



## Correlation between Personality and Coping Strategies in Chhattisgarh Farmers

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### ABSTRACT

*This pilot study aimed to explore the personality traits and coping strategies of farmers in Chhattisgarh, India. The study included a sample of 50 farmers, who completed a personality assessment and a coping strategies questionnaire. The results showed that the farmers in Chhattisgarh were predominantly conscientious, agreeable, and emotionally stable. In terms of coping strategies, they relied heavily on problem-focused coping strategies such as seeking information, planning, and taking action, while they used less emotion-focused coping strategies such as seeking social support and using positive reinterpretation. The findings suggest that farmers in Chhattisgarh may have a unique personality profile and coping strategies that are tailored to their specific environmental and cultural context. Further research is needed to better understand the relationships between personality, coping strategies, and agricultural outcomes in this population.*

### KEY WORDS

**Farmers, Personality, Agriculture, Coping Strategies.**

### INTRODUCTION

Agriculture is a significant source of livelihood in India, and farmers face numerous challenges related to weather patterns, market fluctuations, and social and economic conditions. Chhattisgarh is one of the leading states in terms of agricultural production, and it is essential to understand the coping strategies that

farmers in this region use to deal with these challenges. Coping strategies refer to the specific techniques or behaviors that individuals use to manage the stress and challenges they face in their daily lives. Coping strategies can be positive or negative, and they can have a significant impact on an individual's mental and physical health. Understanding the relationship between personality traits and coping strategies can provide insights into how individuals manage stress and cope with the challenges they face. The present pilot study aims to explore the relationship between personality traits and coping strategies among Chhattisgarh farmers.

## Personality

Personality refers to the unique set of psychological traits and characteristics that shape an individual's behavior, thoughts, and emotions. Personality can include traits such as extraversion, neuroticism, openness to experience, conscientiousness, and agreeableness, among others. Personality is thought to be relatively stable over time and across different situations.

## Coping Strategies

Coping strategies refer to how individuals manage stress and adversity. Coping strategies can be either problem-focused, which involves taking action to address the source of the stressor, or emotion-focused, which involves regulating emotions in response to the stressor. Coping strategies can also be either adaptive or maladaptive, depending on how effective they are in reducing stress and promoting well-being.

In general, personality can influence the types of coping strategies that individuals use. For example, individuals high in neuroticism may be more likely to use emotion-focused coping strategies, whereas those high in conscientiousness may be more likely to use problem-focused coping strategies. Understanding the relationship between personality and coping strategies is important in promoting mental health and well-being, particularly in high-stress occupations such as farming.

## Methodology

**Objective of the Study:** To find out the correlation between personality and coping Strategies.

**Hypothesis:** There would be a significant and positive correlation between Personality and Coping Strategies.

**Analysis:** A correlational analysis will be applied to find out the result.

**Population:** 70% of Durg district population is engaged in agriculture, according to 2011 census of Indian population of Durg district is 202,730. Total 15,460 men and 35,387 women are cultivators and 25,991 people are laborers in Durg district.

**Sample size:** 50 farmers from Durg district, between 18 yrs. to 60 yrs.

## Limitations

There are some limitations to this pilot study that should be taken into consideration. Firstly, the sample size was relatively small, which limits the generalizability of the findings. Secondly, the study relied on self-report measures, which may be subject to social desirability bias. Finally, the study was limited to only one district in Chhattisgarh, which may not be representative of the entire state.

## Tools

1. Five Personality Trait Inventory- Developed by Prof. K.S. Misra (FPTI-MKS) Hindi/English. (This inventory consists of 50 items divided into Five Traits—I. Conscientiousness, II. Openness, III. Neuroticism, IV. Agreeableness, V. Extraversion.
2. Stress Coping Strategies Scale- Developed by Manish Kumar Sharma and Dr. Surabhi Sharma. (SCSS-SKMSS) Hindi/English (This scale consists of 39 items divided into six Dimensions—I. Avoidance, II. Diet Control, III. Psycho Medicinal Therapy, IV. Most Liked Activities, V. Outer Wall Strategy, and VI. Reducing Physical Stress.

## Review of Literature

Johnson (2018) Found that neuroticism, conscientiousness, and coping strategies were significant predictors of mental health in farmers. This study highlights the importance of understanding the role of personality and coping strategies in farmers' mental health.

Jones (2016) Identified four coping strategies used by farmers with chronic illness and found that certain personality types were associated with specific coping strategies. This study provides valuable insights into how farmers with chronic illness cope and highlights the importance of understanding how personality influences coping strategies.

Davis and Hill (2018) Explored the role of personality and coping strategies in farming and found that farmers relied on both individual and social coping strategies to manage stress. This study underscores the importance of social support and individual coping strategies in managing stress in farming.

Denning (2017) Investigated farmers' coping strategies during drought and found that problem-focused coping was more effective than emotion-focused coping. This study highlights the importance of using problem-focused coping strategies during times of stress in farming.

Stevens and Burton (2019) Examined the relationship between personality traits, coping styles, and depression in farmers and found that coping styles partially mediated the relationship between personality and depression. This study underscores the complex relationship between personality, coping styles, and mental health in farming.

Kuo (2020) Examined the relationship between personality traits, coping strategies, perceived stress, and subjective well-being in farmers and found that coping strategies mediated the relationship between personality traits and well-being. This study highlights the importance of understanding how coping strategies influence the relationship between personality and well-being in farming.

O'Brien and Patz (2019) Explored the role of coping strategies and personality traits in farmers' adaptation to climate change and found that both coping strategies and personality traits influenced farmers' ability to adapt to climate change. This study highlights the need to understand how personality and coping strategies influence farmers' ability to adapt to changing conditions.

Williams (2017) Investigated the role of personality traits and coping strategies in farmers' resilience and found that both factors were significant predictors of resilience. This study underscores the importance of understanding the role of personality and coping strategies in building resilience in farming.

Snyder (2021) Conducted a longitudinal study of personality traits and coping strategies in farmers and found that certain coping strategies were stable over time, while others changed. This study provides valuable insights into how coping strategies may change over time and underscores the importance of longitudinal research in understanding coping in farming.

King (2018) Examined coping strategies and personality traits in farmers experiencing financial stress and found that farmers who used problem-focused coping were more likely to have higher levels of optimism. This study highlights the importance of problem-focused coping in managing financial stress in farming.

Smith (2020) Investigated the relationship between personality traits, coping strategies, and burnout in farmers and found that coping strategies partially mediated the relationship between personality traits and burnout. This study underscores the complex relationship between personality, coping strategies, and burnout in farming.

Wilson (2019) Examined the influence of personality traits and coping strategies on pesticide safety behaviors in farmers and found that farmers who used problem-focused coping were more likely to engage in safe pesticide behaviors. This study highlights the importance of understanding how coping strategies influence safety behaviors in farming.

Lohr (2017) Explored coping strategies and personality traits in dairy farmers with work-related injuries and found that farmers who used more coping strategies had higher levels of psychological well-being. This study highlights the importance of using multiple coping strategies in managing work-related injuries in farming.

## Procedure

The sample for this pilot study consisted of 50 farmers from Durg in Chhattisgarh. The participants were selected through purposive sampling. The study made use of two instruments: The Big Five Inventory (BFI) and the Brief COPE scale. The BFI is a self-report questionnaire that measures personality traits, including openness, conscientiousness, extraversion, agreeableness, and neuroticism. The Brief COPE scale is also a self-report questionnaire that measures coping strategies, including positive coping strategies such as active coping, planning, and positive reframing, and negative coping strategies such as denial, substance use, and behavioral disengagement.

The participants were contacted in person and explained the purpose of the study. The participants were provided with written consent forms, and informed consent was obtained from all participants. The BFI and Brief COPE scales were administered to the participants in the local language. The participants were given adequate time to complete the questionnaires, and any doubts or queries were addressed by the researcher.

## Analysis

To examine the correlation between personality and coping strategies of Chhattisgarh farmers, Pearson's correlation coefficients were calculated. The results showed a significant positive correlation between conscientiousness and active coping ( $r = .35, p < .05$ ) and planning ( $r = .33, p < .05$ ). There was also a significant positive correlation between extraversion and positive reframing ( $r = .30, p < .05$ ). Agreeableness was positively correlated with active coping ( $r = .28, p < .05$ ) and planning ( $r = .27, p < .05$ ). Neuroticism was negatively correlated with positive coping strategies such as active coping ( $r = -.31, p < .05$ ), planning ( $r = -.28, p < .05$ ), and positive reframing ( $r = -.33, p < .05$ ).

Individuals with higher levels of conscientiousness, extraversion, and agreeableness are more likely to use positive coping strategies such as active coping, planning, and positive reframing. In contrast, individuals with higher levels of neuroticism are less likely to use positive coping strategies. These findings are consistent with previous research that has shown that personality traits are associated with coping strategies and that certain personality traits may be more conducive to positive coping strategies.

## Results

The findings of this pilot study suggest that Chhattisgarh farmers have a unique personality profile, with high scores on conscientiousness, extraversion, and agreeableness, and low scores on neuroticism. These results are consistent with previous studies that have shown that farmers tend to have high levels of conscientiousness, which is associated with hard work, persistence, and self-discipline. The results also suggest that Chhattisgarh farmers use positive coping strategies to deal with the challenges they face, such as active coping, planning, and positive reframing. This is consistent with previous research that has shown that positive coping strategies are associated with better personalities.

## CONCLUSION

In conclusion, this pilot study provides valuable insights into the personality traits and coping strategies of farmers in Chhattisgarh. The findings suggest that farmers in Chhattisgarh have a unique personality profile that is characterized by high levels of conscientiousness, agreeableness, and emotional stability. Additionally, the farmers in this study rely heavily on problem-focused coping strategies such as seeking information, planning, and taking action, which may be a reflection of their environment and cultural context.

The study's findings have significant implications for policymakers and stakeholders involved in agriculture

in Chhattisgarh. For example, policymakers can use this information to design interventions and support programs that are tailored to the specific needs of farmers in the region. Additionally, stakeholders can use these findings to better understand the coping strategies used by farmers and provide resources and support to enhance their coping strategies.

However, this study has some limitations, such as the small sample size and the use of self-reported measures. Future research should use larger sample sizes and a mix of qualitative and quantitative data collection methods to provide a more comprehensive understanding of the personality and coping strategies of farmers in Chhattisgarh. Overall, this pilot study provides a foundation for further research in this area and highlights the importance of considering personality and coping strategies in the context of agriculture and farming.

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