

AN IMPACT STUDY ON PERSPECTIVE OF KOTA TRIBES ON THEIR SOCIAL – WELL BEING IN THE NILGIRI DISTRICT

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Abstract - The term tribe is used in many different contexts to refer to a category of human social group. The predominant usage of the term is in the discipline of anthropology. The World Health Organization describes ‘wellbeing’ as a “resource for healthy living” and “positive state of health” that is “more than the absence of an illness” and enables us to function well: psychologically, physically, emotionally, and socially. Kota religion and culture revolved around the smithy. The area selected for the present study is kunthakothagiri, Guddalor kalas and keelkothagiri village from Nilgiri district. The research adopted descriptive study. The selected villages were purposively selected for the study to know about the psychological, spiritual, health and personal wellbeing of Kota tribes in Nilgiri district. The researcher selected 75 respondents by adopted Stratified random sampling method. The tool which was developed for collection of data was a self-development questionnaire. The statistical measures used in this study is t-test. The researcher concluded that the perspective of Kota tribes in their social well-being is identified that most of the people from this tribes were not aware of their well beings.

Index Terms – Tribes, Kota tribes, Well-being.

I. INTRODUCTION

India is home to numerous tribes, each with its own unique culture, language, and customs. According to the 2011 Census of India, there are 705 Scheduled Tribes (STs) in India. In Tamil Nadu, a southern state in India, is home to several tribes, the Kota tribe primarily speaks the Kota language, which belongs to the Dravidian family of languages. They are predominantly involved in agriculture, with a focus on cultivating crops like paddy, maize, and millets. Apart from agriculture, they also engage in activities like handicrafts and weaving. The Kota tribe has a rich history of art and craft. They are known for their unique handicrafts like bamboo baskets, mats, and ropes. They also produce handloom textiles, including shawls, lungis, and sarees. The Kota tribe has a distinct social structure, with a traditional village council that governs their community. The council consists of elders and is responsible for resolving disputes and making decisions related to the community. The Kota tribe also has their unique religious beliefs and practices. They worship their ancestors and nature and have a close relationship with the environment around them. Their festivals and ceremonies are a significant part of their culture, and they celebrate them with much fervor and enthusiasm. Overall, the Kota tribe is an essential part of the cultural heritage of the Nilgiri district, and their distinct customs and traditions make them a unique and fascinating community to learn about. **Well-being** refers to the state of being healthy, happy, and prosperous. It encompasses all aspects of a person's life, including physical, emotional, social, and spiritual well-being. Achieving well-being requires a balance between these different aspects of life. Physical well-being is achieved through healthy habits like regular exercise, a balanced diet, and adequate sleep. Emotional well-being is about managing stress, building positive relationships, and developing resilience. Social well-being is about building meaningful connections with others and feeling a sense of belonging. Spiritual well-being is about finding meaning and purpose in life and having a connection with something larger than oneself.

Objectives of the study

(a) Primary Objectives:

1. To study the social well-being status of Kota tribes of Niligiri district.
2. To study the socio-economic nature of the tribal community.

(b) Secondary Objectives:

1. To understand the perception of social well-being.
2. Assessing the psychological, health, personal, and spiritually.

II. REVIEW OF LITERATURE

Darren Ranco J et al., (2011) this article “Environmental justice, American Indians and the Cultural Dilemma: Developing Environmental Management for Tribal Health and Well-being” the study explains that environmental justice in the tribal context cannot be contemplated apart from a recognition of American Indian tribes' unique historical, political, and legal circumstances. American Indian tribes are sovereign governments, with inherent powers of self-government over their citizens and their territories. Their status as sovereign entities predates contact with European settlers. This separate status, nonetheless, was affirmed by the United States early on and is enshrined in the U.S. Constitution. Tribes today continue to exist as distinct sovereigns within the boundaries of the United States.

The research studies conducted by Shukla and Rishi (2014) and Sheridan et.al. (2015) concluded that with enhancing the psychosocial and spiritual well-being can reduce the anxiety and promote better quality of life. Cognitive Behaviour therapy can play a very important role to reduce the anxiety level.

Sathish. S et al.(2020), the study "Eco-cultural resilience of the Kota tribe in the Nilgiris Biosphere Reserve, India" - This study explored the resilience of the Kota tribe in the Nilgiris Biosphere Reserve in the face of environmental and cultural change. The study found that the Kota tribe has a deep knowledge of local ecosystems and has developed innovative strategies to cope with environmental challenges.

Girish Kumar. K Vet al.(2020), the study "Kota tribe: A study on their status, social structure and economic condition in Karnataka" - This study examined the socio-economic status of the Kota tribe in the Chamaraanagar district of Karnataka. The study found that the Kota tribe faces several challenges related to poverty, lack of access to education and healthcare, and discrimination.

Inder Kumar (2021) from the International Journal of Innovative Research and Advanced Studies on “*Impact Of Modernization On Indian Tribe*”, this study explains that modernization is a multifaceted process involving changes in all areas of human thought and activity .In the evolutionary perspective, them, refers to transition from primitive to traditional to industrialized society; from religious to secular ideologies; from particularism, ascription, diffuseness, self-orientation to universalism, achievement, specificity and collectively-orientation, from extended family to nuclear family and so on. The welfare programmer for tribal people should be in consonance and harmony with their way of life.

III. RESEARCH METHODOLOGY

Selection of study area:

The area selected for the present study is kunthakothagiri, Guddalor kalas and keelkothagiri village from Nilgiri district. In Nilgiri district of Tamil Nadu among the selected villages were purposively selected for the study to know about the psychological, spiritual, health and personal wellbeing of Kota tribes in Nilgiri district.

Universe and Sampling:

Universe in this study constitutes Kota tribe people from the village of kunthakothagiri, Guddalor kalas and keelkothagiri from Nilgiri district. The researcher selected 75 respondents by adopted Stratified sampling method.

Research tool:

The tool which was developed for collection of data was a self-development questionnaire.

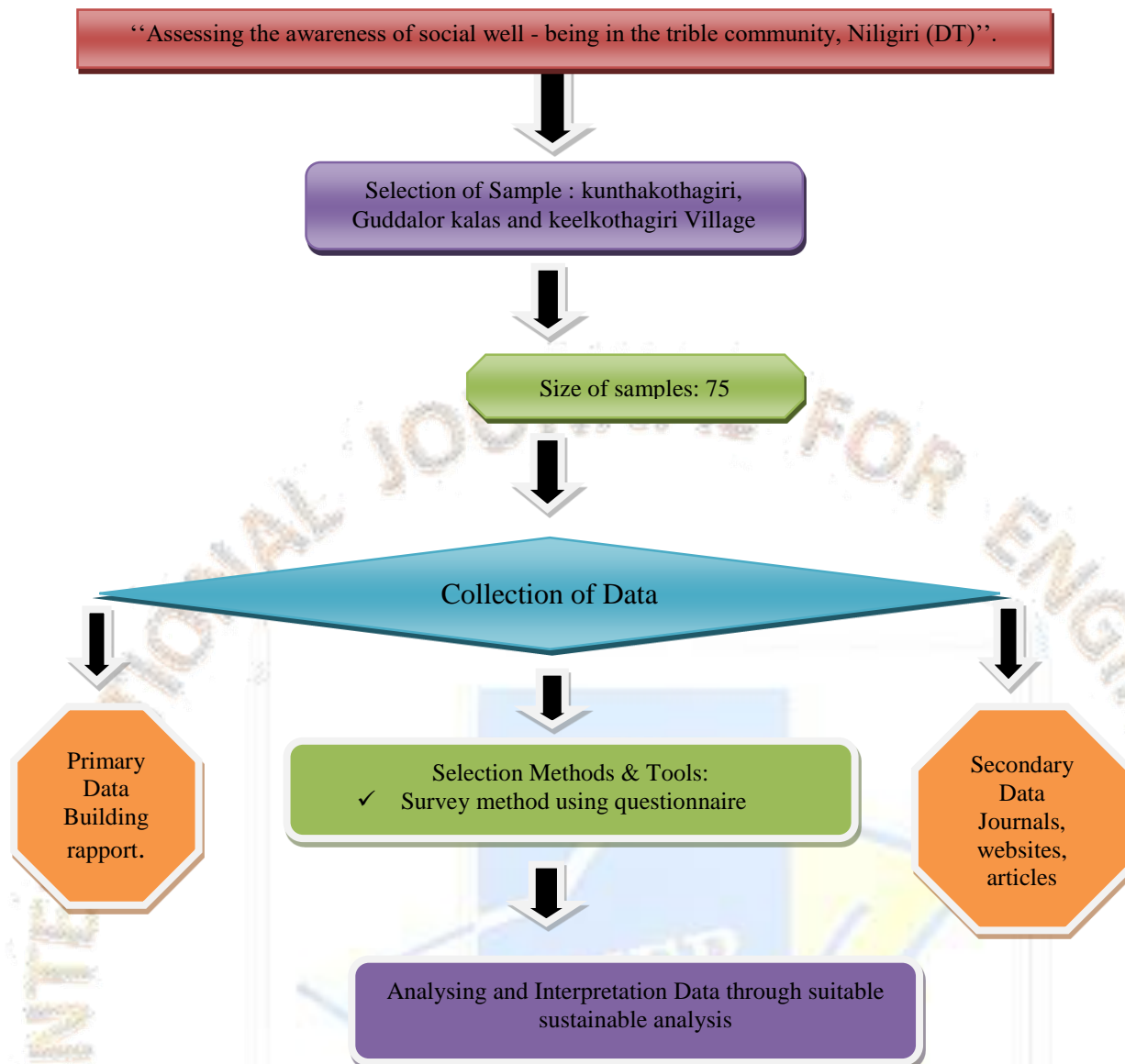
Statistical measures used

The statistical measures used in this study are t-test. The t-test is one of many tests used for the purpose of hypothesis testing in statistics.

Research design:

The research adopted descriptive study. As it is invested to produce accurate description of various relevant to the decision faced without demonstrating that some relationship exist within variables. It is used to measure the behavior variables of people subject who are under the study.

Layout of the Research



Conduct of the study:

The present study has been undertaken with the tool designed through in person visit to the study area. The research has visited the study villages continuously till completion of required data collection.

Constraints faced during the study

- The respondents are very cooperative but still some of the respondents who are not willing to share their opinion in personal and psychological well being because they are not aware of their Well being.
- During the research it is difficult to convey the study to the respondents because of language problem.

Hypothesis

1. There is no significant relationship between gender and psychological wellbeing perception.
2. There is no significant relationship between gender and spiritual well-being.

Statistical methods

INDEPENDENT T -TEST

S. No	Factors	Gender	N	Mean	SD	t	Sig. (Two sided)	Relationship
1	Psychological wellbeing	Male	40	53.60	8.941	0.773	0.442	Not signified
		Female	35	51.97	9.288			
2	Spiritual wellbeing	Male	40	80.68	3.165	-0.306	0.761	Not signified
		Female	35	80.89	2.742			

The Above table reveals that p value of the variables namely psychological wellbeing and spiritual wellbeing relationship with gender. The p value of the variables psychological wellbeing and spiritual wellbeing are more than 0.05 at 5% level of significance. Hence the null hypothesis is accepted.

IV conclusions:

The tribal population of India constitutes nearly 8 percent of the total population. This research examines the social wellbeing of the Kota tribes. Majority of the respondents were stated that they are spiritually wellbeing they feel very peaceful and blessed to be in the environment they live. The researcher concluded that the perspective of Kota tribes in their social well-being is identified that most of the people from this tribes were not aware of their well beings.

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