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Comparative study of mental health of farmers of Uttar Pradesh and Maharashtra engaged in integrated farming system

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Abstract

Adoption of Integrated Farming System (IFS) prompts supportability and soundness in farm pay through numerous undertakings that focus on the greatest usage of accessible regular assets to meet the family needs. It targets creating a limited level of farm pay expected for the homestead family to keep up with a supported interest in cultivating along these lines keeping the movement of individuals from cultivating area. The farmers have become aware of integrated farming systems fairly and widely about each and every component. Due to high risk, management, production issue, marketing, and climate changes cause mental and stress problems faced by the integrated farming system farmers in various enterprises. Farming organizations work in a setting of debilitating terms of exchange for horticultural produce, eccentric item showcases, decreased chance of off-field work, expanding cost of homestead apparatus and creation, loss of homestead or work due to yield or creation disappointment, and shifting government strategy on natural and financial issues. As a result, it's difficult to get a clear and comprehensive picture of mental health disorders, which can vary from stress to worry and depression to, at the extreme end, suicide. Few occupations have changed more dramatically during the last few decades than farming and the number of farmers has decreased in India due to uncertainty in this profession. Regardless of topographical and political contrasts, similar patterns and the requests and stressors ranchers face in a quickly changing area give off an impression of being comparative across borders. The data obtained were quantified and put to statistical analysis for drawing meaningful conclusions. This paper concluded that there was an overall positive response of farmers and need for a strategy to improve farmer health.

Keywords: IFS farmers, mental health, Maharashtra, Uttar Pradesh

1. Introduction

“Jai Jawan, Jai Kisan” – (Lal Bahadur Shastri)

'Farming' is a course of outfitting sun-based energy as monetary plant and creature items. 'Framework' infers a bunch of interrelated practices and cycles coordinated into useful substance, for example, a game plan of parts or parts that communicate as per some cycle and changes inputs into yields (Freshcolo, 2014). Integration of two or more acceptable combinations of industries, such as agricultural, dairy, piggery, fishery, poultry, beekeeping, and so on, for each farm, depending on the resources available to sustain and satisfy the farmer's needs. The Integrated Farming System (IFS) makes agriculture more sustainable, economic, and productive. Approximately 95 per cent of the system's nutritional requirements are met by resource recycling. Even if the profit margin increases minimally as the number of businesses grows, this is accompanied by an increase in the cost of production and the creation of jobs. Profit margins also differed based on the ecosystem (rain-fed vs. irrigated), management expertise, and socio-economic circumstances (Manjunatha *et al.*, 2014) ^[10].

Mental Health might be characterized as a condition of passionate and social prosperity wherein the individual understands their own capacities, can deal with the ordinary anxieties of life, can work actually, and can assume a part locally' (World Health Organization, WHO, 2012) defines emotional well-being as "the capacity of an individual, a group, and the environment to collaborate in ways that advance abstract prosperity, the optimal turn of events and utilization of psychological well-being capacities (mental, full of feeling, and social), the achievement of individual and aggregate goals in a fair manner, and the fulfilment and preservation of states of major balance."

Many individuals might encounter an emotional well-being issue at some stage in their lives. Many are scared of the possibility of psychological wellness issues, being named with psychosis, schizophrenia, bipolar turmoil, or gloom, ear-set apart as being not the same as the remainder of society.

Farming businesses operate in an environment marked by weakening agricultural terms of trade, volatile commodity markets, reduced opportunities for off-farm employment, rising farm machinery and production costs, the loss of a farm or livelihood due to crop or production failure, and shifting government policy on environmental and economic issues (Gregoire, *et al.*, 2002) [6]. Mental health is a necessary piece of our prosperity, yet psychological wellness issues have been horribly ignored in our country. What's worse serious mental illness was not treated early and the treatment gap in such interference is very large. It is well known that people are at a disadvantage. The situation indicates a high level of psychological illness and poor access to treatment (Jige, 2017) [8]. The present research is an effort to understand farmers' problems, issues related to mental health and comparatively checked Maharashtra and Uttar Pradesh farmer's mental health. This study, therefore, intends to highlight the mental status of farmers engaged in an integrated farming system with the following objective.

Objective

- To find out the mental health of farmers engaged in the Integrated Farming System of Farmers (IFS) in Uttar Pradesh and Maharashtra states.

Methodology

Uttar Pradesh and the Maharashtra States was selected purposively for the present study (Figure 1). Kaushambi and

Prayagraj Districts of Uttar Pradesh and Nagpur and Wardha Districts of Maharashtra were selected purposively to collect data. Three villages in Kaushambi and Prayagraj Districts and three villages in Nagpur and Wardha Districts were selected randomly by using the random table method. Two Districts consisted of 150 respondents, and altogether, 300 respondents from four selected Districts were represent the primary sample of the study. Twenty-five respondents were selected purposively from each village making a total sample size of 300. The lists of farmers engaged in the Integrated Farming System (IFS) were obtained from the KVKs running in the Districts and selected purposively. The researcher was utilize both essential and auxiliary wellsprings of information, however, more accentuation was given on essential information. The primary data was gathered by a field survey of 300 people. The secondary data was collected from various Krishi Vigyan Kendras (KVK), the Agriculture Department, websites, and printed reports. Specific information collection tool was the Mental Health Check List Scale developed by Pramod Kumar (2019) was used to measure the mental health of people engaged in IFS farming activities. The Check List consists of 11 items that was measure the mental health of adult's age ranging from 21 to 50 years. Appropriate statistical techniques like Paired t-test were adopted for data analysis after scrutinizing the collected data.

Distribution of sample

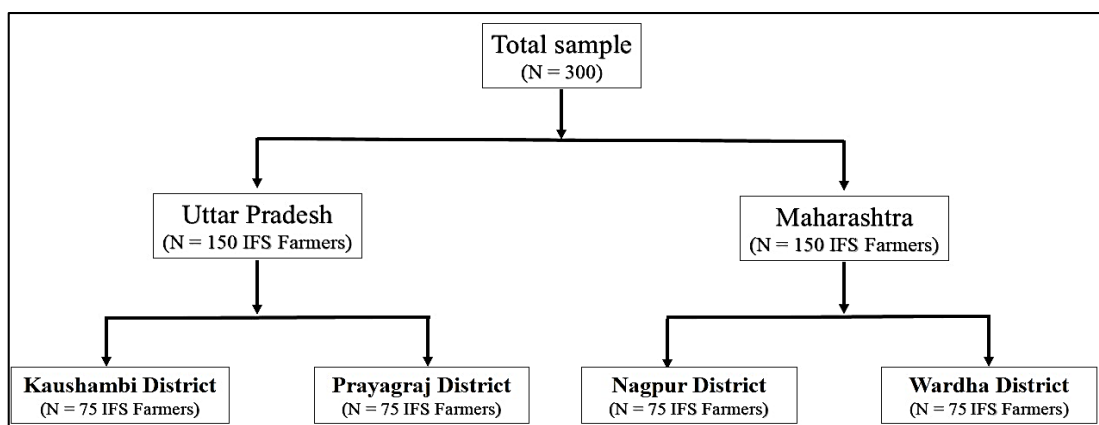


Fig 1: Distribution of sample

3. Results and Discussion

Table 1: Distribution of respondents according to their scale: Mental Health Checklist (Pramod Kumar)

Sr. No.	Level of Mental Health Checklist	Maharashtra (n=150)		Uttar Pradesh (n=150)	
		Frequency	Percentage	Frequency	Percentage
1.	Extremely Poor Health (29 and above)	12	(8.00)	06	(4.00)
2.	Highly Poor Health (24 – 28)	38	(25.34)	14	(9.34)
3.	Above Average Poor Health (20 – 23)	08	(5.33)	05	(3.33)
4.	Moderate Poor Health (14 – 19)	02	(1.34)	05	(3.33)
5.	Good Health (10 -13)	50	(33.33)	72	(48.00)
6.	Highly Good Health (05 – 09)	20	(13.33)	31	(20.66)
7.	Extremely Good Health (00 – 04)	20	(13.33)	17	(11.34)

*Significant level at 5% (p=0.05)= 1.968

**Significant level at 1% (p=0.01)= 2.592

‘t’ calculated value- 2.808611**Significant

d.f.- 298

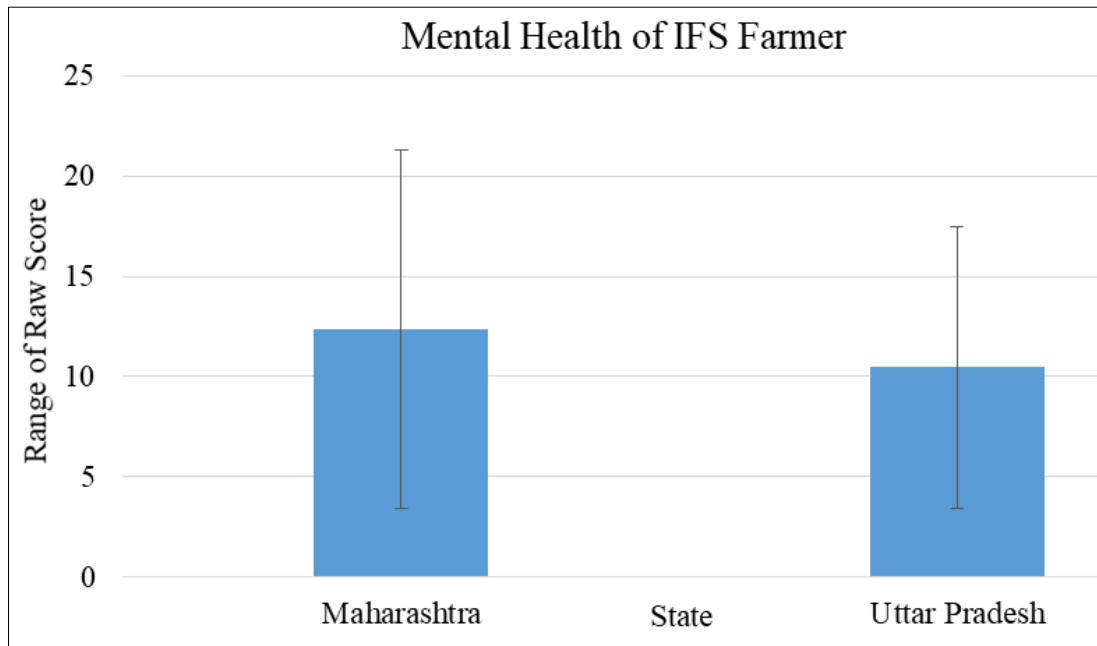


Fig 2: Mental health of Integrated Farming System Farmer's

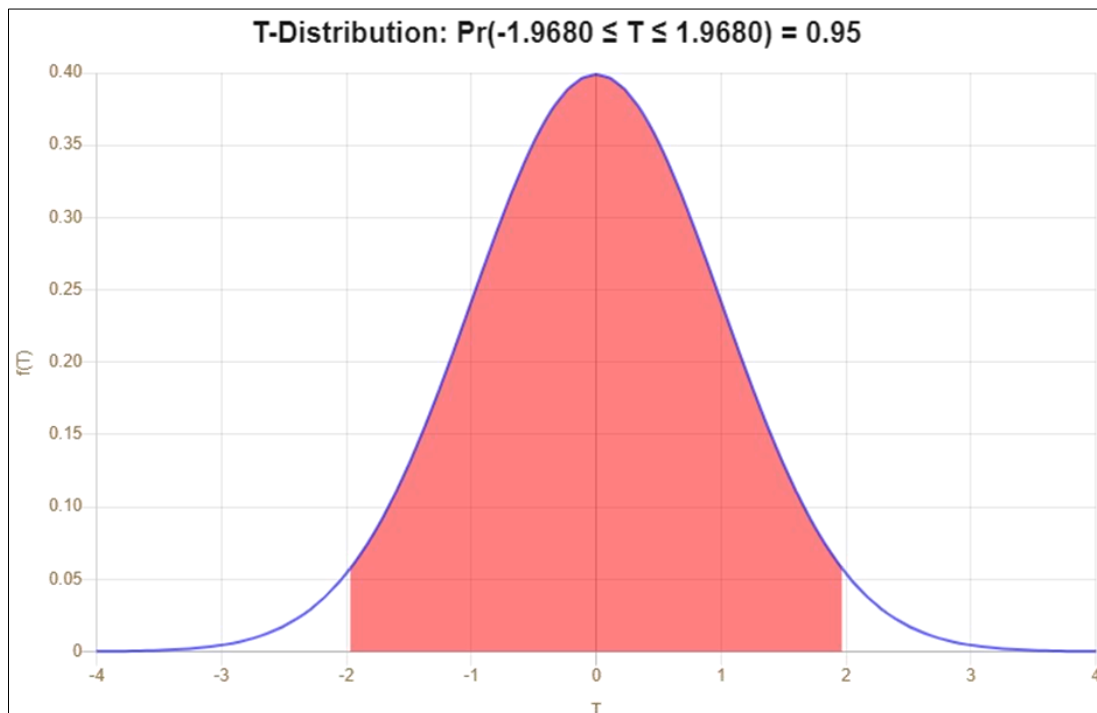


Fig 3: T distribution curve

The data are shown in Table 1 and Figure 2 and 3 deals with the study of the Mental Health Checklist Scale, of 150 farmers of each state Maharashtra and Uttar Pradesh engaged in an Integrated Farming System. It is revealed that the Maharashtra State and Uttar Pradesh state of the respondents, while in case of Extremely Poor Health (29 and above), Maharashtra had more percent than Uttar Pradesh i.e. 8.00 percent and 4.00 percent, respectively. However, in Highly Poor Health (24 - 28) level, Maharashtra farmer was more as compared to Uttar Pradesh on percentile base i.e. 25.34 percent and 9.34 percent, respectively. Even also in the condition of Above Average Poor Health (20-23) 5.33 percent and 3.33 percent of respondents represent from Maharashtra and Uttar Pradesh, respectively. Moderate Poor Health (14 - 19) that is 1.34 percent and 3.33 percent was obtained in

Maharashtra and Uttar Pradesh, respectively. It is revealed clearly that the Maharashtra State and Uttar Pradesh state of the respondents Good Health (10-13) obtained up to 33.33 percent and 48.00 percent, respectively. Also, Highly Good Health (05-09) that is 13.33 percent and 20.66 percent obtained in Maharashtra and Uttar Pradesh, respectively. Extremely Good Health (00 - 04) that is 13.33 percent and 11.34 percent obtained with Maharashtra and Uttar Pradesh, respectively. This study's findings are backed up by a study by Bomble and Hemkothang (2020), who found that there is a lot of literature in India focused on the economic and political components of farmer suicide, but the mental health aspects are rarely considered. As a result of the study, mental health among farmers was identified, and a general health

questionnaire was utilized to analyze mental health among farmers (GHQ-28). According to the survey's findings, more than half of farmers (58%) suffer from mental health issues. Psychological problems like anxiety and insomnia, as well as somatic complaints, severe depression, and social dysfunction, are common among agricultural farmers. According to a survey of farmer households and farmer development organizations, farmers experience psychiatric difficulties, and this is a major risk factor for their mental health.

The test statistic T equals 2.043856, is not in the 95% critical value accepted range: [-1.9680: 1.9680]. Since p-value equals 0.0418468, p-value < α , H₀ is rejected. Uttar Pradesh IFS farmers were more mentally healthy as compared to Maharashtra IFS farmers. Hence, the difference between the average of the Maharashtra and Uttar Pradesh populations is big enough to be statistically significant.

Conclusion

The majority of the farmers were in good mental health, but the second largest group was in terrible shape. The farmers' mental health was assessed in this study utilizing the Mental Health Checklist questionnaire. Farmers were determined to be in mental anguish and suffering from psychotic symptoms due to the analysis as a result of the study. Among the farmers in the Integrated Farming System, there is a significant prevalence of psychological issues such as anxiety and insomnia and as well as somatic symptoms, and severe depression. There is a significant link between the mental health of Maharashtra farmers and the mental distress of Uttar Pradesh farmers. Therefore, Policymakers suggested that appropriate programs and training should be developed for farmers to improve their skills for an integrated farming system Power for the spirit.

Conflict of interest

The authors have declared that no conflict of interest exists

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