

## “The issue of farmers' suicide as a social trouble” A sociological Study

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**Abstract :** An insightful lens for examining larger social issues is provided by the suicide of a previous person. This abstract reveals the significant ramifications of such terrible events by delving into the complex interaction of interpersonal struggles and societal factors. Communities are affected in multiple ways by the aftermath, highlighting the essential need for compassion and safety nets. The situation is made worse by the intersection between the societal narrative and the stigma associated with mental health. An all-encompassing strategy that incorporates community education, mental health advocacy, and de-stigmatization initiatives is required to address former's suicide. With this investigation, we hope to advance a more thorough comprehension of the intricacies at play and a more sympathetic society reaction.

**Key words:** comprehensive, destigmatization, advocacy, comprehensive, poignant, intricate, empathy, and stigma.

### Introduction:

The heartbreaking and intricate problem of farmer suicide in India has received a lot of attention recently. The phenomena draws attention to the difficulties and struggles that the nation's agricultural laborers experience. The alarmingly high prevalence of suicides among farmers has been attributed to a number of factors, including debt, crop failure, unpredictable market prices, and insufficient support networks. This problem emphasizes the requirement for thorough comprehension and efficient strategies to address the root causes and offer long-term remedies for the welfare of India's farming community.

Due to its major social and economic ramifications, the subject of farmer suicides has attracted considerable attention. This abstract investigates the intricate causes of this worrying pattern. Suicides among farmers are a complex issue that are influenced by a variety of agronomic, economic, and psychological variables. Farmers frequently find themselves in a desperate situation due to agricultural hardship brought on by elements like erratic weather patterns, crop failures, and rising input costs, along with insufficient access to financial resources and social safety nets. These difficulties are made worse by mental health problems brought on by the strain of mounting debt, loneliness, and the stigma attached to failure.

**Methodology:** This Research paper prepared with help of Secondary data that has been collocated by already existed

### Objectives

To Identify Root Causes of farmers suicide

To Evaluate Economic Impact on farmers

To Examine Mental Health Dynamics of farmers

To evaluate existing agricultural Policies Analysis

To investigate Community Resilience

### **I must study.**

Understanding the intricate interaction of socioeconomic elements causing this tragic problem requires research on farmer suicides. It can be easier to create focused treatments by investigating problems including debt, crop failure, a lack of support systems, and mental health issues. Understanding geographical differences, governmental regulations, and resource accessibility can help prevent such disasters. Understanding these underlying factors can help society develop comprehensive support systems, more productive farming methods, and mental health services to deal with the urgent problem of farmer suicides.

### **Suicide Meaning**

The tragic act of willfully taking one's own life is known as suicide. It frequently arises as a result of complicated and varied reasons, such as difficulties with one's mental health, emotional anguish, interpersonal problems, and cultural pressures. Although some people view suicide as a way to stop their suffering, it has a significant effect on family, friends, and communities. Addressing mental health problems, creating support systems, and raising awareness are all part of prevention. Fighting the stigma surrounding mental health and fostering an atmosphere where people feel secure seeking treatment rather than turning to such a destructive course of action requires compassion, professional aid, and open conversations.

### **Farmers commit suicide for a variety of reasons, including:**

- Debt Burden: Heavy debt loads brought on by crop failure, low yields, and borrowing for agricultural inputs.
- Crop Failure: Poor harvests brought on by erratic weather patterns, pests, and illnesses.
- Lack of Irrigation: Dependence on rainfall due to insufficient access to water for irrigation.
- Market Instability: Varying agricultural produce prices that cause income uncertainty.
- A lack of diversification increases a company's vulnerability to market changes by placing too much dependence on a single crop.
- Inadequate financing Facilities: There is little financing available for farm-related expenses and emergencies.
- Limited availability of cutting-edge farming technology and methods for higher yields.
- Land issues, including fragmented land holdings, land-use disputes, and shrinking farm sizes.
- Expensive Inputs: The overall profitability is impacted by the high cost of seeds, fertilizer, and pesticides.
- Unfair Trade Practices: unfavorable provisions in trade agreements for agriculture and shady middlemen.
- Health Concerns: Farmers' health is impacted by exposure to pesticides and a lack of adequate healthcare facilities.

- Social stigma: Pressure from society, social isolation, and mental health problems brought on by financial stress.

#### **Agree Farmer suicides can have the following effects:**

- Economic Impact: Farmer suicides can result in a drop in agricultural productivity, which can impair the availability of food and cause financial losses in the agriculture industry.
- Food insecurity: Lower agricultural productivity can cause food shortages and increased costs, which affects both rural and urban populations and contributes to food insecurity.
- Rural Poverty: As families lose their main breadwinners and experience financial uncertainty, farmer suicides contribute to the aggravation of rural poverty.
- Depopulation of Rural Areas: Suicides might cause rural residents to leave their villages in search of better prospects in urban areas, which has a negative impact on rural communities.
- Social Disruption: The loss of farmers to suicides can cause social disruption in rural areas, undermining networks of support and cohesion.
- fall in Agriculture: The loss of seasoned farmers can result in a fall in conventional agricultural knowledge and methods, which will have an effect on long-term sustainability.
- Debt Cycle: Financial debt is frequently a factor in suicides, and the loss of a farmer can make the debt cycle much worse within a family.
- Child Labor: When parents die by suicide, it's possible that young children are compelled to work to support the family, which has an impact on their education and well-being.
- Healthcare load: The increased stress on already overburdened healthcare systems is caused by the mental health load brought on by farmer suicides.
- Suicide Contagion: When the suicide rate is high, it might have a "contagion effect," wherein other people in the neighborhood start to think of suicide as a way to deal with their difficulties.
- Government Interventions: As suicide rates rise, governments may retaliate with measures intended to alleviate rural misery, but their efficacy can vary.
- Environmental Impact: Farmland deterioration and environmental impacts might result from farmer suicides that cause agricultural abandonment.
- Gender Inequality: Farmers' suicides occasionally result in a gender imbalance in rural areas, which has an impact on social dynamics and marriage customs.
- Emotional Toll: Farmer suicides have a devastating emotional impact on communities at large, causing loss, pain, and long-term psychological repercussions.

#### **Governmental actions done to address the issue**

- Financial Support: During crop failures or market downturns, give farmers prompt and sufficient financial support.
- Crop Insurance: Improve crop insurance programs to provide faster payouts and coverage for a wider range of risks.
- Price Stabilization: Put in place systems to keep crop prices stable, ensuring that farmers receive just compensation for their output.
- Market Access: Create effective and transparent market channels to assist farmers in directly reaching customers.

- **Irrigation Infrastructure:** To lessen the effects of droughts and water shortages, invest in irrigation systems.
- **Encourage farmers to pursue agro forestry or animal husbandry as well as crop diversification for increased revenue stability.**
- **Knowledge Dissemination:** Educate and inform farmers about cutting-edge farming methods, pest control measures, and sustainable farming approaches.
- **loans Accessibility:** To help farmers become less reliant on unofficial lenders, increase their access to cheap loans.
- **Debt Relief:** Take action to reduce debt and waive it for farmers who are struggling under a large loan load.
- **Emotional Support:** Create counseling facilities to offer troubled farmers emotional and psychological support.
- **Land Tenure Security:** Strengthen farmer land rights by avoiding landlord exploitation and guaranteeing tenure security.
- **Technology Adoption:** Encourage the use of technology in agriculture, including digital marketplaces and precision farming.
- **Infrastructure Development:** To lower post-harvest losses, improve rural infrastructure, including roads, storage facilities, and cold chains.
- **Cooperatives:** Promote the development of agricultural cooperatives to increase their market access and capacity for collective bargaining.
- **Research and development:** Invest in agricultural research to create crop varieties that are resistant to pests, drought, and high yield.

**Here are some ideas for addressing and preventing farmer suicides:**

- **Having access to mental health services:** Make sure that farmers have easy access to counseling and mental health treatments that are suited to their requirements.
- **Financial literacy programs:** These help farmers better manage their debts, loans, and agricultural expenses by educating them about money management.
- **Encourage farmers to diversify their crops and sources of revenue in order to lessen reliance on a single crop and to reduce hazards.**
- **Irrigation and Water Management:** To prevent crop failure due to water scarcity, invest in effective irrigation systems and teach farmers how to conserve water.
- **Weather Forecasting and Insurance:** To protect farmers from unforeseen weather disasters and agricultural losses, improve weather forecasting systems and promote crop insurance.
- **Market Access and Price Stabilization:** Establish systems that let farmers communicate with consumers directly, cutting out intermediaries and guaranteeing that farmers receive fair pricing for their produce.

- Skill Development Programs: Provide instruction and skill-building initiatives to give farmers access to cutting-edge agricultural methods and technology.
- Establish local support networks or farmer cooperatives so that farmers can exchange resources, expertise, and experiences.
- Government Policies and Subsidies: Enact laws that offer timely and sufficient financial aid, relief measures, and subsidies in the event of crop failures.
- Improving Rural Infrastructure: To raise the standard of living for farmers, invest in rural infrastructure like roads, power, and healthcare facilities.

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