

REVIEW ARTICLE CONSTRAINTS AND STRESS LEVEL OF FARMERS

Deepali B. Ghatul

Research Stuent (Department of
Home Science)
Shri Shivaji College of Arts,
Commerce and Science, Akola

Prof. Dr. Jyoti P. Mankar

Department of Home Science
Shri Shivaji College of Arts,
Commerce and Science, Akola



Abstract - Agriculture is backbone of Indian Economy. Farmers are the Heart of Agriculture. Indian Economy is termed as the developing economy of the world. But the Indian Farmer faces Natural Constraints, Socio-Economical Constraints, Technical Constraints and many more. This review Paper gives detailed account of the past research Work on the similar lines by different workers. The literature helps an investigator to critically view his own findings and extends supports in assigning suitable reasoning's for result obtained. This also helps in getting in- depth insight in solving the problems faced by the investigator.

Key Words- Constraints, Stress, Farmers, Cropping pattern

Introduction - India is an agrarian country. Agriculture plays a vital role in the Economy. When we talked about the Indian Economy and the Indian Agriculture, at the center there is farmer. Upon him depends the agriculture production, hence farmers are an important part of the survival of our various Societies because they provide food and fiber that nourishes and cloths us. But the Indian Farmer faces major Constraints and Problems. That is major cause for stress of farmers. Farmers are in international or, National, or Regional, or State, or Districts or, villages Same problem faced.

Farm group partners to help farmers manage stress news, Farm Credit Council, Washington (2019) – Recognizing the high level of stress affecting American farmers and ranchers. Farm credit, americal farm Bureau Federation and National Farm Union have partnered on a programme to train the individuals who interact with farmers and ranchers to recognize signs of stress and offer help. Based on the farm stress programme, Michigan State University Extension developed the combination of online and in person training designed specifically for individuals who interact with farmers and ranchers. It provides skills to participants to understand the source of stress, learn the warning signs of stress and suicide, to identify effective communication strategies, reduce stigma related to the mental health

concerns and connect farmers and ranchers with appropriate mental health and other resources.

Kate M. Fennell, Lisa J. Kettler, Gemma Skaczkowski, Deborah A Turnbull (2012) studied farmers stress and coping in a time of drought. In this context of the prolonged drought and associated stress and increased risk of mental health problem. Their study provided an insight in to the levels of psychological distressed experienced by different demographic groups within the Australian farming community. The study also addressed a significant gap in the literature by exploring ways in which this unique cohort copes and may better cope, with the inevitable challenges on life.

Salami A., A.B. and Brixiova Z. (2010) Smallholder agriculture continues to play a key role in African agriculture and accounts for about 75 percent of agricultural production and over 75 per cent of employment. Weak institutions, restricted access to markets and credit including inadequate infrastructure, have constrained productivity growth of smallholder farming. Measures needed to improve productivity of smallholder farmers include ease of access to land, training to enhance skills and encourage technology adoption and innovation, and removal of Obstacles to trade.

Kerealem E, Gebey T. and Preston T. R. (2009) Ethiopia has been amongst the principal honey and beeswax producers worldwide for centuries. Beekeeping in Amhara region could be one way of assisting millions of the region's farmers to improve their cash income, provide additional food, assist in pollination, generate employment and at the same time produce honey, beeswax and other hive products which can bring foreign currency into the country. They have discussed the constraints and the future prospects on apiculture development of the region. The challenges are many but can be overcome while the opportunities are very encouraging. Developing appropriate policy and beekeeping development strategy that would be applicable to the different production systems will

ensure the sustainable development of apiculture sub sector

National :- Rifat Hannef, Gyanendra Sharma and Taufiq Ahemad (2019) studied the constraints faced by the farmers practicing organic farming in hill region of Uttarakhand, India. The conclusion of their study reveals that most of the farmers have only vague idea about organic farming and its advantages against the conventional farming methods. They have selected two districts namely Rudraprayag from Garhwal region and Nainital from kumaon region. On the basis of the mean score, economic constraints in order of severity were initial low price for the organic produce, initial yield loss inadequate availability of credit and the higher cost involved in the certification charges. Infrastructural constraints in the order of the severity were lack of training institutions, lack of indigenous certification agencies and lack of specialized institutes for doing research on organic farming. Extension services of the state should be strong and information on different aspects of organic farming should be provided to the farmers.

Mukta G. Solanke, Dr. D.M. Mankar, Rani A. Palaskar and Revendra Kumar Sahu (2018) studied the constraints faced by the farmers in obtaining and utilization of loan. They have conducted the study in Buldhana district in Vidarbha region of Maharashtra. They have used ex post facto analytical research design for the study. A total sample including 100 farmers were selected from ten villages by using random sampling method. They clearly came to the conclusion that cent percent of the respondents were in debt. They were not eligible for getting loan from the banks. Therefore they have clearly recommended that the government should provide loan to the farmers at low interest rate by considering old bank loan. Also the credit policy makers have to think critically about the change in economic condition.

I Venkata Reddy, P K. Wakle, N. R. Koshti and A. M. Sonkambale (2017) have studied constraints and suggestions of the Chili farmers in Biwapur Panchayat Samiti of Nagpur district. They have revealed that the important constraints were more labour charges, shortage of labour at time of harvesting, grading and bagging of chili produce, non remunerative prices during the time of glut in market, lack of knowledge about current market prices, less knowledge of correct quantity of insecticides were the major constraints while adoption of recommended chili cultivation practices. Important suggestions made by the researchers were to overcome the constraints, minimum support prices

should be fixed by the government, reduce the labour problems by providing mechanized agricultural inputs, reduce the middlemen interference in marketing, provide storage facilities throughout the year.

Tiwari Garima, Singh P., Lodhi S.K., Kumar Manoj and Mishra Amit (2016) have studied constraints faced by the farmers and their remedies in technological adoption of rice wheat cropping system in eastern Uttar Pradesh. They have discussed some of the constraints faced by the farmers in general illiteracy, poor socio-economic conditions, lack of technical knowledge and awareness, small holdings, low income and under developed physical infrastructure associated with the comparatively high cost of agriculture production. Even after production they could not get good price due to lack of proper marketing system.

Ravi Shrey, Ropan Bante, Sarju Pallewar, Gopal Krishna Acharya and Chandresh Dhurwey (2015) studied constraints perceived by farmers in crop dairy mixed farming system on small farms in Parbhani district of Marathwada Region of Maharashtra State. The analysis of the constraints in dairy animals rearing in the study area were revealed that in case of local cow owner majority of respondent i.e. 100 percent were facing the constraints low productivity. Whereas in case of crossbreed cow majority of dairy owners i.e. 100 percent faced low price of milk, high cost of feed and fodder and lack of organised market as the major constraints in each case, followed by average 94 percent of the respondents as non availability of land for fodder cultivation.

Shrivastav Snehlata (2012), reported that several Vidarbha it's from India and abroad have come together to form an NGO and offer support to farmers in the region. This is perhaps the first non-governmental effort of this scale. Often in the past many have offered mere lip service. But 'Apulkee' (sense of belonging), formed six months ago by about 1,400 engineers and other professionals, proposes to change all that. 'Apulkee' would educate the farmers in modern agricultural technologies to increase productivity and develop a process through which the farmers could sell their produce directly to the end customer. This would not only help the farmers increase their profits, the consumers would also get produce at cheaper rates.

Dekker Marleen and Kinsle Bin (2011) gave a comprehensive account of the consequences of the stress to rural households for over past decade. A large number of settlements which once had economic success are now seeking livelihoods elsewhere and more than 50%

members have migrated; because earning livelihood from farming has become rather more difficult. Inputs are major problem. The input use has been lowered. The households modified their livelihood portfolios by migrating and changing over to nonfarm activities.

Conclusion - On Going through the review of the past research on the regional, national and international level, it is observed that the majority of the researchers studied the constraints and stress levels of farmers in relation to the socio- economic conditions. One thing is definite that the farmers play an important role in the national economy but they are facing still the different types of constraints and ultimately bring them under varying levels of stress. Even after 70 years of the independence the situation changed but the status of the farmer remain same. The present investigation is dealing with the various constraints and the stress levels of the farmers.

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