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## Assessment of stress mindset of farmers in distress prone area of Vidarbha

**Rani A Palaskar, YB Shambharkar, SM Bagul and Seema Chate**

### Abstract

The present study entitled "Assessment of stress mindset of farmers in distress prone area of Vidarbha" was undertaken in Buldhana district of Vidarbha region of Maharashtra state and the exploratory research design was used for the study. A total sample comprising 120 respondents were selected from ten villages by using random sampling method. The data was collected with the help of pre-tested interview schedule by personally interviewing the respondents and data were subjected to appropriate statistical analysis. In this investigation it is found that, out of 120 respondents, relatively higher proportion of the respondents (58.33%) were observed in medium level of stress mindset.

**Keywords:** stress, mindset, distress, self-esteem, economic motivation, achievement motivation

### Introduction

Mindsets are evaluative viewpoints or mental frame that focus attention and organize information a manner allowing for simplified and automatic functioning in a presence of contradictory or uncertain information. In case of stress, we employ mindsets to resolve complexity and uncertainty surrounding its potential effects. It is difficult for our minds to comprehend that stress is both beneficial and deleterious, so we mindfully fixate upon one mindset or another. However, the mindset that we hold with respect to stress can alter and influence the expected effects more likely.

### Methodology

Present study was carried out in the year 2017-18 with the jurisdiction of Dr. Panjabrao Deshmukh Krishi Vidyapeeth, Akola (Maharashtra State). The present investigation was undertaken in Buldhana district of the Vidarbha region of Maharashtra state. Amongst selected district, consecutive two tahsils where the more farmer suicidal cases were happened was selected purposively. Amongst selected tahsils five (05) villages, where the maximum number of the farmers committed suicides were selected purposively. Thus, from two tahsils 10 villages were selected. From the previous research studies, it is cleared that farmers are committing suicides due to dry land farming, indebtedness and crop failure and suicidal farmers were marginal, small and semi-medium.

Thus, the list of dry land farmers who are marginal, small and semi-medium having debt and continuous crop failure was obtained from Department of Agriculture/ Bank officers/Talathi from Collector office. From each selected village the 4 marginal, 4 small farmers and 4 semi-medium farmers who are in debt and crop failure during consecutive three years was selected purposively. Thus, from each selected village, 120 farmers were selected to constitute the sample size of 120 respondents from ten villages.

### 1. Education

Education generally empowers the human beings not only to understand the situation but to aware the problems and solutions to get out of the deprived situation

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**Table 1:** Distribution of the respondents according to their education

Sl. No.	Education (Standard)	Respondents (n=120)	
		Frequency	Percentage
1	Illiterate	07	5.83
2	Primary school	24	20.00
3	Middle school	22	18.33
4	High school	24	20.00
5	Higher secondary school	31	25.84
6	College	12	10.00
	Total	120	100.00

The education of the respondents was studied and the results obtained have been presented in Table 1.

The data presented in Table 1 it is observed that, little more than one fourth (25.84%) of the respondents were educated up to higher secondary school level followed by equal proportion (20.00%) of respondents were educated up to primary school and high school level. Whereas, 18.33 per cent of the respondents were educated up to middle school level and the respondents who were educated up to college level and illiterate were 10.00 per cent and 5.83 per cent respectively.

It can be concluded from the above finding that little more than one fourth (25.84%) of the respondents were educated up to higher secondary school level.

## 2. Land holding

**Table 2:** Distribution of the respondents according to their land holding

Sl. No	Land holding	Respondents(120)	
		Frequency	Percentage
1	Marginal	40	33.33
2	Small	40	33.33
3	Semi-medium	40	33.34
	Total	120	100

The distribution of respondents in Table 2 revealed that, on the basis of selection criteria equal proportion of respondents (33.33%) were categorized in three categories i.e. marginal, small and semi-medium.

**Table 4:** Distribution of the respondents' according to their self esteem

Sl. No.	Statements	Agree		Cannot say		Disagree	
		Freq.	%	Freq.	%	Freq.	%
1	I feel that I am a person of worth, at least on an equal plane with others	57	47.50	31	25.84	32	26.66
2	I feel that I have a number of good quality	95	76.16	09	7.51	16	13.33
3	All in all I am inclined to feel that I am a failure	25	20.83	11	9.17	84	70.00
4	I am able to do things as well as most of the other people	84	70.00	11	9.17	25	20.83
5	I feel I do not have much to be proud of	42	35.00	15	12.50	63	52.50
6	I take a positive attitude towards myself	101	84.16	00	00.00	19	15.84
7	On the whole I am satisfied with myself	48	40.00	04	3.34	68	56.66
8	I wish I could have more respect to myself	112	93.33	08	6.67	00	00.00
9	I certainly feels useless at times	43	35.83	20	16.67	57	47.50
10	At times I think I am no good at all	43	35.83	20	16.67	57	47.50

All in all I am inclined to feel that I am a failure, 70.00 per cent of them were disagree to this statement whereas, 20.83 per cent of the respondents were agree to this statement and 9.17 per cent were in opinion of cannot say. In connection to the statement I am able to do things as well as most of the other people, 70.00 per cent of the respondents were agree to this statement and 20.83 per cent of them were disagree whereas, only 9.17 per cent of the respondents were in thinking of cannot say.

In case of the statement as I feel I do not have much to be proud of, little more than half of the respondents

## 3. Annual income

**Table 3:** Distribution of the respondents according to their annual income

Sl. No.	Annual income (Rs.)	Respondents (n=120)	
		Frequency	Percentage
1	Up to 50,000/-	45	37.50
2	50,001/- to 1,00,000/-	47	39.16
3	1,00,001/- to 1,50,000/-	14	11.66
4	1,50,001/- to 2,00,000/-	09	7.52
5	Above 2,00,000/-	05	4.16
	Total	120	100.00

The bird eye view of Table 3 revealed that, relatively higher proportion (39.16%) of respondents comes under the annual income ranging between Rs.50,001/- to Rs.1,00,000/- followed by 37.50 per cent of them had annual income up to Rs.50,000/-. Whereas, 11.66 per cent of the respondents had annual income between Rs.1,00,001/- to Rs.1,50,000/- followed by 7.52 per cent of respondents comes under annual income ranging from Rs.1,50,001/- to Rs.2,00,000/-. Very meager of (4.16%) of respondents were observed in having annual income above Rs.2,00,000/-.

Thus, it is concluded from above findings that relatively higher proportion (39.16%) of respondents comes under the annual income ranging between Rs.50,000/- to Rs.1,00,000/-.

## 4. Self esteem

It is evident from Table 4 that, The little less than half (47.50%) of respondents were agree to the statement as I feel that I am a person of worth, at least on an equal plane with others followed by little more than one fourth of the respondents (26.66%) were disagree to this statement and 25.84 per cent of them said cannot say. In case of the statement, I feel that I have a number of good quality, 76.16 per cent of the respondents were agree to this statement and 13.33 per cent of them were disagree whereas, only 7.51 per cent of the respondents were said cannot say.

(52.50%) were disagree to this statement followed by 35.00 per cent of them were agree to the same and 12.50 per cent of respondents were said cannot say. I take a positive attitude towards myself with this statement large majority (84.16%) of the respondents were agree to this statement whereas, 15.84 per cent of them were disagree and none of them were can not say in opinion to this statement. In connection to the statement as On the whole I am satisfied with myself, 56.66 per cent of the respondents were disagree followed by 40.00 per cent of them were agree and little (3.34%) were said cannot say. I wish I could have more respect for myself, large

majority of the respondents (93.33%) were agree to this statement followed by 6.67 per cent of them said cannot say and none of them were disagree in opinion to this statement. Little less than half (47.50%) were agree to the statement that I certainly feel useless at times followed by 35.83 per cent and one fifth that is (16.67%) of the respondents were agree and cannot say continuum respectively. At times I think I am no good at all in this regards 47.50 per cent, 35.83 per cent and little less than one fifth (16.67%) were disagree, agree and cannot say in opinion respectively.

**Table 5:** Distribution of respondents according to their level of Self esteem

Sl. No.	Self-esteem level	Frequency	Percentage
1	Low (up to 62.50)	21	17.50
2	Medium (62.51 to 80.74)	87	72.50
3	High (above 80.74)	12	10.00
	Total	100	120

Mean=71.62

SD=9.12

Table 5 indicated that, majority (72.50%) of the respondents were observed in medium level of self-esteem followed by 17.50 per cent of respondents were observed in low level of self-esteem and 10.00 per cent of respondents were observed in high level of self-esteem.

### 5: Economic motivation

In order to understand the level of economic motivation, pertinent data were collected and the details are presented below in Table 6.

**Table 6:** Distribution of the respondents according to their level of economic motivation

Sl. No.	Economic motivation level	Respondents (n=120)	
		Frequency	Per cent
1.	Low ( Up to 20)	24	20.00
2.	Medium ( 21 to 25)	71	59.17
3.	High ( Above 25)	25	20.83
	Total	120	100.00

It can be clearly observed from Table 6 that, relatively higher proportion (59.17%) of the respondents had medium economic motivation followed by little more than one fifth (20.83%) and one fifth (20.00%) respondents who had high and low level of economic motivation respectively.

It is concluded that relatively higher proportion of respondents belonged to medium economic motivation.

### 6. Achievement Motivation

Achievement motivation is a psychological variable. It differs from individual to individual and it forces the individual towards reaching same goal.

Achievement motivation is the desire for excellence to establish the personal accomplishment. It is the desire of doing difficult things which gives them a satisfaction.

**Table 7:** Distribution of the respondents according to their level of achievement motivation

Sl. No.	Achievement motivation level	Respondents (n=120)	
		Frequency	Per cent
1.	Low ( Up to 17)	26	21.67
2.	Medium ( 18 to 24)	76	63.33
3.	High ( Above 24)	18	15.00
	Total	120	100.00

It can be clearly observed from Table 7 that, relatively higher proportion (63.33%) of the respondents had medium achievement motivation followed by 21.67 per cent and 15.00 per cent respondents who had low and high level of achievement motivation respectively.

It is concluded that relatively higher proportion of respondents belonged to medium achievement motivation.

### 7. Health of the respondent

**Table 8:** Distribution of the respondents according to their health

Sl. No.	Health of the respondent	Respondents (n=120)	
		Frequency	Percentage
1	Health problem found	57	47.50
2	Health problem not found	63	52.50
	Total	120	100.00

The Table 8 clearly indicate that, little more than half of the respondents (52.50%) were found free from health problems whereas 47.50 per cent respondents were having their health problems

From the above findings it can be revealed that little more than half of the respondents were found free from health.

### 8. Indebtedness

**Table 9:** Distribution of the respondents according to their indebtedness

Sr. No.	Indebtedness (Rs)	Respondents (n=120)	
		Frequency	Percentage
1.	Up to 50,000/-	16	13.33
2.	50,001/- to 1,00,000/-	29	24.17
3.	1,00,001/- to 1,50,000/-	36	30.00
4	1,50,001/- to 2,00,000/-	19	15.83
5	Above 2,00,000/-	20	16.67
	Total	120	100

Data depicted in Table 9 revealed that, little less than one third (30.00%) of the respondents had debt between Rs.1,00,001/- to RS. 1,50,000/- followed by little less than one fourth (24.17%) of the respondents had debt between RS.50,001/- to RS.1,00,000/-. Whereas, 16.67 per cent of the respondents had debt above RS.2,00,000/- while 15.83 per cent of the respondents had debt between RS.1,50,001/- to RS. 2,00,000/- and only 13.33 per cent of the respondents had debt up to RS. 50,000/-.

It could be concluded from the findings that little less than one third (30.00%) of the respondents had debt between RS.1,00,001/- to RS.1,50,000/-.

### 9. Crop failure

**Table 10:** Distribution of the respondents according to their crop failure

Sl. No.	Major crop failed	Number of times					
		3 or more		2		1	
		Freq.	%	Freq.	%	Freq.	%
1.	Soybean	61	50.88	39	32.49	26	21.67
2.	Cotton	55	45.83	45	37.50	20	16.67
3.	Wheat	31	25.83	49	40.83	40	33.34
4.	Gram	42	35.00	55	45.84	17	14.17
5.	Green gram / Black gram	35	21.17	58	48.33	27	22.50

The data from the Table 10 clearly indicates that, slightly more than half (50.88%) of the respondents experienced crop failure 3 times in soybean crop followed by 45.83 per cent experienced crop failure up to 3 times in cotton followed by 35.00 per cent, 25.83 per cent and 21.17 per cent were experienced crop failure 3 times in gram, wheat, and green gram/black gram crop respectively. While 48.33 per cent, 45.84 per cent and 40.83 per cent of the respondents experienced crop failure 2 times in black gram/green gram, gram and wheat crop respectively. Whereas, 37.50 per cent and 32.49 per cent of the respondents experienced crop failure in cotton and soybean crop respectively while 33.34 per cent, 22.50 per cent, 21.67 per cent, 16.17 per cent and 14.17 per cent of the respondents experienced crop failure only 1 time in wheat, green gram/black gram, soybean, and cotton and gram crop respectively.

From the above findings it can be concluded that soybean and cotton are the major crops grown in Buldhana district in

which both crop got failure in more times may be due to fluctuation in weather conditions.

### Stress mindset

To measure the stress mindset of the respondents 8 statements were considered and the bird eye view of the Table 9 indicates that, in case of the statement as the effects of stress are negative and should be avoided, the respondents 58.34 per cent, 36.66 per cent and 5.00 per cent were disagree, agree and cannot say in opinion respectively. With regards to experiencing stress facilitates my learning and growth, the respondents 45.00 per cent, 33.34 per cent and 21.66 per cent were of agree, disagree and cannot say in opinion respectively. In case of experiencing stress depletes my health and vitality, the respondents 72.50 per cent and 27.50 per cent were in opinion of agree and disagree respectively while none of them were can not say in opinion to the statement.

**Table 11:** Distribution of the respondents according to their of stress mindset

Sl. No.	Statements	Agree		Can Not say		Disagree	
		Freq.	%	Freq.	%	Freq.	%
1	The effect of stress is negative and should be avoided.	44	36.66	06	5.00	70	58.34
2	Experiencing stress facilitates my learning and growth.	54	45.00	26	21.66	40	33.34
3	Experiencing stress depletes my health and vitality.	87	72.50	00	00.00	33	27.50
4	Experiencing stress enhances my performance and productivity.	78	65.00	10	8.34	32	26.66
5	Experiencing stress inhibit my learning and growth.	58	48.34	21	17.50	41	34.16
6	Experiencing stress debilitates my performance and productivity.	98	81.66	09	07.50	13	10.84
7	The effect of stress is positive and should be utilized.	34	28.34	10	8.33	76	63.33
8	Experiencing stress improves my health and vitality.	19	15.84	00	00.00	101	84.16

The stress mind set of the respondents with regards to the statement as experiencing stress enhances my performance and productivity, 65.00 per cent and 26.66 per cent were in agree and disagree opinion respectively and 8.34 per cent were can not say in opinion. Whereas, experiencing stress inhibits my learning and growth, the respondents 48.34 per cent, 34.16 per cent and 17.50 per cent were in mindset of agree, disagree and cannot say opinion respectively. In case of experiencing stress debilitates my performance and productivity, the respondents 81.66 per cent, 10.84 per cent

and 7.50 per cent were in mindset of agree, disagree and cannot say in opinion respectively. Whereas, the respondents 63.33 per cent, 28.34 per cent and 8.33 per cent with regards to the statement as the effects of stress are positive and should be utilized, were in disagree, agree and cannot say opinion respectively. In case of experiencing stress improves my health and vitality, the respondents 84.16 per cent and 15.84 per cent were in mindset of disagree and agree to the statement respectively while none of them were can not say in opinion to the statement.

**Table 12:** Stress Mindset levels Distribution of the respondents according to their levels of stress mind set.

Sl. No.	Stress Mindset Level	Frequency	Percentage
1	Low (Up to 59.68)	18	15.00
2	Medium (59.69 to 80.73)	70	58.33
3	High (Above 80.73)	32	26.67
	Total	120	100.00

The bird eye view of the Table 12 indicated that, relatively higher proportion of the respondents (58.33%) were observed in medium level of stress mindset followed by little more than one fourth (26.67%) and 15.00 per cent who were observed in high and low level of stress mindset respectively.

Correlation analysis was carried out to find out as to whether the selected profile of respondents had any association with stress mindset of respondents. The coefficients of correlation of the selected profile with stress mindset have been furnished in Table 13.

**Table 13:** Correlation Coefficients of stress mindset with independent variables

Sl. No.	Independent variables	'r' value
1	Education	0.259*
2	Land holding	0.201*
3	Annual income	0.199*
4	Self esteem	0.220*
5	Economic motivation	0.281**
6	Achievement motivation	0.218*
7	Health of respondent	0.219*
8	Indebtedness	-0.292**
9	Crop failure	-0.228*

\*\* = Significant at 1 per cent level of significance

\* = Significant at 5 per cent level of significance

NS =Non-Significant

It can be inferred from Table 13 that, the calculated correlation co-efficient between stress mindset of respondents and selected profile result clearly indicated that out of total variables, economic motivation showed positive and significant correlation with stress mindset at 0.01 level of probability whereas education, land holding, annual income, self esteem, achievement motivation and health of respondent showed positive and significant correlation with stress mindset at 0.05 level of probability. It means that with increasing the levels of these variables opinion of the respondents to manage the stress may be good. Whereas indebtedness showed negative and significant correlation with stress mindset at 0.01 level of probability whereas, crop failure found negative and significant correlation with stress mindset at 0.05 level of probability.

### Conclusion

Relatively higher proportion of the respondents (58.33%) were observed in medium level of stress mindset followed by little more than one fourth (26.67%) and 15.00 per cent who were observed in high and low level of stress mindset respectively. Therefore, it can be suggested that, farmers in the distress prone area of Vidarbha should aware about causes of stress and its management by organizing regular training programmes and counselling.

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