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Family Farming (A Source To Improve Livelihood in Pakistan)

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It is possible to build a production system for forestry, agriculture, fisheries and the countryside, and aquaculture through the practice of family farming. Family farming creates jobs and reduces the number of people out of work in society. The family farm results in enhanced productivity and higher farm revenue. Indirectly or directly, family farming positively impacts food security and people's quality of life. All rural farming families in the Christian were included in the study's population. A random sample of females from the study area was selected to guarantee that the entire population was represented. A total of 220 people participated in the study (rural females engaged in different farming activities). SPSS was used to analyze the data, which was acquired using a pre-tested interview plan. There was a clear consensus among the participants that family farming positively impacted their long-term financial security. As many as 84.6 percent viewed family farming as having a positive effect on rural livelihoods. The highest mean was awarded to "minimize household food insecurity" among the numerous prospective benefits of family farming. Obstacles faced by rural women in the research area impeded their adoption of family farming practices. Women's lack of access to rural development practitioners/workers was rated first for these barriers. According to the findings of the research, women farmers who work on family farms need to be better trained through extension programs to do their jobs more effectively. To better understand the problems and potential benefits of family farming in Pakistan's highlands, this study conducted in-depth interviews with local farmers.

Keywords: Family farming, Sustainable development, productivity, livelihood, Food security.

Introduction

Family farming has been devastated by political, social, economic, and ecological upheavals. Farming families must use innovative, long-term strategies based on the needs of the market [1][2], [3]. Agriculture has lower productivity than other economic sectors in developing countries [4][5][6]. Since the advent of political change, support for this industry has waned. Food safety and quality requirements are getting more strict on the demand side as well. Natural disasters, evolving social attitudes, and climate change all fundamentally affect family farming[7][8]. These advances also affect small-scale family farming because of the ripple effect [9][10]. In the highlands, this situation presents serious obstacles to developing a better quality of life.

When evaluating the potential of a family farm, one important indicator to consider is farm revenue. Family farms could benefit from farm profits in their efforts to ensure national food security. The economic worth of a family farm, gender ratio, and land rights all play important roles in ensuring local food security [11][12]. Family farms play an important role in the local economy by providing nutritious crops and goods of excellent quality. By increasing farm income, family farms will be able to address poverty on a farm-by-farm basis [13][14]. The proprietors of family farms, who are often illiterate, could benefit from being taught new skills. Maintaining accurate records and making informed decisions are essential for a business's success[15][16]. The absence of storage facilities, agricultural machinery, and a lack of farm labor are some of the concerns that need to be addressed by the public sector of extension [17], [18]. Individual family farms and the overall food security situation could benefit from increased vegetable and staple food production on regional family farms [18]. For example, [19][20] explains how to take initiative from the ground up to the national level.

Women in Chistian engage in comparatively less activity outside of the home due to cultural norms and the conservative environment. Except for plowing, women do nearly all agriculture work in the driest regions [21][22]. Female farmers in Pakistan can be judged on the amount of time to agricultural activities. More than half of Sindh's cotton and rice-growing industries were managed by women[23].

It is possible to build a production system for forestry, agriculture, fisheries, and the countryside and aquaculture through the practice of family farming. An individual or family unit is in charge of overseeing, managing, and running this system. Household labor, including both men and women, is mostly responsible for running the farming circle. When it comes to environmental, social, and economic considerations, the farm and family share a relationship that allows them to co-evolve[24].

A study conducted [25] looked into the benefits and aims of small-scale farming. The fundamental advantage of small-scale family farming is providing a plentiful supply of high-quality food for the community. He argued that agriculture conserved natural resources and minimized pollution. People who are unable to work in non-agricultural jobs can find work in this sector. It eased tensions and created a more peaceful atmosphere. Because of this, the writers felt compelled to point out the drawbacks of traditional family farming to improve conditions for female farmworkers. As a secondary objective, this research sought to identify potential locations for family farming. To better understand the problems and potential benefits of family farming in Pakistan's highlands, this study conducted in-depth interviews with local farmers [26].

Methodology

The current study was conducted in Chistian Punjab Pakistan. Many fruits and vegetables can be found in the area. The study's population included all rural farming families. A random sample of females from the study area was selected to guarantee that the entire population was represented. It's a widely held belief that they become more

psychologically mature and self-sufficient as people age. As a result, respondents' decision-making ability may be greatly influenced by their age.

Findings

About 110 female responses had an average age of 40 years were included in the sample. Middle-aged women are more likely than younger women or older women to participate in family farming activities to ensure food security for the household.

Time spent in school is defined as education, which comprises all of the methods that lead to desired changes in human behavior Knowledge and other desired mental qualities, as well as general aptitude, are fostered via education, mainly through formal schooling. Being analytical and rational is required of those who are well-educated. In light of this, the current study attempted to determine the educational level of the respondents. Most of the females in the examined locations could not read or write. According to the poll, the individuals surveyed have a secondary education (up to 10 years of schooling). Unacceptable and disheartening, study sites have large populations of illiterate people. The high percentage of illiteracy among rural women in this area is due to many factors. The inadequacy of women's social security and the dearth of village-level schools and universities are critical challenges. Perceived importance of family farming in raising rural residents' standard of giving respondents was invited to share their ideas and opinions on the importance of small-scale family farming in rural communities.

Due to land fragmentation, agricultural land is decreasing at an alarming rate, according to most respondents who participated in the data collection process. In the past, we worked on a farm to support our family. Many respondents, particularly in the research regions, believe that family farming is the best way to combat poverty and household food insecurity in the context of small agricultural landholdings. People were also asked to remark on the benefits of family farming and how it helps to enhance rural poor people's lives, which clearly shows that family farming helps rural livelihoods.

About 85.4 percent of respondents stated that family farming positively influenced rural livelihoods and food security at the family level. On the other hand, just 15.6 percent of respondents said that family farming negatively influenced rural livelihoods and household food security. This shows that family farming can enhance the livelihoods of rural families.

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According to those who participated in the survey, there are various advantages to family farming. The study's possible benefits were cost savings, labor savings, greater profit, enhanced management, increased output, and reduced household food insecurity.

To augment their income, rural women got involved in family farming. However, women were not allowed to work on the farm because of cultural restrictions. People were asked about difficulties they have faced while working on a farm in light of this. All of the constraints had varied mean values and fell into the agree and highly agree on categories, Constraints faced by rural females include a shortage of female practitioners and workers in rural development; the predominance of male society and social structure; a lack of social security; and a dearth of agricultural extension services. Agricultural extension workers need good access to farmers to disseminate technologies quickly [27]. Access to agricultural information sources and educational and training facilities all received the same mean value.

During interviews with members of households in the research region, the data collection team obtained a wide range of responses about family farming as a potential

source of income. We'd like to point you to three of the numerous reasonable viewpoints. According to one family, "We are our bosses and we may choose our working hours while keeping in mind the farm situation and the tasks that require daily base care." Splitting the associated activities allows numerous tasks to be accomplished simultaneously. Additionally, it fosters a sense of collective duty within the family while allowing us to experience the joy of preparing our meals[28].

From their viewpoints, it is obvious how much they like being their boss and being able to choose their working hours. They also benefit from the fact that they can divide the work amongst themselves. Eventually, they realized that their farm had made them a more mature individual. According to research [29], a farmer's independence is greatly enhanced by family farming. Having food grown by them brings both emotional and physical satisfaction. Farm owners have access to all of these benefits, which are only available. An animal-oriented comment was made by a family who operates a family farm, and this phenomenon needs a lot of patience on our farm. In contrast to commercial and open farms, they are well-cared for and can avoid regular antibiotic use. In our view, happy and healthy animals suggest a happy and healthy family or consumer.

The farm owners have confessed that they used to treat their animals as if they were members of the family. Among other things, they noted that it helps them cultivate patience. Instead of using conventional or commercial methods, they use traditional methods to care for their animals. Antibiotic use regularly has been shown to have long-term health implications for ruminants and their human customers [30]. The researchers made a relationship between animal welfare and human well-being. Family farms were now seen as an educational opportunity for children and their families, rather than just a source of income.

Numerous benefits accrue to students who learn on a farm, including a practical knowledge base. Our generation will benefit the most from working on our family farms. We learn about genetics, the environment, and management via our farm's agricultural activities[31].

Conclusion

`They demonstrated how learning occurs as they worked on their family's farm. They also put a lot of effort into their education. A claim was made that different varieties of the same crop would be able to be compared genetically. While working on their family farm, students get a deeper grasp of the environment and time and task management. Gender values, agricultural methods, and decision-making abilities all work together to provide the practitioner with maximum and quality learning at no cost at a family farm There is no doubt that a family-owned farm worker can learn about a wide range of applications. Family farms can be advantageous on a large or small scale, as evidenced by this case study.

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