



Weather, Workload and Money:
Determining and evaluating sources of stress for
farmers in Ireland

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Context

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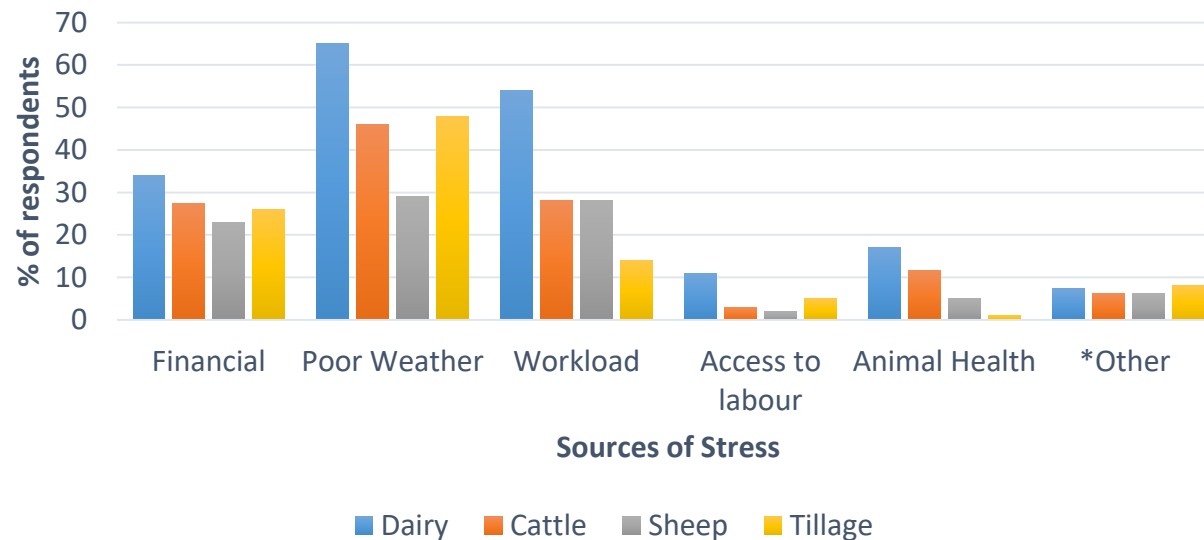
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- Demands of modern farming can place substantial stress on farmers, adversely impacting wellbeing.
- Aim to identify prevalence of stress and socio-demographic attributes that impact incidence of stress.
- 2018 Teagasc NFS Supplementary Survey- Questions on farmers experience of stress and individual stressors (n=736).

Results

- 57% of farmers experienced stress from their farm operation in the past 5 years.

Distribution of self reported stressors by farm system, 2018



- Probit analysis: Socio- demographic factors associated with farmers experience of stress.
- Probability of experiencing stress highest for dairy farmers.
- Increased probability of stress: Agri education, higher level of indebtedness.
- Reduced probability of stress: Off farm job.

Recommendations

- Findings show that farmers experience of stress is conditioned by a number of socio-demographic and enterprise factors.
- Need to examine how stress manifests, and how it may be mediated through support from professionals and peers (i.e. SPT).
- Policy perspective
 - Better assessment of farmer wellbeing required (SDG 3).
 - Transition of the FADN to the FSDN: necessitates a more holistic measurement of farm level sustainability.