ANXIETY STRESS AND DEPRESSION AMONG FARMERS

Jagadevappa

Assistant Professor of Psychology

Government First Grade College, Tiptur-Karnataka

Abstract

Agriculture has undergone profound changes, and farmers face a wide variety of stressors. The aim was to study the levels of anxiety, stress and depression symptoms among farmers compared with gender, and age groups. The participants in my study aged 30 to 60 years, were included in this cross-sectional study, compared farmers (women, n = 70. men, n = 70).The depression, anxiety, stress Scale - 42 (DASS - 42) to measure anxiety, depression and stress symptoms. Both male and female farmers had experience of depression symptoms than the farmers the gender difference levels of anxiety symptoms did not differ. The differences in depression symptom levels between farmers and anxiety, depression and stress population increased with age. In an age-adjusted ANOVA analysis, for depression, when compared with the gender difference male and female both are have a same depression, anxiety and stress in this total mean score in male 28.0000 and in female total mean score is 28.1571 so in this study there is no significant difference in gender.

And in this age difference in farmers there is significant difference in depression, anxiety and stress . this study i will take samples in age 30 to 60 years aged farmers then this results in 30 to 40 aged farmers total mean score is 33.00, 41 to 50 aged farmers mean score is 24.83, 51 to

60 aged farmers total mean score is 21.71. so in this study so there is significant difference in age group, my hypothesis also there is significant because null hypothesis cannot be rejected

Key words: Depression , anxiety, stress and farmers

1. Introduction

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behaviour such as pacing back and forth, somatic complaints, and rumination. It is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death. Anxiety is not the same as fear, which is a response to a real or perceived immediate threat, whereas anxiety involves the expectation of future threat. Anxiety is a feeling of uneasiness and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. It is often accompanied by muscular tension, restlessness, fatigue and problems in concentration. Anxiety can be appropriate, but when experienced regularly the individual may suffer from an anxiety disorder, People facing anxiety may withdraw from situations which have provoked anxiety in the past. There are various types of anxiety. Existential anxiety can occur when a person faces angst, an existential crisis, or nihilistic feelings. People can also face mathematical anxiety, somatic anxiety, stage fright, or test anxiety. Social anxiety and stranger anxiety are caused when people are apprehensive around strangers or other people in general. Stress hormones released in an anxious state have an impact on bowel function and can manifest physical symptoms that may contribute to or exacerbate IBS. Anxiety is often experienced by those who have an OCD and is an acute presence in panic disorder. The first step in the management of a person with anxiety symptoms involves evaluating the possible presence of an underlying medical cause, whose

recognition is essential in order to decide the correct treatment. Anxiety symptoms may mask an organic disease, or appear associated with or as a result of a medical disorder.

While farmers and their families living in rural and remote areas effectively avoid the everyday chaos surrounding the hustle and bustle of the 9-5 inner city lifestyle, they nevertheless, have their own series of psychological challenges and stressors – predominately involving increased anxiety and depressive symptoms due to the increased uncertainty of their financial, meteorological, climatic, and social circumstances. It is when these factors escalate in intensity and become unmanageable that they can have severe repercussions across all areas of farmers and their families lives, often affecting their relationships, productivity, and overall physical and mental wellbeing.

More often than not, anxiety related issues in farmers are left unacknowledged and untreated for a number of reasons – some of which include the stigma associated with seeking help for mental health issues (particularly for males who perceive this as a weakness), the belief that seeking psychological treatment is unfeasible due to lack of local services/ resources, or the belief that speaking up and seeking support would lead to degradation and shame for their well-known "character" caused by small town word of mouth.

Alarmingly, the mental anguish farmers and their families experience has seemingly only just begun to spark public acknowledgement, particularly after the widespread drought declarations in May, announcing that Queensland is suffering the most widespread drought in its history – now spread across more than 80% of the land. Despite this, the truth is, more awareness needs to be raised on the importance of acknowledging and seeking help for Australians experiencing such emotional difficulties in rural and remote communities – particularly for the individuals

themselves, in knowing that their psychological distress can be managed more effectively and treated with the appropriate support.**1.1 Statement of the problem:-**

A Study on Farmers Anxiety, Stress and Depression

1.2 Objectives:

1) To assess the depression, anxiety, stress among male and female farmers.

2) To study of depression, anxiety and stress on farmers in age difference.

1.3 Significance of study:

Agriculture has undergone profound changes, and farmers face more psychological problems in their work. Farming is a more difficult work in the word then farmers and farmers having a some economic problems, family problem, social problems and other problems. Then farmers have more stress, anxiety, and depression in their work . Depression is a very real problem for many farmers. Usually farmers and ranchers don't like to talk about feeling depressed except when joking around. Like, "These prices sure make me depressed." Farming and ranching can be stressful occupations, so in this study farmers have a more anxiety, stress and depression in farming. In this study including the gender difference, and age group in farmers, how effect anxiety, depression and stress on farmers in gender and age group

1.4 Hypothesis :

1) There is no significant gender difference in anxiety, stress and depression.

2) There is significant age difference in anxiety, stress and depression

1.5 Variable :

1) Independent variable: - Gender and age difference.

2) Dependent variable: - Depression, anxiety, and stress.

1.6 Sample size : The present study will be conducted on 140 farmers

1.7 Tools used for the study : The tool used in the study in questionnaire

A questionnaire is a structured with a set of statements, and rating scores which in to be provided personally by the respondents. The instruments chosen are the fallowing.

1. Demographic data sheet

2. Depression, anxiety, stress, scale – 42 scale (DASS – 42)

2. Demographic data sheet

Data sheet is used to collect the demographic details to identify particulars of the participation such as name, age, gender and education

2.1 Depression, anxiety, stress, scale – 42 scale (DASS – 42)

The depression, anxiety, and stress scales were developed by researchers at the university of new south wales (austallia).The DASS is a 42 item self report instrument designed to measure the three related negative emotional states of depression, anxiety and stress.

2.2 Procedure:

Once the tools for research were finalized and take permeation to collecting data, then went to farmers place to collect the data for male and female formers on depression, anxiety and stress, to administration of test in an farmers, cooperation's of farmers and family members, have to be conceder for ensuring the cooperation's of farmers at ant as to be made to create a testing rapport.

3. RESULTS AND DISCUSSION

This chapter contains the results and discussion. After collecting the data, it has to be analyzed. It is a crucial step in any research work after which the results can be out streamed. The data may be adequate, valid and reliable to any extent, it does not serve any worthwhile purpose unless it is carefully and systematically classified, tabulated, scientifically analysed, intelligently interpreted and rationally concluded. Analysis of data means studying the tabulated material in order to determine inherent facts or meanings. It involves the breaking up of complex factors into simpler parts and putting the parts together in a new arrangement for the purpose of interpretation. So the process of interpretation is also very essential in order to state, the meaning, significance and the interpretation of the result as an answer to the original problem.

In the previous chapter, all aspects of methodology related to this research work were described. The purpose of this chapter is to present the tables and the interpretation of the results.

Table – 1: shows mean, standard deviation, t value and significant difference in depression, anxiety, stress among male and female farmer

	Gender	N	Mean	Std.Deviation	T	Sig.(2-tailed)
Depression	Male	70	9.3143	6.08763	-.498	.619
	Female	70	9.8000	5.44165		
Anxiety	Male	70	8.9714	5.99026	-.188	.851
	Female	70	9.1429	4.73435		
Stress	Male	70	9.7143	5.53027	.550	.584
	Female	70	9.2143	5.23060		
Total	Male	70	28.0000	16.79976	-.060	.952
	Female	70	28.1571	14.22045		

P<0.05

In depression male farmers mean score is 9.31, std deviation is 6.08 and in female mean score is 9.80, std deviation is 5.44, and depression t score is -.498 and p valve is .619. so there is no significant difference in depression based on gender.

Sig - .619 > 0.05 :- Hypothesis cannot be rejected.

In anxiety male farmers mean score is 8.97, std deviation is 5,99 and in female farmers mean score is 9.14, std deviation is 4.73, and anxiety t score is -188 and p valve is .851. so there is no significant difference in anxiety based on gender

In stress male farmers mean score is 9.71, std deviation is 5.53 and in female farmers mean score is 9.21, std deviation is 5.23 and stress t score is .550 and p score is .584. so there is no significant difference in stress based on gender.

Table – 2: mean, standard deviation, F value, and significant difference depression, anxiety, stress among 30-40, 41-50, and 51-60 year old farmers.

		N	Mean	Std. Deviation	F value	Sig.
Depression	30-40 yrs	69	11.4348	6.07182	8.152	.000*
	41-50 yrs	36	8.1111	4.72548		

	51-60 yrs	35	7.3429	4.94049		
	Total	140	9.5571	5.75804		
Anxiety	30-40 yrs	69	10.6377	5.75472	7.382	.001*
	41-50 yrs	36	8.3611	5.40451		
	51-60 yrs	35	6.6571	3.24439		
	Total	140	9.0571	5.38018		
Stress	30-40 yrs	69	10.9275	5.79634	5.519	.005*
	41-50 yrs	36	8.3611	4.78183		
	51-60 yrs	35	7.7143	4.28109		
	Total	140	9.4643	5.36899		
Total	30-40 yrs	69	33.0000	16.67069	7.929	.001*
	41-50 yrs	36	24.8333	14.05601		
	51-60 yrs	35	21.7143	11.04422		
	Total	140	28.0786	15.50775		

*P<0.05

In the depression (30 – 40 years old) mean score is 11.43, std deviation is 6.07. Then(41- 50 years old) mean score is 8.11, std deviation is 4.72. Then (51 – 60 years old) mean score is 7.34, std deviation score is 4.94. depression total mean score is 9.55, std deviation score is 5.75, p valve is 8.152, p valve is .000. there is significant difference in depression based on age groups so hypothesis cannot be rejected.

In the anxiety (30 – 40 years old) mean score is 10.63, std deviation score is 5.75. then (41 – 50 years old) mean score is 8.36, std deviation score is 5.40. then (51 – 60 years old) mean score is 6.65, std deviation score is 3.24. anxiety total mean score is 9.05, total std deviation score is 5.38, F valve is 7.382, p valve is .001. there is significant difference in anxiety based on age groups. Hypothesis cannot be rejected.

In stress (30 – 40 years old) mean score is 10.29,std deviation score is 5.79. then (41 – 50 years old) mean score is 8.36, std deviation score is 4.78. then (51 -60 years old)mean score is 7.71, std deviation score is 4.28 . stress total mean score is 9.46, total std score is 5.36, F

valve is 5.519, p valve is .005. there is significant difference in stress based on age group. Hypothesis cannot be rejected.

In depression, anxiety and stress total score is (30 -40 years old) mean score is 33.00, std deviation score is 16.67 then (41 – 50 years old) mean score is 24.83, std deviation score is 14.05 then (51 – 60 years old) mean score is 21.71, std deviation score is 11.04 and grand total mean score is 28.07, std deviation score is 15.50, f valve is 7.929, p valve is .001. there is significant difference in depression, anxiety and stress based on age groups. Hypothesis cannot be rejected.

3.1 HO: There is no significant gender difference in anxiety, stress and depression

The present study had an objective of studying the gender difference in depression, anxiety and stress in farmers. Results of the test indicated, gender don't differ significantly in their level of depression, anxiety and stress. Hence the hypothesis which has been states as there is gender difference between males and females in their depression anxiety and stress was cannot be rejected.

There are several factors which could influences on the psychology of farmers and the number of suicides is significantly high among farmers, no matter what the gender is. Presents findings depict that the stress anxiety and depression level that farmers suffer is same in both the gender. It will not significantly differ.

3.2 HO: There is significant age difference in anxiety, stress and depression

The present study had on objective of studying the age difference in depression, anxiety and stress in farmers. Results of the test indicated, age there is significantly in their level of

depression, anxiety and stress. Hence the hypothesis which has been states as there is age difference between males in their depression anxiety and stress was cannot be rejected.

There are several factors which could influences on the psychology of farmers and the number of suicides significantly high. In this study 30 to 40 aged farmers have a high depression, anxiety and stress, 41 to 50 aged farmers have moderate depression, anxiety and stress, and 51 to 60 aged farmers have a low depression, anxiety and stress. in this results 30 to 40 aged farmers have more problems in this age family problems, economics problems, bank loans, ext

4. SUMMARY AND CONCLUSIONS

The main aim of the research was to study the gender difference between anxiety, depression and stress among farmers. The research also aims to study the gender and age differences in anxiety, depression and stress in farmers. The sample consisted of 140 farmers (70 male and 70 female), selected using a convenient sampling technique.

To measure anxiety, depression stress in farmers, Scale of depression anxiety stress scale (42) is used to assess the anxiety, depression and stress among farmers. The test consists of 4 statements and each sub scales have a 14 questions standardized by researchers at the university of new south wales (austallia)

Questionnaires were administered along demographic data sheet to selected samples. After completion questionnaire were collected and scoring was done using norms developed by respective authors. Obtained raw scores were analyzed using appropriate statistical technique. Descriptive statistical techniques such as t test and ANOVA.

There is no significant gender difference in anxiety, stress and depression and there is significant difference in age, in gender male and female both are having a same level of depression, stress and anxiety, there is no difference in gender but there is significant difference in age.

4.1 Conclusions:

The present study was concentrated to study the difference in anxiety, depression and stress in farmers, in this study there is gender difference in male and female farmers in this study including the 70 male farmers and 70 female farmers, then there is no significant difference in male and female farmers. In age difference 30 to 40 aged farmers have a high depression, anxiety and stress

Were is the domicile there is no significant gender difference in anxiety, depression and stress and hypothesis cannot be rejected. Then there is significant age difference in anxiety, depression and stress in farmers and null hypothesis cannot be rejected.

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