



Psychological Well-Being of Farmers and Factors that Affect It

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Abstract. This is descriptive qualitative field research using a phenomenological approach. This study aims to describe the psychological well-being of farmers in Sido Dadi and what factors influence it. There are 4 informants with the criteria of a farmer, married, and have worked for more than 1 year. Sampling in this study uses purposive sampling. Data collection in this study used semi-structured interviews and non-participant observation. Data analysis in this study consists of data collection, data reduction, data presentation, and conclusion. The result shows a picture of the psychological well-being of the four informants, three of whom were forced to work as farmers, and one other informant was proud of his work as a farmer. Furthermore, the four informants have a good relationship with other people, can make decisions, can adapt to the difficult conditions experienced, and have life goals to be achieved. There were some differences regarding the way the four informants developed themselves. Male farmers tend to be more active in social activities in the community. Meanwhile, female farmers spend more time doing work as housewives after farming so they are less actively involved in social activities in the community. The factors that affect the psychological well-being of the four informants are (1) material factors consisting of support from fellow farmers and family, adjustment to good self, and income, (2) immaterial, namely gratitude, sincerity, and patience.

Keywords: Phenomenology · psychological well-being · farmers

1 Introduction

The Indonesian population who work as farmers spread throughout Indonesia, one of which is Central Java Province. In 2019, according to data from the Central Statistics Agency (BPS) the workforce in the agricultural sector in the Central Java region, especially Banjarnegara Regency, amounted to 489,221 people with an area of 8,278 (ha) harvested land from a total area of 17,630 (ha). It is also stated in the data that Batur District is the largest area of 4,687 (ha) with Batur Village as the largest village in Batur District that produces agricultural products (Central Bureau of Statistics, 2020).

Working as a farmer cannot be separated from various problems and challenges. The increase in fertilizer prices which far exceeded the Highest Retail Price (HET), especially the price of fertilizer in Batur Village which reached Rp. 150–175 thousand

per sack of 50 kg. In addition, farmers from outside the region reduce the quota for farmers in Batur District because they buy subsidized fertilizers given to Batur District. This condition makes it difficult for farmers to buy fertilizer and affects their agricultural yields (Mavridis, 2019).

Like other workers, farmers also have families to look after and support. Sometimes farmers have to meet all their household needs from the results of the commodities they are involved in. To meet the needs of their families, the farmers also do some side jobs such as raising livestock, trading, and so on. Usually, this is done by small farmers who have time and their harvests can only meet the food needs of their families (Kalimi, 2018).

Another problem faced by farmers is the demands of the family. Many farmers receive great demand from their families but are unable to meet their household needs. Long working hours and not knowing the weather also make farmers experience symptoms of work fatigue such as tiredness of the whole body, lack of focus, and sleepiness. The absence of relief from work demands for farmers will risk threatening the health of farmers and also the risk of work accidents when lifting heavy loads. Work demands that are too high can cause workloads and mental disorders for farmers (Wurarah, Kawatu, & Akili, 2020).

When a worker experiences stress due to family, economic or health problems, their mental and physical well-being can be disrupted, which in the end their productivity will also decrease as an effect of deteriorating psychological well-being conditions (Mavridis, 2019).

According to Izzati, et al. (2021) Low psychological well-being will have an impact on poor physical health, become unproductive, and can cause stress. Someone who can properly manage the causes of stress will be able to maintain their psychological well-being which will eventually enable them to assess an event with a more positive perspective.

Psychological well-being is not only the result of a certain factor but can also be a determinant of other aspects. One of them is a state of psychological well-being that is known to affect a person's physical such as health and can provide a long life. This condition can also determine the direction of a person's behavior in the future (Soputan & Mulawarman, 2021).

According to Ryff (1989) psychological well-being is the result of an assessment or evaluation of a person who is influenced by his experience and life expectancy or personal expectations, and is used to describe or take into account his psychological health supported by the fulfillment of positive psychological functions. Psychological well-being has six dimensions, namely, having positive relationships with others, accepting oneself, having a purpose for life, being able to grow personally or personally, being able to control the environment, and being an independent person.

Previous research has shown that socioeconomic status and social support are also important factors in the psychological well-being of single mothers (Iganingrat & Eva, 2021). Other studies have also examined how gratitude is related to psychological well-being (Aisyah & Chisol, 2018).

From the explanation above, psychological well-being is important for someone who works as a farmer because psychologically prosperous they will be able to address

problems in their work positively, become more productive, and physically fit. Therefore, researchers are interested in research to find out the description of the psychological well-being of farmers in the Sido Dadi farmer group, Jlegong Hamlet, Banjarnegara, and what factors influence it.

2 Method

This study uses a qualitative phenomenological method. The goal is for researchers to get answers to a phenomenon that occurs based on the results of the data obtained, as well as provide an understanding of the psychological well-being of farmers in the Sido Dadi farmer group, Jlegong Hamlet. Informants in this study were farmers who were married and worked as farmers for more than 1 year.

This study uses semi-structured interviews, namely interviews where the researcher makes guidelines first, and if there are additional questions the researcher can directly ask the respondents right away. In this study, interviews were conducted with farmers, families, and communities around Jlegong Hamlet, Batur Village, Banjarnegara. In addition, the observations made by researchers are non-participant observations so researchers do not participate directly and only become observers. Researchers also use tools during data mining, namely voice recorders to obtain information.

Data analysis in this study was carried out by collecting data, reducing data, presenting data, and drawing conclusions. Furthermore, to test the validity of the data, the researchers used source triangulation techniques, data triangulation, and professional judgment.

3 Results and Discussion

This research was conducted in Jlegong Hamlet, Batur Village, Banjarnegara Regency. The total number of subjects in this study amounted to 4 people consisting of 2 men and 2 women who worked as farmers and farm laborers. The main characteristics in this study are farmers who are married and have worked as a farmer for at least 1 year. The four research informants have different backgrounds, in terms of age, experience, educational background, length of work, and psychological well-being itself.

Becoming a farmer for the four informants is not a desire from within. Apart from being a farmer, it is a hereditary occupation and the majority of people work as farmers, another reason is the inability to pursue higher education due to the difficulty of parents paying for school. For a female informant who has a husband as a farmer, it is also an obligation for her to become a farmer. Being a farmer is certainly not an easy job. The erratic selling price and the high need for plant care make it sometimes difficult for farmers to find capital because of unpredictable income.

In addition, when there were difficulties in working, all the informants continued to insist on working and did not think too much about the difficulties. According to them, no matter how difficult the work, it must be completed. For informants who have worked for more than 10 years as farmers, of course, there are still many challenges and difficulties. However, over time they can adapt to these problems.

Many male informants participate in activities held by farmer groups and activities in the hamlet because as the head of the family, men must represent the family to involve themselves in a community activity. This was done by male informants, not only because they like to hang out with fellow farmers but also to show their family identity and responsibilities as men. Meanwhile, female informants only focus on activities in the fields and after that, they take care of the housework. Sometimes they take part in recitation activities, social gatherings, and thanksgiving, but only at certain times.

All informants have an effort in achieving their life goals. The efforts made by the four informants who have the aim of achieving economic and family welfare as well as self-improvement are by continuing to try their best and mind at work. One of the informants also took advantage of and participated in the training provided by the government to improve his ability as a farmer.

The four informants who already have their families are required to meet the basic and secondary needs of their families. This is a motivation for them to keep working hard to raise money. For the needs and desires of their families to be fulfilled, they often have to rack their brains to find money from other ways other than farming, such as borrowing money from friends or the bank.

The results of the study also found that the factors that affect their psychological well-being as farmers include support from other people (fellow farmer friends, family, and community), confidence in their abilities, income (sales proceeds), and willingness to accept conditions.

In addition to working to meet personal and family needs, farmers are also required to be able to meet the needs of the wider community. For them, if there are no farmers, even better jobs will not be able to meet their food needs. Therefore, all informants are grateful and accept work as farmers. Another study by Fahmi and Rusyadi (2020) that pure farmers' happiness is influenced by something non-material in nature, farmers feel happy because they can meet their needs using good financial management. All informants can make their own decisions. This means that the informant has the ability to self-regulate. Self-regulation is the ability of individuals to regulate or control themselves (Alwisol, 2008).

The four informants usually ask for advice from their family, husband or wife, and fellow farmers. In line with the theory according to Ryff & Keyes (1995) people who have autonomy are people who can determine themselves and are independent, can face social pressures, can regulate themselves from within, and can evaluate themselves with personal standards.

For informants who are just starting as farmers, it is quite difficult for them to adjust but still learn a lot and practice from their fellow farmers so that their abilities can increase. According to Handoko (2010) that having work experience makes it easier for someone to make adjustments to work. All of the informants have not achieved their life goals, but with the existence of life goals, they can show mentally healthy behavior of informants. Because goals are motivations in life that make individuals take action and provide meaning, direction, and purpose for carrying out life activities (Baumgardner & Crothers, 2009).

Social support is the most important factor for informants related to feeling accepted by the people around them. Social support has an important role in a person facing

difficult conditions in his life (Nevid, 2005). In addition, cleverly adapting better can make informants live better. The ability to control thoughts and emotions allows them to better manage themselves. They try to introspect themselves first when they have mistakes so that later they don't get carried away by emotions and bring negative impacts back on them. According to Zapf (in Marliani et al, 2020) high emotional regulation is related to the psychological well-being that a person has when he can control pressure or stressors well. These results indicate that the better the regulation of emotions, the better their psychological well-being (Marliani, Nasrudin, Rahmawati, & Ramdani, 2020).

The informant cannot reverse the capital if the previous sale did not make a profit. According to Takwin, (in Budiarti et al, 2015) income factors can affect a person's psychological well-being because material and income are closely related to one's life satisfaction because they are considered important in meeting the needs of daily life. While life satisfaction is one part or aspect of psychological well-being, namely self-acceptance (Budiarti, Akbar, & Rachmah, 2015).

Sincerely accepting what has been given makes the informants more tolerant of the difficult conditions they are experiencing. The factor of destiny that has been given by God makes the informant must be able to accept sincerely whatever situation he is experiencing. Even though the informant has tried his best if God gives him that much fortune, it must be accepted sincerely. The informant believes that God has arranged the sustenance of each person. The informant also tried so that the burden of this sustenance did not affect the burden of his mind. Emmos (in Aisyah, 2018) states that being grateful can make someone better, can be wiser in dealing with every problem, also able to create harmony between himself and his environment and community (Aisyah & Chisol, 2018)

4 Conclusion

Based on research conducted on farmers who are members of the Sido Dadi farmer group in Jlegong Hamlet, totaling 4 people, the research concludes that the description of psychological well-being in the four informants, three of whom are forced to work as a farmer, and one other informant is proud of his work as a farmer. Furthermore, the four informants have good relationships with other people, can make decisions, can adapt to the difficult conditions experienced, and have life goals to be achieved. Furthermore, there are some differences regarding the way the four informants develop themselves. Male farmers tend to be more active in social activities in the community. Meanwhile, female farmers spend more time doing work as housewives after farming so they are less actively involved in social activities in the community. The factors that affect the psychological well-being of the four informants are (1) material factors consisting of support from fellow farmers and family, good adjustment, and income. (2) Immaterial factors, namely gratitude, sincerity, and patience.

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