



Psychological Techniques to Prevent Farmers Suicide

Dr. Ghoti Ravindra Mersing

Shivaji College, Kannad.

Mob.No. 7507262003

Email Id:- ghoti.rm@gmail.com

Abstract

The present study has been conducted to investigate the Psychological Techniques to prevent farmers' suicide in Indian context. Study includes the 200 subjects will select for this study from Aurangabad Dist. The stratified randomize sample taken into consideration for the study consisted of 200 farmers. The efforts will be made to have the sample as representative as possible in terms of area of living. Here researcher was taken only social economics status (SES) low farmers selection. To assess the Anxiety factors of the subject the Shina's Anxiety inventory and Nayrashmapa Frustration test. Proposed Statistical Procedure is Descriptive statistics i.e. Mean, S.D, will be computed and 't' test. Conclusion in this study On the basis of data and discussion of results, the hypotheses were tested and verified. Anxiety of farmers tends to show reduced by Psychological techniques. Frustration of farmers tends to show reduced by Psychological techniques.

Key words: Psychological Techniques, farmers, suicide, Anxiety and Frustration.

Introduction:

Indian agriculture is going through a troublesome circumstance. It is broadly recognized by major ideological groups, statutory bodies and underlined by the exploration ponders. Over the most recent five decades, greater part of farmers have become poor and harried outsiders in their own nation, with no deferential spot in the open strategies. Subsequently, cultivating network has been at the negligible in Indian monetary, social and political life. Agriculture has become moderately an unrewarding action because of the negative value system and low worth

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expansion. It causes abandon of cultivating and expands movement from provincial territories. Agriculture gives the chief methods for occupation for over 60% of India's populace. In spite of an unfaltering decrease in its offer to the total national output (GDP) agriculture remains the biggest financial segment in the nation. Low and unstable development rates under the area and the ongoing acceleration of an agrarian emergency in a few pieces of the nation represent a risk not exclusively to national nourishment security yet in addition to the financial prosperity of the country in general.

The main occurrence of rancher's suicide was accounted for in 1986 in Kerala. This was an elastic developing rancher from the state. Be that as it may, the frequency was ignored by the state government as a mishap. There after progressively number of farmers finished life through suicide in the territory of Kerala.

Throughout the most recent twenty years or more there has been a developing mindfulness with respect to the emotional wellness of farmers in India. Worldwide, national, territorial, network and neighborhood factors assume a basic job in impacting farmers' emotional well-being, either contrarily or decidedly. Occasions, for example, long haul dry season and illness can prompt an expansion in the paces of suicide and misery. These sorts of occasions and their effects have raised the issue among provincial networks featuring the need to expand endeavors to improve and keep up farmers' psychological well-being. Clashing discoveries were recognized with respect to the predominance of emotional wellness issues and psychological instability among farmers. While a few creators expressed there was no definitive information to show there were higher paces of emotional well-being issues contrasted with the non-cultivating network, different creators discovered English, Welsh and Norwegian farmers had an expanded commonness of psychological bleakness and wretchedness contrasted with non-farmers. Additional proof proposed cultivating is an unpleasant occupation, with farmers encountering more elevated levels of pressure contrasted with different occupations.

The present examination has been led to explore the Psychological Techniques to counteract farmers' suicide in this investigation of Maharashtra, India

Significance of the study

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- This study may provide quantitative data on effect of Psychological Techniques to prevent farmers' Suicide.
- The study may highlight the importance of the farmers as field of inquiry for profound our understanding of the nature, predication of mental stability and stress, frustration and anxiety.
- The study may bring an impetus for future experimental studies regarding the effect on prediction of behavior on the bases of farmers

Methodology**Objectives:-**

- The purpose of this study is to determine whether Psychological Techniques to prevent the farmers from suicide.
- To explore whether mental stability and Stress, Frustration and Anxiety affect farmers.
- To suggest the importance of individual's farmer's is predictive of their compatibility with others.

Hypotheses:-

1. Anxiety of Farmers can be reduced by Psychological techniques.
2. Frustration of Farmers can be reduced by Psychological techniques

Sample:-

Locus of the present investigation will be confined to the farmers initially 1000 subject will be taken from the population finally 200 subjects will select for this study from Aurangabad Dist. The stratified randomize sample taken into consideration for the study consisted of 200 farmers. The efforts will be made to have the sample as representative as possible in terms of area of living. Here researcher was taken only social economics status (SES) low farmers selection.

Measurement Tool:-**1. Description of the Self- Information Schedule:**

This schedule was saturated by to collect the following facts about the student.

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Personal Information:- Name, Sex, Age, Caste, occupation and yearly income

2. Socio Economic Status Scale

Constructed by Dr. S.P Kulshrestha , Department of Teacher Education D.A.V. College, Dehradun.

3. Sinha's Comprehensive Anxiety test (SCAT)

Constructed by A.K.P. Sinha and L.N.K Sinha in this test good validity and reliability.

4. Nairashya Maapa (Frustration Test)

Dr.N.S Chauhan, M.A, M.A (Cal), PhD .Reader – Head (psychology) Agra College, Agra. And Dr.G.P.Tiwari, M.A, PhD. Lecturer, D.S.College, Aligarh. & Post Doctoral fellow, Psychology Agra University, Agra.

Design:- Quasi-experimental design (Time Series Design) O_1 X O_2

O_1	X	O_2
Pre-test	After (ten day) Treatment	Post-test
1. Sinha's Comprehensive Anxiety test (SCAT) 2. Nairashya Maapa (Frustration Test) 3. Biofeedback apparatus (galvanic skin response).	1. Counseling and Guidance. 2. Meditation 3. Relaxation Techniques 4. Behavior Modification	1. Sinha's Comprehensive Anxiety test (SCAT) 2. Nairashya Maapa (Frustration Test) 3. Biofeedback apparatus (galvanic skin response).

Variables Under Study:-

I) Independent variable

1. Farmers

II) Dependent variable

1. Mental stability and Stress,
2. Frustration
3. Anxiety

PROPOSED STATISTICAL PROCEDURE:-

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I) Descriptive statistics i.e. Mean, S.D, was computed.

II) 't' test

Result Analysis:-**Hypothesis No.1. Anxiety of Farmers can be reduced by Psychological techniques.**

There are significant a difference between mean score of Farmer Pre-test on Anxiety (63.5.) is comparatively larger than the mean score of Farmer Post-test on Anxiety (35.5.). 't' value significant ($t=6.13$, $P < 0.001$ & 0.005 Level) difference between Farmer Pre-test and Post-test on Anxiety.

Hypothesis No.2. Frustration of Farmers can be reduced by Psychological techniques.

There are significant a difference between mean score of Farmer Pre-test on Frustration (35.5.) is comparatively larger than the mean score of Farmer Post-test on Frustration (10.5.). 't' value significant ($t=7.18$, $P < 0.001$ & 0.005 Level) difference between Farmer Pre-test and Post-test on Frustration

Conclusions:

On the basis of data and discussion of results, the hypotheses were tested and verified. Some hypotheses were partially retained and some were rejected and following conclusions were drawn.

- Anxiety of Farmers tends to show reduced by Psychological techniques.
- Frustration of Farmers tends to show reduced by Psychological techniques

Limitations and suggestions of the present research:-

- The population was limited areas restricted Kannad Taluka only. It can be spread into other areas also.

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- The sample of the study was small. The study can also be done by taking large sample size.
- The tools used in this investigation were self – reporting instrument, it is therefore noted that the accuracy of data reported is limited to the abilities and willingness of the respondents to give truthful responses.

References

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