RESEARCH ARTICLE
Article URL: https://ojs.poltekkes-malang.ac.id/index.php/HAJ/index

# Family Social Support Can Reduce Work Stress In Farmers

**Liana Wafdatul Harishoh[1], Bunga Misselvy Lovely Modest[2], Sheila Anugrah Liandini[3], Enggal Hadi Kurniyawan[4(CA)], Kholid Rosyidi Muhammad Nur[5], Alfid Tri Afandi[6], Dicky Endrian Kurniawan[7]**

[1-7] Faculty of Nursing, Universitas Jember, Indonesia
Correspondence author's email ([CA]): enggalhadi.psik@unej.ac.id

## ABSTRACT

Farmers often work alone in remote environments with little time to rest or socialize, leading to mental health problems and poor psychological well-being. The imbalance between physical and psychological aspects causes physical responses such as difficulty concentrating, and psychological responses such as anxiety. Social support, self-efficacy, and coping mechanisms play a role in overcoming work-related stress in farmers. This study aims to analyze how family social support can reduce work stress in farmers. The method used in this study is a literature study with 10 articles in 3 databases, namely Google Scholar, Science Direct, and PubMed with a publication period of 2019-2024. Research shows that work stress in farmers can be caused by various factors, namely heavy workloads, long working hours, as well as weather pressure, pests, and changes in market prices. However, it was found that high family social support can reduce work-related stress in farmers but not on farmers' psychological well-being. Therefore, it is necessary to follow up on how family social support affects farmers' work stress and how effective coping strategies can reduce this stress.

Keyword: farmers; work stress; social support



## INTRODUCTION

Farming is an activity related to the production process that produces materials for human needs from animals, and plants, as well as businesses that can develop, renew, and consider economic aspects (1). Many farmers work alone, long hours, in remote environments, and have little time to rest and socialize. As a result of this isolated lifestyle, many farmers suffer from mental health problems and poor psychological well-being (2,3).

Stress is a feeling of doubt that one has about one's ability to overcome the problems one is facing. Work stress is a situation where there is an imbalance between a person's physical and

Submitted: 30 Agustus 2024 Reviewed: 17 September 2024 Accepted: 30 September 2024
Doi: https://doi.org/10.31290/haj.v1i3.4888

psychological abilities which can affect the emotions, thought processes, and condition of a worker. Apart from that, work stress can also be defined as a person's psychological stress condition resulting from physical, social, and mental pressure while doing work. A worker can be said to be experiencing work stress if he feels uncomfortable, unable, bored, or even depressed in his work (4). Some other physical responses to work stress include not being able to focus, not having an appetite, etc. The psychological responses to work stress include lack of self-confidence, anxiety, boredom, etc. A decrease in work productivity is also a response to work stress (5,6). Work stress can cause many negative things in daily life. Some of the effects of stress that can occur on farmers include anxiety or always feeling worried about their work, insomnia or difficulty sleeping, feeling depressed, easily tired and irritated, and difficulty concentrating (1).

Social support is defined as a form of feeling of comfort both physically and psychologically that is provided to be able to overcome various pressures (4). Social support is also defined as the perceived availability of emotional and instrumental support where emotional support relates to expressions of love, empathy, or trust, and instrumental support refers to actual help or assistance from others. Farmers who grew up in the area where they farm tend to have good social support compared to those who did not grow up in the area (2). Farmers who have work pressure and low social support are at risk of experiencing stress and several other mental problems such as depression (4).

Several other factors that influence work stress among farmers include self-efficacy and coping mechanisms that farmers have. Self-efficacy is belief in one's ability to organize or decide on actions. Self-efficacy is closely related to a person's motivation. Self-efficacy is needed to foster motivation and control stress (7,8). A person's self-efficacy is said to be good if that person believes that they can overcome the situation or problem they are facing. Apart from that, coping mechanisms are also things that influence work stress in farmers. Coping mechanisms are mechanisms that a person uses to deal with changes that occur. There are two focuses in coping mechanisms, namely how a person can overcome problems and improve their situation. One of the things that usually causes work stress for farmers is climate change. This is closely related to farmers' skills in being able to find alternative solutions to solve problems (1).

## METHODS

The literature was searched through a literature review process with 3 databases Google Scholar, Science Direct, and PubMed. With a range of publication years 2019-2024. Articles were filtered based on the specified inclusion and exclusion criteria. Inclusion criteria used in this study are: 1) The year of publication of the article is between 2019-2024 (n = 359), 2) The title of the article contains the word "petani" or "farmer" (n = 54), and 3) There are keywords work stress in the article (n = 12). Exclusion criteria in this study include: 1) Articles that are not free to download (n = 581), 2) Articles that are not available in full text (57), 3) Articles that are not available in the Indonesian language or English language (n = 199), and 4) The same article that was discarded (n = 2).

The search was conducted with several keywords in Indonesian and English. The Indonesian literature search used the keywords “Petani” AND “Mekanisme koping” OR “Strategi koping” AND “Dukungan sosial keluarga” AND “Stres” OR “Stres kerja”. While the English literature used the keywords "Farmer" AND "Coping Mechanism" OR "Coping strategies" AND "Family social support" AND "Stress" OR "Work stress". The article search process begins with the identification of predetermined keywords. Identification of 1,041 articles that match the keywords was then conducted. Exclusion criteria filtering was carried out, namely, articles that could not be downloaded for free as many as 581, and articles that were not full text as many as 57. After that, filtering was carried out with inclusion criteria by selecting articles with publication years that fit the criteria, namely from 2019 to 2024, 359 articles were obtained. Then filtering again with the exclusion criteria for articles that are not available in Indonesian or English as many as 199 articles. The next stage is filtering the eligibility of articles based on abstracts and content that match the criteria of 115 articles. Screening was carried out with inclusion criteria by adding the word farmer or farmer to the article title, 54 articles were obtained. Then inclusion criteria by adding the keyword work stress, obtained 12 articles. In the final stage, screening of exclusion criteria was carried out by excluding the same article as many as 2 articles and leaving 10 articles for further review.

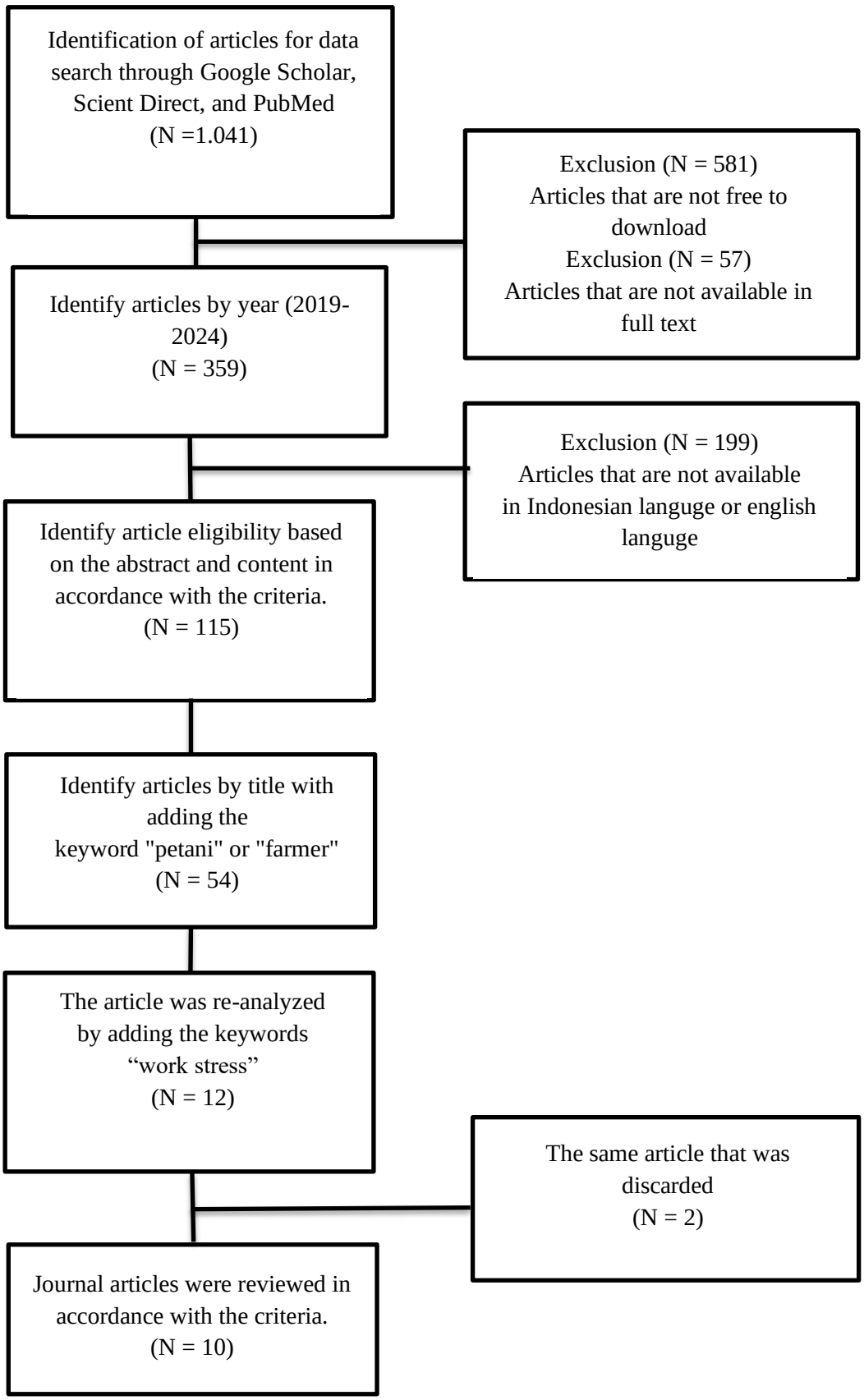


Figure 1. Literature Search Flowchart

## RESULT

Farmers, who are at the forefront of producing food and agricultural products, often face significant work stress. Farmers' work stress can be caused by a variety of factors, including heavy workloads, long working hours, as well as pressures from weather, pests, and changing market prices. Farmers' work stress can hurt their physical and psychological well-being and can interfere with daily activities. To cope with work stress, farmers usually use coping strategies such as resting, exercising, or communicating with others. Family social support can play an important role in reducing farmers' work stress. In a study conducted by Pradini et al. (2020), the results showed that high family social support can reduce farmers' work stress. However, another study by Deegan & Dunne (2022) found that family social support had a significant impact on farmers' stress, but did not have a significant impact on farmers' psychological well-being. In this context, it is important to understand how family social support affects farmers' work stress and how effective coping strategies can be used to reduce farmers' work stress (2).

Table 1. Result of Literature Review

| No. ID | Author and Journal Identity | Journal Title | Objective | Population and Sample | Method | Result |
|---|---|---|---|---|---|---|
| **A1** | **Author:** Pradini, S. A.,Kurniyawan, E. H., & Wuryaningsih, E. W.<br><br>**Journal Identify:** e-Jurnal Pustaka Kesehatan/2020/ Vol 8 (No.1) | Relation of Social Family Support with Job Stress on Tobacco Farmers in Kalisat District, Jember Regency (4) | This research was conducted to analyze the relationship between family social support and work stress experienced by tobacco farmers. | 91 tobacco farmers in Kalisat District, Jember Regency, using sampling techniques, namely cluster sampling and proportional sampling. | This research was conducted using a cross-sectional design. | Based on the research results, the p-value was 0.174 (p> 0.05), which means there is no relationship between social family support and job stress among tobacco farmers. However, the results of the univariate test for the two variables are in agreement with the theory that if family social support is high (median 75), then job stress will be lower (median 47). |
| **A2** | **Author**: Deegan, A., & Dunne, S.<br><br>**Journal Identify:** Journal of Community Psychology/ 2022/ Vol 50 (No. 7) | An investigation into the relationship between social support, stress, and psychological well-being in farmers (2) | This study was conducted to investigate the impact of demographic factors on stress in farmers<br><br>and the stress- | 196 Farmers in Irlandia over the age of 18 years and work as farmers either part-time or full-time. | This research was conducted using a cross-sectional survey design. | The research results obtained p<0.05, which means that family social support has a significant impact on farmers' stress (related to financial conditions and agricultural-related factors such as weather and risk of accidents), but family social support does |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | buffering impact of social support on psychological well-being in farmers. | | | not have a significant impact on farmers' psychological well-being because the value p>0.05. |
| **A3** | **Author:** Patuh, A., Wuryaningsih, E. W., & Afandi, A. T. **Journal Identify:** e-Jurnal Pustaka Kesehatan/ 2022/ Vol 10 (No.2) | Description of Stress and Coping Mechanism Farmer in Kalisat-Jember (1) | This research was conducted to determine the representation of stress and coping mechanisms in farmers. | 100 farmers in Kalisat District, Jember Regency. | The research used a cross-sectional with a non-experimental quantitative design with descriptive analytics. | The research results showed that farmers' stress was more towards a cognitive response (thinking disorders and decreased concentration) of 72.8% and the coping mechanism used was a problem-focused coping mechanism (aimed at eliminating problems or improving the situation). |
| **A4** | **Author:** Kurniyawan, E. H., Andriyani, A., Wuriyaningsih, E. W., Dewi, E. I., Yunanto, R. A.,Deviantony, F., & Fitria, Y **Journal Identify:** Health and Technology Journal/2023/ Vol. 1 (No. 3) | Self-efficacy and Job Stress among Tobacco Farmers (7) | This research was conducted to find out the relationship between self-efficacy and work stress experienced by tobacco farmers. | The sampling technique uses probability sampling with cluster sampling. The sample in this study was tobacco farmers who were members of farmer groups, with a total sample of 100 respondents. The inclusion criteria for research subjects were tobacco farmers, land owners, or farm workers | The research design used was correlational analytic with a cross-sectional approach. The instrument used in this research was the GSE (General Self-Efficacy) Questionnaire to measure self-efficacy in tobacco farmers. The DASS 42 (Depression, Anxiety, Stress, Scale) questionnaire was used to measure work stress. Data analysis uses the Pearson correlation | The results of the research show that tobacco farmers in Kalisat District, Jember Regency have high self-efficacy with an average value of 30.31. The results of this research show that tobacco farmers in Kalisat District, Jember Regency experience low work stress with an average value of 17.39. The results of the Pearson test analysis of these two variables show that there is a relationship between self-efficacy and work stress among tobacco farmers in Kalisat District, Jember Regency with a p-value of 0.001 and a correlation value (r) of -0.419. These results show that the relationship between the two variables is moderate and negative, meaning that the higher the |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | aged 25-65 years. | test to determine the relationship between the two variables. | self-efficacy, the lighter the work stress experienced by tobacco farmers. |
| **A5** | **Author:** Saragih, S. A<br><br>**Journal Identify:** Jurnal Ilmiah Magister Psikologi/2020/Vol. 2 (No. 1) | The Relationship between Self-Efficacy and Social Support and Coping Stress in Horticultural Farmers in Managing Farming Businesses in Saribudolok (9) | The purpose of this study is to see the relationship between self-efficacy and social support in with coping stress with horticulture farmers. | The population in this study were all horticultural farmers specializing in vegetables, totaling 200 people. 40 for tryouts and 160 for research. | The research method used in this research is quantitative research. The sampling technique in this research was simple total random. There are three measurement tools or instruments in this research, namely: Stress coping scale, self-efficacy scale, and social support. | The results of this research show that horticultural farmers have moderate self-efficacy, namely 154 people or 96.3%. It is also known that horticultural farmers have moderate social support, namely 156 people or 97.5%. It can also be seen that horticultural farmers have moderate stress coping, namely 151 people or 94.4%. Based on the results obtained in this research, it can be concluded as follows: There is a positive relationship between self-efficacy and social support and coping stress of horticultural farmers in Saribudolok. However, other, invisible factors can increase stress coping in horticultural farmers. |
| **A6** | **Author:** Khan, I. A., Rafiq, M., Panezai, S., Saqib, S. E., Ullah, R., & Atiq, M.<br><br>**Journal Identify:** Journal Natural Hazards/2022/Vol. 112 (No. 3) | How do farmers cope with climate change? An analysis of alternative adaptation strategies in drought-hit areas of Khyber Pakhtunkhwa—Pakistan (11) | This study has investigated farmers' preferences for climate change adaptation strategies as well as their socioeconomic determinants. | A random sample of 200 farmers in Nowshehra, Khyber Pakhtunkhwa, were surveyed. | A multivariate probit model was used in the study to determine the relationship between independent variables and farmers' decisions to implement a specific adaptation strategy. | According to the findings of the study, the most common methods of coping with drought were rainwater harvesting, soil conservation, changing crop planting dates, ponds, and terraces with spillways. Furthermore, the study highlighted the role of socioeconomic determinants in the adoption of these adaptation strategies. In light of these findings, the |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | | | government may choose to help these farmers by providing them with ponds and water storage facilities. It is critical to educate farmers about climate change so that they can develop strategies to mitigate its negative effects. |
| **A7** | **Author:** Ndlovu, E., Prinsloo, B., & Le Roux, T.<br><br>**Journal Identify:** Journal of Disaster Risk Studies/2020/ Vol. 12 (No. 1) | Impact of climate change and variability on traditional farming systems: Farmers' perceptions from south-west, semi-arid Zimbabwe (10) | The study analyzed changes in climate and weather patterns in the past 20 years, analyzed climate impacts on traditional farming systems in the past 20 years in Gwanda, Mangwe, and Matobo districts in Zimbabwe, and established farmers' perceptions, experiences, and their climate-adaptive strategies. | Observations and focus group discussions with 129 farmers, the qualitative study established the perceptions of farmers around climate variability impacts in the past 20 years in Mangwe, Matobo, and Gwanda districts in Zimbabwe. | This qualitative study sought to describe and explain farmers' views and perceptions about climate change and variability within the context of traditional farming systems in the Mangwe, Matobo, and Gwanda districts in Matabelelan d South Province in Zimbabwe. A qualitative study design aims to answer the questions of what, how, and why as it better expands on preliminary knowledge about a specific research problem. | The findings showed that the farmers experienced annual heat waves, protracted droughts, chaotic rain seasons, frost, and floods, which led to environmental degradation. Traditional farming systems or practices have been abandoned in favor of buying and selling and gold panning, among other alternative livelihood options, because of climate-related threats and misconceptions around the subject of climate change. Farmers fail to access timely and comprehensive weather forecasts, resulting in annual crop and livestock losses, as decision-making is compromised. Given that the smallholder farming system sustains the bulk of the population in Matabeleland South Province in Zimbabwe, climate education and capital investment are needed to change traditional farmer perceptions about climate change impacts on farming practices. Increased climate awareness |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | | | initiatives, the establishment of village-based weather stations, and the marrying of traditional farming climate knowledge to modern practices are highly recommended to enhance resilience to climate. |
| **A8** | **Author:** O'Connor, S., O'Hagan, A. D., Malone, S. M., O'Shaughnessy, B. R., McNamara, J., & Firnhaber, J.<br><br>**Journal Identify:** Safety Science /2024/Vol.171 | Sleep issues and burnout in Irish farmers: A cross-sectional survey (12) | The study aimed to identify risk factors for burnout and poor sleep quality in this population and highlight the need for interventions targeting sleep and burnout, particularly in older farmers and those with children. | The study population consisted of 351 Irish farmers who participated in the cross-sectional prevalence assessment of sleep issues and burnout. The sample included farmers of various demographics, farm types, and roles on the farm, with a mean age of 36 ± 13.7 years and a range from 18 to 78. | This study was conducted using A cross-sectional study design with convenience sampling. | The study found that sleep issues and burnout are common among Irish farmers, with over half of participants reporting poor sleep quality and nearly one in four reporting burnout. Age and parenthood were identified as risk factors for burnout. The study highlights the need for interventions targeting sleep and burnout in Irish farmers, especially in older farmers and those with children. |
| **A9** | **Author:** Thompson, R., Hagen, B. N. M., & Jones-Bitton, A.<br><br>**Journal Identify:** Sustainability/ 2023/ Vol.15(No.11) | Tractors, Talk, Mindset, Mantras, Detachment, and Distraction: A Mixed-Methods Investigation of Coping Strategies Used by Farmers in Canada (13) | The study aimed to identify both positive coping strategies, such as detachment from farming, talking to others, and adopting positive mindsets, and | The study included a sample of 75 participants, with half identifying as men and half as women, and the majority being farmers (69%). | The study utilized a mixed-methods approach, combining qualitative data from in-depth interviews with farmers and industry professionals in Ontario and quantitative survey | The study found that farmers in Canada reported using significantly fewer positive coping strategies than the general Canadian population. They also reported using significantly more negative coping strategies than the general Canadian population. Women farmers reported more use of both positive coping strategies and |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | negative coping strategies, like social isolation and self-soothing. | | responses from farmers across Canada. Proportions and chi-square tests were used to analyze the quantitative data. | negative coping strategies than men farmers. |
| **A10** | **Author:** Ningrum, S. M., Dewi, E. I., & Kurniyawan, E. H.<br><br>**Journal Identify:** e-Journal Pustaka Kesehatan/2022/Vol. 10 (No.2) | Correlation between Job Stress and Work Fatigue of Rubber Farmers at PTPN XII Renting Plantation-Ajung, Jember (5) | The objective of the study is to analyze the relationship between job stress and work fatigue of rubber farmers in PTPN XII Renting Plantation, Ajung, Jember Regency. | The population of the study is rubber farmers in PTPN XII Renting Plantation, Ajung, Jember Regency. The sample size is 78 respondents. The inclusion criteria are farmers who can speak well and are willing to be respondents, while the exclusion criteria are farmers with physical limitations such as Tuli, bisu, and physical disabilities. | The study utilized an observational analytic research design with a cross-sectional approach. Data was collected using job stress questionnaires and the Fatigue Severity Scale (FSS). Data analysis was conducted using the Spearman-rank Correlation test. | The study found that there is a positive relationship between job stress and work fatigue among rubber farmers in PTPN XII Renting Plantation, Ajung, Jember Regency. The Spearman-rank Correlation test with a significance level of 0.05 showed a significant relationship between job stress and work fatigue, with a correlation coefficient of 0.538 (p-value 0.000). The results indicated that 73 respondents (92.6%) experienced high stress, and all 78 respondents (100%) experienced high work fatigue. Farmers can benefit from relaxation therapy to prevent the occurrence of work stress and its associated work fatigue. |

## DISCUSSION

Farmers in Indonesia are susceptible and at risk of various health problems, including psychosocial aspects that can affect their health, including workload stress. Farmer work stress is a common problem faced by farmers, mainly due to heavy workloads, cold weather, and unsafe environmental conditions. According to Pradini et al. (2020), Work stress is defined as a state of tension that causes physical and mental imbalances, which have an impact on the thought processes, conditions, and emotions of a worker (4). Meanwhile, the definition of work stress according to Kurniyawan et al. (2023) and Ningrum et al. (2022) has similarities, it is stated in both journals that the definition of work stress is a feeling of pressure or feeling overwhelmed by workers when facing tasks (5). In contrast to the definition of job stress according to Patuh et al. (2022), stress is the result of a reciprocal relationship between a person and their environment, referred to as transactional interaction. In this interaction, the adjustment process occurs. Stress results in a decrease in one's perception and a tendency to focus more on things that are not important (1).

Stress has three levels, namely mild stress, medium stress, and severe stress (3). Based on research conducted by Pradini et al. (2020), it was found that the level of stress experienced by most tobacco farmers was in the low category. This can be influenced by various factors, one of which is experience (4). The results of research by Kurniyawan et al. (2023) also have no difference, where it is stated that tobacco farmers in Kalisat District, Jember Regency experience low levels of work stress. This is different from the results of research by Ningrum et al. (2022) and also research by Thompson et al. (2023). Based on research by Ningrum et al. (2022) showed that of the 78 farmers who were sampled, 30 farmers (38.5%) experienced low levels of job stress, while 48 farmers (61.5%) experienced high levels of job stress. This shows that rubber farmers in PTPN XII Kebun Renteng, Ajung District, Jember Regency, tend to experience high work stress (5). Research by Thompson et al. (2023) also showed that farmers in Canada generally have high levels of stress. This is caused by tasks that are so challenging or heavy that workers do not have the resources to complete them (13). Research by Deegan & Dunne (2022) found that mixed farmers experience higher levels of stress related to finance compared to non-mixed farmers. It was stated that farmers with mixed farming operations were more prone to financial stress than farmers with single farming operations. This is what causes the difference in stress levels between mixed and non-mixed farmers. Based on the research studies reviewed, differences in stress levels can be caused by various factors such as experience, level of social support, work demands, work environment conditions, and others (2).

Many things can cause and influence work stress in farmers. In research conducted by Pradini et al. (2020), it was found that one of the things that also influences is the role of the family and level of education. The lower the level of education a farmer has, the higher the risk of experiencing work stress. The role in the family also influences work stress for farmers because this is related to the large number of responsibilities in the family that must be met by the head of the family (4). Apart from that, in

research conducted by Saragih (2020), it is explained that several things that usually become problems for farmers include limited superior seeds and their prices being quite expensive, pests, facilities and infrastructure at high prices, and inadequate road conditions (9). Climate change is also no less important. Based on research conducted by Ndlovu et al. (2020), climate change such as prolonged drought and other shocks due to climate change and its variability has had a major impact on traditional agricultural practices. Therefore, good coping mechanisms are certainly needed by farmers. The coping mechanisms used by farmers vary depending on the problem they are facing (10). In research conducted by Ndlovu et al. (2020) where the problem being faced by farmers is climate change, several farmers chose to abandon food crop cultivation and choose non-agricultural livelihoods such as buying and selling staple foods and other staple food commodities, additional animal feed and vegetables, as well as gold panning (10). This is different from research conducted by Khan et al. (2022) which explains that one of the farmers' mechanisms for overcoming drought is by collecting rainwater on the roof and then collecting and storing it in rain barrels. Apart from good coping mechanisms, farmers' self-efficacy is also important (11). In research conducted by Kurniyawan et al. (2023) it is explained that self-efficacy is influenced by farmers' work experience because, with greater work experience, farmers can more easily adapt to changes in work demands (3).

According to Pradini et al. (2020), there is no significant relationship between family social support and work stress in farmers. Based on bivariate analysis between family social support and farmers' work stress, however, univariate results were obtained by the theory that the higher the family's social support, the lower the farmers' work stress (4). This is also supported by research conducted by Deegan & Dunne (2022) which states that family support has no relationship with farmers' psychological problems, but is related to financial stress (continuous fluctuations in market prices, thus farmers experience financial uncertainty) and stress related to agriculture (such as weather, accident risk, and multiple roles) (2). However, this is different from research conducted by Thompson et al. (2023), based on research conducted by farmers overcoming stress experienced during work done by adapting positive coping strategies, one of which discusses family support by spending time refreshing with family (13).

## CONCLUSION

Farmers' work stress can be caused by various factors, including heavy workloads, long working hours, as well as pressure from weather, pests, and market price changes. In addition, some articles have also shown that high family social support can reduce farmers' work stress. However, other studies have found that family social support has a significant impact on farmers' stress, but not on their psychological well-being. In this context, it is important to understand how family social support affects farmers' work stress and how effective coping strategies can be used to reduce farmers' work stress.

Nurses can provide education to farmers to overcome the work stress experienced by conducting observations first related to the causes of farmers' work stress and the experience they have to overcome

the work stress experienced. Family social support is one of the alternatives that can be provided as education to farmers to overcome their work stress. Therefore, nurses can recommend family social support to farmers to overcome their work stress.

## REFERENCES


1. Patuh, A., Wuryaningsih, E. W., & Afandi, A. T.(2022). Gambaran Stres dan Mekanisme Koping Petani Di Kecamatan Kalisat-Jember. Pustaka Kesehatan. 10 (2): 95-98.
2. Deegan, A., & Dunne, S. (2022). An investigation into the relationship between social support, stress, And psychological well-being of farmers. Journal of Community Psychology. 50 (7): 3054-3069.
3. Kurniyawan, E. H., Nurfatekha, E. D., Aisyah, R. D., Putri, C. A., Nur, K. R. M., Kurniawan, D. E., & Afandi, A. T. (2024). Stress Coping Strategies In Farmers As An Effort To Overcome Psychosocial Problems. International Journal of Midwifery and Health Sciences, 2(2), 50-60.
4. Pradini, S. A.,Kurniyawan, E. H., & Wuryaningsih, E. W. (2020). Hubungan Dukungan Sosial Keluarga dengan Stres Kerja Petani Tembakau di Kecamatan Kalisat Kabupaten Jember. Pustaka Kesehatan. 8 (1): 24-30.
5. Ningrum, S. M., Dewi, E. I., & Kurniyawan, E. H. (2022). Hubungan Stres Kerja dengan Kelelahan Kerja Petani Karet di PTPN XII Kebun Renteng-Ajung Jember. Pustaka Kesehatan, 10(2), 133. https://doi.org/10.19184/pk.v10i2.13173
6. Pratiwi, R. D., Dewi, E. I., & Kurniyawan, E. H. (2021). Relationships Self-Regulation Learning and Academic Stress First-Year Students at Faculty of Nursing University of Jember.
7. Kurniyawan, E. H., Andriyani, A., Wuriyaningsih, E. W., Dewi, E. I., Yunanto, R. A., Deviantony, F., & Fitria, Y. (2023). Self-efficacy and Job Stress among Tobacco Farmers. Health and Technology Journal (HTechJ), 1(3), 236-242.
8. Surya, A. C. F., Dewi, E. I., & Kurniawan, E. H. (2023). Hubungan antara Efikasi Diri dengan Burnout pada Petani Karet Di PTPN XII Kebun Renteng Jember. Pustaka Kesehatan, 11(2), 108-114
9. Saragih, S. A. (2017). Hubungan antara Self-Efficacy dan Dukungan Sosial dengan Coping Stress pada Petani Hortikultura dalam Mengelola Usaha Tani di Saribudolok. Jurnal Ilmiah Magister Psikologi. 2 (1): 56-62.
10. Ndlovu, E., Prinsloo, B., & Le Roux, T. Impact of climate change and variability on traditional farming Systems: 5 farmers' perceptions from southwest, semi-arid Zimbabwe. Jamba. 2020; 12 (1): 742.
11. Khan, I. A., Rafiq, M., Panezai, S., Saqib, S. E., Ullah, R., & Atiq, M. (2022). How do farmers cope with Climate change? An analysis of alternative adaptation strategies in drought-hit areas of Khyber Pakhtunkhwa—Pakistan. Natural Hazards, 112(3), 2259-2275.
12. O'Connor, S., O'Hagan, A. D., Malone, S. M., O'Shaughnessy, B. R., McNamara, J., & Firnhaber, J. (2024). Sleep issues and burnout in Irish farmers: A cross-sectional survey. Safety Science, 171, 106377. https://doi.org/10.1016/j.ssci.2023.106377
13. Thompson, R., Hagen, B. N. M., & Jones-Bitton, A. (2023). Tractors, Talk, Mindset, Mantras, Detachment, and Distraction: A Mixed-Methods Investigation of Coping Strategies Used by Farmers in Canada. Sustainability, 15(11), 8566. https://doi.org/10.3390/su15118566