

Gender and Stress Coping Strategies of Poultry and Cassava Farmers in Nigeria

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ABSTRACT The study focused on stress-coping strategies employed by poultry and cassava farmers based on gender. Very large proportions of them were married (78%) and educated (63.3%). Mean age and mean income of 40 years and N11, 000- N15, 000 respectively were recorded; family size also had a mean of 4 members. With respect to farm size, an average of 5.56 plots was recorded for cassava and 1073 birds were in the poultry farms. Sources of stress are basically financial, weather, work-related, health-related and other people, social and psychological stress. Stress coping strategies are copious problem solving for financial, weather, work-related stressors and other people, relaxation and spiritual techniques for health related stressors and seeking social support from other people. The results of the study also revealed that there are no differences in stress coping strategies employed by gender among the poultry and cassava farmers (Financial stressor $t=1.097$; $P=.275$; weather $t=1.644$; $P=.103$; work relate $t=.355$; $P=.724$; health $t=-1.902$; $P=.060$ and other people $t=.942$; $P=.348$). To maintain and improve the current level of agricultural productivity in the country, all conditions that reduce farmers' efficacy must be eliminated. The farmers also need counselling services in order for them to be able to cope with stressful conditions.