

SUPPLEMENTARY TABLE

Supplementary Table 1: Themes and subthemes and quotes/descriptions		
Themes	Subthemes	Quotes
Personal protective Factors	Feeling of autonomy	<ul style="list-style-type: none"> Farming is a good occupation. I feel it is a more relaxed profession in terms of the freedom to choose your work. If you have a salaried job you should fit into that one routine and only get the monthly salary. In farming, you have a lot more options. You can choose what you want to cultivate, you can do commercial farming, you can do long-harvest things like banana plantations, or sugarcane. You can choose your work and that itself is a good feeling - (Participant 1) Farmers do get a lot of free time by choice. I can take a break whenever I want nobody will ask me. My life is happy, my health is good, and I might not be able to earn and save lakhs but I have peace. I don't have to go and work for someone else - (Participant 8)
	Purpose in life	<ul style="list-style-type: none"> I have a life and have to do something; I have to meet my purpose in life. And for me, it's my farming I have to do it nicely. I want to take care of my children nice for that I have to do my things. And everybody we're doing the same thing. So, I feel like I can also do that. We need money to live, to build a home, and I have to get my son married - (Participant 3). For me, I want to influence youth to come forward and do agriculture. They have to feel like "I should also do like him." I don't want to just earn money from agriculture. At least if some person realizes that I can be in agriculture and earn by doing things like this. If 10 people feel that way that's what I want. - (Participant 7).
	Passion for work	<ul style="list-style-type: none"> I love my job one hundred percent. He also adds, "I'm happy with it. I have never thought about doing anything else other than farming because I like what I'm doing." Another participant talks about his happiness in seeing his work pay off by saying; when the crops are successful there is no satisfaction and happiness more than that - (Participant 1) I love my job. I do it because I love to do it. I used to be a driver before. I was working for someone else; I have to go when he calls and if he says no work, then I can't go. Farming doesn't have any of those tensions. I am not saying farming is tensionless, it will have problems but I resolve them and be happy about what I have - (Participant 8)
	Problem-solving skills	<ul style="list-style-type: none"> I have alternative income sources so I don't have financial troubles. Problems are when some climate conditions affect our crops but at that time if you have an alternate income, it won't affect us. It will maintain you through the problem- (Participant 7). I take very few risks in my work. I try to manage with whatever I have. I take loans only if I am confident that I can afford it. Also, I try to learn and understand things before I decide on my work or finances - (Participant 6).
	Positive mindset and Building Resilience	<ul style="list-style-type: none"> I don't get tensed that much. If something happens, what can I do? If I get tense will the problems get solved? Say, today there is no electricity and if I get tense, will the electricity come back? So, I'll just have to wait maybe I'll move that work to tomorrow and work on things that can be done today- (Participant 3) When I learn new things and try them and when I get good results, I share them with others. It gives me a kind of happiness - (Participant 9)
	Learning new skills	<ul style="list-style-type: none"> I always keep learning new things in my area. There will be "melas" run by the agriculture and horticulture department, and I will go and learn new things. They will equip us to implement multiple earning points from our profession and it is very helpful in the development of farmers - (Participant 7). I do feel confident that I learn I look on mobile, there are apps and all farming apps and also in that I will look and I will study - (Participant 5).
	Spiritual and Religious beliefs	<ul style="list-style-type: none"> When I go to the temple and give an offering, I feel like something good will happen for me - (Participant 8) Praying to god gives me so much belief, confidence, and trust. So, I do it and if I don't, I'll feel like something I have not done that day. And I will be constantly thinking about some trouble that is going to come because of that - (Participant 5).

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Supplementary Table 1: (Continued)

Themes	Subthemes	Quotes
Social protective factors	Friends and peer group	<ul style="list-style-type: none"> • Better than one person sitting and worrying about the problems we need to share and talk about them. I have my friend group for that - (Participant 7). • Whenever there are some difficulties it's a usual thing for me to go and talk to. We're a farming community and we always have the same kind of issues all the time. Any time when others are having problems. I will tell them what I can, like how to do things and all because they might not know so I will tell them what they can do - (Participant 3).
	Belongingness	<ul style="list-style-type: none"> • We are into agriculture and if any problem comes up related to agriculture, I will go to other farmers to share the worries. Then what happens is that it relieves stress as they understand better - (Participant 7). • Especially during times of difficulties, everyone will be facing similar issues so we come to each other and talk about these things and help each other out. We will feel better after that. We will get a feeling of togetherness. When everyone comes together and shares, we also come up with ideas to overcome the trouble. It makes me happy - (Participant 8).
	Family	<ul style="list-style-type: none"> • Family can be a huge support. My children are small, and school-going. My wife after taking care of the kids helps me with the agricultural requirements. She also listens to me and tries to calm me down whenever I say things-(Participant 8). • Family is happiness and they are there for me. And I have to do something for my family, it's a good feeling - Participant 3).
	Social Engagements	<ul style="list-style-type: none"> • Then there are family functions where I spend with family. Also, when we need to make decisions, we come together as a family for that. Except for my immediate family whom I interact with every day, these are the occasions where we come together as a family. But there is a strong feeling of unity and togetherness for me in the family. - (Participant 7). • Every day we friends sit together around 6 o'clock or 7 o'clock and discuss our difficulties and concerns and listen to others. This happens every day and that is where we feel a little bit of relief and a feeling of being supported. Only my friends come and we sit in a circle, 7-8 people and talk about what all happened that day, crop issues and brainstorm solutions. - (Participant 2).
Environmental protective factors	Lifestyle and being physically active	<ul style="list-style-type: none"> • For us after waking up we get a good walk through the fields and our work is a good exercise for us. This keeps me healthy. I don't have any illness and I don't use any substance. Most of the farmers are healthy in that way - (Participant 9). • Our job in the field in itself is our exercise. Why do we need another physical exercise? Also, I don't eat much from outside. I need "ragi mudde." Because of all that I don't have any illness as of now. I don't smoke or drink either - (Participant 8).
	Rural environment	<ul style="list-style-type: none"> • The environment we live in also helps us in being mentally healthy for sure. Especially since we wake up early in the morning and hear nature's sound and the fresh air makes our mind clear. My mind will be free and can plan my day better. I wake up at 3 every day for many years now - (Participant 1). • Here, we get to spend time in a peaceful atmosphere and good weather. In the city, you don't get that -(Participant 9).
	Government/ Institutional Support	<ul style="list-style-type: none"> • At times of struggle, the system does support us by giving us time to build up things back and giving us schemes to support us financially - (Participant 8). • It's helpful when company (NGOs) people do come and take classes for us at once every three months - (Participant 8).
	Recognition in society	<ul style="list-style-type: none"> • I think farming is a respectful job and people do see that. I am also proud to be a farmer. My father was also a farmer. The government also tries to support us by giving loans and subsidies - (Participant 4). • Generally, there is respect for farmers and agriculture. But if we look at it, we don't get as much respect as a city person or a person doing a job in the city. We have different ways of life. We are valued more in villages than people living in cities or non-farming communities. They don't understand the complexities of farming - (Participant 1).