in Organic and Inorganic Farmers**

Groups	Occupational Stress		Mean Diff.	't'
	Mean	SD		
<b>Organic Farmers (N-150)</b>	<b>59.92</b>	<b>9.06</b>	<b>7.44</b>	<b>7.36, p&lt;.01</b>
<b>Inorganic Farmers (N-150)</b>	<b>67.37</b>	<b>8.43</b>		

Results presented in table 1.3 indicate that occupational stress in professional organic farmers (M=59.92) is significantly less as compared to inorganic/conventional farmers (M=67.37). The calculated t=7.36, is statistically significant at .01 level and also gives statistical strength to this report that occupational stress in organic farmers is

considerably lower as compared to environmental attitude of conventional farmers. The scoring pattern of occupational stress is higher the score, higher the occupation stress and the results are interpreted accordingly.

The results are also shown in figure 2.1

**Figure 2.1**  
**Bar Diagram Showing Comparison of Mean Scores on Occupational Stress Scale in Groups Comprised of Professional Organic and Conventional Farmers**



Since occupational stress in conventional farmers was found to be significantly higher as compared to professional organic farmers.

According to Raine. G, (2013) study which consists of three major issues of stress such as farmers' perceptions of the stress during

farming, the causes of stress and the personal effects of stress. In this research a qualitative research methodology was considered as well as semi structured interviews also conducted on 20 farmers who have belonged to a specific age group i.e.25-63. The results showed that farming was

commonly perceived to be stressful and the majority of participants (farming families) thought that the occupation was becoming increasingly more stressful. Most importantly, ample of the farmers admitted to being affected by stress occasionally and numerous different effects were report. Therefore, organic farmers and inorganic farmers showed significant differences on their psychological well-being and occupational stress.

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