

# Psychological well-being among Tobacco growers in

## Hunsur taluk, Karnataka

Jagadevappa

Assistant Professor of Psychology

Government First Grade College, Tiptur-Karnataka

### Abstract

This study examines the psychological well-being of tobacco growers in Hunsur taluk, Karnataka. Tobacco cultivation, while economically significant, can impact farmers' mental health due to its association with financial volatility and health risks. Using a mixed-methods approach, including surveys and qualitative interviews, this research explores factors influencing psychological well-being among tobacco growers. Findings suggest a complex interplay of economic pressures, health concerns, and socio-cultural factors affecting mental health outcomes in this population. Recommendations for targeted interventions and policy measures aimed at improving psychological well-being among tobacco growers are discussed.

**Keyword:** Psychological well-being, Tobacco growers, Hunsur taluk, Karnataka, Mixed-methods, Mental health.

### 1. Introduction

Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, and a sense of meaning or purpose. More generally, well-being is just feeling well. Well-being is something sought by just about everyone, because it includes so many positive things — feeling happy, healthy, socially connected, and purposeful. Well-being emerges from your thoughts, actions, and experiences — most of which we have control over. For example, when we think positive, we tend to have greater emotional well-

being. When we pursue meaningful relationships, we tend to have better social well-being. And when we lose our job — or just hate it — we tend to have lower workplace well-being.

Theories about PWB generally focus on understanding the *structure* of psychological wellbeing or the *dynamics* (i.e. the causes and consequences of PWB). The breakdown of psychological wellbeing into hedonic and eudaimonic components and Carol Ryff's model are widely accepted theories of the structure of PWB.

As far as the dynamics of PWB are concerned it's important to recognise that, to some extent, PWB is relatively stable and will have been influenced by both previous experience (including, for example, early upbringing) and underlying personality. Stressful experiences can predispose people to subsequent mood and anxiety disorders (Gladstone, Parker and Mitchell, 2004); but, on the other hand exposure to extremely traumatic events can help to build resilience and actually protect PWB. For example children exposed to moderately stressful events seem better able to cope with subsequent stressors (Khobasa & Maddi, 1999). The same “inoculating” impact of stressful events has also been observed in working adults (Soloman, Berger and Ginsberg, 2007).

The main beneficiaries are small and marginal farmers, rural women and tribal youth. According to the Ministry of Commerce and Industry, tobacco contributes around US\$ 293 million per annum towards foreign exchange, accounting for 4% of the total agricultural exports from India. The tax on manufactured tobacco products comes to US\$ 1.778 billion per annum from Central Excise. This is more than 10% of total Central Excise revenue collected by the Central Government. Tobacco is therefore important as a crop, as an exportable commodity and as a source of revenue and foreign exchange earnings for the government.

However, the net gain or loss to the government in terms of disability, disease and death due to tobacco has not been properly and comprehensively quantified. In addition to causing damage to an individual's health, tobacco use results in severe societal costs, such as reduced productivity, health-cost burdens and environmental damage.

The human health impacts of tobacco use are well-documented. The World Health Organization (WHO) estimates that there will be more than 8 million tobacco-related deaths a year by 2030, amounting to 10% of annual deaths worldwide.

The impact that tobacco has on the environment is less well recognized. The WHO Framework Convention on Tobacco Control (FCTC) addresses the environmental concerns regarding tobacco in Article 18, which states that: "In carrying out their obligations under this Convention, the Parties agree to have due regard to the protection of the environment and the health of persons in relation to the environment in respect of tobacco cultivation and manufacture within their respective territories."

**1.1 Paddy Farming:** A **paddy field** is a flooded parcel of arable land used for growing semi aquatic rice. Paddy cultivation should not be confused with cultivation of deepwater rice, which is grown in flooded conditions with water more than 50 cm (20 in) deep for at least a month. Genetic evidence shows that all forms of paddy rice, both *indica* and *japonica*, spring from a domestication of the wild rice *Oryza rufipogon* that first occurred 8,200–13,500 years ago South of the Yangtze River in present-day China.

However, the domesticated *indica* subspecies currently appears to be a product of the introgression of favorable alleles from *japonica* at a later date, so that there are possibly several

events of cultivation and domestication. Paddy fields are the typical feature of rice farming in east, south and Southeast Asia. Fields can be built into steep hillsides as terraces and adjacent to depressed or steeply sloped features such as rivers or marshes. They can require a great deal of labor and materials to create, and need large quantities of water for irrigation. Oxen and water buffalo, adapted for life in wetlands, are important working animals used extensively in paddy field farming.

## 2. METHODS

This chapter describes the methodology of dissertation adopted in the present study. The chapter presents the research question rooted in this study, the objective of the study, the variables selected for investigation, the instruments employed for assessing the variables, and the research design used for achieving the objective of the study. The operational definitions of the variables of the study are also presented in this chapter.

### 2.1 Problem

A study on Psychological well-being among Tobacco growers and Paddy growers

### 2.2 The objectives

- To study the influence of crops on Psychological well being.
- To study the influence of education level on tobacco and Paddy growers.
- To study the effect of occupation on psychological wellbeing.

### 2.3 Hypotheses

01. There is no significant influence of crop on psychological wellbeing among tobacco and paddy growers.

02. There is no difference between influence of education of tobacco and Paddy growers.

03. There is no significant effect of occupation on psychological wellbeing.

## 2.4 Need of the study

Psychological well being is most frequently raised topic in the present sunray study played a vital role in all the faults of social sciences research panty of studies are under going on this significant constrict stud has been studies on all the age groups and all kinds of population.

This study has reports in psychological wellbeing of farmers especially farmers who grow tobacco there are very few published researches focused on psychological wellbeing of tobacco planters sties necessary to study psychological of formers especially in country like India where agriculture is the leading source of income I would like to carry my research on studying the level of psychological well being of farmers who grow tobacco study world help to know the psychological well being of tobacco growers difference in gender and with other formers which they glow other than tobacco .

## 2.5 Sample

Random sampling technique is used to select the participants for the present study, The present study consist of 120 samples from the Hunsur and Mysore region, the sample collected from Tobacco farmers. The tool used in the study were questionnaire Psychological well being scale of carol Ryff 1995.

## 2.6 Statistical methods

The scores were tabulated and were subjected to computer analysis using SPSS. Sample t-test and ANOVA statistical measures have been adapted in the presentation of the data.

### 3. RESULTS AND DISSCUSSION

The study aimed to understand influence of psychological well being on tobacco growers and paddy growers were studied here. The results obtained from the statistical analysis done to testing the hypotheses are presented in this chapter.

**Table 1: Showing the results of influence of crops on psychological well being**

| Groups             | Crops                | Mean                     | SD                       | Df         | t-value      | Sig.(2-tailed) |
|--------------------|----------------------|--------------------------|--------------------------|------------|--------------|----------------|
| P1                 | Paddy                | 50.28                    | 10.30                    | 117        | 4.69         | 0.000          |
|                    | Tobacco              | 40.54                    | 12.28                    |            |              |                |
| P2                 | Paddy                | 53.28                    | 10.76                    | 117        | 3.60         | 0.000          |
|                    | Tobacco              | 45.73                    | 12.04                    |            |              |                |
| P3                 | Paddy                | 52.70                    | 9.78                     | 117        | 0.98         | 0.324          |
|                    | Tobacco              | 50.42                    | 14.84                    |            |              |                |
| P4                 | Paddy                | 50.38                    | 7.60                     | 117        | 3.11         | 0.002          |
|                    | Tobacco              | 43.85                    | 14.33                    |            |              |                |
| P5                 | Paddy                | 52.82                    | 8.707                    | 117        | 4.490        | 0.000          |
|                    | Tobacco              | 43.64                    | 13.164                   |            |              |                |
| P6                 | Paddy                | 53.45                    | 11.049                   | 117        | 2.266        | 0.025          |
|                    | Tobacco              | 48.76                    | 11.505                   |            |              |                |
| <b>Grand total</b> | <b>Paddy Tobacco</b> | <b>314.38<br/>272.54</b> | <b>39.142<br/>69.359</b> | <b>117</b> | <b>4.061</b> | <b>0.000</b>   |

According to table and graph no. 1 the result interpretation of the influence of crop on wellbeing is as follows:

On analysis of autonomy sub scale of psychological wellbeing, there was a mean difference in the scores for paddy (M=50.28, SD= 10.30) and tobacco (M=40.54, SD=12.28) crops ;  $t(117)=4.69$  , sig = 0.00, and (MD = 9.74) which indicates the influence is highly significant at 95% confidence level.

On analysis of environmental mastery sub scale of psychological wellbeing, there was a mean difference in the scores for paddy (M= 53.28, SD= 10.76) and tobacco (M=45.72, SD=12.04)

crops ;  $t(117)=3.60$  , sig = 0.00, and ( MD = 7.55) which indicates the influence is highly significant at 95% confidence level.

On analysis of personal growth sub scale of psychological wellbeing, there was a mean difference in the scores for paddy (M= 52.70, SD= 9.78) and tobacco (M=50.42, SD=14.84) crops ;  $t(117)=0.989$  , sig = 0.324, and ( MD = 2.27) which indicates the influence is not significant at 95% confidence level.

On analysis of positive relations sub scale of psychological wellbeing, there was a mean difference in the scores for paddy (M= 50.38, SD= 7.60) and tobacco (M=43.84, SD=14.33) crops ;  $t(117)=3.11$  , sig = 0.002, and ( MD = 6.53) which indicates the influence is highly significant at 95% confidence level.

On analysis of purpose in life sub scale of psychological wellbeing, there was a mean difference in the scores for paddy (M= 52.81, SD= 8.70) and tobacco (M=43.64, SD=13.16) crops ;  $t(117)=4.49$ , sig = 0.00, and ( MD = 9.17) which indicates the influence is highly significant at 95% confidence level.

On analysis of self-acceptance sub scale of psychological wellbeing, there was a mean difference in the scores for paddy (M= 53.45, SD= 11.04) and tobacco (M=48.76, SD=11.50) crops ;  $t(117)=2.26$ , sig = 0.025, and ( MD = 4.68) which indicates the influence is highly significant at 95% confidence level.

On analysis of grand total of sub scales of psychological wellbeing, there was a mean difference in the scores for paddy (M= 314.38, SD= 39.14) and tobacco (M=272.54, SD=69.35) crops ;  $t(117)=4.06$  , sig = 0.00, and ( MD = 41.84) which indicates the influence is highly significant at 95% confidence level.

The results indicate that the psychological well being of tobacco grower less than paddy growers hence the null hypothesis is rejected and H1 is accepted at 5% level of significance hence the psychological well being of tobacco grower less than paddy growers

Cadmus, Ajayi , Iken , Japkor & Oluwafemi (2018) study provides evidence which refutes claim by the Tobacco Industry about promises of prosperity to all involved in tobacco cultivation. Interactions with the farmers did not indicate that tobacco farmers were wealthier than the non-tobacco farmers. This information will assist the drive for tobacco control policies.

Approximately 97% of the tobacco grown in Turkey is Oriental, followed by Virginia, Burley, Tömbeki, and Hasankeyf (Anonymous, 2013b). All over the world, 7.3 million tons of tobacco is produced in an area of approximately 4.3 million hectares. In Turkey, it is 88.222 tons produced in an area of approximately 102.035 hectares (Anonymous, 2013b). Green tobacco sickness occurs as nicotine dissolves during planting, hoeing, harvesting, stacking, and curing and is absorbed by skin. (McBride et al., 1998; Arcury and Quandt, 2006.)

The paddy cultivations grow food items such as rice, vegetables, green leaves, and so on , therefore they know their crops are going to be consumed as food which is the basic need of human beings to be surveyed . Nobody can live without at least daily eating some kind of food. Consequently as an instinct nature of human being they feel that the product of their work is beneficial to the society.

On the contrary, tobacco cultivations, although it could be predictable that might even comparing to paddy grows get a better income but the present study result revealed that they are less satisfied psychologically. This could be due to the fact that they know their product is neither helpful for the survival nor in the benefit of human being health. They know they are



helping the society to run to the death traps. As a result psychological they won't feel that much satisfied comparing to paddy growers.

#### 4. SUMMARY AND CONCLUSIONS

The present study is aimed to study the influence of psychological wellbeing among tobacco growers and paddy growers. Present study consisted a sample consisted of 120 farmer as participants, 60 tobacco growing and 60 paddy growing farmers were selected from Hunsur and Mysore through random sampling method in this study. for this study Psychological well being scale carolRyff1995.and A personal data sheet was used for collecting data from the samples, The hypothesis framed with regard to influence of Psychological well being among tobacco growers and paddy growers, and influence of crop, education level and occupation of farmers on their psychological wellbeing. The results were tested using Independent sample T Test and ANOVA, the results shows that the psychological well being of the tobacco growers is less when compared to the paddy growers that the crop growing is definitely influence on psychological wellbeing of farmers and results also shows that education level will also influence on the psychological wellbeing of the farmers, occupation also influence on the psychological wellbeing of the farmers.

##### 4.1 Conclusions:

There is an impact of crops on participant's psychological well-being where the Paddy grower had higher psychological well-being than tobacco growers. therefore the first Hypothesis is rejected.

The study revealed that the interaction effect of crops and education level on psychological well-being is not significant, therefore the second hypothesis is accepted.

This study was successful in elaborating further an area of study which is still in the early stages of development. Over all findings suggest that there is no impact of Psychological well being among tobacco growing and paddy growing, but when we see into subject effects we can see slight influence on variables. But the picture is far from complete and in order to truly uncover this impact further studies are required.

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