



Relationship Between Quality Of Life And Suicidal Ideation Among Farmers

Dr. arvind

PGT (Psychology)

GMSSSS BAUND KALAN

Abstract

The present study was aimed to find the relationship between quality of life and suicidal ideation among Farmers. The sample of this research was of 375 male farmers of western Haryana's four districts (Hisar, Bhiwani, Fatehabad, Sirsa), with the age range of 25 to 40 years. They were further divided in three different groups as landless farmers (farming on leasehold land) (125), farmers with 1-9-acre land (125) and farmers with more than 9-acre land (125). Data was collected using random sampling. The WHOQOL-BREF developed by the WHOQOL group and Adult Suicidal Ideation Questionnaire (ASIQ) by (Reynolds, 1991) was used for the purpose of data collection. In statistical tools Pearson correlation method and One-Way ANOVA has been applied. The findings of the study reveal significant group differences on different components of quality of life with suicidal ideation.

Keywords: Farmers, Quality of life, Suicidal Ideation

Introduction

Aristotle stated good life in his works, which is popular as a quality of life these days. One more author termed that one, for instance, the state of welfare which remains the result of the exchange of community, healthiness, financial as well as environmental circumstances, which influence human and societal improvement. The point on the way to which an individual adores the essential prospects of one's life, and the degree of the greatness of life, emerges as of assortment of life situations that cooperate in a complex fashion. These entire elements in all ways affect the quality of life of individuals. Also, some states that the study of QOL is there an investigation of elements that add towards the integrity as well as the significance of life just as individuals' harmony.

Suicidal ideation alludes to current designs and wishes to submit suicide without any ongoing unmistakable suicide effort (Ranieri, Steer, Lavrence, Rissmiller, Piper, & Beck, 1987). Ranieri and associates (1987) clarify that suicide ideation intelligently goes before a suicide effort or finished suicide. Suicidal ideation does not, notwithstanding, fundamentally infer that suicide will be tried or finished. In this way, in an examination of suicidality, an emphasis on suicide ideation is a fitting start.

Quality of life is there a key component in evaluating the suicide possibility. Subsequently, this is comparatively a novel field, simply a small number of studies have observed into this aspect in suicidology (Lester, 2001; Yang & Lester, 2001; Berlin et al., 2003; Sarfati et al., 2003; Jarbin & Von Knorring, 2004).

Neil (2008) did a study entitled “Farmer suicides in India: the role of psychiatry and anthropology” and concluded that Farmers in India experience different stresses as farmers elsewhere, due to illiteracy, the bonded labour system, large families, government corruption, and debts from local moneylenders. A responsible farmer’s suicide methodology must include the biological & broader social, cultural, political, and economic contexts. The onus should be shifted from the farmer to the circumstances

In a community study by Goldney et al. (2001), subjects with suicidal thoughts announced more noteworthy utilization of general experts, specialists, therapists, social labourers, and outpatient facilities, network wellbeing administrations, and other Categorize. These subjects scored poorly on all subscales of wellbeing related personal satisfaction (SF-36) and Assessment of Quality of Life to the degree that they were underneath the fourth percentile on the job enthusiastic and emotional well-being measurements of the SF-36 and social connections, mental prosperity, and overall scores of the AQOL. Suicidal thoughts were related to weakness related to personal satisfaction.

In a nation-wide study in China (Philips et al., 2002) suicide was essentially connected with low quality of life.

Objective of the Study: To study the relationship of quality of life with suicidal ideation.

Significance of the study:

The significance of this study was to know how the quality of life of the farmers affects their thoughts. Are the quality of life’s different aspects such as physical health, psychological health, social relations, and environment, related to suicidal thoughts occurring in farmers?

Methodology

Sample and Population

The sample of this research was of 375 male farmers of western Haryana's four districts (Hisar, Bhiwani, Fatehabad, Sirsa), with the age range of 25 to 40 years. In this research data collection was through random sampling. A sample of 375 male farmers was further categorized into three groups. Such as 125 landless farmers but farming on leasehold land, 125 farmers who have 1 to 9-acre land, and 125 farmers who have 10 acres and above land.

125 Farmers	125 Farmers	125 Farmers
Landless (farming on leasehold land)	1 to 9-acre Land	10 acres and above

Measures

1. Adult Suicidal Ideation Questionnaire - (Reynolds, 1991)
2. World Health Organization- Quality of Life (WHOQOL Group)

2.2.1 Adult Suicidal Ideation Questionnaire (ASIQ)

The ASIQ (Adult Suicidal Ideation Questionnaire) was developed by Reynolds, 1991. It has contained 25 items, a revised form of the 30 item SIQ. Whereas the SIQ was aimed to measure suicidal ideation in adolescents, the Adult Suicidal Ideation Questionnaire is aimed to assess it in adults. The reliability of coefficient alpha is excellent 0.97 and test-retest reliability is .86.

2.2.2. WHOQOL-BREF

The WHOQOL-BREF was developed by the WHOQOL group. It contains a total of 26 questions. To offer an expansive and wide evaluation, one item from every one of the 24 aspects contained in the WHOQOL-100 has been incorporated. Also, two items from the overall quality of life and the General Health aspect have been incorporated. There are additionally 2 items that are analysed unmistakably: question 1 gets some information about a person's general opinion of the quality of life and question 2 gets some information about a person's general view of their health.

Inclusion criteria-

Farmers having domicile of Haryana state only will be included in this study. Farmers who have passed at least 10th standard were included in this research.

Exclusion criteria –

Farmers having a history of mental illness were excluded from this study. Farmers who do another job or have other than farming as a career been also be excluded from this research.

2.3. Statistical analysis

After collecting the data, statistical analysis was made with the help of descriptive statistics (mean, standard deviation), Pearson Product-Moment method, ANOVA.

Results

Inter-correlation

The correlation among suicidal ideation, physical health, psychological health, social relationships and environment was founded through using the Pearson Product-Moment method (Table- 1).

Table 1

Correlations and descriptive statistics for study variables (N=375)

Measures	Suicidal Ideation	QOL 1	QOL 2	QOL 3	QOL 4
Suicidal Ideation	1				
QOL 1	-.570**	1			
QOL 2	-.543**	.805**	1		
QOL 3	-.536**	.741**	.709**	1	
QOL 4	-.512**	.823**	.780**	.757**	1

The results showed that the measures of quality of life namely physical health, ($r = -.570$, $p < 0.01$), psychological health ($r = -.543$, $p < 0.01$), social relationships ($r = -.536$, $p < 0.01$) and environment ($r = -.512$, $p < 0.01$) significantly negatively correlated with suicidal ideation.

The measures of psychological health ($r = .805$, $p < 0.01$), social relationships ($r = .741$, $p < 0.01$), and environment ($r = .823$, $p < 0.01$) significantly positively correlated with physical health. On the other hand, social relationships ($r = .709$, $p < 0.01$) and environment ($r = .780$, $p < 0.01$) significantly positively correlated with psychological health. The measure of environment ($r = .757$, $p < 0.01$) significantly positively correlated with social relationships.

Descriptive statistics and Analysis of variance

Mean and standard deviation and ANOVA results of three groups of farmers on suicidal ideation, physical health, psychological health, social relationships and environment have shown in following tables.

Table 2 One-way ANOVA results for three different groups of Farmers on Suicidal Ideation

Variable	M	SD	N	
Landless	38.3280	20.34849	125	
1-9 Acre	40.2960	32.98192	125	
Above 9	3.8240	6.31953	125	
Source	Sum of Squares	Df	Mean Square	F
Between Groups	105191.909	2	52595.955	102.340**
Within Groups	191183.728	372	513.935	
Total	296375.637	374		

**significant at $p < .01$ level, *significant at $p < .05$ level

Table 2 indicates the results of ANOVA on suicidal ideation based on three categories of farmers having differently distributed land. It is evident that F Value [$F(2,372) = 102.34, p < .01$] is significant at .01 level. That means three groups of farmers have a significant difference in suicidal ideation. The mean score of Farmers who have farming on 1-9 acre land score high on this scale and above 9-acre landholders have scored lower on this scale. That means, farmers with 1 to 9-acre land has more tendency or ideation toward suicide.

Table 3 One-way ANOVA results for three different groups of Farmers on Quality of Life (Physical Health)

Variable	M	SD	N	
Landless	10.5440	2.48708	125	
1-9 Acre	11.7280	2.48666	125	
Above 9	15.2960	2.49846	125	
Source	Sum of Squares	Df	Mean Square	F
Between Groups	1529.749	2	764.875	123.292**
Within Groups	2307.808	372	6.204	
Total	3837.557	374		

**significant at $p < .01$ level, *significant at $p < .05$ level

Table 3 shows the summary of one-way ANOVA that shows the results of physical health (quality of life) based on three different categories of farmers. It portrays that the F value [$F(2,372) = 123.292, p < .01$] is significant at $p < .01$ level. That means the mean scores of existing groups significantly differ. Farmers holding more than 9-acre land scored highest and landless farmers who have farming on leasehold land scored lowest on the physical health dimension of quality of life.

Table 4 One-way ANOVA results for three different groups of Farmers on Quality of Life (Psychological Health)

Variable	M	SD	N	
Landless	10.2160	3.11496	125	
1-9 Acre	11.8960	2.71146	125	
Above 9	14.9200	2.57657	125	
Source	Sum of Squares	Df	Mean Square	F
Between Groups	1420.608	2	710.304	89.936**
Within Groups	2938.016	372	7.898	
Total	4358.624	374		

**significant at $p < .01$ level, *significant at $p < .05$ level

The findings from Table 4 reveal the impact of three groups of farmers on psychological health as a consequence of applying one-way ANOVA. The F value for the effect of different groups [$F(2,372) = 89.936, p < .01$] is significant at $p < .01$ level. The mean score of the above 9-acre land group (14.92) is more than the mean score of 1 to 9-acre (11.89) and landless (10.21). The result indicates that farmers of this group don't experience stress, absence of mental disorder & behavioural disorder, and feel mentally healthy as compared to other groups of farmers.

Table 5 One-way ANOVA results for three different groups of Farmers on Quality of Life (Social Relationships)

Variable	M	SD	N	
Landless	10.9920	3.33963	125	
1-9 Acre	12.5520	2.90566	125	
Above 9	15.8160	2.28736	125	
Source	Sum of Squares	Df	Mean Square	F
Between Groups	1514.928	2	757.464	91.525**
Within Groups	3078.672	372	8.276	
Total	4593.600	374		

**significant at $p < .01$ level, *significant at $p < .05$ level

Table 5 shows the impact of three groups of farmers on social relationships (quality of life) as a consequence of applying one-way ANOVA. The F value for the effect of different groups [$F(2,372) = 91.525, p < .01$] is significant at .01 level. There is a significant difference between the mean scores of the three groups. The mean score of Farmer holding more than 9-acre land is highest in all group and the mean score of landless farmers who have farming on leasehold land get the lowest value on this dimension of quality of life which indicates that farmers holding more than 9-acre land maintain their social relationships in better ways as compare to other two groups.

Table 6 One-way ANOVA results for three different groups of Farmers on Quality of Life (Environment)

Variable	M	SD	N
Landless	10.3040	3.18571	125
1-9 Acre	11.7600	2.90272	125
Above 9	15.2320	2.45979	125

Source	Sum of Squares	Df	Mean Square	F
Between Groups	1602.496	2	801.248	97.613**
Within Groups	3053.520	372	8.208	
Total	4656.016	374		

**significant at $p < .01$ level, *significant at $p < .05$ level

Table 6 reveals the results of one-way ANOVA on the environment (quality of life) based on three different groups of farmers. It is evident that the F value [$F(2,372) = 97.613, p < .01$] is significant at $p < .01$ level. It indicates that there is a significant difference between the mean score of different groups. The mean score of Farmers holding more than 9-acre land is significantly higher. The findings show that farmers holding more than 9 acres are more likely to have the mastery to deal with the environment. (Total sum of all circumstances, events, situations, factors, elements impact a living organism. The environment includes both natural and human-made forces that provide conditions for development and growth but also create threat).

Discussion

Quality of life which is also needed to sustain properly for a happy and satisfying life, it also shows significant group difference in this study. Farmer holding more than 9-acre land is highest in all group and the mean score of landless farmers who have farming on leasehold land get the lowest value on social relationships dimension of quality of life which indicates that farmers holding more than 9-acre land maintain their social relationships in better ways as compare to other two groups. The result indicates that farmers of this group don't experience stress, absence of mental disorder & behavioural disorder, and feel mentally healthy as compared to other groups of farmers. The mean score of Farmers who have farming on 1-9 acre land score high on suicidal ideation scale and above 9-acre landholders have scored lower on this scale. That means, farmers with 1 to 9-acre land has more tendency or ideation toward suicide. Farmers holding more than 9-acre land scored highest and landless farmers who have farming on leasehold land scored lowest on the physical health dimension of quality of life. Recent studies showed that farm size, income from farming, and working conditions of farmers are associated with quality of life. Molnar (1985) found that farmers who have high family income and older age have sound well-being, and the age of farmers is positively associated with quality of life but negatively associated with expectancy for future quality of life. Keating, Munro, and Doherty (1988) reported that farmers remain in conflicts when they have a lack of time to complete their farm work, low income from farming, and during busy seasons of farming. Excess of farm work or workload may be the basic reason for family conflict in farmer's life, but the flexible timing of working at the farm positive impact on farmer's family relationships and improve their quality of life.

References

- Goldney, R. D., Fisher, L. J., & Wilson, D. H. (2001). Mental health literacy: an impediment to the optimum treatment of major depression in the community. *Journal of affective disorders*, 64(2-3), 277-284. Retrieved on April, 20, 2018, from <https://www.sciencedirect.com/science/article/pii/S0165032700002275>.
- Keating, N., Munro, B., & Doherty, M. (1988). Psychosomatic stress among farm men and women. *Families in rural America: stress, adaptation, and revitalization*/edited by Ramona Marotz-Baden, Charles B. Hennon, Timothy H. Brubaker. Retrieved on January, 09, 2018, from <http://agris.fao.org/agris-search/search.do?recordID=US201302677098>.
- Molnar, J. J. (1985). Determinants of subjective well-being among farm operators: Characteristics of the individual and the firm. *Rural Sociology*, 50(2), 141. Retrieved on August, 05, 2019, from <http://search.proquest.com/openview/b0f7487c98e4753dd2f0ca628f17db4b/1?pqorigsite=gscholar&cbl=1817355>.
- Neil, A. (2008). Farmer suicides in India: the role of psychiatry and anthropology. *International Journal of Social Psychiatry*, 54:291-297.
- Phillips, M. R., Yang, G., Zhang, Y., Wang, L., Ji, H., & Zhou, M. (2002). Risk factors for suicide in China: a national case-control psychological autopsy study. *The Lancet*, 360(9347), 1728-1736. Retrieved on May, 04, 2018, from <https://www.sciencedirect.com/science/article/pii/S0140673602116813>.
- Ranieri, W. F., Steer, R. A., Lavrence, T. I., Rissmiller, D. J., Piper, G. E., & Beck, A. T. (1987). Relationships of depression, hopelessness, and dysfunctional attitudes to suicide ideation in psychiatric patients. *Psychological Reports*, 61(3), 967-975. Retrieved on December, 09, 2017, from <https://journals.sagepub.com/doi/abs/10.2466/pr0.1987.61.3.967>.
- Reynolds, W. (1991). *ASIQ, Adult suicidal ideation questionnaire: Professional manual*. Psychological Assessment Resources, Incorporated.
- World Health Organization. (1996). *WHOQOL-BREF: introduction, administration, scoring, and generic version of the assessment: field trial version, December 1996* (No. WHOQOL-BREF). Geneva: World Health Organization.