



**ORIGINAL RESEARCH PAPER**

**Home Science**

**CONSTRAINTS FACED BY FARM WOMEN IN PERFORMING AGRICULTURE AND ALLIED ACTIVITIES**

**KEY WORDS:** Farm Women, Constraints, Agriculture And Allied Activities

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**ABSTRACT**

Farm women are associated directly or indirectly with agriculture and allied activities. Farm women have to play multiple roles within 24 hours of time which is at their disposal. Their contribution has not been recognized and they are considered as 'invisible farmers'. Due to the pressure and intense desire to satisfy the needs related to her many of the constraints and conflicts arise. These constraints divert her personal, social, economic, technological and political growth and progress resulting in decreased work efficiency coupled with adverse effect on her role performance. A total of 200 farm women were selected as respondents through random sampling. The selected respondents were personally interviewed using pre-tested well- structured interview schedule. The finding showed that the major constraints that farm women faced were dual role played by women at farm and home, male dominance, lack of credit facilities, lack of decision-making power, poor contacts with extension agents, lack of knowledge and skill and their illiteracy also hindered their progress and invariably paid lower wages than men for same agricultural work. A significant difference was found in independent variables and their social, economic, technological, political, agricultural, marketing, physiological and psychological constraints. Therefore, the present research was being carried out in order to identify the constraints related to farm women for their empowerment status, to perform the task effectively and economically in terms of enhance empowerment status.

**INTRODUCTION**

The farm women play a crucial role in shaping the economy of the country. There is little recognition of women's contribution to the socio- economic development of a nation. The contribution of women in agriculture and allied activities is a recognized factor. Women as agriculture laborers participate in several activities such as land preparation, sowing, weeding, transplanting, harvesting, post harvesting and storage. The major constraints for participation of women in agriculture and allied activities are, discrimination in wages, low wages for women, gender based technology, training and extension services, women have limited access to modern technical viz., credit, training and to other facilities, due to women illiteracy their exposure to outside world is less and productivity is less, due to migration of men, women have to bear the entire family responsibility and hence they prefer to work at their house. Job security and availability is less due to seasonal nature of agricultural production.

However, equal opportunities and status are only two dimensions of empowerment which is a way of defining, challenging and overcoming barriers in one's life through which an individual increases one's ability to shape up her life and environment. Women are the vital human infrastructure and their empowerment in various spheres such as economic, educational, social and political would hasten the pace of social development. Investing in women's "capabilities" and empowering them to achieve their "choices" and "opportunities" is the surest way to contribute to economic growth and overall development.

The present study on constraints in empowerment of farm women was undertaken keeping in view the following objectives:

1. To find out the constraints faced by farm women in performing allied and agricultural activities.

**METHODOLOGY**

The present study was carried out at G. B. Pant University of Agriculture & Technology, Pantnagar Udham Singh Nagar, Uttarakhand. A total of 200 farm women were selected as respondents through random sampling. The selected respondents were personally using pre-tested well- structured interview schedule. Purposive sampling techniques was used for selecting the locale of the study, while proportional allocation method was used for selecting the sample size. Interview schedule consisted of general information regarding age, occupation and socio-economic status of the respondents, profile of the agricultural

work. Developed scale to find out the degree of seriousness of constraints faced by the farm women was undertaken to assess the constraints.

**RESEARCH FINDINGS AND DISCUSSION  
CONSTRAINTS FACED BY FARM WOMEN**

The constraints faced by farm women were divided into nine categories namely personal constraints, social constraints, economic constraints, political constraints, technological constraints, physiological constraints, psychological constraints, agriculture constraints, marketing constraints. Further constraints faced by farm women were divided into five categories (strongly agree, agree, neutral, disagree and strongly disagree).

**1) PERSONAL CONSTRAINTS FACED BY FARM WOMEN**

The data pertaining to personal constraints faced by the farm women is presented in which revealed that three fourth of the farm women faced personal constraints. Among the total sample 79.5 per cent farm women strongly agreed that they used traditional methods (76.5%), lack of freedom for travelling long distance (76.5%), no family support in performing dual role (household/ allied) activities (70%), lack of confidence (69%), exertion during work (68%), no freedom for property purchase (67%), lack of time for leisure activity (60.5%), lack of social contact (58.5%), lack of freedom for wearing dress (57.5%), lack of proper guidance (56%), lack of formal education/ training (52.5%), and only 38 per cent respondents reported that they strongly agreed that they had no appreciation for taking independent decisions.

**2) SOCIAL CONSTRAINTS FACED BY FARM WOMEN**

The data pertaining to social constraints revealed that 74.5 per cent respondents strongly agreed that time boundation to attend village functions, lack of higher educational institute nearby village (66%), limited exposure to outer world and limited exposure within the territorial boundaries (64%) hinders the empowerment, lack of freedom to visiting police station (61%), lack of freedom to join any membership in local institutions (60%), heavy workload on women (57.5%), lack of support from the male members of the society (56%) and dependable nature of women suppress them in self-expression (46%) were the major social constraints faced by farm women.

**3) ECONOMIC CONSTRAINTS FACED BY FARM WOMEN**

Approximately 26 per cent farm women were neutral in statement such as high labour cost, lack of proper market. Bank procedure

being complicated and delay credit facility was reported as neutral by nearly 14 per cent of the respondents. Further only few of the respondents disagreed that bank procedure for finance is complicated and there were lack of proper market facilities.

#### 4) TECHNOLOGICAL CONSTRAINTS FACED BY FARM WOMEN

Most of the respondents i.e. more than 75 per cent strongly agreed that they faced technological constraints. Maximum number of respondents agreed that main technological constraint was lack of knowledge about procurement of drudgery reduction tools and implements (90%) and there was lack of women's friendly technology (88%) and no eco-friendly technology (79%) was available to them. Nearly 75 per cent strongly agreed that lack of knowledge on preservation technology and 79 per cent also strongly agreed that eco-friendly technology was rarely available to them. More than half of the respondents said that they lacked knowledge on new information available to them. 85 per cent reported that because of poor storage facility constraints was one of the main reasons of constraints. Moreover nearly 81 per cent reported that high cost of chemical fertilizer lead to major technological constraints.

#### 5) POLITICAL CONSTRAINTS FACED BY FARM WOMEN

The main constraints related to political issues included mainly lack of participation in which 84 per cent respondent strongly agreed that there was no active participation in gram sabha by female members. Nearly 24 per cent agreed with this statement and nearly 4 per cent were neutral about it. Approximately three fourth of the respondents strongly agreed that lack of knowledge about equal pay for equal work (78.5 %) and harassment and exploitation of women by official, leaders, social workers, village people and others (77.5%) were the other political constraints faced by farm women. Nearly 14 per cent agreed that lack of knowledge about equal pay for equal work was a political constraint and only 7.5 per cent were neutral about this political constraints, 3.5 per cent disagreed and only 2.5 per cent farm women strongly disagreed.

#### 6) PHYSIOLOGICAL CONSTRAINTS FACED BY FARM WOMEN

More than one fourth of respondents faced digestive problem (31.5%), whereas 12.5 per cent faced fatigue and over exertion which was reported as neutral. More than ninety per cent respondents disagreed that lung infection, fatigue, over exertion and some reported that improper posture/ postural deformity (5.5%) were the major constraints. Only 7 per cent respondents strongly agreed that they had no lung problem faced during and after the work/ activities.

#### 7) PSYCHOLOGICAL CONSTRAINTS FACED BY FARM WOMEN

The main constraints related to psychological problems included mainly confining to women role (cooking, brooming of house, fetching of water, collection of forest produce and fire wood etc. 80.5 per cent respondents strongly agreed that this work was mainly done by farm women. Nearly 75 per cent ignored in taking the decisions for the betterment of society and family itself and higher level of anxiety i.e. 71 per cent. More than sixty per cent respondents reported that full of restless mind because of media and cell phone, shyness in women behaviour inhibits their exposure for empowerment, fear of failure of any activity undertaken (crop failure, low production rearing poultry, mushroom production etc.) and lack of interest.

#### 8) AGRICULTURE CONSTRAINTS FACED BY FARM WOMEN

More than seventy per cent respondents strongly agreed that man had dominance in agriculture activities, whereas, 60.5 per cent respondents reported that no proper knowledge about modern agricultural system, use of inadequate processing methods/ techniques in agriculture work and difficulty in obtaining high yield varieties, whereas 31.5 per cent agreed that no proper knowledge about modern agricultural system, 27 per cent respondents reported that men think that women's works are cooking, caring of children, cleaning and other household activities. Less than twenty five per cent respondents reported to face difficulty in

obtaining high yield varieties, use of inadequate processing methods/ techniques in agriculture work and dominance of man in agriculture activities because India is the male dominated society.

#### 9) MARKETING CONSTRAINTS FACED BY FARM WOMEN

Data revealed that less than one fourth of the respondents agreed that lack of availability of timely and accurate marketing and price information, 27 per cent on non -availability of detailed information 26 per cent on lack of knowledge about marketing strategies 21.5 per cent on lack of timely availability of agriculture information and 20 per cent on lack of practical knowledge and nearly 18.5 per cent on insufficient marketing facilities and long distance from village to markets 16.5 per cent on physical infrastructure such as poor roads to markets and lack of knowledge about availability of agriculture services agreed that these were some of the major marketing constraints.

#### CONCLUSION

It can be concluded from the data that women faced many constraints which hinder their growth and development. The overall development leads to overall social, political, economic and technological empowerment. This low empowerment was due to lower participation of women outside homes, no decision taking power and lack of knowledge and awareness in areas related to poor technology skills, marketing constraints and because of freedom. Therefore, the constraints faced by farm women should be analyzed at gram root level and existing policies and programmes should be imparted, feedback should be taken then only the empowerment of rural farm women can be enhanced.

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