

# Psychological Safety of Farmers

Chitrasena Padhy<sup>1</sup>, Pakalpati Satyanarayana Raju<sup>2</sup>, Rabindra Kumar Raj<sup>3</sup>, Kalee Prasanna Pattanayak<sup>4</sup> and Ajay Kumar Prusty<sup>5</sup>

<sup>1</sup>Assistant Professor/Ph. D student, Department of Agricultural Extension, M.S. Swaminathan School of Agriculture, Centurion University of Technology and Management, Odisha, India.

<sup>2</sup>Professor Emeritus, M.S. Swaminathan School of Agriculture, Centurion University of Technology and Management, Odisha, India.

<sup>3</sup>Professor, Siksha 'O' Anusandhan (Deemed University), Bhubaneswar, Odisha, India

<sup>4</sup>Assistant Professor, School of Management, Centurion University of Technology and Management, Odisha, India.

<sup>5</sup>Assistant Professor, Department of Agricultural Extension, M S Swaminathan School of Agriculture, Centurion University of Technology and Management, Odisha, India

<sup>1</sup>[chitrasenapadhy@cutm.ac.in](mailto:chitrasenapadhy@cutm.ac.in),

<sup>2</sup>[profraju@cutm.ac.in](mailto:profraju@cutm.ac.in),

<sup>3</sup>[raj\\_rabindra@rediffmail.com](mailto:raj_rabindra@rediffmail.com)

<sup>4</sup>[kaleeprasanna@cutm.ac.in](mailto:kaleeprasanna@cutm.ac.in) and <sup>5</sup>[prusty.ajay@cutm.ac.in](mailto:prusty.ajay@cutm.ac.in)

## Abstract

Mental health issues are affecting farmers, their families, and farming communities. Mental health is impacting their thoughts, moods, and behaviours. By simply looking at the face of a farmer, one cannot know whether he is happy. Keeping a positive attitude is very important. The farmers can learn new skills to cope with stress. Laughter helps for relaxation and well being. During laughter physical changes occur in the body and many organs are stimulated. Brain's natural pain killers are stimulated and the immune system is improved. Laughter can help in improving one's mood. Controlling events, attitudes, and responses are also important. Farmers should plan ahead. They should prepare a list of things to do beforehand. Farmers should focus on what is right and what is wrong. They should concentrate on the good in people. Talking to a family member, friend, or counselor is important. Farmers should learn to say 'no' before taking too many commitments. Saying 'no' can bring more control over life. Social support is essential for reducing stress, depression, and suicides. Managing time is also very important.

**Key words:** Laughter, mental health, mood, new skill, positive attitude, social support

## Introduction

A book cannot be judged by its cover. By simply looking at one's face, it is dangerous to presume someone's welfare and farmer is also no exception to this. It may be far from truth to envisage the day-to-day farmer and picture someone as happy with crops or livestock. The status of mental health impacts one's thoughts, moods, and behaviours. Isolation of the farmers can create both physical and mental threats. When farmers are isolated, it brings both physical and mental threats. There are some additional stressors like financial strains associated with with land and equipment, poor return on capital. Increased regulation, natural disasters and uncertain weathering affect them (Megalac.com, 2019).

### Stressors Affecting Farmers

Mental health issues are affecting one in four people every year. Illness rates among agricultural workers are 46% higher than among industrial workers and the most common illnesses among them are anxiety and depression. Farm Safety Foundation reported that 81% of farmers aged 40 said that mental health was the biggest hidden problem of farmers and 92% of farmers said that if farmers' lives are to be kept safe, promotion of mental health is very essential (Megalac.com, 2019).

In countries with sub-tropical weather, climate change is worse than in countries of other regions. The changes in climate greatly impact farmers' approach to farming. Although farmers have lot of experience and knowledge, they are getting confused by the changing weather patterns. Changing climate affects