

# A Study of Change Proneness and Psychological Well-being between Organic and Conventional Farmers of Pune District (N/ 300)

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**ABSTRACT:** The aim of the study is to identify differences between change proneness and psychological well-being of the organic and conventional farmers. For this study, two instruments have been considered i.e. Change Proneness attitude towards change (A-C) for farmers (Pareek, 2002) and psychological well-being by Sisodia & Choudhary (2012). For the present research sample has been selected by purposive sampling technique on 300 organic and conventional/inorganic farmers from Pune district of Maharashtra state, India. Results reveal that change proneness and psychological well-being in both the groups of farmers have differ significantly.

**Keywords:** Change Proneness, Psychological Well-being, Organic, Conventional Farmers

## I. INTRODUCTION

The word agriculture is derived from the Latin word agricultura, from ager-meant 'field' and culture-means 'cultivation' or 'growing'(Chantrell.G. 2002). Agriculture is defined as "produce things which maintain life, including food, fiber, forest products, horticultural crops, industrial raw material and their related services"(Safety and health in agriculture,2011).

Maharshi Parashar, grandson of Maharshi Vashista, the book encompasses two hundred and forty-three verses. Moreover, it is the theory of agriculture exhibited in such a way that the farmers would benefit by its implementation. This includes observations on all the dimensions of agriculture such as meteorological observations relating to agriculture, management of agriculture, management of cattle, agricultural tools and implements, seed collection and preservation, ploughing and all the agricultural procedures

included from the basics of preparation fields to harvesting till the storage of crops.(Maheshwari,2018).

Bhutan's development model consisting of "Gross National Happiness" instead of "Gross Domestic Product" (GDP) has been highlighted at the United Nations as well as publicly backed by leaders from Britain and France among others. According to Agriculture Minister Pema Gyamtsho, 2012, "Bhutan has decided to go for a green economy in light of the tremendous pressure we are exerting on the planet" (AFP, 2012).

Farmer's happiness creates our nation's development at psychological, physiological, economical and sociological level because Bhutan bets organic agriculture is the road to happiness (Barclay, 2012). The Himalayan Kingdom of Bhutan, known for seeking "happiness" for their nationalities, is aiming to become the very first nation in the world to turn its home-grown crops and farmers 100% organic. India took its first rise of farmer suicides in 1997, by the time the number of farmer suicides per year was around 14,000. This number took a sharp high jump in 2005 to 17,000 per year (Sainath, 2007).

Ryff's (1989) research has revealed a transfer of attention from a subjective to an objective formation of psychological well-being. Her research is based upon Maslow's concept of self actualizations (1968) theoretically as well as conceptually.

Change proneness is a likelihood to accept new things, novel to be assimilated in their style of work. Change is meaningful in relation to some

situations. Change is a movement, a process of alteration by relinquishing an already acquired

position to acquire a new position (Pareek, 2002).

**TABLE 1. 1**  
**ORGANIC AGRICULTURE AND KEY INDICATORS AND TOP COUNTRIES(FiBL,2021)**

INDICATORS	WORLD	TOP COUNTRIES
Countries with Organic activities	2019-187 Countries	
Organic Agricultural land	2019-72.3 million hectares (1999-11 million hectares)	Australia-35.7 million hectares Argentina-3.7 million hectares Spain-2.4 million hectares
Organic share of total agricultural land	2019-1.5%	Liechtenstein- 41.00% Austria-26.1% SaoTome & Principle-24.9%
Wild collection & further non-agricultural areas	2019-35.1 million hectares (1999- 4.1 million hectares)	Finland-4.6million hectares Zambia-3.2million hectares Namibia-2.6 million hectares
Producers	2019-3.1 million producers (1999-200'000 producers)	<b>India-1'366'226</b> Uganda-210'351 Ethiopia-203'602

Source: FiBL Survey 2021, based on National data sources data from certifiers & IFOAM-Organics International

As per Polain.J.D., Berry.L.H & Hoskin.O.J., (2011) examined the impact of rapid change, climate adversity and the next 'big dry' on older farmers' mental health. The main objective of the study was to measure an association between the experiences of older farmers in the face of prolonged drought and rapid change. In this study, content analysis of issues and priorities raised in Semi-structured community forums on 150 older farmers and their families as participants. Results indicate prolonged drought caused pressures on farmers that compounded the usual stresses of farming & of aging. Here, some main components were considered such as loss, government compliance pressures & difficulties accessing & for inappropriate services. Conclusion of this study was Older farmers felt an overwhelming sense of less profitability and professional success, community status, physical well-being and comfort, the ability to participate in the modern world & above all, of relationships (partners, children and friends moving away).

**HYPOTHESES**

- ❖ Change Proneness will be higher in organic farmers as compared to conventional farmers.
- ❖ Psychological Well-being of organic farmers will be higher as compared to conventional farmers.

**VARIABLES**

In the present research study, Organic Farmers and Conventional Farmers are two levels of Independent Variables whereas Change Proneness and Psychological well-being are the Dependent Variables.

**SAMPLE**

For the present research sample has been selected by utmost possible care and based on predetermined criteria. In this research purposive sampling technique is used in sample selection. The sample of the present study consisted of 300 farmers, 150 professional organic farmers and 150 conventional farmers from Pune district of

Maharashtra state, India. Only men farmers have considered and their age range is between 30 to 60 years. All of them have minimum HSC qualification. Farmers have a minimum three years experience of the same farming method. Farmers have farmland between 3 acres to 10 acres with annual income between 3 lakhs to 10 lakhs. Present research included only those farmers who raise edible crops such as grains, vegetables and fruits.

**TOOLS**

For this study, the researcher has been used mentioned tools for the data collection as follows;

- ❖ Change Proneness attitude towards change (A-C) for farmers (Pareek, 2002)
- ❖ Psychological Well-being Scale (2012) by Dr.Devendra Singh Sisodia and Ms.Pooja Choudhary.

**Change Proneness attitude towards change (A-C) for farmers (Pareek, 2002)**

The instrument (A-C study) measuring change-proneness is a semi-structured projective technique. The A-C study consists of 15 pictures depicting different change situations.

Reliability – The interjudge reliability of the test was found 0.86 by comparison of scoring of the

protocol of twenty subjects independently by two scorers.

Validity – The value of Rho (Rank order correlation was 0.58) this is significant at 0.01 level. Test is for farmers of all ages.

**Psychological Well- Being Scale ( Sisodia & Choudhary,2012)**

The scale consists of 50 items in Five Areas—

- 1)Satisfaction,2)Efficiency3)Sociability4)Mental Health 5)Interpersonal Relations.

This scale can be administered on any age group. Present test has reliability 0.87 by test retest method and validity is 0.94.

**Research Design**

**Two Matched- groups Design:**

Researcher has been matched Organic Farmers to Conventional Farmers on the following variables- Age, Education, Experience of farming method, Area of farmland, Income, Crops

**II. RESULTS AND INTERPRETATION**

The results are shown in table 1.2

“Change proneness in professional organic farmers will be higher as compared to conventional farmers.”

The results are shown in table 1.2.

**Table 1.2**  
**Comparison of Change Proneness in Organic and Conventional Farmers**

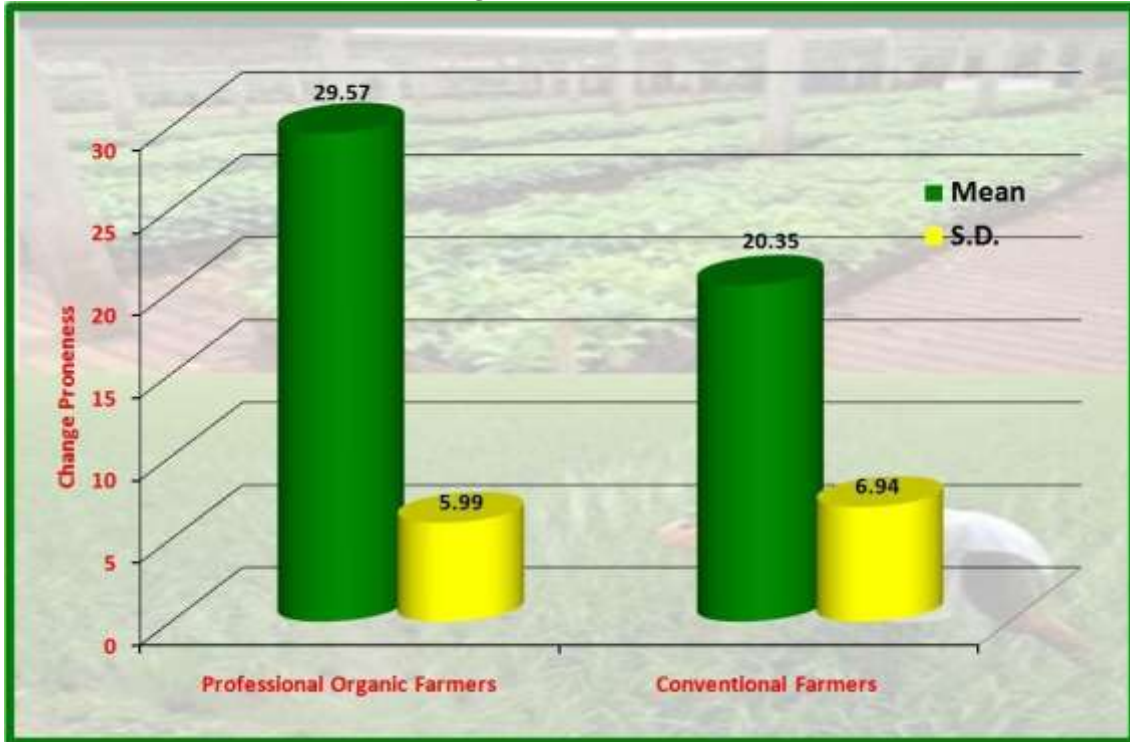
Groups	Change Proneness		Mean Diff.	‘t’
	Mean	SD		
<b>Organic Farmers (N-150)</b>	<b>29.57</b>	<b>5.99</b>	<b>9.22</b>	<b>12.31,p&lt;.01</b>
<b>Conventional Farmers (N-150)</b>	<b>20.35</b>	<b>6.94</b>		

Results presented in table 1.2 indicate that change proneness is significantly and markedly high in professional organic farmers (M=29.57) compared to conventional farmers (M=20.35). The calculated t=12.31, is statistically significant at .01

level and also gives statistical weightage to this finding that professional organic farmers are more willing to change according to environment and circumstances as compared to conventional farmers..

The results are also shown in figure 2.2

**Figure 2.2**  
**Bar Diagram Showing Comparison of Mean Scores on Change Proneness in Groups Comprised of Professional Organic and Conventional Farmers**



Since change proneness was found to be significantly higher in organic farmers as compared to conventional farmers, hypothesis accepted.

**Table 1.3**  
**Comparison of Psychological well-being of Organic and Conventional Farmers**

Groups	Psychological well-being		Mean Diff.	't'
	Mean	SD		
<b>Organic Farmers (N-150)</b>	<b>206.36</b>	<b>22.42</b>	<b>21.42</b>	<b>7.98, p&lt;.01</b>
<b>Conventional Farmers (N-150)</b>	<b>185.12</b>	<b>23.64</b>		

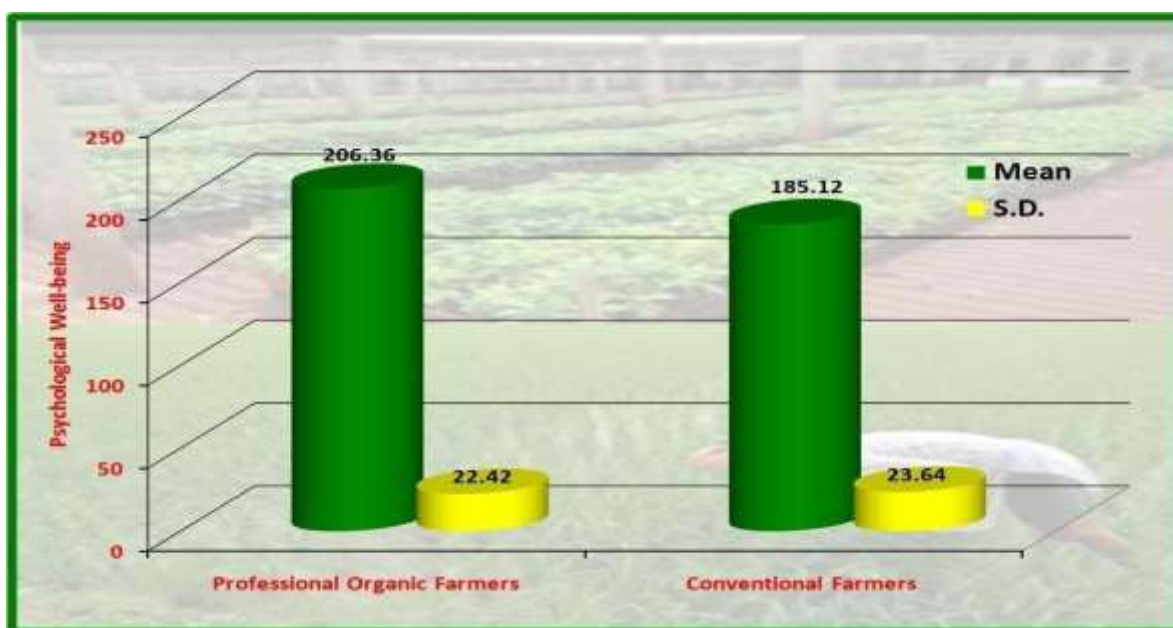
Results presented in table 1.3 indicate that satisfactory condition of existence; a state characterized by satisfaction, efficiency, sociability, mental health and good interpersonal relationships i.e. psychological well-being was found to be significantly superior in professional organic farmers (M=206.36) as compared to

conventional farmers (M=185.12). The calculated  $t=7.98$ , is statistically significant at .01 level and also gives statistical strength to this finding that psychological well-being of organic farmers is of considerably higher magnitude as respect to conventional farmers.

The results are also shown in figure 2.3

Figure 2.3

Bar Diagram Showing Comparison of Mean & SD Scores on Psychological Well-being in Professional Organic and Conventional Farmers



Since the psychological well-being of professional organic farmers was found to be significantly superior to the conventional farmers.

Results showed, psychological well-being and change proneness are inter-related significantly on both the groups of farmers' i.e. professional organic and conventional farmers. As the results indicate psychological well-being and change proneness of both the group of farmers.

### III. CONCLUSION

Most Importantly, as per Hawton et al. (1998) research on psychological autopsy study which uncovered reluctance among farmers to take initiative to discuss their support needs because of a fear that personal issues could become exposed to all. For an awareness of the specific stresses faced by rural communities i.e. farmers and their families. The old Agricultural Development and Advisory Service (ADAS) has become the Farming and Rural Conservation Agency.

Nowadays people want to have healthy and nutritious food or organic food for this public demand. Farmers need to change their methods and acquire new methods. Therefore, it's important to study the disposition to accept the change or change proneness of farmers. Hence, concluded that change proneness and psychological well-being differ significantly in both the group of farmers i.e. organic and conventional farmers.

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