Finding bliss in the fields: an exploration of happiness factors of Indian farmers

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ABSTRACT
The idea of happiness has been a central theme in human thought and culture for centuries. In recent years, there has been a growing interest in the study of happiness and well-being, and the factors that contribute to it. The happiness of Indian farmers matters to the world, in the milieu of plights of Indian farmers under current situation it's time we take a closer look at how we can make their lives better. The level of happiness among farmers can vary greatly from state to state, even within the same country. Farmers are gradually getting stuck in quagmire of distress circumstances. Happiness has a direct impact on people's mental and physical health, and a higher degree of happiness leads to a better and longer lifetime. For achieving the happiness state of mind Indian Farmers need good income and social system to meet all the basic needs, financial security, social security, social stability, health and wellbeing. By creating a sense of community, farmers can feel more connected to others and more confident in their ability to overcome challenges and succeed in their work. Additionally, efforts should be made to increase the availability of support services, such as mental health resources and financial assistance, to help farmers manage the challenges associated with agricultural work. Efforts to improve the happiness and well-being of farmers in India will not only benefit the farmers themselves, but also their families, their communities, and the entire country. The Indian government and policy makers have a crucial role to play in improving the happiness levels of farmers by implementing policies that are geared towards addressing the challenges faced by farmers. By taking a multi-faceted approach and prioritizing the needs of farmers, it is possible to make significant progress towards improving their happiness and well-being.

Keywords: Indian farmers, Happiness, Income, Policies, Indicators
India is a country where agriculture reigns supreme, providing jobs for 58% of its workforce and contributing 18.8% of its total Gross Value Added (GVA). Our farmers are the backbone of global food production, but their hard work is often met with sorrow. With every sunrise, India has witnessed 40 farmers’ suicides since 1995. To ensure that these selfless servants continue providing for our national and global food security, it’s crucial that we improve their happiness and well-being. The happiness of Indian farmers matters to the world, and it’s time we take a closer look at how we can make their lives better. Sadly, India ranks 136th out of 146 countries on the World Happiness Report (2022). If we can reduce the distress of our farmers, it will improve the happiness of our nation as a whole.

The idea of happiness has been a central theme in human thought and culture for centuries. In recent years, there has been a growing interest in the study of happiness and well-being, and the factors that contribute to it. While much of the research on happiness has focused on urban populations, there is a growing recognition of the importance of understanding the happiness levels of rural populations, particularly farmers, who play a critical role in feeding the world's growing population.

The major challenge for Indian farmers is to produce enough nutrient-rich food for the growing population of the country while using limited land resources. Farmers bear the primary responsibility for achieving this goal, but at the same time they are gradually getting stuck in quagmire of distress circumstances. The major challenges are climate change and its effects on farm, inadequate availability of irrigation, high cost of labour wages, fragmented land holdings and ownership conflicts, menace of wild animals along with that lack of processing and value chain infrastructure. The plight of small and marginal farmers is pitiful. For them agriculture is no longer a lucrative livelihood option, which in turn drives them to leave agriculture for any alternative wages. If we see sources of income of average Indian farming households as per NSSO 77th round, it will be clear that net receipt from crop production (37%) is lesser than income from wage (40%). It indicates that the farming households are earning more from wages rather than from crop production. The wage rates have increased manifold as compared to Minimum Support Price (MSP). High cost of labour is grasping the lion share of income to input cost. The reasons behind these are lack of availability of labour due to migration, lack of farm mechanization.
The third major source of farming households’ income is animals (16%) and non-farm business (6%). It is further revealed that farm earning is mostly derived from wages and animal farming, with an average annual rise of 19.24 percent and 21.47 percent, respectively, between 2012-13 and 2018-19. However, without these two sources of income, farm households' yearly income would have declined significantly in 2018-19. The average monthly earnings of Indian farmers from various sources per farm household after deducting both paid out and imputed expenditures is Rs. 8,337. This indicates that farm households’ daily income is only around Rs. 277, which is not substantially different from the National Employment Guarantee Scheme's minimum pay rate.

About 50.2% of agricultural households are in debt. The average debt is Rs 74,121. It is general conception that small and marginal farmers due to less land are in distress condition. But if we consider the data of indebted agricultural households, it will be clear that the large farmers (>10 ha) have Rs.7.91 lakh in average outstanding loan. With the increasing of landholdings the indebtedness in agricultural households is also increasing. It indicates that 38.5 % of marginal farmers are in debt which is increased up to 81.4 % for large farmers. But, the concern is small farmers are more inclined towards non institutional sources of
finance. They pay very high interest rates for small amount of loans. These push them stuck in to loan swamp.

![Graph showing average amount of outstanding loan, indebted agriculture households, and sources of loan for different size classes of land](image)

**Fig 2: Percentage of indebted agricultural households and average amount (Rs.) of outstanding loans for each size class of land possessed**

During 2020, the country reported 10,677 suicides in the agricultural sector. According to National Crime Records Bureau data on suicides in India, it included 5,579 farmers/cultivators and 5,098 agricultural labourers. The states with the highest number of suicides are Maharashtra, Karnataka, Andhra Pradesh, Chhattisgarh, Telangana, and Tamil Nadu. Financial crisis, crop failure, excessive work pressure, family problems, and mental stress are the major issues. However, if these issues are identified in a timely manner, they can aid in the prevention of suicides. Interestingly, the states like West Bengal, Bihar, Nagaland, Tripura, Uttarakhand, Chandigarh, Delhi, Ladakh, Lakshadweep, and Puducherry reported no suicides among farmers/cultivators or agricultural laborers. Except Delhi and Chandigarh, these states are not economically progressed but there are other factors which are important for farmers satisfaction and happiness.

A nationwide survey conducted by the Centre for the Study of Developing Societies in 2014 found that a significant number of farmers, 72%, enjoyed farming as their profession. The satisfaction levels among farmers varied from region to region. Farmers in central India had a higher level of satisfaction with their current situation, with 71% of them being satisfied. In contrast, only 35% of farmers in eastern India expressed satisfaction with their
current situation. In West Bengal, a majority of farmers, 78%, had a negative view of their overall situation. This was in contrast to the neighboring states of Maharashtra, Madhya Pradesh, and Gujarat, where only 16%, 22%, and 23% of farmers respectively held a negative view of their situation. The states with the highest happiness scores among farmers were Mizoram, Punjab, Andaman and Nicobar, Puducherry, and Sikkim (Fig 3). This shows that the level of happiness among farmers can vary greatly from state to state, even within the same country.

Fig 3: State wise Happiness status in India
Note: Data of Andhra Pradesh is used as proxy for Telangana
Source: India Happiness Report, 2020

Factors related to happiness

India is a country with a large agricultural sector, and farmers constitute a significant portion of the population. According to the 2011 Census of India, around 50% of India’s workforce is engaged in agricultural activities. Despite their critical role in providing food and livelihoods, Indian farmers often face numerous challenges and difficulties, such as low income, poor working conditions, and limited access to healthcare and education. Given these challenges, it is important to understand the factors that contribute to the happiness and well-being of Indian farmers.

Happiness is a dynamic concept with numerous associations, and it has been a subject of discussion in psychology, sociology, and economics in several nations. Happiness is a measure of life that is the ultimate aim that individual’s desire. Happiness has a direct impact on people’s mental and physical health, and a higher degree of happiness leads to a better and longer lifetime. According to Maslow’s theory of self-actualization, the deficiency needs like physiological needs, safety needs, love and belongingness, esteem needs are important to maintain motivation for human beings. Without these it is difficult to motivate a person. The same theory is also applied for Indian farmers. Indian Farmers also need good income and social system to meet all the basic needs, financial security, social security, social stability, health and wellbeing. Table 1 depicts different research-based evidence that indicates the needs and related factors which affect happiness of farmers. It starts from very basic needs to esteem and aesthetic needs. Air quality is a basic need of a person, which influences health, and welfare of a family. In rural India, quality of air is not a big problem as urban cities. Income, health, employment, etc. are providing safety net to a family and that is why they are categorized as Safety Needs in Maslow’s theory. Safety nets also includes insurances, crop insurance, animal insurance and family health insurance play crucial role in ensuring the safety of rural families. Five factors viz., technology, market, credit, information and infrastructure have pivotal role is augmenting farmers’ income. An overarching factor, money, can be decisive in improving family well-being, which leads to family satisfaction and stimulates individual happiness. Therefore, enhancing farmers income from agriculture is so crucial for the happiness of farmers.

Table 1: Needs and related factors which affect happiness of farmers

<table>
<thead>
<tr>
<th>Needs</th>
<th>Factors</th>
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<tbody>
<tr>
<td>Basic needs</td>
<td>Air quality</td>
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<tr>
<th>Safety needs</th>
<th>Compensation satisfaction(^{15})</th>
</tr>
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<tbody>
<tr>
<td>Safety needs</td>
<td>family income(^{15})</td>
</tr>
<tr>
<td>Safety needs</td>
<td>Income(^{16,17,18})</td>
</tr>
<tr>
<td>Safety needs</td>
<td>Health(^{16,17,19})</td>
</tr>
<tr>
<td>Safety needs</td>
<td>Macro-environment (Inflation, unemployment, welfare systems, and public insurance)(^{20,21})</td>
</tr>
<tr>
<td>Safety needs</td>
<td>Employment(^{24})</td>
</tr>
<tr>
<td>Safety needs</td>
<td>Social security system(^{23})</td>
</tr>
<tr>
<td>Love and belongingness</td>
<td>Living in community(^{24})</td>
</tr>
<tr>
<td>Love and belongingness</td>
<td>Community environment(^{25})</td>
</tr>
<tr>
<td>Psychological needs</td>
<td>Job satisfaction(^{15})</td>
</tr>
<tr>
<td>Psychological needs</td>
<td>Positive mental health(^{26})</td>
</tr>
<tr>
<td>Esteem needs</td>
<td>Socioeconomic status (power, prestige, and financial positions)(^{27})</td>
</tr>
<tr>
<td>Esteem needs</td>
<td>Advisory services(^{28})</td>
</tr>
<tr>
<td>Aesthetic needs</td>
<td>Environmental restoration(^{29})</td>
</tr>
</tbody>
</table>

Living in a community and community environment is another higher level of need. Being social by nature, humans love to live in community. The positive, encouraging and cooperating community always enhances human efficiency through working in group and mutually supporting each other. Community life in village is always better for individual farmers. That is why fostering farmers collectives like self-help groups (SHGs), cooperatives, and Farmer Producer Organizations is so fundamental in encouraging farmers and empowering them socially and financially. In fact, the current national drive to promote FPOs should be promoted as a movement to render dignity, besides social and economic empowerment to farming communities.

The next level of need is psychological need, which includes job satisfaction, positive mental health, etc. Farmers satisfaction towards farming as an occupation is very much important. Similarly, socio economic status, recognitions, awards etc. fulfill farmers esteem need.

According to Maslow\(^{13}\) these needs are often referred to as deficiency needs (D-needs) and the highest need is self-actualization. Deficiency needs arise as a result of deprivation and are said to motivate people when they go unsatisfied. Furthermore, the motivation to meet such needs grows stronger the longer they are denied.

**Role of community and family in the happiness of Indian farmers**
The role of community and family in the happiness of Indian farmers is a complex and multifaceted issue that requires careful consideration. On the one hand, strong and supportive communities and families can provide farmers with a sense of belonging, security, and purpose. On the other hand, the demands and challenges of agricultural work can put significant strain on family relationships and community dynamics.

One of the key ways in which community and family can contribute to the happiness of Indian farmers is by providing them with a sense of belonging and social connectedness. This can be achieved through community-based initiatives and programs that bring farmers together and provide opportunities for them to share experiences and knowledge. For example, farmer cooperatives can provide a platform for farmers to exchange ideas, work together on common goals, and build supportive networks. By creating a sense of community, farmers can feel more connected to others and more confident in their ability to overcome challenges and succeed in their work.

Family relationships can also play an important role in the happiness of Indian farmers. A strong family support network can provide farmers with emotional and financial stability, helping to ease the stress and financial burden associated with agricultural work. In addition, supportive families can provide farmers with a sense of purpose and fulfillment, helping to make their work more meaningful and rewarding.

However, the demands and challenges of agricultural work can also put significant strain on family relationships and community dynamics. For example, long working hours, the unpredictability of crops, and the stress associated with financial insecurity can make it difficult for farmers to maintain strong relationships with their families and communities. In addition, the isolation associated with agricultural work can contribute to feelings of loneliness and social disconnection, further exacerbating the challenges faced by farmers.

To address these challenges and promote the happiness of Indian farmers, it is important to develop initiatives and programs that support family relationships and community connections. This could include providing training and resources to help farmers manage stress and build stronger relationships with their families, as well as offering opportunities for farmers to participate in community-based activities and initiatives. Additionally, efforts should be made to increase the availability of support services, such as mental health resources and financial assistance, to help farmers manage the challenges associated with agricultural work.
Enhancing the happiness among farmers

A holistic approach is needed to top-up all the current policy intents and initiatives for promoting farmers’ wellbeing and happiness. This approach should take into account farmers’ poverty or socioeconomic status, their financial potential, and their decision-making ability in order to enhance the happiness index among farmers of our country. Farmers with poor coping skills must be identified and assisted. All productivity-boosting strategies must be used, including improving yields, diversifying to higher-value crops, and building value chains to cut marketing costs.

Gross National Happiness (GNH) is used as a unique development tool in Bhutan by policymakers. Before new public policy initiatives are implemented in this country, the GNH Commission reviews them. For effective implementation, all policymakers for various agricultural schemes should incorporate the concept of GNH into their policies. State governments and institutions should implement policies and classes to increase happiness in farming society. The Way to Happiness Foundation, for example, holds workshops in schools and among Delhi Police officers. A university in Gujarat recently launched a new certificate programme called 'Happiness Counseling.' In 2019, the Maharashtra government considered establishing a "Happiness Ministry" to promote happiness among residents. The Delhi government has also begun to hold 'Happiness Periods' in government schools, which include innovative activities to encourage children to think logically and creatively. These kinds of initiatives should be formed for the farmers of our country.

The rural energy consumption revolution has increased the likelihood of farmers’ happiness level by 22.7% in China by increasing leisure activities. Its negative impact on happiness is also significant for higher electricity expenditure, particularly for rural low-income households. They proposed that the rural energy consumption revolution be implemented in tandem with the national targeted poverty alleviation policy and the national pollution prevention and control policy, resulting in a multi-pronged strategy that simultaneously targets the socioeconomic and environmental factors associated with farmer happiness. Bhutan’s constitution directs the state to foster conditions conducive to the implementation of GNH. However, translating it into reality, particularly in rural areas, is a significant challenge. A study was investigated to know the factors associated with the level of happiness among paddy farmer's households in the Muda Agricultural Development Authority (MADA) granary area in Malaysia. According to the study, the institution factor is the most important factor contributing to the happiness of paddy farmer households. The findings show that MADA’s role, particularly in terms of advisory assistance to farmers, has
succeeded in increasing farmer happiness in the area. The management of leisure time, ownership of financial assets, and ownership of human assets all have a positive impact on paddy farmers' happiness. A study was conducted to assess the subjective well-being conditions of smallholder layer chicken farmers in rural East Java, Indonesia\textsuperscript{32}. They concluded that the Happiness Index of small holder layer chicken farmers in rural East Java Province was 7.28, indicating that they were "Happy."

Since 2012, the United Nations Sustainable Development Solutions Network has published the World Happiness Report to rank countries based on how happy their citizens perceive themselves to be. The Report is centered on two key ideas: (1) measuring happiness or life evaluation through opinion surveys, and (2) identifying key elements that influence well-being and life evaluation across countries. The rankings are determined by six factors, including GDP per capita, social support, healthy life expectancy, freedom, generosity, and the absence of corruption.

The relationship between farming practices and happiness of Indian farmers is complex and multi-dimensional. On one hand, farming can provide a sense of purpose, fulfillment, and connection to the land that can contribute to happiness. For many farmers, farming is not just a job, but a way of life that is deeply rooted in their cultural identity and heritage. On the other hand, farming can also be a challenging and stressful profession that can take a toll on the mental and emotional well-being of farmers.

The type of farming practices used by a farmer can have a significant impact on their happiness. For example, farmers who use sustainable and regenerative farming methods, such as organic farming, have been found to have higher levels of happiness compared to those who use more conventional farming methods. This is because sustainable farming practices have numerous benefits, including improved soil health, increased crop yields, and reduced dependence on synthetic fertilizers and pesticides, all of which can contribute to a more positive and fulfilling experience for farmers.

Moreover, access to resources and technology can also play a role in the happiness of Indian farmers. Farmers who have access to resources and technology that allow them to be more efficient and productive, such as irrigation systems, tractors, and storage facilities, are likely to be more satisfied with their work and have a higher sense of well-being. This can also help them to increase their income and reduce their stress levels, both of which are critical factors in the happiness of Indian farmers.

There have been several initiatives in India and other countries to enhance ‘happiness among farmers’ as detailed in table-2. Analysis of these initiatives implies that India has immense
scope to improve its global standing in terms of National Happiness Index. Acknowledging the fact that India, despite its rapid strides on economic development, continues to be ‘rural and agricultural at her heart and soul’. Notwithstanding urbanization and industrialization, we need to frame innovative policies and schemes to promote ‘rural and agricultural prosperity’ and implement them with transparency and accountability. One such policy shift should be regard farmers in letter and spirit as ‘partners’ in national development and not just as beneficiaries. Farmer-led initiatives should be encouraged as mass movements to only to lend voice to their problems, but also to make them as ‘part of solutions to their problems’. A farmer-centric participatory drive can truly hasten this transformational process. Although efforts were made to make some of the schemes like Agricultural Technology Management Agency (ATMA) farmer-participatory, the implementation continues to be a major concern. Similarly, Raitha Sampark Kendras (RSKs) in Karnataka and Raithu Bharosa Kendras (RBKs) in Andhra Pradesh can be reinvented as Raitha Santosha Kendras (Farmers Happiness Centres), providing a forum for healthy dialogue between farmers and development departments to mainstream farmers as partners in agricultural and national development.

Table 2: Techniques used to enhance happiness among farmers in different regions

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Technique used</th>
<th>Country/Region</th>
<th>Factors of happiness</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Adoption of Saguna Rice Technique (SRT): It is a zero-till rice-based farming method that quickly rejuvenates the soil by increasing organic carbon, increasing earthworm and microbial activity, improving drainage, water infiltration, and aerobic conditions in the rhizosphere, and all of this together significantly increases yield at a Maharashtra, India</td>
<td>Economic growth, environmental balance, social image, physical stress relief, mental stress relief and work place comfort</td>
<td>Since 2013, SRT has been adopted by over 3000 happy and confident farmers spread across 15 districts of Maharashtra. A unique ‘Farmers’ Happiness Index’ survey, with a sample of 160 farmers, resulted into 8.58 Happiness quotient on a 0 to 10 scale.</td>
<td></td>
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lower cost of production. The absence of rice puddling and transplanting allows for a reduction in irrigation water, the availability of a tractor or plough, and skilled labour during a specific period of transplanting.

<table>
<thead>
<tr>
<th>2.</th>
<th>A metric that measures social concerns from the perspective of farmers should be integrated into agricultural information systems oriented toward policy evaluation to measure aspects of well-being that may affect the future of farming systems.</th>
</tr>
</thead>
<tbody>
<tr>
<td>European countries</td>
<td>Working time, age of assets, financial situation of the farm and community engagement</td>
</tr>
<tr>
<td>The Netherlands, Hungary, Finland, Poland, Spain, Ireland, Greece, France and Germany</td>
<td>Significant and substantial influence on overall life satisfaction.</td>
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<thead>
<tr>
<th>3.</th>
<th>Implementing the rural energy consumption revolution alongside the national targeted poverty alleviation policy and the national pollution prevention and control policy, resulting in a multi-pronged strategy.</th>
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<tbody>
<tr>
<td>China</td>
<td>Socioeconomic and environmental factors</td>
</tr>
<tr>
<td><strong>Rural energy consumption revolution</strong> increased the likelihood of farmers’ happiness level by 22.7%.</td>
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<th>4.</th>
<th>Incorporation of gross national happiness (GNH) as a unique development tool in new public programmes of social and economic change and development.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bhutan</td>
<td>Psychological wellbeing, health, education, time use, cultural</td>
</tr>
<tr>
<td>A programme of social and economic change and development. The GNH cut off has been set at</td>
<td></td>
</tr>
</tbody>
</table>
policy initiatives.

diversity and resilience, good governance, community vitality, ecological diversity and resilience and living standards

66% of the variables. People are considered happy when they have sufficiency in 66% or more of the (weighted) indicators and are identified as extensively happy or deeply happy. In 2010, the GNH Index was 0.737. It shows that 40.8% of Bhutanese people have achieved such happiness.

<table>
<thead>
<tr>
<th>5. Increasing farmer happiness through institutional advisory assistance</th>
<th>Malaysia Institution factor</th>
<th>The management of leisure time, ownership of financial assets, and ownership of human assets all had a positive impact on paddy farmers' happiness in the Muda Agricultural Development Authority (MADA) granary area in Malaysia.</th>
</tr>
</thead>
<tbody>
<tr>
<td>6. Rearing of layer-chicken</td>
<td>East Java, Indonesia Life satisfaction, subjective well-being conditions</td>
<td>Small-holder layer chicken farmers in rural East Java Province had a Happiness Index of 7.28, indicating that they were &quot;Happy.&quot;</td>
</tr>
</tbody>
</table>

Effect of Governments policies on Farmers Happiness

The effect of government policies and programs on the happiness of Indian farmers can be significant. The Indian government has introduced several initiatives aimed at improving the lives of farmers and enhancing their well-being. One of the recent policies is the Pradhan Mantri Fasal Bima Yojana (PMFBY), which is a crop insurance scheme aimed at reducing
the financial losses suffered by farmers due to crop failures due to natural calamities. The scheme provides financial support to farmers in the event of crop loss, helping to mitigate the impact of unpredictable weather events and reducing their stress and anxiety.

Another policy introduced by the Indian government is the Pradhan Mantri Kisan Samman Nidhi (PM-KISAN) scheme, which provides financial assistance to small and marginal farmers. The scheme aims to provide income support to farmers, helping to improve their standard of living and reducing the burden of debt. By providing a regular source of income, the scheme can help to reduce stress and improve the overall well-being of farmers.

The government has also introduced several programs aimed at improving the infrastructure and technology available to farmers. The Pradhan Mantri Gram Sadak Yojana (PMGSY) is one such program that aims to provide all-weather road connectivity to rural areas, including villages and habitations with a population of more than 500 people. Improved road connectivity can help farmers to transport their produce more easily, reducing their stress and improving their overall well-being.

Additionally, the government has introduced the National Agriculture Market (e-NAM), an electronic trading platform that connects farmers with buyers, providing a more efficient and effective market for agricultural products. By improving the marketing and sale of agricultural products, the e-NAM platform can help farmers to receive a fair price for their produce, reducing their stress and improving their overall well-being.

**Conclusion and recommendation**

The happiness of Indian farmers is a complex and multi-dimensional concept that is influenced by various factors including personal, economic, social, and environmental factors. The Indian government and policy makers have a crucial role to play in improving the happiness levels of farmers by implementing policies that are geared towards addressing the challenges faced by farmers. Moreover, farming practices and technologies can also have a positive impact on the happiness of farmers, as they can help increase their productivity, reduce the burden of hard manual labor, and provide better access to markets and services.

Given the importance of farmers to the global food security, it is imperative that their happiness is improved. Some of the recommendations that could help in this regard include:

- Improving the economic well-being of farmers by providing better access to credit, insurance, and market opportunities, as well as increasing the minimum support prices for crops
• Providing better healthcare, education, and social security for farmers and their families, including pension schemes for old age and health insurance for the farmers and their families.
• Encouraging the adoption of modern and sustainable farming practices, including precision agriculture and water conservation techniques, to improve productivity, reduce costs, and enhance the quality of life for farmers.
• Providing training and capacity building programs for farmers on new technologies, as well as increasing their access to information and support networks.
• Promoting community-based programs and initiatives that encourage farmers to engage with their peers, share experiences and knowledge, and work together towards common goals.
• Addressing the issue of farmer suicides and providing better mental health support and counseling services to farmers.

By taking these steps, the Indian government and policymakers can help improve the happiness levels of farmers and ensure their continued contributions to the country's food security and economic growth.

Efforts to improve the happiness and well-being of farmers in India will not only benefit the farmers themselves, but also their families, their communities, and the entire country. In order to achieve this goal, it will be necessary to work together and coordinate efforts across multiple sectors, including government, non-government organizations, and the private sector. By taking a multi-faceted approach and prioritizing the needs of farmers, it is possible to make significant progress towards improving their happiness and well-being. Hence, it is argued that a holistic approach to meet the physical, physiological, psychological, social and economic needs has to be put in place by central and state governments and implemented with all sincerity to usher in ‘an era of ever-lasting happiness for farmers. Specifically, policies for the farming community should be implemented, including various programmes and initiatives to improve decision-making ability, increase creativity, build confidence, and change the mindset of farmers with poor coping skills, which can make our farmers both happy and productive. And, once our farmers are happy, entire nation will be happy.

References


