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Research Article

To Study The Socio-Economic Status Of Psychosomatic Farmers In Satna District (Madhya Pradesh)

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ABSTRACT

This study explores the socio-economic status of psychosomatic farmers, focusing on the interplay between their psychological well-being and farming practices. By conducting a comprehensive survey and in-depth interviews with a diverse group of farmers, we aim to understand how socio-economic factors such as income, education, and access to resources influence their mental health and, conversely, how their psychological state affects their agricultural productivity and social interactions. Our findings reveal a complex relationship where economic stressors and lack of support exacerbate psychosomatic symptoms, leading to reduced efficiency and social isolation. Conversely, strong community ties and adequate mental health support contribute to improved socio-economic outcomes. This research highlights the need for integrated socio-economic and mental health interventions to support the well-being and productivity of farmers, emphasizing the importance of holistic approaches in agricultural and rural development policies.

Keyword- Socio economic, Sociological, Behavior, Psychosomatic

Introduction

Agriculture Commissioner Government of India said that cultivable/agriculture land has reduced by about 2.74 million hectares during the last three decades (1988-89 to 2018-19). However, during the same period the gross cropped area has increased from 182.28 million hectare to 196.50 million hectares, with net area sown remaining largely unchanged at 140 million hectares. He further cited that production of food grains has increased from 169.92 million tons to 284.96 million tons in the corresponding period due to various technological and policy interventions These are about 1h crore agricultural land holding out of which more than 80 percent are marginal and small farmers.

Farmers and rural communities in India face numerous challenges, from economic uncertainty to weather-related risks and social isolation. Limited access to healthcare and mental health services adds to the difficulties, making it tough for farming families to get support during periods of extreme stress, anxiety, or depression. Tackling mental health issues is crucial for farmers to effectively handle the various Research has consistently shown that chronic stressors significantly impact well-being and overall health. Specifically, stress is linked to a higher prevalence of mental health disorders such as depression and anxiety. Stress has been extensively studied in the literature, particularly in the context of work-related stress, where it is defined as a conflict arising when work demands exceed an individual's ability to manage, control, or cope with them. For farmers, the looming challenge of climate change adds an additional layer of stress to their already demanding jobs. resorts they encounter daily.

Research methodology

A. Sampling procedure
B. Data analysis

A. Sampling Procedure

The current research was conducted in Satna district of Central India. The district has an area of 7,502 km², and a population of 2,228,935 (2011 census). The study was conducted in 8 Blocks of district, viz. Majhgava,

Amarpatan, Unchehra, Nagod. Sohawal, Ramnagar, Rampur Baghelan, Maihar. The villages wear selected on the basis of growing more agricultural commodities for study. This major area represents different categories of the farmers. 240 respondents were taken for this study through purposive sampling technique.

State	District	Block	No. of villages	No. of Pre surveyed villages having psychosomatic farmers	No. of Villages selected for study having psychosomatic farmers	No. of respondents selected from selected villages
Madya Pradesh	Satna	Majhgava	368	39	5	29
		Amarpatan	187	20	5	30
		Unchehra	235	25	5	28
		Nagod	262	30	5	33
		Maihar	368	41	5	27
		Ramnagar	192	20	5	31
		Rampur Baghelan	225	30	5	30
		Sohawal	266	29	5	32
Total			2103	235	5	240

Data analysis

Data collected were qualitative as well as quantitative. The quantitative data were tabulated on the basis of the approved categorization method as described earlier. The following statistical techniques were used in the study.

1. Percentage;

The term 'Percentage' means a fraction whose denominator is 100 and the numerator of the fraction is called percentage.

$$\mathbf{P = \frac{x}{N} \times 10}$$

Were,
P= Percentage
X= Frequencies of respondents
N= Total number of respondents.

2. Tabular Analysis

For comparison and interpretation of various aspects in the measurement of village modernization and different aspects of social changes tabular from analysis was used.

Result and Discussion

a. To study the socio-economic status of psychosomatic farmers in the study area

Table 1.1 and Fig 1.1 presents the percentage distribution of farmers by socio-economic characteristics and their economic motivation, innovation trend, scientific orientation and risk orientation.

1.1Age:

Table 1.1 Distribution of farmers according to their Age.

S. No.	Categories	Frequency	Percentage
1.	30-35	42	17.50
2.	35-40	31	12.92
3.	40-50	79	32.92
4.	50-60	55	22.92
5.	>60	33	13.75
Total		240	100.00

The farmer's mean age was 48. Around 32.92% of farmers were in 40-50 age group followed by 22.92% in of 50-60 age group, 17.50% 30-35 age, 13.75% >60 age and 12.92% are in 35-40 age group (Table 4.1, 4.2 and Figure 4.2.1 & 4.2.2). These observations are in the line with the findings of various researchers, viz. Subramanian (1982), Srivastava (1982), Hazarika (1983), Mahipal (1983), Fulzele (1986), Verma (1988), Singh (1989), Chaubey (1991), Narade (2000) and Sridhar (2001) who reported that majority of the respondents were in middle age groups whereas the findings did not agree with the findings of Garde (1980), Ram Chand (1980) and Kokate (1984) who stated that the majority of the respondents were in the old age category.

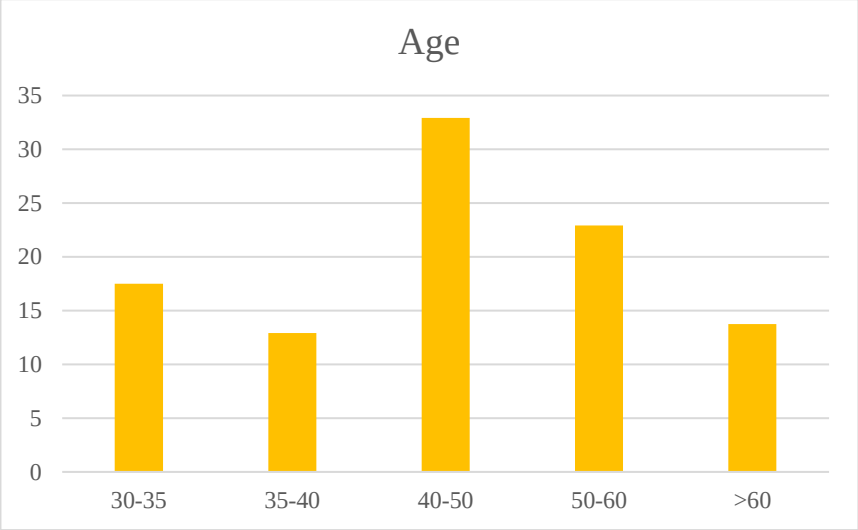

Fig. 1.1 Distribution of respondent according to thier Age

1.2 Gender:

The study participants majorly included male (n = 178, 74.17%).

Table 1.2: Distribution of farmers according to thier Gender.

S. No.	Categories	Frequency	Percentage
1.	Male	178	74.17
2.	Female	62	25.83
3.	Transgender	00	00
Total		240	100

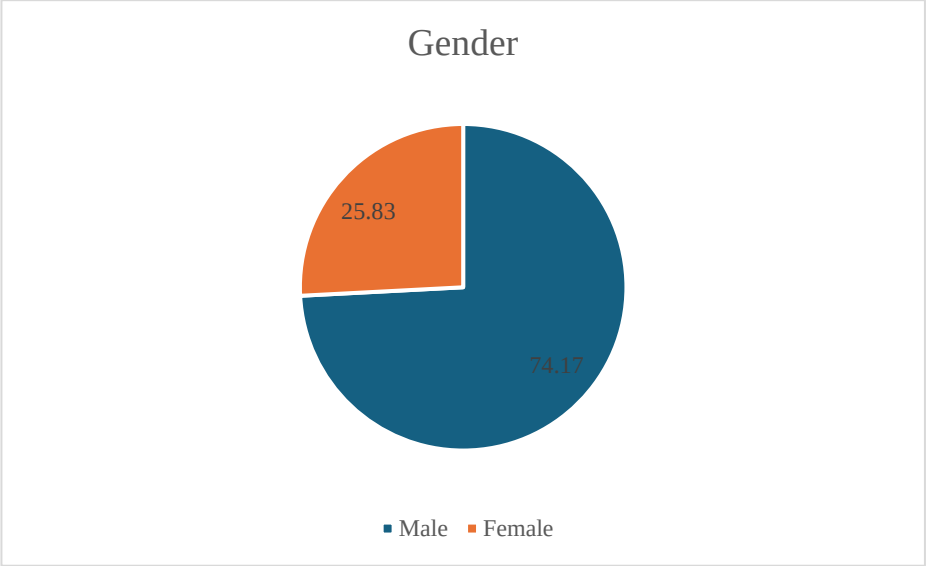

Fig. 1.2 Distribution of farmers according to thier Gender

1.3 Caste:

Table 1.3: Distribution of farmers according to their Caste.

S. No.	Categories	Frequency	Percentage
1.	SC & ST	71	29.58
2.	OBC	84	35.00
3.	GENERAL	85	35.42
Total		240	100

In caste, General category households constituted 35.42%, Other Backwards Classes (OBC) households constitute 35% whereas Scheduled Caste (SC) and Scheduled Tribe (ST) were 29.58% (Table 1.3 and Figure 1.3).

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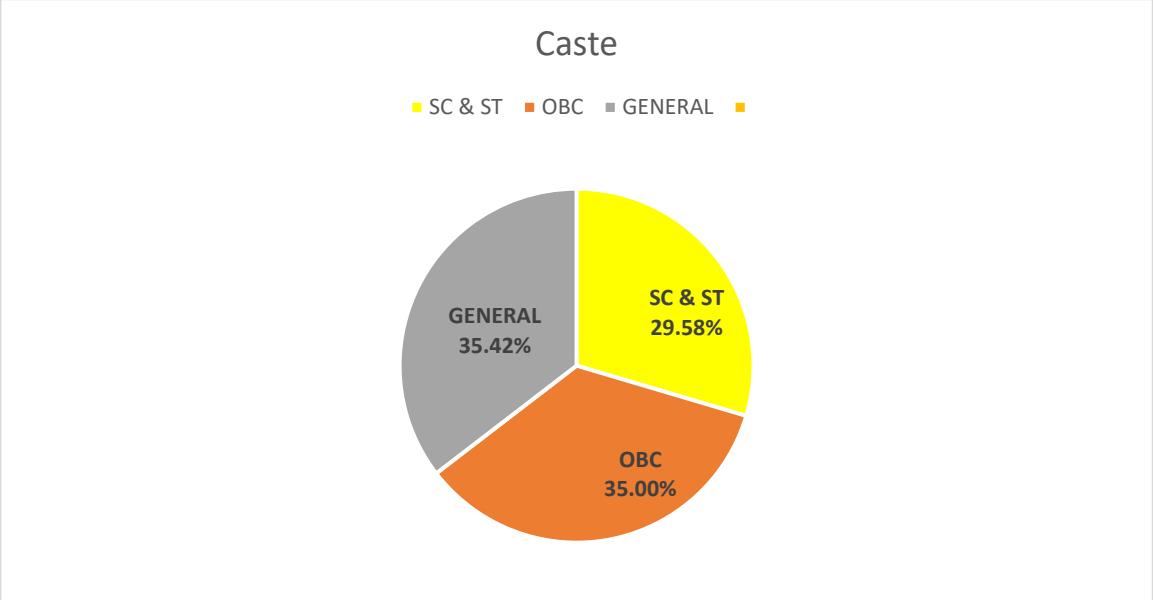

Fig. 1.3. Distribution of farmers according to their caste.

1.4 Education:

Table 1.4: Distribution of farmers according to thier Education.

S. No.	Categories	Frequency	Percentage
1.	Illiterate / Uneducated	25	10.42
2.	Read only	21	8.75
3.	Can read and write	26	10.83
4.	Primary	43	17.92
5.	Secondary	43	17.92
6.	High School	42	17.50
7.	Graduate and above	40	16.67
Total		240	100.00

Majority of the study participants are literates (17.92% completed their primary and secondary education followed by 17.50% completed their high school and 16.67% completed graduation and above). Whereas, 10.83% of farmers can read and write, 8.75% of farmers can only read and 10.42% of farmers in the study participants were illiterate / uneducated (Table 1.4 and Figure 1.4).

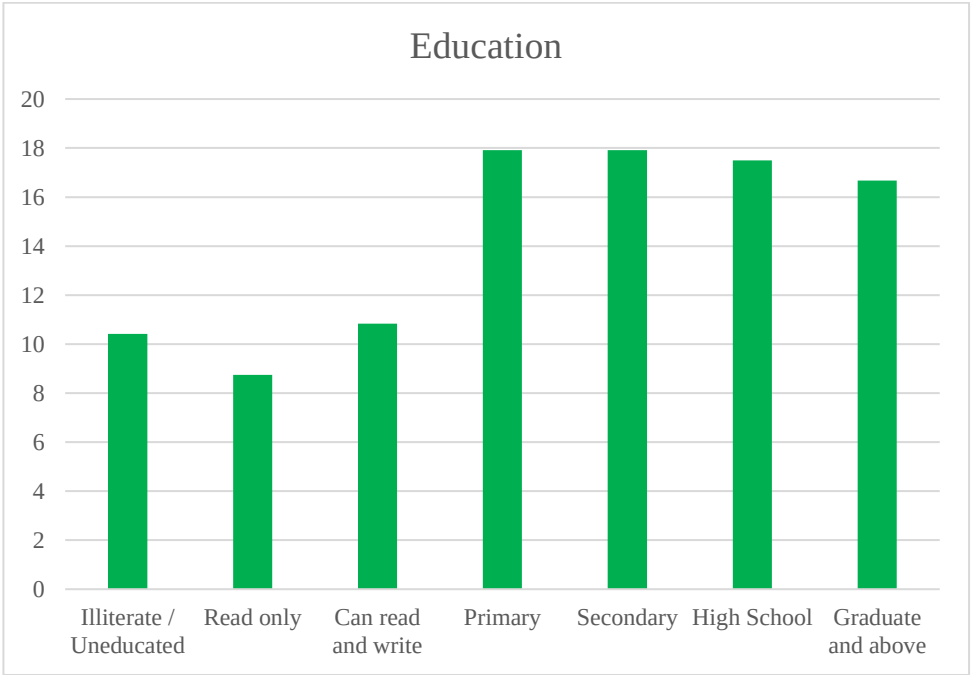

Fig. 1.4 Distribution of respondent according to thier Education

1.5Family Composition:

a. Family Type

Table 1.5a: Distribution of farmers according to their Family type.

S. No.	Categories	Frequency	Percentage
1.	Joint	134	55.83
2.	Single	106	44.17
Total		240	100

More than half (55.83%) of the farmers were lived in the joint family and the rest of the study participants lived in single. Around 59.17% of farmers reported to be having up to 05 members in the family (Table 1.5a,1.5b and Figure 1.5a & .1.5b).

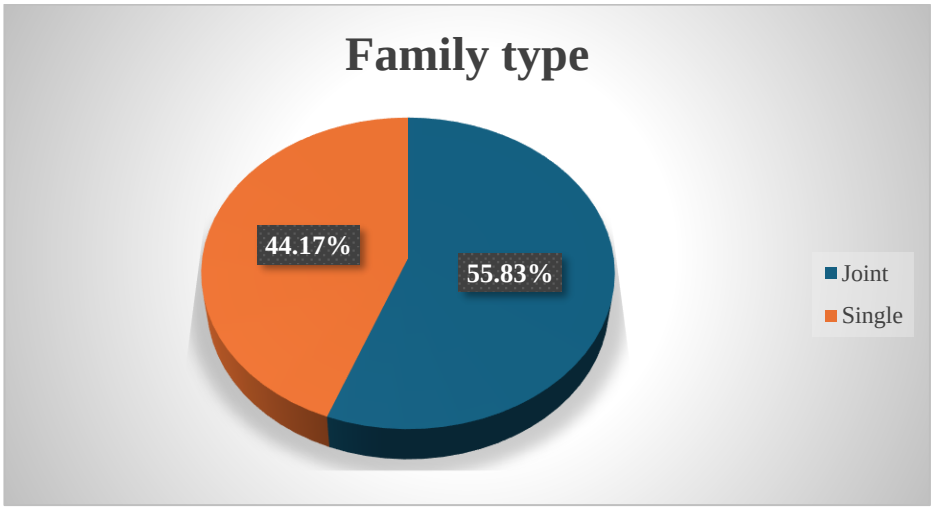

Fig. 1.5a Distribution of respondent according to their Family type

a. Family size:

Table 1.5b: Distribution of farmers according to their Family size.

S. No.	Categories	Frequency	Percentage
3.	Up to 5 members	142	59.17
4.	Above 5 members	98	40.83
Total		240	100

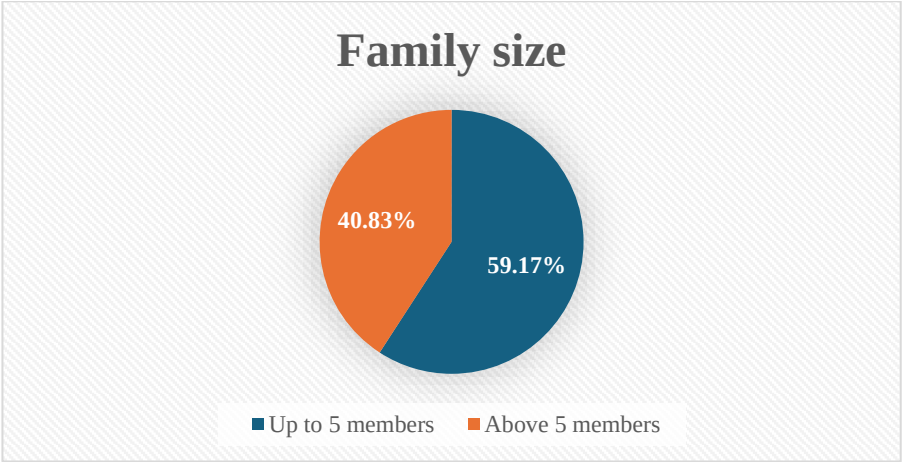

Fig. 1.5b Distribution of respondent according to their Family size

1.6 Annual Income:

Table 1.6: Distribution of farmers according to their Income.

S. No.	Categories	Frequency	Percentage
1.	Low income	162	67.50
2.	Medium income	60	25.00
3.	High income	18	7.50
Total		240	100

In the case of per acre total income shows that majority of the farmers (67.50%) reported their income as Rs. 30,000 to 1,20,000 followed by 25% farmers who has their income of Rs. 1,20,001 to 2,10,000 and the least number of farmers (7.50%) reported their income to be Rs. 2,10,001 above (Table 1.6 and Figure 1.6).

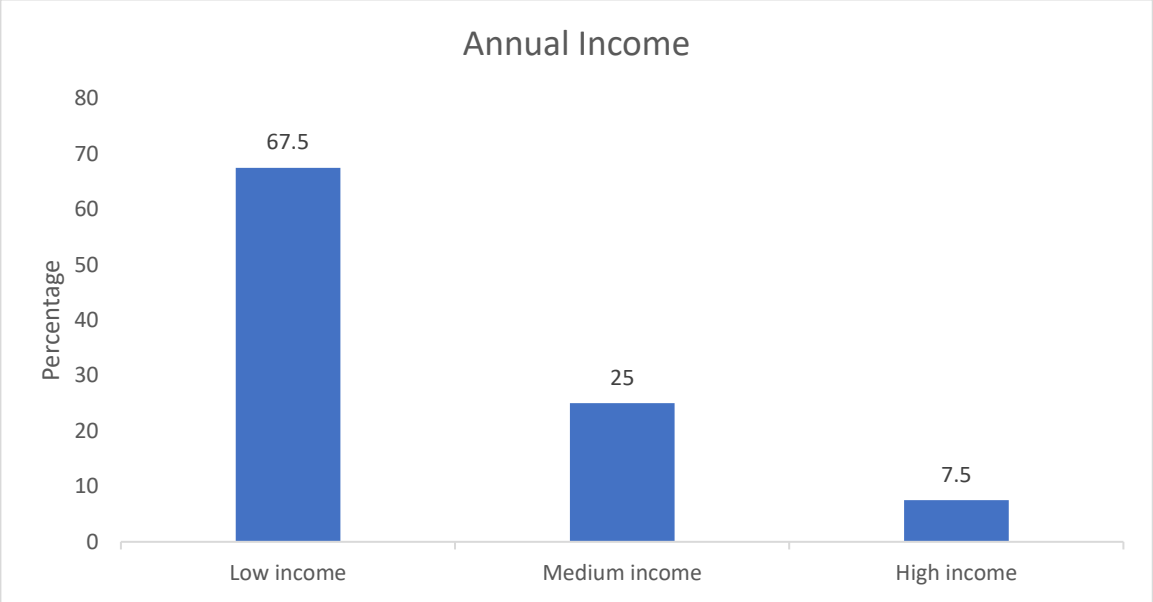

Fig. 1.6 Distribution of respondent according to their Annual Income

1.7Occupation:

Table 1.7: Distribution of farmers according to their Occupation.

S. No.	Categories	Frequency	Percentage
1.	Laborer	81	33.75
2.	Caste occupation	51	21.25
3.	Business	24	10.00
4.	Farming and Animal Husbandry	28	20.00
5.	Job	36	15.00
Total		240	100

As per the occupation, the majority of the farmers (33.75%) were engaged as laborers in agriculture and allied sectors, 21.25% depended on caste occupation for their income. Otherwise, 20% farmers in the study depended on agriculture and animal husbandry and rest of the study population are employed and having their own business (Table 4.7 and Figure 4.2.7).

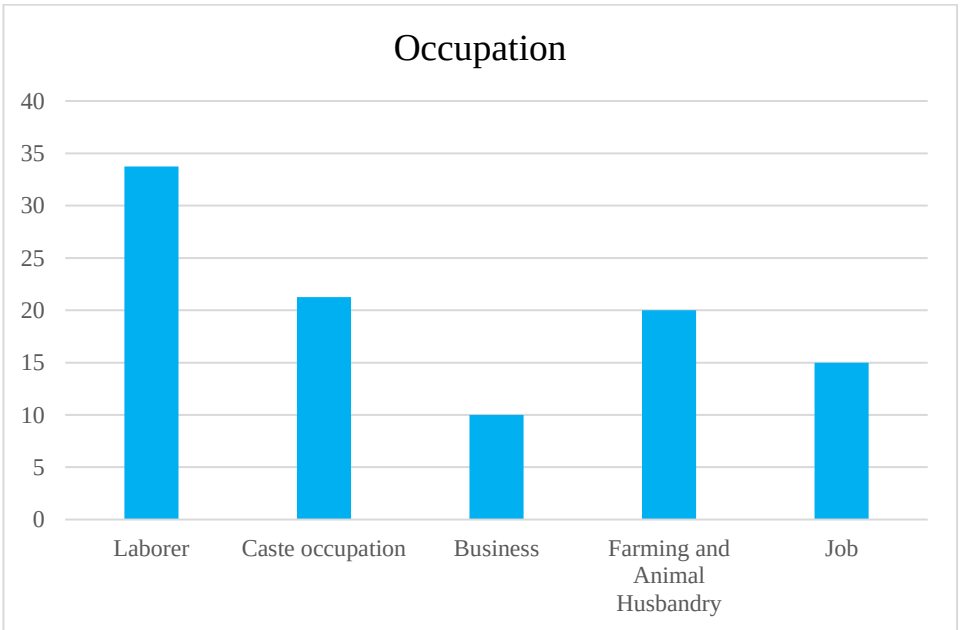

Fig. 1.7 Distribution of respondent according to thieroccupation

1.8 Type of house:

Table 1.8: Distribution of farmers according to their Type of House.

S. No.	Categories	Frequency	Percentage
1.	Cottage	17	07.08
2.	Mud house	45	18.75
3.	Mixed house	142	59.17
4.	Solid house	36	15.00
Total		240	100

The study participants majorly reside in mixed house (59.17%) followed by mud house (18.75%) and solid house (15.00%). the least number of study participants reside in cottage (07.08%) (Table 1.8 and Figure 1.8).

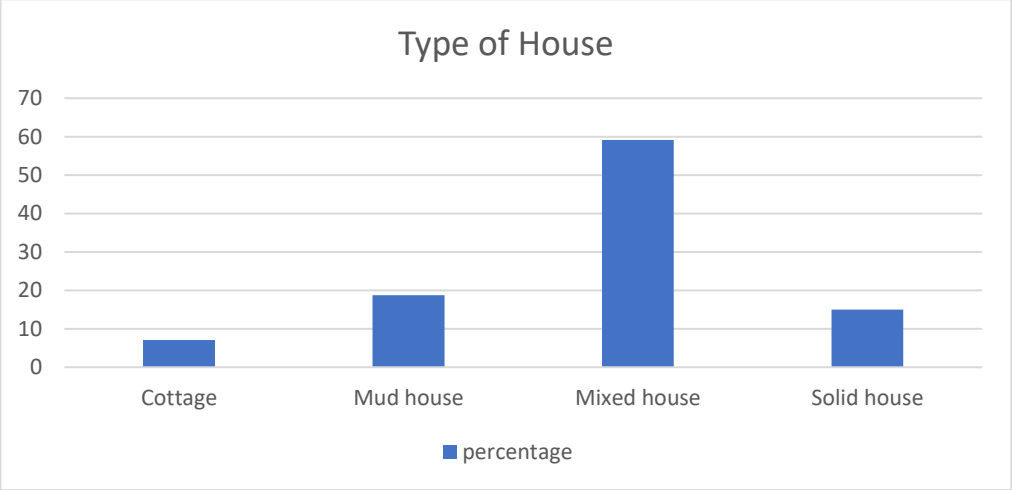

Fig. 1.8 Distribution of respondent according to their Type of house

1.9 Land Holding

Table 1.9: Distribution of farmers according to their Size of Land.

S. No.	Categories	Frequency	Percentage
1.	Small/Marginal farmers(1-2H)	114	47.50
2.	Medium farmers (2-5H)	87	36.25
3.	Large farmers (>5H)	39	16.25
Total		240	100

Agriculture characteristics of farmers, regarding the size of land, about 47.50% of farmers holding between 1-2hectares land so called Marginal/small farmers and 36.25% medium farmers holding between 2-5 hectares of land. Only 16.25% of farmers (large farmers) owned more than five hectares of land (Table 1.9 and Figure 1.9).

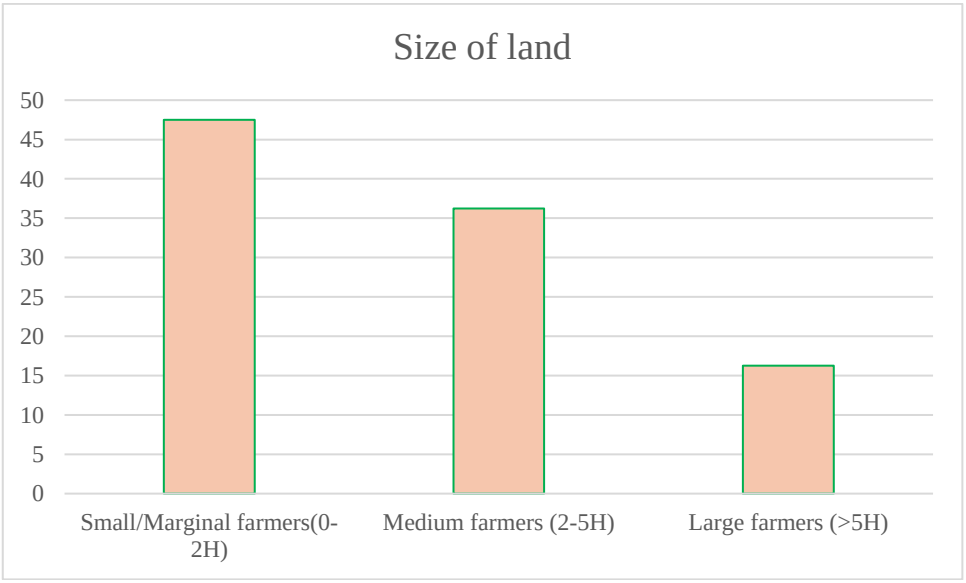

Fig. 1.9 Distribution of respondent according to their Size of land

1.10 Material Possession

Table 1.10: Distribution of farmers according to their Material Possession

S. No.	Categories	Frequency	Percentage
1.	Bicycle	29	12.08
2.	Radio/Television	41	17.08
3.	Chair	62	25.83
4.	Advanced agricultural equipment	29	12.08
5.	Motorcycle/four-wheeler	28	11.67
Total		240	100

In, material possession among the study participants 12.08% of farmers reported to be having a bicycle, 17.08% of farmers reported to be owing at least a radio or television, 25.83% of farmers reported to be having a chair, 12.08% of farmers reported to be having advanced agricultural equipment, 11,67% of farmers reported to be having motorcycle/car, 21.25% of farmers reported to be having a mobile (Table 1.10 and Figure 1.10).

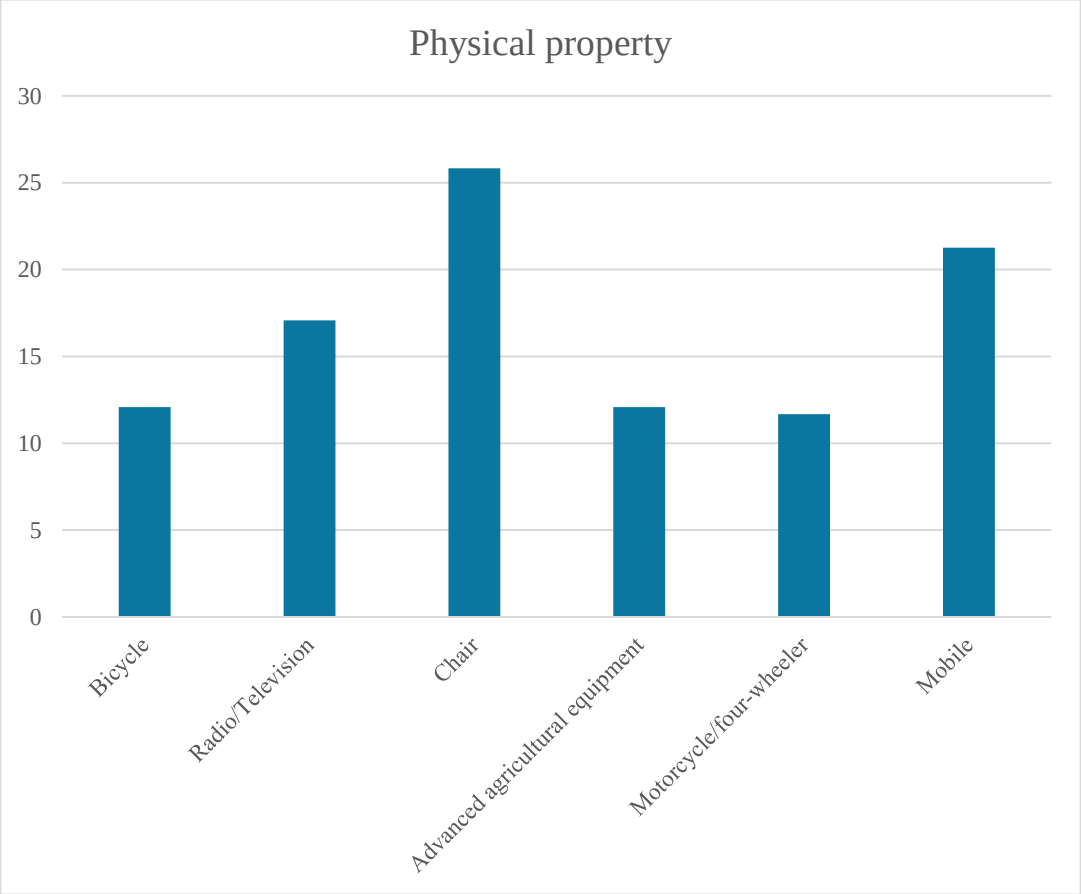

Fig. 1.10 Distribution of respondent according to thier Physical property

1.11 Social participation:

Table 4.11: Distribution of farmers according to thierSocial participation.

S. No.	Categories	Frequency	Percentage
1.	Members of an organization	80	33.33
2.	Members of more than one organization	61	25.42
3.	Officer/position holder	59	24.58
4.	Mass leader	40	16.67
Total		240	100

As per the social participation, the one third of the farmers (33.33%) were the members of at least one organization and 25.42% of the farmers were the members of more than two organizations, and 24.58% farmers were holding a position in an office. Otherwise, 16.67% farmers in the study reported to be mass leaders (Table 4.11and Figure 1.11) But the present findings do not confirm the findings of Jha (1998) who reported lower social participation of the farmers in his study area Bihar.

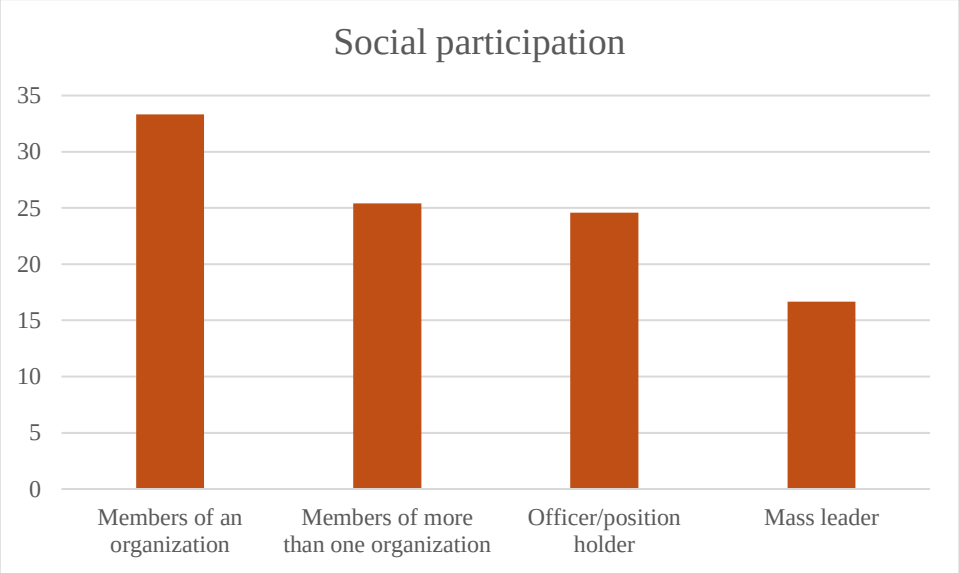

Fig. 1.11 Distribution of respondent according to thier Social participation

1.12 Loan

Table 1.12: Distribution of farmers according to their Loan

S. No.	Categories	Frequency	Percentage
1.	Bank	60	25.00
2.	Co-operative committee	57	23.75
3.	Moneylender	36	15.00
4.	Friends and relatives	56	23.33
5.	Other	31	12.92
Total		240	100

It is observed from the table that out of 240 farmers who had borrowed loan from an institution, a greater number of farmers (51.25%) have their loans borrowed from non-institutional lenders (money lenders, friends and relatives) and the rest of farmers under study (48.75%) lend their money from institutional lenders (banks and co-operatives) (Table 4.12 and Figure 4.2.12).

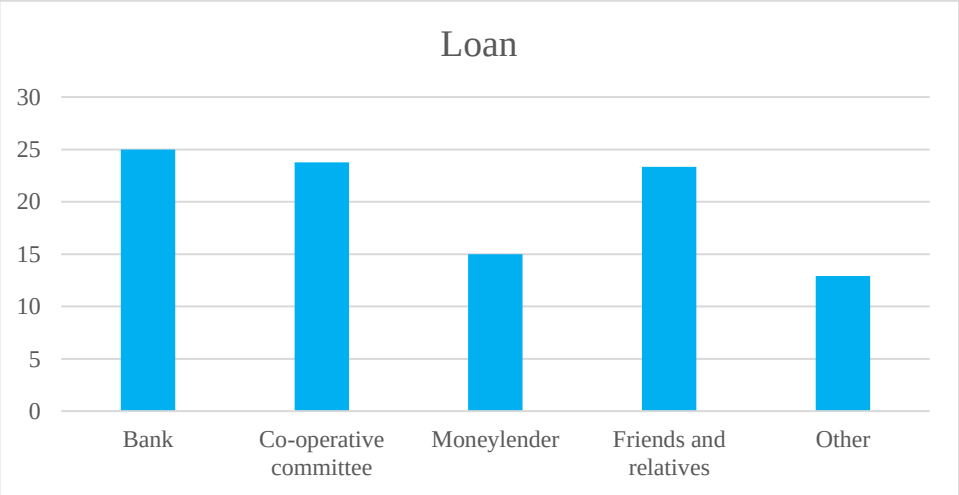

Fig. 1.12 Distribution of respondent according to thierLoan

1.13 Farm power

Table 1.13: Distribution of farmers according to their Family type

S. No.	Categories	Frequency	Percentage
1.	Traditional Implement	131	54.58
2.	Modern Implement	109	45.42
Total		240	100

When we look into the Farm power, 54.58% of farmers were using the traditional implements for the farming and rest of the farmers in the study reported to be using modern implements (Table 4.13 and Figure 4.2.13).

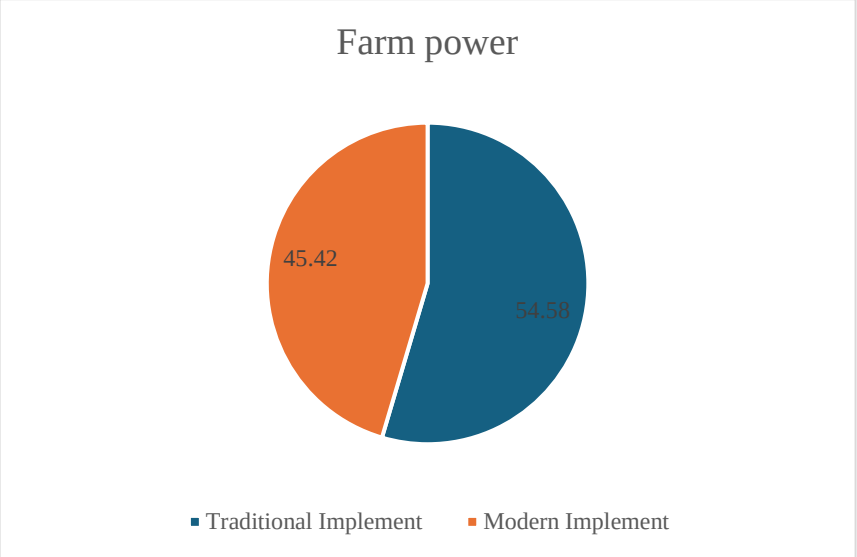

Fig. 1.13 Distribution of respondent according to their Farm power

1.14 Economic Motivation

Economic motivation was operationalized in terms of profit maximization and the relative value placed by a farmer on economic ends. The economic motivation of the farmers in the present study were recorded, categorized and indicated in Table 4.2.14 and in Fig 4.2.14.

It was evident that majority of the farmers had medium (47.50%) level of economic motivation, whereas the 30.00 per cent of the farmers had low level of economic motivation and nearly one-fourth (22.50%) of the farmers had high level of economic orientation.

Table 1.14 Distribution of respondents according to their economic motivation (n= 240)

Category	Score	Respondents	
		Number	Per cent
Low	Between 6 – 13	**72**	30.00
Medium	Between 14 – 22	114	47.50
High	Between 23 – 30	54	22.50
Total		240	100.00

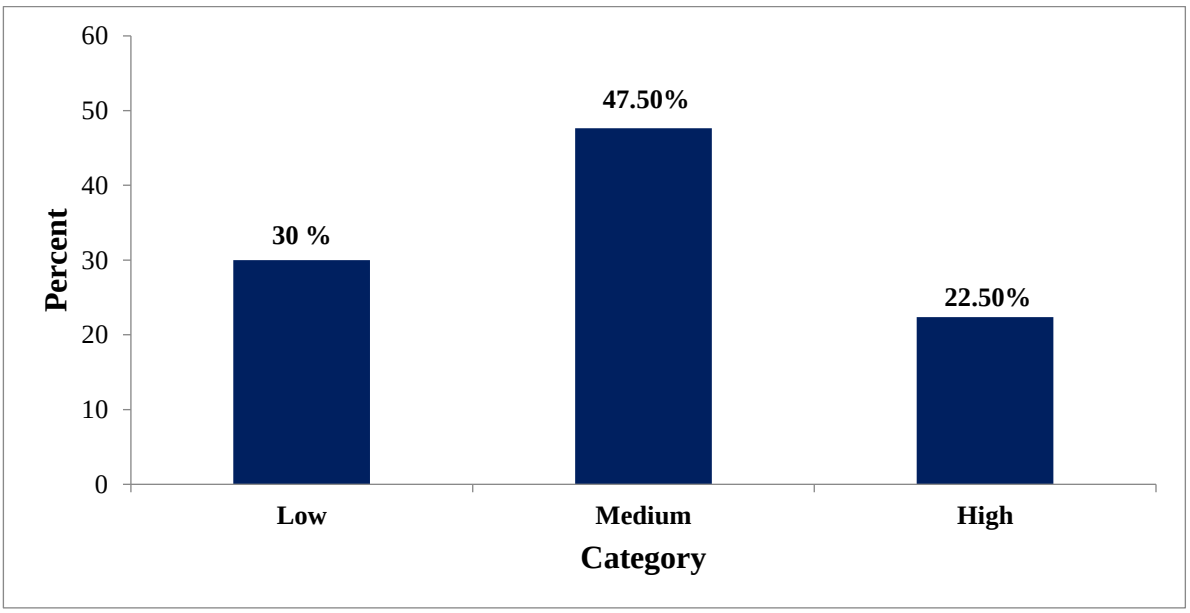

Fig. 1.14 Distribution of respondents according to their economic motivation

1.15 Risk Orientation

Risk orientation was operationalized as the degree to which the respondent was oriented towards risk and uncertainty and has courage to face the problems in adopting new ideas. The risk orientation of the farmers in the present study were recorded, categorized, and indicated Table 1.15 and Fig 1.15.

It was evident that nearly half of the respondents (49.17%) had medium level of risk bearing capacity, followed by the farmers had high (29.17%) level of risk bearing capacity and low (21.66%) level of risk bearing capacity.

Table 1.15 Distribution of respondents according to their risk orientation (n= 240)

Category	Score	Respondents	
		Number	Per cent
Low	Between 6 – 13	**52**	21.66
Medium	Between 14 – 22	118	49.17
High	Between 23 – 30	**70**	29.17
Total		240	100.00

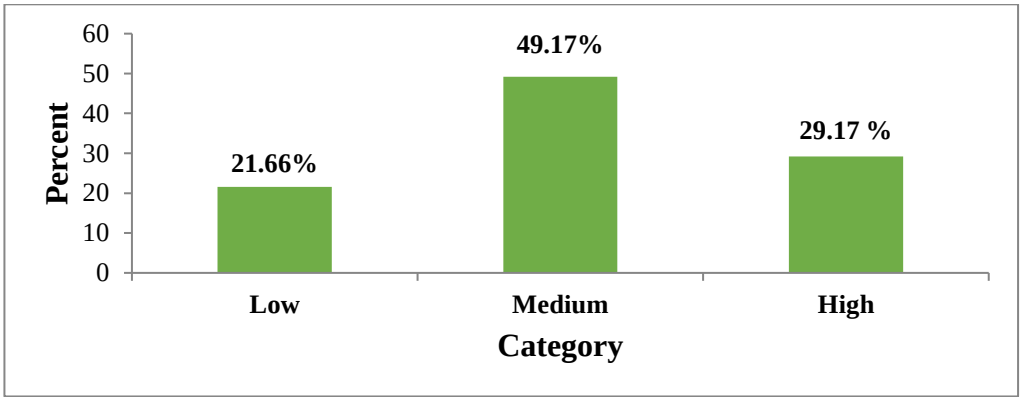

Fig.1.15 Distribution of respondents according to their risk orientation

1.16Innovation Trend

Innovation trend is the degree to which an individual is relatively earlier in adopting new ideas than other member of the same social system. Innovativeness was operationalized as the degree to which an individual is relatively earlier in adopting a new idea. The respondents were categorized into three categories and presented in the following Table 4.2.16 and in Fig 4.2.16.

It was evident that more than half of respondents 44.16 per cent had medium level of innovativeness and followed by nearly one-third (32.50 %) of the farmers in the study are had high level of innovativeness and about 23.33 per cent of the farmers had low level of innovativeness.

4.2.16 Distribution of respondents according to their Innovation Trend

(n= 240)

Category	Score	Respondents	
		Number	Per cent
Low	Between 7 – 11	**56**	23.33
Medium	Between 12 – 16	107	44.16
High	Between 17 – 42	**78**	32.50
Total		240	100.00

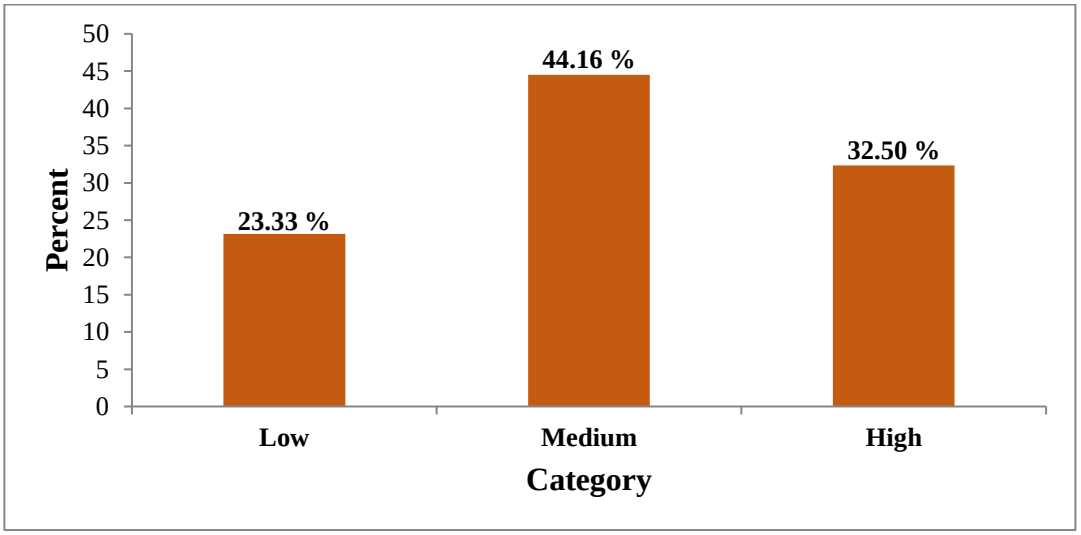

Fig. 1.16 Distribution of respondents according to their Innovation Trend

1.17 Scientific Orientation

Scientific orientation was operationalized as the degree to which an individual was oriented to the use of scientific methods of farming through EAS. The scientific orientation of the farmers in the present study were recorded, categorized, and indicated Table 4.2.17 and Fig 4.2.17

It was evident that that majority (39.60%) of the farmers had low Scientific Orientation, subsequently 33.32 per cent of the farmers had medium level of Scientific Orientation and only 27.08 per cent of the farmers had maximum level of Scientific Orientation.

Table 1.17 Distribution of respondents according to their Scientific Orientation (n=240)

Category	Score	Respondents	
		Number	Per cent
Low	Between 6 – 18	95	39.60
Medium	Between 19 – 30	80	33.32
High	Between 31 – 42	65	27..08
Total		240	100.00

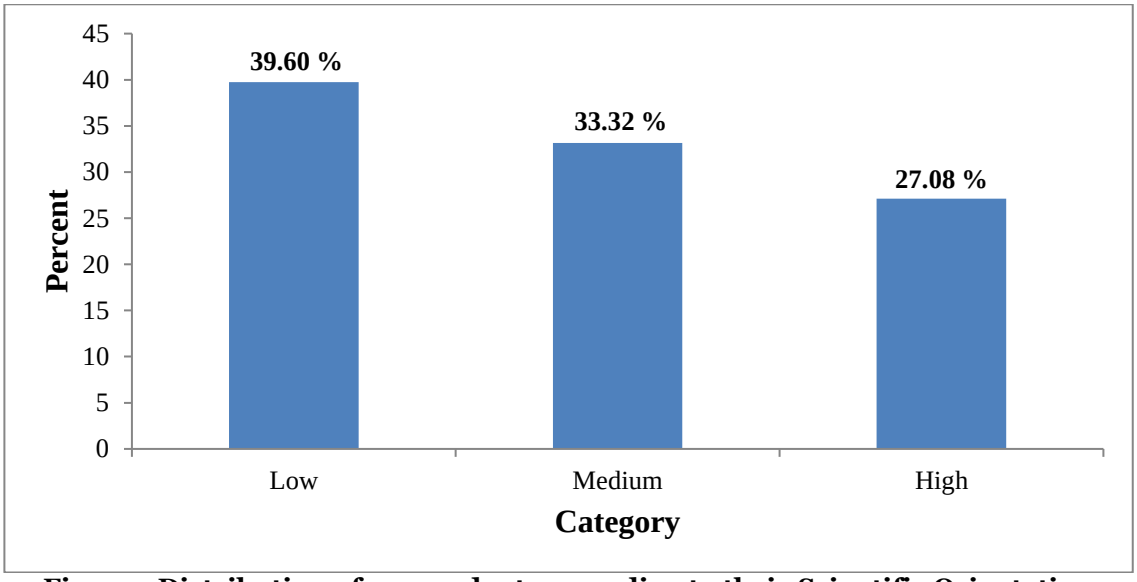

Fig. 1.17 Distribution of respondents according to their Scientific Orientation

Summary and Conclusion

70% of the study participants are males with majority belongs to the age group of 40-50 having a low or no literacy while they were working as laborer's with majority of them belongs to SC and ST category. Majority of the study population reside in mixed type house and in a joint type of family with less social participation and meagre physical property. Framers among the selected study participants belongs majorly to small and marginal type. A greater number of farmers among study participants use traditional equipment's while they avail credit facility from institutional lenders. most of the farmers having low income. A greater number of farmers partially or fully agree for the questions about economic motivation, innovation trend, scientific and risk orientation that they have to know more or less regarding the knowledge and ongoing activities on technology, innovation and associated risks along with the economic gains.

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