

Sociological Analysis of Stress Management among Farmers and Rural Development in Selected Communities in Kwara State

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Abstract

Rural farmers, in most cases, act as their own managers and feel responsible for numerous farming issues over which they have little or no control. Essentially, farmers allocate a significant portion of their available time primarily to safety, as well as improvements in crops, land, and even livestock. However, it is very regrettable to think that they do not extend the same care or give equal consideration to their physical, social, and mental health and well-being, increasing the likelihood of stress. If this problem of stress persists, it could lead to a reduction in their ability to provide for themselves and also impact rural development. This is why the study was undertaken to determine whether there is a relationship between stress management among farmers and rural development. This was achieved through the use of the multi-stage sampling technique in choosing 360 respondents and employing Robert Karasek's stress theory to explain the subject matter. The study concluded that stress among farmers could lead to rural underdevelopment. Thus, the study recommends that farmers should make an effort to reduce their stress by spending quality time with their families, employing more labor (if they can afford it), and interacting with other farmers, among other strategies.

Keywords: Rural Development, Stress, Farmers

1. Introduction

Stress can be perceived as a state of mental depression, illness, and worry triggered by the inability to cope with work demands, social functions, and responsibilities. Farming is undeniably one of the most challenging and arduous professions, carrying a higher possibility of leading to stress and stress-related conditions. In rural communities, farmers often live where they work, with their spouses and/or other family members acting as their work assistants [1]. Farmers, in most cases, manage their own operations, feeling responsible for numerous issues over which they have little or no control. Various challenges, such as poor family relationships, financial problems, price and marketing fluctuations, farm-to-market transfer issues, production and harvesting challenges, storage and weather difficulties, and social pressures, pose significant stress sources for farmers in rural areas and their family members. Concerns about stress faced by farmers have been growing in recent years [2].

Despite dedicating considerable time to agricultural activities, farmers often neglect their own health, social, and mental well-being. According to a study by the Center for Disease Control

(2016), farmers, forestry workers, and fishermen are at the top of the suicide record, with 85 per 100,000 individuals every year. This alarming trend has distressing effects on rural development and even urban centers, given the crucial role of farming in these communities and its impact on overall agricultural production.

Several factors predispose farmers to stress, including financial problems, fluctuating product prices, growing expenditures, excessive debt, irregular cash flow, and insufficient capital for basic agricultural activities. Additionally, unfavorable weather conditions and excessive workloads contribute to stress. Agriculture holds paramount importance in the Nigerian economy, generating employment, contributing significantly to the GDP, providing food, raw materials, foreign exchange earnings, and supporting the industrial sector [3]. The sector has a strong link to rural communities, and the well-being of farmers demands urgent attention. Stress, a fundamental challenge facing farmers in rural Nigeria, can adversely affect agricultural productivity, particularly in food crops [4]. Given that 65% of Nigeria's total population resides in rural areas where agriculture is the predominant occupation, addressing stress among farmers becomes crucial for

rural development.

Rural development is a global phenomenon, impacting both advanced and developing nations [5]. Government policies often influence rural communities, and since farming is the predominant occupation in these areas and a key driver of rural development, addressing farmers' stress becomes essential for maximizing productivity and output.

Problem Statement

Farmers in rural areas often grapple with a multitude of challenges, including financial stress, poor harvests, crop damages, inadequate budgeting, uncertain climate changes, disparaging government policies, and long working hours. The interplay of social demands and economic burdens exerts unprecedented pressure on these farmers. The inherent nature of farm work, as pointed out by Sainath (2007), limits farmers' control over various aspects of their lives, such as decisions regarding weather, agricultural product prices, equipment, and targeted markets. This lack of control renders farmers susceptible to stress, particularly related to physical, behavioral, and emotional issues [6]. Developing nations like Nigeria face a higher share of stress-related problems among farmers due to insufficient capital assistance from the government and strong social demands intertwined with traditional social engagements inherent in the African social system.

The pressure to handle responsibilities and issues concerning relatives and families, coupled with difficulties in securing an adequate workforce for farmlands, serves as significant sources of stress. Disagreements within the family, with relatives, and the perceived lack of importance within the family or community can further contribute to stress among farmers in rural communities. Agriculture plays a crucial role in ensuring food security, providing raw materials for local industries and international trade, and extending its influence to the non-farm economy. Consequently, farmers' well-being significantly impacts rural development in both rural areas and urban centers, making the agricultural sector pivotal to the overall GDP of Nigeria.

Recognizing the paramount importance of reducing stress among farm families, this study adopts a sociological approach to assess how stress affects farmers in rural communities. While acknowledging existing literature on the subject, this work uniquely explores the social perspective of the stresses farmers endure, their stress management strategies, and the resulting impact on rural development in Nigeria. The study aims to contribute to the existing body of knowledge on the subject matter. It outlines three primary objectives:

- To highlight the causes of stress among farmers in rural areas.
- To examine stress management strategies employed by farmers in rural areas.
- To understand the relationship between stress management techniques and rural development.

2. Literature Review

2.1 Stressors among Farmers

Life for local farmers can be challenging, especially as they strive to provide for their families and sustain their farms or related businesses. According to Ramesh and Madhavi (2009), the following factors contribute to stress among farmers [7]:

1. **Economic Pressures:** Financial incapability is a significant source of stress for farmers in local areas. Many farmers lack the necessary financial resources, exposing them to various threats. Additionally, low product prices, rising expenditures, high debts, and poor cash flow can induce stress among farmers, impacting rural development and overall food supply.
2. **Climatic Conditions:** While this form of stress is natural, local farmers regularly contend with the variability of weather. They must adapt to encourage better agricultural output while navigating the pressures inherent in farming as a profession.
3. **Overwork or Long Hours:** Overworking, common in the farming system, can lead to physical and emotional strain. Activities such as land clearing, fertilizing, grading, ditching, contouring, tilling, fencing, plowing, planting, cultivating, weed and pest control, spraying, trimming, harvesting, pruning, constructing farms and stock ponds, and irrigation ditches demand extensive hours of labor.
4. **Stress from People:** This stress may arise from disagreements with relatives or laborers, insufficient workers for the farmland, conflicts with partners or children, inadequate time spent with one's family, and a lack of recognition as a significant figure in one's profession by others.

In addition to these four causes of stress, a shortage of labor is another significant source of stress among farmers. Labor demands fluctuate in virtually all agricultural areas, leading to a shortage when farmers cannot find enough workers to fill vacant positions. This shortage can result in stress and high costs of agricultural commodities and services, inhibiting agricultural output. Local farmers face challenges in recruiting, training, and retaining experts and laborers due to relatively poor payment and less attractive employment practices, making skilled jobs less appealing [8].

2.2 Symptoms of Stress in Farmers

Inability to concentrate on farm demands, decreased motivation, and a lack of commitment to work when needed are among the primary symptoms of stress in farmers [9]. Recorded symptoms of stress among farmers frequently include back pain, vomiting, stomach ache, and sleeplessness. Stress can significantly disrupt eating and sleeping patterns, and affected individuals may experience an increased tendency toward alcohol or drug use. Additional symptoms of stress among farmers are categorized as follows:

- **Physical Symptoms:** Constant Headaches, Stomach problems, Rising blood pressure and speedily beating heart.
- **Emotional/Mental Symptoms:** Annoyance and vexation, Depression, Frustration, Difficulty controlling emotions and Low self-esteem
- **Behavioral/Social Symptoms:** Substance abuse and addiction, Trouble adapting to changing circumstances (i.e. changing price of

farm products, government policies, etc), Difficulty in relaxing or to sleep, Communication problems, Oral and or physical abuse of children or relatives and Pointless arguments.

2.3 Rural Development

The definition of rural development has been articulated in various ways by different scholars, encompassing multiple dimensions. Consequently, there is no single universally accepted definition of the term. In essence, rural development can be characterized as the enhancement and improvement of living conditions and well-being within rural communities. According to Schumacher (1983), rural development involves developing the skills of rural dwellers to make them self-sufficient through orientation, providing them with relevant knowledge on how to achieve self-help. Mabogunje (1991) perceives rural development as the enhancement of living conditions for the lower-income rural population in self-supporting areas through the transformation of productive activities [10]. Importantly, the term implies a broad-based restructuring and mobilization of rural people and resources to improve the social and economic capabilities of the rural population.

It is crucial to emphasize that the term 'rural' refers to regions or areas characterized by small size, low population density, cultural simplicity, and where the primary economic activity is mainly farming. Areas considered rural typically consist of settlements ranging from 100 to about 200 households [11]. Additionally, it denotes remote or far-flung areas located far away from the central government and lacking social amenities that are commonly enjoyed in urban centers. Rural sociologists primarily focus on farmers, studying their ways of making a living and other occupations that influence their lives since farming is the predominant occupation in rural areas (Sainath, 2007). Moreover, Ndukwe (2005) identified some of the basic features of rural life as follows:

- Smallness in size: Rural localities are, by many measures, smaller in size than urban districts. Size is indicated here as areas geographically occupied rather than the total area of land obtainable and available for use.
- Intimate relationships: Rural people have distinct cultural values like legends, historical proverbs, folklores, and fashion rooted in their social interaction. In essence, rural societies attach a high value to cultural phenomena.
- Agriculture is the main occupation: Agriculture remains the basic and primary occupation in rural localities. This can be attributed to the closeness to nature and the vast usable and fertile land available. Rural localities are characterized by numerous economic engagements and activities ranging from art, weaving, petty trading, and other small-scale businesses.
- Homogeneity of population: Rural localities are mainly characterized by a population with almost identical features, unlike in urban centers where there is a relatively heterogeneous population consisting of people with diverse backgrounds, objectives, and aims.
- High social solidarity: There is collectivity in decision-making and policy formulation regarding the development of their

communities. Also, in terms of responsibilities, rural communities jointly share tasks to be performed, and the issue of isolation is relatively minimal compared to urban centers.

2.4 Stress among Farmers and Rural Development

Farming is unarguably a demanding and complex way of living that in fact creates stressful or traumatic life conditions among farmers in rural localities. Stress adds enormously not only to numerous life stresses, but has a great impact on health, fitness and thus, on the quality of farm life farmers normally experience [12]. There is a direct linkage between stress among farmers and agricultural output. Simply put, when farmers are exposed to stress, this will directly affect the agricultural production, resulting to low amount of output (Sainath, 2007). The farm activities that involve land clearing, fertilizing, grading, ditching, tilling, fencing, plowing, planting, cultivating among others can be very stressful and when there is shortage of labour cumulating with bad weather condition, there will low agricultural output which can affect rural development. Farmers in rural areas can influence rural development in many ways and this can be expressed below:

- Farmers in rural areas enable access to nutritive and relatively nourishing foods for their communities they operate in;
- They act as the epicenter of a prosperous regional and national food system, They support farm and food based businesses;
- They serve as a gathering community place, increasing healthy food access for their localities and protecting farmland and the natural environment.

It should be expressed that stress among farmers is likely to influence the level of agricultural outputs, this is because when farmers experience stress related problems, they are likely to encounter fatigue which will impede their ability to engage in farm activities.

2.5 Stress Management among Farmers

There is a pervasive and frequent occurrence of stress among farmers, which urgently demands the development of adequate and viable programs and policies for stress management [13]. Okaka and Okosun (2009) define stress management as skills, policies, techniques, and strategies put in place to assess and check the level of stress among individuals [14]. To them, stress management starts by recognizing the main sources of stress. In the view of Fisher (1994), approaches to managing and coping with stress can be classified into two [15]. The first approach is 'problem-focused coping,' which entails recognizing and distinguishing sources of difficulties for farmers in the hope of providing lasting remedies to these difficulties if possible. With this model, farmers can adequately control the menace of stress. Also, farmers can try as much as possible to reduce their workload by investigating what is required for a successful agricultural process. Using the first approach, farmers can be educated and edified using stress-based programs and training that can relatively help sensitize farmers to ways of coping, handling, and dealing with stress.

The second approach devised by Fisher (1994) is emotion-focused coping [15]. This approach is mostly applicable when

stress-related hindrances become very serious. Fisher (1994) argues that activities like physical exercise and relaxation can greatly help reduce stress among farmers [15]. Melinda et al. (2009) conceived four basic methods of successfully managing unfavorable stressful circumstances, and these methods can be used to viably manage stress among farmers [16]. These methods include Avoid the stressor; Alter the stressor; Adapt to the stressor; and accept the stressor. To avoid the stressor, Melinda et al. (2009) posit that farmers must try to know their limits and act accordingly by avoiding people or circumstances that may trigger stressful situations [16]. Also, they should try to control their environment and analyze their responsibilities, schedules, and daily tasks.

For stressors that cannot be avoided, Melinda et al. (2009) propose that another practical management decision is to try altering the stress situation or stressor [16]. Also, if the stressor cannot be effectively altered, the best solution is to adapt to such stressor. For instance, since poor weather conditions are a natural phenomenon and cannot be easily altered, the best way is for farmers to adapt to regain a sense of control. Farmers in rural communities can essentially gain a sense of control when they change their expectations, ideas, standards, and behavior about a particular farming issue. Okaka and Okosun (2009) argue that stress factors can neither be changed nor avoided [14]. For example, the demise of a loved person, illness, disaster, among other stress problems cannot be changed or avoided. In this situation, the best thing to do is to accept one's fate to manage stress effectively. Segal et al. (2015) highlighted ways in which stress among farmers can be managed. They include the following:

- Taking care of oneself (eating healthy meals regularly, having enough sleep and rest)
- Adequate relaxation and physical exercise
- Collective assistance and hiring more workers on the farmland
- Having a cordial and better relationship with family and relatives
- Utilizing soft loans and credit facilities

2.6 Stress Management among Farmers and Rural Development

Stress can be a very serious issue for farmers if not properly managed, and this can affect rural development in Nigeria. Although Nigeria has largely directed its economic attention to the oil sector, the nation is still predominantly dominated by the agricultural sector. According to Nations Encyclopedia (2017), more than 65% of the population still practices agriculture at a subsistent level, and the sector contributed to Nigeria's Gross Domestic Product by 41% as of 2010. Since the agricultural sector is a very substantial part of the economy, farmers' well-being and comfort should be addressed to achieve considerable rural development. Managing stress among farmers is one of the important ways to increase agricultural output, which will, in turn, improve rural development. When stress is successfully managed, farmers will have control over their agricultural activities, implying the ability to improve farm output. Also, when farm output is improved, there will be a relatively greater potential for rural development, as agriculture is the main source of revenue for rural communities.

2.7 Theoretical Framework

Robert Karasek (1979) introduced a stress model in an attempt to explain how workplace stress can be detrimental and hinder productivity. The general assumption of the model is that excessive work demands can lead to mental strain and even breakdowns. It should be noted that when individuals can no longer control or manage their work activities, it may result in stress, frustration, and discouragement. This theory also emphasizes that both work demands and work control determine the level of development and productivity and should not be unbalanced or unregulated. For instance, an individual with complete control over work may feel relaxed and uninterested in work demands.

Work demands, considered stressors, can be generated in various ways, such as the pressure to work faster to meet external demands, the fear of supply deterioration, concerns about poor weather conditions (common in farming society), and the need to satisfy family needs, especially with low income. According to this model, when work control and work demands are not properly managed, it leads to psychological and physical strain. A worker experiencing strain is likely to face mental and physical challenges like depression, anxiety, loss of focus, tiredness, inability to concentrate, unpleasant behavior toward family and relatives, and, in some cases, suicide or suicide attempts.

An important point drawn from this model is that an individual's control over work demand and work control is significant. Applying this model to the study, farming emerges as a stressful occupation requiring enormous physical and mental energy. Work demands in farming may involve coping with unstable weather conditions, securing enough help for farm work, managing demand and supply of farm outputs, acquiring better storage facilities, handling transportation activities, and responding to family's financial and social needs – all of which can be very stressful. Work control, therefore, depends on an individual farmer's ability to cope with and manage these demands. When the burdens and challenges of farming become overwhelming with low work control, it may lead to frustration and result in stress. This, in turn, can affect the farmer's input, ultimately impacting the output of the farm. When there are lapses in the input of the individual farmer, efficiency and effectiveness are absent, resulting in poor farm output. Low farm productivity leads to underdevelopment, affecting the income of the farmer, the agricultural sector, and the nation as a whole. Therefore, if not properly managed, uncontrolled work can lead to physical and psychological stress.

3. Methodology

This study was conducted in selected communities across three local government areas (LGAs) in Kwara State, Nigeria. The chosen LGAs are Asa, Moro, and Ifelodun. Asa LGA has its administrative headquarters situated in Afon, with a projected population of around 126,000 based on the 2006 census and an area of approximately 1,200 km². Asa LGA comprises three regions: Afon, Onire, and Owode. Moro LGA, with its administrative headquarters in Bode-Saadua, covers districts such as Moro,

Akara, Ajanaku, Arobadi, Babadubu, Bode-Saadu, and others. Its estimated population in 2006 was around 110,700, covering an area of 3,272 km². Lastly, Ifelodun LGA, with its administrative headquarters in Share town, has an area of 3,435 km² and a population of 206,042 according to the 2006 census.

The survey research method was employed for this study, utilizing well-structured questionnaires for data collection. A multi-stage sampling technique was used to select respondents. The first

stage involved the purposive sampling of the mentioned LGAs due to their significant involvement in farming compared to other LGAs in Kwara State. In the second stage, purposive sampling was again employed to select three farming-inclined communities from each LGA. The third stage involved the selection of forty (40) respondents as samples from each community, totaling three hundred and sixty (360) respondents overall. Regression statistical tool was adopted to test hypotheses through the Statistical Package for Social Sciences (SPSS).

4. Results of Findings

Demographics Characteristics	Frequencies	Percentage (%)
Gender		
Male	294	81.7
Female	66	18.3
Total	360	100.0
Age		
20-30	37	10.3
31-40	89	24.7
41-50	191	53.1
51-60	23	6.4
61 and above	20	5.6
Total	360	100.0
Religion		
Christianity	52	14.4
Islam	303	84.2
Traditional	5	1.4
Total	360	100.0
Marital Status		
Married	327	90.8
Single	9	2.5
Divorced	12	3.3
Widowed	12	3.3
Total	360	100.0
Academic Qualification		
NCE/OND	32	8.9
HND/B.Sc. and above	18	5.0
Secondary School Certificate and below	265	73.6
No Formal Education	45	12.5
Total	360	100.0

Research fieldwork (2022)

Table 1: Socio - Demographic characteristics of the respondents

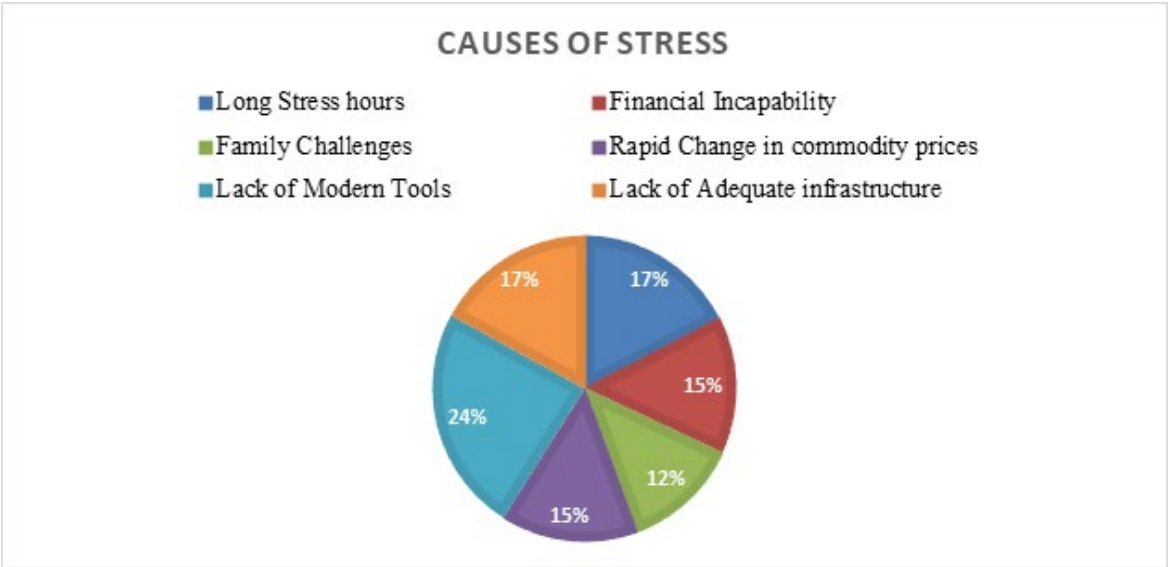


Figure 1: causes of Stress

Test of Hypothesis

There is no significant relationship between stress management techniques among farmers and rural development

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	1.644	.143		11.499	.000
Planning ahead	.254	.051	.257	4.969	.000
Adapting to the stressor	-.267	.054	-.255	-4.924	.000
Frequent medical check-ups	.015	.050	.016	.312	.755
Dependent Variable: Farm output. Standard Error of Estimate: 0.906 R: .320a R Square: .102 Adjusted R Square: .095					

Researcher’s Computation (2022)

Table 2: Multiple Regression of Relationship between Farmers’ Stress Management Techniques and Rural Development

5. Discussion

5.1 Respondents’ Socio-Demographic Characteristics

able 1 illustrates the socio-demographic characteristics of the respondents. The gender distribution indicates that the majority of the respondents are male, constituting 81.7% (294), while the remaining 18.3% (97) are female. In terms of age, 10.3% (37) fall between 20 and 30 years old, 24.7% (89) are between 31 and 40 years old, 53.1% (191) are within the 41 to 50 years age bracket, 6.4% (23) are between 51 and 60 years old, and the remaining 5.6% (20) are 61 years and above. The majority of respondents identify as Muslims, with 84.2% (303) choosing Islam, 14.4% (52) selecting Christianity, and the remaining 1.4% (5) adhering to traditional religions. Regarding marital status, 90.8% (327) are married, 2.5% (9) are single, 3.3% (12) are divorced, and 3.3% (12) are widowed. Lastly, academic qualifications show that 8.9% (32) have NCE/OND certificates, 5.0% (18) have obtained HND/B.Sc. and above, 73.6% (265) have Secondary School Certificates and below, and 12.5% (45) have no formal education.

A pie chart (Figure 1) was used to visually represent the various causes of stress, ranking them according to the responses of the participants. Long work hours are the most common cause of stress, accounting for 24% of the total. This suggests that excessive workloads and time pressures are significant contributors to stress levels. Family challenges and a lack of modern tools are tied as the second most common causes of stress, each accounting for 17% of the total. This highlights the impact of both personal and professional factors on stress. Financial incapability and rapid changes in commodity prices are also notable causes of stress, accounting for 15% and 12%, respectively. These factors reflect economic concerns and uncertainty. Lack of adequate infrastructure is the least common cause of stress, accounting for only 12% of the total. This suggests that infrastructure may be a relatively less significant factor compared to others.

A hypothesis was tested in the course of the study. This was to test whether there is a high level of relationship between stress among

farmers and rural development in the study setting. The regression analysis was employed to test the extent of the relationship between the variables. The result of this analysis in table 2 shows that an increase in planning ahead of schedule will lead to an increase in the farm output of the farmers. The positive coefficient (0.254) for planning ahead signifies a significant and positive relationship with farm output. Farmers who engage in proactive planning tend to experience higher agricultural productivity. This aligns with the intuitive expectation that thoughtful and strategic planning contributes to more efficient farming practices, resource allocation, and overall improved farm output. Conversely, adapting to the stressor shows a negative coefficient (-0.267), indicating a significant negative impact on farm output. This suggests that, while adaptability is generally a valuable trait, excessive adaptation to stressors may adversely affect agricultural productivity. It's crucial for farmers to strike a balance between adaptability and maintaining stable, well-established farming practices. Surprisingly, frequent medical check-ups exhibit a non-significant impact on farm output, as indicated by the high p-value (0.755). This result implies that investing time in health check-ups might not be directly related to the immediate farm productivity of the participants in this study. Further investigation into the specific health-related aspects and their influence on farming practices could offer additional insights. The overall model explains 10.2% of the variance in farm output, indicating that the included stress management techniques capture a modest portion of the factors influencing agricultural productivity. The positive R-square value suggests that the model is better than a simple mean-based prediction. Understanding the impact of stress management techniques on farm output is crucial for rural development.

6. Conclusion

The primary objective of this study was to conduct a sociological analysis to determine whether a relationship exists between the stress experienced by farmers and rural development. The findings reveal that the major causes of stress among farmers in selected communities in Kwara state are the lack of modern farming tools and financial incapability. These factors significantly contribute to the stress experienced by farmers in the region. When a farmer lacks modern tools, the efficiency and speed of work are compromised, leading to reduced productivity. This decrease in productivity can result in economic challenges for the community, as the limited supply of food and agricultural products affects overall availability. Financial incapability exacerbates this issue, as low-income farmers cannot afford sophisticated equipment that would enhance efficiency and output. These combined challenges contribute to the overall stress experienced by farmers in rural areas.

Furthermore, the study's analysis of hypotheses suggests that meticulous planning of farm activities positively correlates with increased farm output, thereby improving community food supply. In a country where food insufficiency is a prevalent challenge, managing stress through effective planning could play a crucial role in mitigating this issue. The study also concludes that adapting

to stress factors beyond the farmer's control can help reduce stress and increase farm output. For instance, adapting to a lack of rainfall, an external factor, by finding alternative means of irrigation can positively impact farm productivity. However, the study finds that regular medical check-ups do not significantly affect the dependent variable (farm output). Therefore, the farm output remains consistent regardless of the farmer's adherence to regular check-ups.

In essence, the findings suggest that effective stress management strategies can enhance the efficiency and productivity of farmers, resulting in increased farm output—an essential component of rural development. Improved farm output translates into increased income for farmers, enabling them to invest in various sectors of rural areas and expediting the overall process of rural development. The study underscores the importance of implementing recommended stress management strategies to alleviate stress among farmers in these rural communities.

Recommendation

Farming is an inherently stressful and demanding occupation. Various factors, notably political changes, global market fluctuations, new legislations and regulations, and environmental conditions, contribute to the elevated stress levels experienced by farmers. To cope effectively with these stressors, farmers should be equipped with new mechanisms and approaches. Despite some government efforts to alleviate the financial challenges faced by farmers, they continue to encounter financial problems. The following recommendations can be proposed:

1. **Promulgation of Awareness on Government Assistance:** Extensive awareness campaigns should be conducted to disseminate information about government assistance fairly among farmers in rural communities. Many farmers lack access to modern tools that could facilitate and expedite their farming activities. Government assistance programs exist, but farmers often remain unaware of them or lack the prerequisites to access these resources.
2. **Emphasis on Adequate Preparation and Planning:** Farmers should ensure thorough preparation and planning for their daily farming activities. Inadequate planning can lead to work overload, resulting in stress for the farmer. Therefore, managing stress by planning ahead of time is recommended in this study.
3. **Adaptation to Uncontrollable Factors:** Certain factors beyond the farmer's control, such as climatic conditions and consumer preferences, can induce stress. The study recommends that farmers should make efforts to reduce stress by adapting to these uncontrollable factors. Adaptation may involve finding alternative approaches to address these challenges.
4. **Educational Initiatives by Government Extension Workers:** Government extension workers should collaborate with and educate farmers in rural communities on effective stress management strategies for farm activities. Providing guidance and information can empower farmers to manage their activities with minimal stress.

Implementing these recommendations can contribute to reducing stress levels among farmers, promoting overall well-being,

and enhancing the efficiency of agricultural activities in rural communities.

Declarations Ethics Approval Statement and Consent to Participate
The research obtained official approval from the Research Ethics Committee within the Department of Sociology at the University of Ilorin. All procedures carried out during the study strictly adhered to the relevant guidelines and regulations. The data collection instrument underwent a comprehensive evaluation by the same Research Ethics Committee at the University of Ilorin, Department of Sociology, resulting in the approval for the commencement of data collection. To ensure ethical practices, the researcher obtained verbal consent from the respondents for their voluntary participation in the study. The researcher assured respondents that only the study assistants involved in data collection would have access to the questionnaires, and confidentiality would be maintained. Additionally, participants were informed that neither the management nor anyone else would be able to identify them as the respondents.

Consent for publication

Not applicable

Availability of data and materials

All data generated and analyzed for the manuscript are available upon request.

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Sunkanmi Folorunsho holds a Bachelor's Degree in Sociology, and he is currently enrolled in the MA program in Sociology at the University of Nebraska-Lincoln. His research interests encompass a range of critical societal issues. Firstly, He is interested in exploring the intersection between violent victimization and health outcomes, with a specific focus on adolescents and older adults. Additionally, He is dedicated to investigating socioeconomic inequalities and their profound impact on health and overall well-being. Equally compelling to me are the inequalities within education and position social dimensions of STEM fields. These areas collectively drive my academic pursuits and underscore my commitment to making meaningful contributions to sociological

research and discourse.

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