Perceptions of Farmers on Resilience to Stress: A Study in Rajasthan

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Abstract

In the Indian context, farmers constantly undergo occupational stress due to frequent drought, erratic rain fall, non-availability of timely agricultural inputs, agricultural loans etc. In this context, a study was conducted to understand the perceptions of the farmers and how they cope up with the stress and what factors contribute to relieve the stress. The study was conducted in Dausa and Tonk districts of Rajasthan state. A total of 202 farmers were interviewed and their responses are analyzed using descriptive and factor analysis techniques. A total of six factors are successfully constructed using factor analysis and the factors are named as 1. Agriculture activities that supplement additional income 2. Social Factors 3. Factors related to family 4. Religious factors 5. Cultural factors 6. Health factors. The results show that several factors are responsible for reduced stress. Which included farmers welfare schemes, funny moments, love from family members going to pilgramages and good health.

Keywords: Farmers stress, Farmers distress, Stress management, Rajasthan, India.

Introduction

Agriculture has been an important component of India's economy and more so in rural areas for centuries. This sector provides direct or indirect employment to 48 percent of India's population and contributes around 13 percent to the GDP (Economic survey, 2019-20). Acceleration of growth in the agricultural sector remains a key policy concern in India, since growth in agriculture is crucial to the livelihood of millions of rural poor. It is also pertinent to know that for achieving 8 percent of growth in Indian economy, agriculture

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should grow at 4 percent. The growth in agriculture sector has been impressive in the recent decades. During 2019-20, the gross Value Added (GVA) by agriculture & forestry was Rs. 32, 57, 443 crore accounting to 17.76 percent of total GVA. India has set a food grain production target of 298.3 million tonnes for 2020-21 fiscal year against 291.95 million tonnes in 2019-20 and 285.20 million tonnes in 2018-19. India is a leading producer of important agricultural commodities and is the second largest fruit producer in the world. Although the contribution of its agricultural sector has declined to around 13 per cent from more than 50 per cent during independence, it is still way higher in comparison to the western countries.

About to 86 per cent of farmers in our country are small and marginal farmers. India has over 92 million small holdings or nearly 21 per cent of the world's small holdings of 450 million. Any development strategy in consideration should be able to address the specific issues pertaining to these resource-poor farmers.

Non remunerative prices, low productivity, poor knowledge base towards production technology, access to credit, input, market and the below-par adoption behaviour are the main issues that our farmers face. Due to small quantity available for marketing and resultant low bargaining power, most of our small and marginal farmers are in the clutches of market intermediaries.

These small holders are disadvantaged lot for various problems like availability of limited financial resources, lower marketable surplus, lack of technical know-how and information, disguised unemployment, distress sale and poor access to market. Under the present dispensation of demand for high value crops, addressing these constraints faced by small holders is vital for their inclusion in the development process of Indian agriculture and rural India.

In the colonial rule, Indian agriculture suffered but after independence it saw a significant recovery in the first two five-year plans with credible improvement in production and productivity along with self-sufficiency. However, in the past three decades, agrarian structure has changed and majority of farming community is under distress. The distress among the farming community mainly due to increasing transaction cost, lack of scientific price discovery, heavy dependence on rainfed, cultivation, input intensive crops, etc.

It is also observed that farmers are resorting for cultivation of commercial crops not

suitable for a particular agro-ecological conditions. All these factors coupled with other psychological factors is leading to distress among farmers.

However, this trend in agrarian distress varies from region to region in the county. Against this backdrop, an attempt has been made to ascertain and analyze the resilient practices adopted by farmers in India.

Stress

In India, agriculture is not only treated as a profession, but as a way of life. Yet, for the past few decades, the scenario has changed dramatically and brought in immense stress among farmers. With changing life styles, family systems, competitive environment, entry of private sector into agriculture, monopolized markets, etc. changed the dynamics of agricultural industry.

Farming is ranked as one of the most stressful occupations and rural communities suffer from many occurrences of depression (Kerby, 1992). A 1999 Iowa Farm and Rural Life Poll survey revealed that approximately 57% of respondents in Iowa said that their personal stress levels had increased during the previous five years (Lasley, 1999).

Stress is our response to anything that threats our survival. The survival can be physical, emotional, financial or any kind of survival that is important to human life. Stress can arise from an opportunity, demand, constraint, threat or challenge when the outcome of the event is both important and uncertain (Lazarus& Cohen, 1977).

Kosslyn and Rosenberg (2001), conceptualized that stressors can be short-term (acute) or long-term (chronic): they can be physical, psychological or social (or some combination).

Occupational stress is the negative effect on the individual from the sum of different factors in a work place, which may act as a stress. Beehr and Newman (1978) defined occupational stress as a condition arising from the interaction of people and their jobs and characterized by changes within people that force them to develop from their natural functioning.

Occupational stress contributes not only to life stresses, but has an impact on health and, thus, on the quality of farm life experienced by farmers (Pollock et al., 2002, Walker & Walker, 1987). According to Burrow (2002), the negative impact of occupational stress on health and wellbeing is on the increase.

Bruce and Abdullah (1990) developed a measure for farm stress. With the help of the data collected from 362 farmers using factor analysis they come out with the factors - life satisfaction, emotional strain, illness frequency, personal finances and time pressures.

Occupational stress is not the specific problem of one sector but pervades the whole agricultural industry, although some groups are better able to handle stressful situations (Lobley, et al., 2004).

Research concerning stress associated with life events over several decades has demonstrated the efficacy of the methodology for a variety of populations (Rahe, 1978; Rahe et al., 1980; Shrout et al., 1989; Raphael et al., 1991; Miller and Rahe, 1997). This literature on the stress of life events attempts to produce a summative stress score for participants and highlight the link between overall stress and health related issues. Connecting stress (and the accumulation of stress) from life events to depression and other health related issues has been established in the literature.

Research shows that farming in New Zealand is inherently more dangerous than other occupations as it entails coming in contact with heavy machinery and livestock as well as often working alone, frequently in isolated, rugged terrain (Morgaine, et al.,2006).

In order to maintain and improve the current level of agricultural productivity in the country, all conditions that reduce farmers' efficacy must be eliminated. Stress reduces motivation for work (Akinboye et al., 2002)

With this background an attempt has been made to elicit the factors that are causing stress to the farming community in Rajasthan. The data is collected through a mix of qualitative and quantitative methods.

Materials and Methods

The study was conducted to understand the perceptions of farmers on factors that account for stress. A structured questionnaire with five-point Likert Scale was used to collect the opinion of the respondents. A total of 202 farmers were interviewed and the required data were collected. Factor Analysis and descriptive statistical tools were applied using SPSS software. Factor Analysis refers to a set of statistical procedures applied on a dataset to reduce the observed variables in less number by calculating the interdependencies between the variables. The main objective of factor analysis is to represent a set of variables

into less number of variables. The fundamental assumption of factor analysis is that some underlying factors which are less in number than the observed variables are responsible for the co-variation among the observed variables. (https://en.wikipedia.org/wiki/Factor_analysis)

Results and Discussion

From the Table 1 , it is evident that majority of the farmers belong to 51-60 years age group (24.26%) followed by 41-50 age group (20.79%) and 31-40 age group are about 19.80%. About 98.02% male respondents participated in the survey and only 1.98% represented from women. With regard to caste, majority of the respondents are from OBC category with 42.57% followed by OC (33.66%), SC (14.85%) & ST (8.91%) categories.

Education plays a vital role in one's social, economic and intellectual development. The results with respect to education showed that majority of the farmers (32.18%) studied upto primary level, followed by illiterates (29.70), Secondary education (24.26), Graduation (6.93), Intermediate (4.46) and Post-graduation (2.48).

From the table, it is also evident that about 95.54% of the respondents are married and only 3.47% are unmarried and minute percentage are divorced or widowed.

Table 1. Socio-demographic profile of the respondents

S.No	Parameter	Frequency	Percentage
1	Age		
	20-30	20	9.90
	31-40	40	19.80
	41-50	42	20.79
	51-60	49	24.26
	61-70	39	19.31
	71-80	11	5.45
	>80	1	0.50
	Total	202	100

2	Gender		
	Male	198	98.02
	Female	4	1.98
	Total	202	100
3	Caste		
	OBC	86	42.57
	OC	68	33.66
	SC	30	14.85
	ST	18	8.91
	Total	202	100
4	Educational Qualifications		
	Illiterate	60	29.70
	Primary	65	32.18
	Secondary	49	24.26
	Intermediate	09	4.46
	Graduation	14	6.93
	Post-Graduation	05	2.48
	Total	202	100
5	Marital Status		
	Married	193	95.54
	Un-married	7	3.47
	Divorced	1	0.50
	Widowed	1	0.50
	Total	202	100
6	Status of Family		
	Joint Family	167	82.67
	Nuclear Family	17	8.42
	Extended family	06	2.97

	NA	12	5.94
	Total	202	100
7	Type of House		
	Pucca	133	65.84
	Semi-pucca	31	15.35
	Kutcha house	27	13.37
	NA	11	5.45
	Total	202	100

The institute of family is the greatest positive strength in Indian context. From the above table it is evident that about 82.67% of the respondents belong to joint family system. In a focus group discussion held in Narayanpur village of Bandikui block in Dausa district, the farmers opined that in Rajasthan, majority families continue to prefer to live in joint family. Each member of the family is occupied with one or other works and if any one of them get loss in their occupation, the other members help them to come out of difficult situation. Only around 9% of the respondents are from nuclear family category. Almost 66% of the respondents have pucca houses followed by 15.35% and 13.37% have semi-pucca and kutcha houses respectively.

The descriptive analysis of the study relating to perception of farmers on resilience to stress is presented in table 2. From the table, it is observed that the mean and standard deviation, is in the range of 3.22 to 4.58 and 1.401 to 0.666 respectively. The sample size is 202. To analyze the strength of association among variables, the Kaiser-Mayer-Olkin (KMO) measure of sampling adequacy was applied. This tool is used to know the suitability of using factor analysis to the sample. It certifies whether data are suitable to perform factor analysis. The value of KMO varies from 0 to 1 and high values generally indicates that a factor analysis may be useful with the data. KMO score (0.899)obtained is adequate for testing (Table 3). From the table, it is clear that KMO score indicates adequacy fostesting.(https://www.ibm.com/support/knowledgecenter/en/SSLVMB_24.0.0/spss/tutorials/fac_telco_kmo_01.html)

Table 2: Descriptive statistics

S.No	Statement	N	Mean	Std. Deviation
1	Adopting different farming systems	202	4.30	.974
2	Keeping backyard livestock	202	4.31	1.035
3	Assured helping hand from fellow farmers	202	4.40	.915
4	Benefits through farmers welfare schemes	202	4.24	1.068
5	Joint family systems absorbs stress	202	4.47	.799
6	family supports in all situations	202	4.47	.811
7	I value family	202	4.54	.786
8	I give preference to my family responsibilities than my personal emotions	202	4.58	.666
9	There is love and belongingness in my family	202	4.33	.830
10	Having relatives nearby house whom i can rely upon for guidance in time of stress	202	4.34	.826
11	Attending cultural/ religious gatherings	202	4.27	.880
12	Following morals and traditional values provide guidance and strength to my life	202	4.50	.761
13	Attending social gatherings	202	4.29	.846
14	I regularly attend social activities	202	4.31	.856
15	I get strength from my religious activities	202	4.30	.854
16	Going to pilgrimages	202	4.22	.899
17	Interacting with friends and neighbors on regular basis	202	4.48	.799
18	I have a network of friends and acquaintances for sharing my emotions	202	4.39	.773
19	I have one or more friends to confide in about personal matters	202	4.46	.740
20	I can speak openly about feelings, emotions and problems with people I trust	202	4.37	.789

21	I have regular conversations with the people I live with about domestic problems	202	4.41	.843
22	I have a network of friends who enjoy the same social activities I do	202	4.46	.780
23	Being content with the present life style	202	4.25	.897
24	Difficulties are part and parcel of life and we have to adjust with the situations	202	4.41	.801
25	Being affectionate, giving and receiving love from others	202	4.29	.815
26	Limited personal expectations	202	4.31	.833
27	Daily Hassels are part of life	202	4.33	.825
28	Other people rely on me for help	202	4.31	.827
29	I am able to keep my feelings and anger and hostility under control	202	4.42	.826
30	I often provide service to others	202	3.59	1.491
31	I am in good health	202	3.90	1.102
32	I do something for fun at least once in a week	202	3.22	1.401

Table 3: KMO and Bartlett's Test

Kaiser-Meyer-Olkin Measure of Sampling Adequacy		0.899
Bartlett's Test of Sphericity	Approx. Chi-Square	3097.328
	df	496
	Sig.	.000

Eigen value reflects the number of extracted factors whose sum should be equal to number of items which are subjected to factor analysis. The next item shows all the factors extractable from the analysis along with their Eigen values. The Eigen value table has been divided into three sub-sections, i.e. Initial Eigen values, extracted sum of squared Loadings and Rotation of sums of squared loadings. Here, it may be noted that the first factor accounts for 38.131%, the second factor accounts for 6.812%, third factor accounts for

is 5.628%, fourth factor responsible for 5.137%, fifth factor accounts for 4.544%, sixth factor responsible for 3.672% and finally the seventh factor is responsible for 3.556% of total variance (Table4)

Table 4: Total variance explained

Component	Initial Eigen values			Extraction Sums of Squared Loadings			Rotation Sums of Squared Loadings		
	Total	% of Variance	Cumula tive %	Total	% of Variance	Cumula tive%	Total	% of Variance	Cumula tive %
1	12.202	38.131	38.131	12.202	38.131	38.131	5.362	16.758	16.758
2	2.180	6.812	44.943	2.180	6.812	44.943	4.226	13.206	29.964
3	1.801	5.628	50.571	1.801	5.628	50.571	3.193	9.977	39.941
4	1.644	5.137	55.708	1.644	5.137	55.708	2.304	7.199	47.140
5	1.454	4.544	60.253	1.454	4.544	60.253	2.247	7.022	54.163
6	1.175	3.672	63.924	1.175	3.672	63.924	2.185	6.829	60.991
7	1.138	3.556	67.481	1.138	3.556	67.481	2.077	6.490	67.481

Extraction Method: Principal Component Analysis.

In order to produce theoretical results, fixed number of components has been specified instead of extracting the factors based on Eigen value creation. Principal component analysis (PCA) was carried out to explore the underlying factors associated with 32 items. The Table 4 shows that 67.481 variation inperception of farmers' resilience to stress was explained by 7 factors.

The rotation of the component matrix has been done by applying Varimax rotation method with Kaiser Normalization and the results are presented in Table 5.

Table 5: Rotated component matrix

Rotated Component Matrixa	Component						
	1	2	3	4	5	6	7
Adopting different farming systems						.816	
Keeping backyard livestock							.752
Assured helping hand from fellow farmers						.755	
Benifits through farmers welfare schemes							.850
Joint family System Absorbs Stress		.562					0.50
Family supports in all situations							0.440
I value family		.623					
I give preference to my family responsibilities than my personal emotions						0.50	
There is love and belongingness in my family	.635						
Having relatives nearby house whom i can rely upon for guidance in time of stress			.774				
Attending cultural/ religious gatherings	.571						
Following morals and traditional values provide guidance and strength to my life			.509				
Attending social gatherings	.523	.559					
I regularly attend social activities	.599						
I get strength from my religious beliefs		.512					
Going to pilgrimages	.711						
Interacting with friends and neighbors on regular basis		.510	.526				
I have a network of friends and acquaintances for sharing my emotions	.746						
I have one or more friends to confide in about personal matters		.605					
I can speak openly about feelings, emotions and problems with people I trust	.759						
I have regular conversations with the people I live with about domestic problems		.715			.054		

I have a network of friends who enjoy the same social activities I do			.610				
Being content with the present life style	0.50						
Difficulties are part and parcel of life and we have to adjust with the situations			.586				
Being affectionate, giving and receiving love from others		.554					
Limited personal expectations	.721						
Daily Hassels are part of life				0.50			
Other people rely on me for help			0.474				
I am able to keep my feelings and anger and hostility under control				.509			
I often provide service to others							.137
I am in good health				.781			
I do something for fun at least once in a week	0.832						

Extraction Method: Principal Component Analysis.
Rotation Method: Varimax with Kaiser Normalization.
a. Rotation converged in 9 iterations.

As per the below table component one is labeled as Agri. activities that provide income (F1) and it is represented through three items namely serial number 1,2 & 4 (Table 5). In F1, the factor loadings ranged between 0.752 to 0.850 which implies that farmers depended on allied agricultural activities that supplement income.

Component two is labeled as Social Factors (F2). It is represented through Item 3, 8,6,10,13,14,17,18,19,20,21,22,25,28,30 and 32. The factor loadings for these variables ranged between are 0.130 and 0.832. In this factor, the farmers voluntarily help not only the fellow farmers but also the general public of the village. Sharing the problems with friends, relatives and other trusted persons may make them ventilate the emotions and become psychologically strong.

Table 6: Naming of factors

Factor No.	Name of the Dimension	Item No	Variables	Factor loading
F1	Agri.activities that supplement income	1	Adopting different farming systems	0.816
		2	Keeping backyard livestock	0.752
		4	Benefits through farmers welfare schemes	0.850
F2	Social Factors	3	Assured helping hand from fellow farmers	0.755
		8	I give preference to my family responsibilities than my personal emotions	0.500
		10	Having relatives nearby house whom I can rely upon for guidance in time of stress	0.774
		13	Attending social gatherings	0.559
		14	I regularly attend social activities	0.599
		17	Interacting with friends and neighbors on regular basis	0.526
		18	I have network of friends and acquaintances for sharing my emotions	0.746
		19	I have one or more friends to confide in about personal matters	0.605
		20	I can speak openly about feelings, emotions and problems with people I trust	0.759
		21	I have regular conversations with the people I live with about domestic problems	0.715

		22	I have a network of friends who enjoy the same social activities I do	0.610
		25	Being affectionate, giving and receiving love from others	0.554
		32	I do something for fun at least once in a week	0.832
		6	Family supports in all situations	0.440
		28	Other People rely on me for help	0.474
		30	I often provide service to others	0.137
F3	Factors related to Family	5	Joint family system absorbs stress	0.562
		7	I value my Family	0.632
		9	There is love and belongingness in my family	0.635
F4	Religious Factors	11	Attending cultural/ Religious activities	0.571
		12	Following morals and traditional values provide guidance and strength to my life	0.509
		15	I get strength from my religious activities	0.512
		16	Going to pilgrimages	0.711
F5	Cultural Factors	23	Being content with the present life style	0.500
		24	Difficulties are part and parcel of life and we have to adjust with the situations	0.586
		26	Limited personal Expectations	0.721
		27	Daily Hassles are part of life	0.500
		29	I am able to keep my feelings, anger and hostility under control	0.509
F6	Health Factors	31	I am good at health	0.718

Component 3 is labeled as "Factors related to family". It is represented through items, 5, 7 and 9 and their factor loadings are 0.562, 0.632 and 0.635 respectively. From the factor loadings, it can be inferred that farming community of Rajasthan are very attached to their families and majority times, they share their feelings with their families that relieves the stress and make them happy.

Component 4 is labeled as "Religious factors". It is represented through 11, 12, 15& 16 and their factor loadings are 0.571, 0.509, 0.512 and 0.711 respectively. From the factor loadings, it can be inferred that farmers are spiritual and they participate in the religious ceremonies in the village and are very much fond of going to pilgrimages.

Component 5 is labeled as "Cultural factors" and is represented through items 23, 24, 26,27 and 29 whose loadings are 0.500, 0.586, 0.721, 0.500 and 0.509 respectively. From the factor loadings, it can be inferred that farmers highly value the culture and follow sincerely.

Component 6 is labeled as "Health factors". It is represented through item 31 with factor loading of 0.718, which implies that majority of the farmers responded to the statement very positively and are with good health.

From Table 6, few of the variables were extracted and ranked which are more impacting the farmers than other factors and are shown in Table 7.

Table 7. Ranking of major influential factors according to factor loadings

S.No	Name of the variable	Factor loading	Rank
1	Benefits through farmers welfare schemes	0.850	1
2	I do something for fun at least once in a week	0.832	2
3	Adopting different farming systems	0.816	3
4	Having relatives nearby house whom I can rely upon for guidance in time of stress	0.774	4
5	I can speak openly about feelings, emotions and problems with people I trust	0.759	5

6	Assured helping hand from fellow farmers	0.755	6
7	Keeping backyard livestock	0.752	7
8	I have network of friends and acquaintances for sharing my emotions	0.746	8
9	Limited personal Expectations	0.721	9
10	I am good at health	0.718	10

From the above table, it is evident that majority of the farmers well utilized the government schemes operating time to time and which is the main factor that is contributing to their stress free life and happiness. As discussed earlier, adopting different farming systems gives an edge in terms of monitory benefits to farmers. In Rajasthan, majority of the farm families get income from various sources and by adopting different farming systems (rank 3), they make better returns from farming. To add to this, even though "keeping backyard livestock" got 7th rank, majority of the farmers in Rajasthan maintains backyard livestock to supplement the farm income in case of drought or other natural calamities. In fact, in the farmers' group discussion held in Narayanpur village, Bandikuiblock of Dausa District, farmers shared their emotional bondage with the livestock they rear.

Further, the study team observed that in many of the villages visited and also while travelling, there is a gathering of people who are playing games in their neighbourhood. In discussion, many of the respondents confined that they usually play indoor games in leisure time and it makes them happy. The same has been reflected in the data collected and "I do something for fun at least once in a week" got 2nd rank.

Being majorly joint families, they always socialize and there is less chance to stay in isolation. This kind of environment makes people to share their problems and get guidance from the elders and experienced persons. Hence, "having relatives nearby house whom I can rely upon for guidance in time of stress" got 4th rank.

It is observed from the focus group discussions that the farmers of Rajasthan are open to discussions and frank in expressing their opinions. The same is reflected for one of the statements "I can speak openly about feelings, emotions and problems with people I trust" and farmers perceived as very important factor and attributed 5th rank.

Another important factor is getting help from the fellow farmers when they are in need. Villagers in Rajasthan are very cordial and they help each other in difficult times. The farmers felt assured helping hand from fellow farmers is the 6th important influential factor.

Network of friends and with the acquaintances for sharing emotion also make them free from stress and they attributed 8thrank for the factor. The farmers of Rajasthan are well aware of their limitations when it comes to farming and they adapt themselves to the prevailing conditions. The same is reflected in the table (rank 9). Having good health is also majorly contributing to ones' happiness and it has got 10th rank as seen in the table.

To sum up, there is a good mix of factors related to agriculture, livestock, friends, relatives, other villagers, being open and expressive and good health are contributing to resilience to stress among the farmers of Rajasthan.

Conclusion

Majority of the previous research studies related to farmers stress focused more on their economic aspects. The present study attempted to assess the perceptions of farmers on factors that reduce/relieve stress. The study revealed what lifestyle makes the farmers to be self-contended and stress-neutral, despite living under erratic climatic conditions. The study looked at different aspects like agricultural, social, cultural, family related, religious and health related factors. While conducting a focus group discussion with the farmers and the empirical study, interesting patterns of thinking of the farmers were identified. Majority of the farmers opined that they are aware of their limitations regarding climatic conditions, soils, availability of rain and irrigation water and other adverse conditions. They always cultivate traditional crops that demand less water like finger millet (Bajra), Pearl millet (Jowar), Chickpea (Chana) and commercial crops like cumin (Jeera), carom seeds (Ajwain),Cluster bean seeds and fruits, unlike the other states where the farmers prefer commercial crops irrespective of the prevailing adverse local agricultural conditions. Majority of the farmers also opined that Joint family system gives immense confidence in difficult times and every one helps one another in the family when in need. Friends and relatives are very helpful and make the farmers comfortable in difficult times. Religious activities are part of Rajasthan culture and majority of the farmers opined that they are interested in participating in melas, going to place of worship, pilgrimages etc.

Looking at the above factors, thought needs to be focused on non-economic factors also that make the farmers resilient to adverse situations and address stress.

Besides financial stress, there are other factors like nuclear family system, following existing traditional practices of farming rather than consulting the agricultural experts for latest agricultural technologies, following the crowed without knowing their limitations, cultural factors, and health related issues also impact farmers adversely. Financial packages alone may not be a panacea to address the stress among the farmers.

Meeta and Rajivlochan, 2006 suggested that agricultural extension system needs to be strengthened. They mentioned that "spreading knowledge about improved ways of cultivation, including responsible use of appropriate type of seeds, fertilizers, pesticides etc., checking the quality of the farm inputs and reliable professional advice during times of trouble, like when a sowing fails or the crop is infested with pests or the land is visited upon by a drought or excess rainfall"

Closer look at Rajasthan farmers bring out several farmer friendly aspects related to agricultural, socio-cultural, spiritual and family related factors. Close knit family, robust network of friends and relatives, vivid and expressive in their emotions, etc. added value to relief of stress. Respondent farmers expressed pride about their agricultural practices, especially about choosing the niche crops and strict water management practices.

From the findings of the study, it can be suggested that in every district of the country, an institutional help may be provided to address the issues faced by the farming community and to develop resilience among the farmers. Village camps may be conducted by sociologists, psychologists and other developmental departments to strengthen farmers' resilience to stress and motivate them to practice wise decision making for choosing the cropping pattern as per the agro-climatic situation and develop skills in emotional intelligence.

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