

Psychosocial Problems among Farmers in Agricultural Areas

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Abstract:

Heavy work is one of the factors that can influence farmer stress. In addition, the high demand for labor can increase psychosocial disorders and psychological stress among farmers. This research aims to determine the management of psychosocial problems among Indonesian farmers. This research uses a literature review method which examines several academic articles related to the author's research. The data was obtained from the Google Scholar, PubMed, and Science Direct databases, and the publication years were 2020 to 2024. A systematic approach in the form of the PRISMA framework was used in selecting this literature review. In the English language literature search, the keywords "psychosocial" and "stress" and "farmer" were used. Then 10 relevant journals were selected based on inclusion and exclusion criteria. Agricultural nurses can educate farmers about psychosocial problems to reduce the psychosocial problems that occur. Farmers' psychosocial problems resulting from stress, depression, severe fatigue, and work exhaustion can be overcome not only with family social support but also with various types of self-management, such as focusing on problem-solving and controlling emotions.

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INTRODUCTION

Farmers' mental health problems are known as a problem in population health. Farmers' mental health problems can have an impact on individual health, farming productivity, and the health and welfare of farmer groups. Poor mental health can hurt society. The impact of various stress factors among farmers can affect their lives and cause mental problems among them, which results in a lack of concentration, weight changes, anxiety, low self-esteem, fatigue, loss of appetite, damaged relationships, forgetfulness, relaxation problems, sadness, and substance abuse. Agriculture involves growing crops and harvesting the produce for sale or consumption. Farmers need to know about plants to get good results (Mudunna, et al., 2025; Kumpasoğlu, et al., 2025; Farta et al., 2019)

The problems farmers face during the planting season can affect their mental health, decreasing labor productivity and subjective well-being. Feelings of anxiety, difficulty concentrating, and irritability are indicators of high levels of negative emotions. However, dissatisfaction resulting from the experience of crop failure also contributes to the poor psychological well-being of farmers. Stress due to work can cause emotional reactions, changes in habits and mentality, and physiological changes (Kohlbeck et al., 2023; Fadare et al., 2023; Fitria et al., 2023).

Farmers' mental health problems are known as a problem in population health. Farmers' mental health problems can have an impact on individual health, farming productivity, and the health

and welfare of farmer groups (OBrien et al., 2012). Poor mental health can hurt society. The impact of various stress factors among farmers can affect their lives and cause mental problems among them. Which results in poor concentration, weight changes, anxiety, low self-esteem, fatigue, loss of appetite, damaged relationships, forgetfulness, relaxation problems, sadness, and substance abuse (Daghigh et al., 2019; Kurniyawan et al., 2023).

Irham (2014) states that stress is challenging, and the soul exceeds its limits. Stress can be caused by pressure, significant changes, or worrying about something. Stress can also cause other complications, such as disorders of mental health or daily activities. Work stress is a condition that occurs when an employee is faced with opportunities and challenges that can cause tension and changes in behavior. Each person has their way of dealing with the stress they experience. Stress is the body's response to life's demands caused by environmental influences. Stress arises because there is an imbalance between the pressures placed on a person, making the person unable to cope with these pressures (Phanniphong et al., 2024; Tandler et al., 2024; Van Dinter et al., 2024).

Job stress is pressure workers face due to tasks that cannot be completed or much work (Dewi et al., 2020). Stress will cause physical reactions such as loss of appetite, difficulty concentrating, and headaches. Psychological reactions include feelings of anxiety, decreased motivation, lack of self-confidence, and boredom. On the other hand, organizational reactions are manifested in the form of decreased work productivity, lack of contribution to work, and so on (Matsuura & Yasui, 2024; Rondhianto et al., 2024; Ningrum et al., 2022).

This research aims to identify psychosocial problems among farmers. Based on a systematic literature review conducted, many farmers in Indonesia experience stress due to several factors. From this background, researchers are interested in discovering how farmers and families experience psychosocial problems as a form of social support.

METHOD

This research uses the literature review method. Google Scholar, PubMed, and Science Direct databases published from 2020 to 2024 were used for literature searches. A literature review is a method of identifying and interpreting research findings in the form of relevant academic journals. A systematic approach in the form of the PRISMA framework was used in selecting this literature review. In the English language literature search, the keywords "psychosocial" and "stress" and "farmer" were used. We then reviewed and selected publication years that met our research criteria. Articles that meet the requirements were found. Articles were then filtered based on inclusion and exclusion criteria and focused on abstraction to obtain articles that met the requirements. We analyzed 10 papers by filtering them based on the criteria of the research conducted.

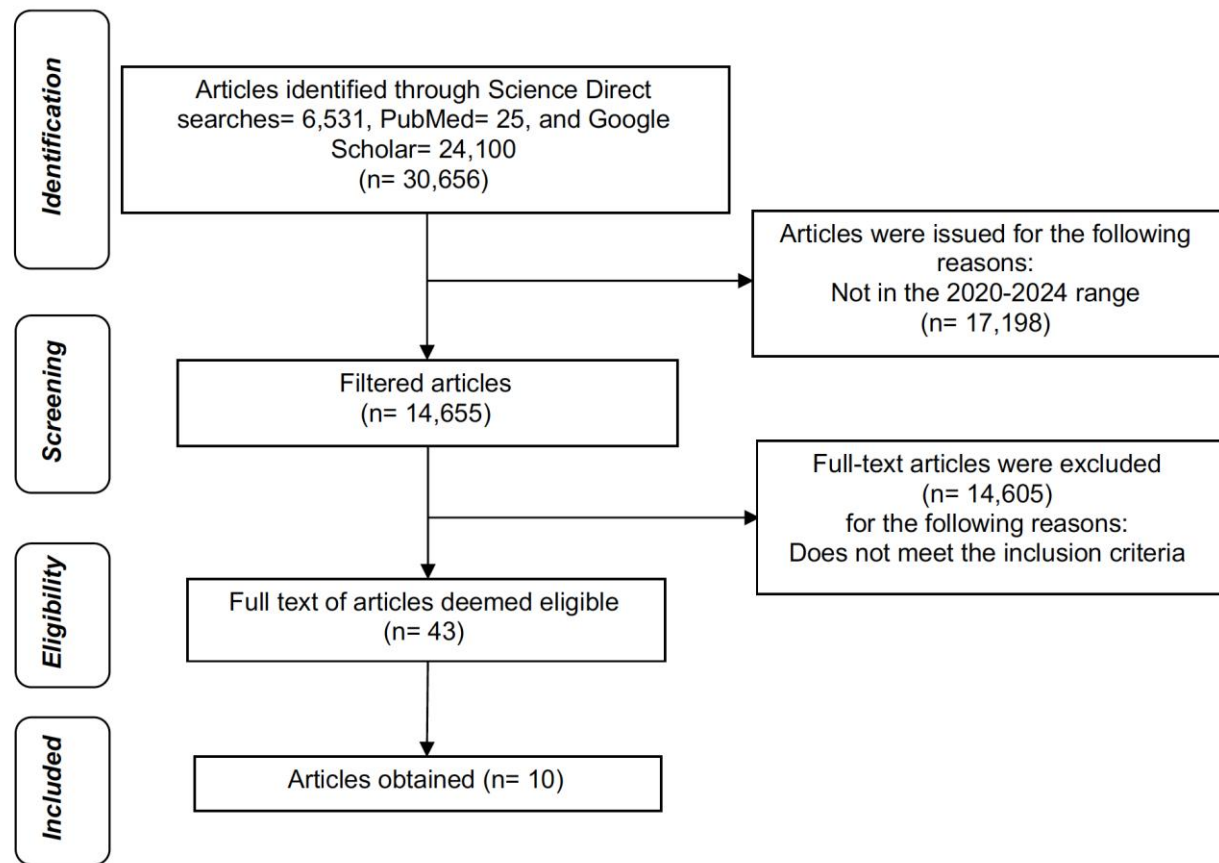


Figure 1. Workflow

RESULT

Based on journals analyzed using the PRISMA method, from several articles selected based on inclusion and exclusion selection, only 10 relevant journals were found for analysis.

Table 1. Literature Review Results

No	Authors and Journals	Journal Title	Objective	Population and Sample	Method	Results
A1	Deviantony et al., 2023/Journal of Community Service/2023: 34-41	Stress Management Due To Work Fatigue in Farmers	This research aims to provide health education about how to manage stress due to work fatigue among farmers in agricultural areas	The population and sample for this study were approximately 30 farmers.	This research uses a quantitative design with interview data and basic examination results such as blood pressure and blood sugar checks.	There is an increase in public knowledge about work stress and how to deal with it. As well as increasing farmers' skills in managing stress using deep breathing relaxation techniques and progressive muscle relaxation
A2	Wuryaningsih et al., 2022 /	Description of Farmers' Stress and Coping	This research aims to describe stress and	The population and sample for this study	This research uses a non-experimental quantitative	Farmers in Kalisat use strategies to deal with stress that prioritize

No	Authors and Journals	Journal Title	Objective	Population and Sample	Method	Results
	Health Library/ 2022/10(2): 95-98.	Mechanisms in the District Kalisat-Jember	coping mechanisms in Kalisat District, Jember Regency.	took 100 farmers.	research design with analytical descriptiveness with a cross-sectional approach	dealing with emotions rather than just thinking about the problem.
A3	Fitria et al., 2022/ Rosyada: Islamic Guidance and Counseling/ 2022/3(1): 188-194.	Strategies for Overcoming Stress in Melon Farmers After Harvest Failure in Maguwan Village, Sambit District, Ponorogo Regency	This research aims to describe and summarize various conditions, situations, and phenomena of social reality among farmers who experience stress due to crop failure in Maguwan Village, Sambit District, and Ponorogo Regency.	In this research, three melon farmers were used.	This research design uses descriptive qualitative using primary and secondary data sources. Data collection techniques include interview and observation methods.	The use of strategies to overcome stress among melon farmers after harvest in Maguwun Village, Sambit, Ponorogo, is related to the psychological conditions experienced by farmers after harvest. Therefore, implementing coping strategies provides very beneficial results.
A4	Putra et al., 2021/Health Library/ 2021/9(3): 195-200.	The Relationship between Resilience and Burnout in Rice Farmers in Ampel Village, Wuluhan	This research discusses the stress that occurs in farmers due to burnout.	This research took a population and sample of 80 rice farmers.	The research method used a 1-4 scale and MBI-GS questionnaires.	The research results showed that of the 80 farmers studied, 44 had a low level of burnout, while 36 others experienced high burnout. There is a significant correlation between the level of resilience and the level of burnout in rice farmers, where the higher the level of farmer resilience, the lower the level of burnout experienced, and vice versa.
A5	Wuryaningsih et al., 2020/2020/8 (2): 102-109.	The Relationship between Self-Efficacy and Subjective Well-Being among Tobacco Farmers	This research aims to determine tobacco farmers' self-efficacy and subjective well-being in Kalisat	This research used a population and sample of 422 farmers from 12 villages	This research uses the General Benefits period by providing a ten-question questionnaire.	There is a correlation between self-confidence and subjective well-being among tobacco farmers in Kalisat District, Jember Regency. Individuals with

No	Authors and Journals	Journal Title	Objective	Population and Sample	Method	Results
			District, Jember Regency.			high levels of self-confidence are four to five times more likely to experience high levels of subjective well-being.
A6	Wuryaningsih et al., 2020/Health Library/ 8/2020(1): 24-30.	The Relationship between Family Social Support and Work Stress among Tobacco Farmers in Kalisat District, Jember Regency.	This research aims to determine the relationship between family social support and work stress among tobacco farmers in Kalisat District, Jember Regency.	This research has a population and sample of 91 Tobacco Farmers	This research uses cross-sectional sampling techniques, such as cluster and proportional sampling.	Analysis using the Spearman test shows that the p-value is 0.174 ($p > 0.05$), indicating no significant relationship between family social support and work stress among tobacco farmers in Kalisat District, Jember Regency. Although no correlation was observed in the bivariate analysis, the findings from both variables were consistent with the theory, where high levels of family social support are associated with low levels of work stress.
A7	Mulianingrum et al., /Health Library/ 5/2022 vol 10 (02): 133-138.	The Relationship between Job Stress and Work Fatigue of Rubber Farmers at PTPN XII Kebun Renteng-Ajung Jember	This study aims to analyze the relationship between rubber farmers' work stress and work fatigue.	This research had a population and sample of 78 farmers	The design used observational analytical research with a cross-sectional approach and simple random sampling techniques, resulting in 78 respondents. Data collection used a work stress questionnaire and the Fatigue Severity Scale (FSS).	The research results showed that out of a total of 78 respondents, 73 people (or 92.6%) of rubber farmers at PTPN XII Taman Renteng, Ajung, Jember Regency, experienced high-stress levels. All 78 respondents (100%) also reported experiencing high levels of work fatigue. There is a significant correlation between the level of work stress and the level of work fatigue of the rubber farmers (p -value 0.000; $r =$

No	Authors and Journals	Journal Title	Objective	Population and Sample	Method	Results
						0.538), which shows a positive relationship. The higher the level of work stress, the higher the work fatigue.
A8	Wuryaningsih et al., 2020/Jurnal of Nursing Science Update (JNSU)/2020/7(2): 187-194.	Overview Of The Coping Strategy Of Farmers In The Flood Disaster Area Of Wonoasri Village, Tempurejo District, Jember Regency	This research aims to analyze the characteristics of farmers and their coping strategies for dealing with floods in Wonosari Village, Tempurejo District.	This research has a population and sample of 290 farmers	Quantitative descriptive research design with a simple random sampling technique	The description of the most dominant dimension of coping strategies in this research is emotion-based coping. The highest-scoring indicators included active coping, religious coping, feelings of inadequacy, and substance use.
A9	Dalberto et al., 2022	Exposure In The Tobacco Fields: Genetic Damage And Oxidative Stress In Tobacco Farmers Occupationally Exposed During Harvest And Grading Seasons	This study aims to evaluate genetic damage and oxidative stress in tobacco farmers who are exposed to work during the harvest season	This research used a population and sample of 241 farmers	This research uses Comet test on blood cells and blood cell experiment and buccal cell experiment	There was an increase in visual scores for male and female farmers during harvest and tobacco assessment. An increase in micronucleated and binucleated cells was observed in the assessment group compared with the control group. Oxidative stress measurements showed a significant increase in thiobarbituric acid reactive substances (TBARS) in tobacco farmers during harvest and Trolox equivalent antioxidant capacity (TEAC) in individuals during harvest and assessment time compared with controls. In this study, tobacco farmers experienced

No	Authors and Journals	Journal Title	Objective	Population and Sample	Method	Results
						impaired DNA integrity, which was associated with increased levels of oxidative stress.
A10	Saragih et al., 2020 / Tabularasa: Scientific Journal of Masters in Psychology/ 2020/2(1): 56-62.	The Relationship between Self-Efficacy and Social Support and Coping Stress in Horticultural Farmers in Managing Farming Businesses in Saribudolok	This research examines the relationship between self-efficacy, social support, and coping with stress in horticultural farmers.	This research had a population and sample of 160 horticultural farmers	Data collection methods include a stress coping scale (problem focused coping), an efficacy scale, and a social support scale	There is a positive correlation between self-confidence, social support, and stress management strategies among horticultural farmers in Saribudolok. Other factors that play a role include problem-solving abilities, social skills, optimism, and self-esteem.

DISCUSSION

Agronursing is an innovative approach that integrates agronomy (agricultural science) and nursing to improve public health through agricultural environments. This concept aims to create a harmonious relationship between humans and nature by utilizing agricultural products and practices to support physical, mental, and social health (Nurprastiwi et al., 2024; Nur et al., 2023; Wulandari et al., 2024). In agronursing, the focus is on preventive and promotive efforts, such as providing healthy food, creating a healthy green environment, and using agricultural-based activities for therapy, such as therapeutic horticulture. Thus, agronursing not only contributes to food security but also improves the community's quality of life holistically (Kurniawan et al., 2023; Afandi et al., 2023; Kurniawan et al., 2023).

The incidence of stress among farmers in Indonesia is among the highest. Farmers experience stress due to various factors, one of which is work. This is in line with research (Deviantony et al., 2023), which states that the problem often experienced by farmers is work fatigue. Work fatigue will disrupt work, impact decreased performance, and can result in accidents at work.

The stress experienced by farmers will have an impact on work fatigue. This statement is supported by research conducted by Mulianingrum (2020), which states that farmers who experience stress complain of headaches or dizziness due to high and low blood pressure, lack enthusiasm for work, farmers look lazy when collecting rubber latex, are irritable, facial expressions are visible. Fatigue and increased absenteeism because farmers feel very tired. Farmers increasingly experience work fatigue, which will have physical and psychological impacts.

The work stress experienced by farmers certainly makes farmers have to think positively about every problem they face by having resilience. The influence of farmers' resilience can reduce or prevent the emergence of work stress in farmers. Other research also discusses how resilience positively impacts psychosocial problems experienced by farmers. Research by Wuryaningsih (2020) shows a significant relationship between resilience and psychological stress among tobacco farmers. The higher the farmer's level of resilience, the lower the psychological stress they experience and vice versa.

Resilience is an individual's ability to overcome and return to situations before stress. Resilience is the result of using coping mechanisms. Coping can be the right way to deal with the stress experienced by farmers. This is proven by research conducted by Padaallah (2022), which states that farmers in Kalisat use coping mechanisms to deal with the stress they experience, which has a positive impact.

Melon farmers in Maguwan Village, Sambit District, and Ponorogo Regency also felt the positive influence of coping strategies on stress. Fitria and Riyadi's (2022) research found that the application of coping carried out by melon farmers after harvest failure had a positive impact. The coping strategy used is coping, which focuses on emotions and problems. Meanwhile, farmers in the flood area, Wonosari Village, Tempurejo District, and Jember use coping techniques focusing on emotions. This was revealed in research conducted by Wuryaningsih (2020).

Meanwhile, in the Daiana journal (2022), tobacco farmers experience DNA integrity disorders, which are associated with increased levels of oxidative stress. However, in other journals, according to (Kim et al., 2017), sunscreen effectively prevents oxidative stress among farmers. In addition, they showed that urinary TAC can be used as a good marker of the effects of oxidative stress caused by UV exposure.

Apart from coping mechanisms, several factors can help farmers deal with stress and improve coping mechanisms. Research conducted by Pradini et al. (2020) discusses how family social support can reduce the stress experienced by farmers. However, the research found no relationship between family social support and farmer stress. Researchers say this happens because farmers are used to working long hours in the fields, and tobacco farmers experience less stress. Although most of the tobacco farmers did not show symptoms of stress during the study, they did not know that this work had been their job for a long time and, therefore, family social support had little impact on moderate to low stress. They felt comfortable working as farmers because they did not give Lots. However, in theory, social support can reduce farmers' work stress.

On the other hand, Saragih's (2020) research states that social support positively influences stress in farmers. Apart from social support in the form of self-efficacy, it also has a positive impact on the work stress experienced by farmers. Self-efficacy also has an impact on subjective well-being. This is supported by research conducted by Wuryaningsih (2020), which states that farmers with high self-efficacy are four to five times more likely to have high subjective well-being.

CONCLUSION

Farmers experience psychosocial stress, fatigue, and depression. Farmers' psychosocial problems are increasingly exacerbated by farmers' concerns about work fatigue and job insecurity. To overcome this problem, farmers need to address psychosocial problems by strengthening their resilience, coping mechanisms, self-efficacy, and support from family and community. Agricultural nurses can educate farmers about psychosocial problems to reduce the psychosocial problems that occur.

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