

# แนวทางการจัดการความเครียดในฟาร์มเลี้ยงสัตว์

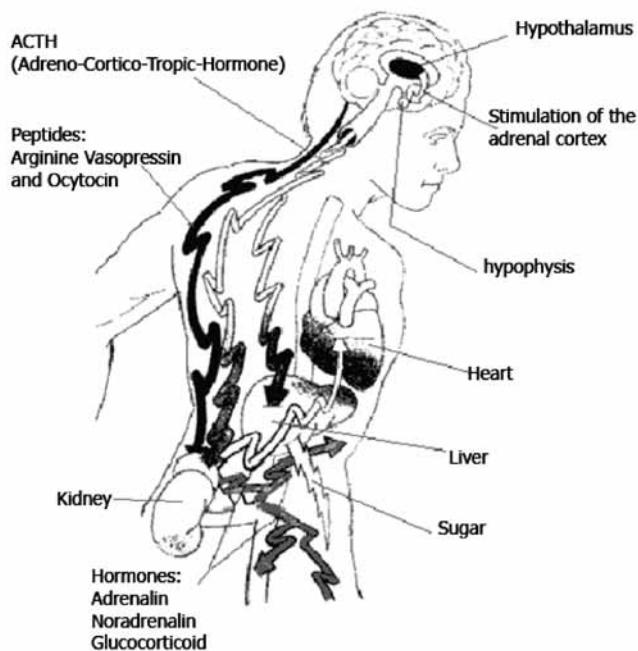
## ON FARM STRESS MANAGEMENT

C. Vajrabukka Ph.D.

### I. Introduction



<http://www.thaigreenagro.com/article/article.aspx?fArticleCatId=7&fArticleSubCatId=68>. Date of access: 11/10/2011



The biochemical cycle of stress

## II. Stress

### i. Source of stress

#### 1. Environment

- Temperature (Ambient)
- Humidity
- Air movement (wind chill factor?)
- Air pressure (altitude)
- Sound
- Odeur
- Light
- Insufficient input –i.e. Nutritional stress
- God's mercy – Fire, smoke, flood, earth quakes, sunami, etc.

2. Manager (Bank manager หอกส,farm hands, wife, etc.)

### ii. Type of stress

#### • Physical Stress

Environmental stressor ➔ Psychological stressors



#### Physical Stress

- Psychological stress



When you are not in control of a situation



#### Psychological stress

- Stress is your mind and body's response or reaction to a real or imagined threat, event or change.

- The threat, event or change are commonly called stressors. Stressors can be internal (thoughts, beliefs, attitudes or external (loss, tragedy, change).

## III. Effects of stress

Stress ➔ Losses of productions

## IV. How to deal with:

### i. Physical Stress

- Environmental Controls via Engineering Shade, Evaporation, etc.
- Using Bio – Chemical controls EM, Biogas, etc.

### ii. Psychological stress

- Meditation?

### iii. Feed and Medicine availability



## V. Conclusion

On farm Removal of stressor ➔ Cost consideration

(Break-even ?)

Small stress ➔ better health and survive longer.

## Further readings

ملجاواทางเสี่ยงในฟาร์มเสี่ยงสัตว์www.cce-vet.org/download/18510038.doc Date of access 9/10/2011

Reducing Stress Presentationwww.franciscan.edu/.../  
stressseminar/reducingstresspres...Date of access  
9/10/2011

ชาญวิทย์ชรุกุก์(2539) สื่อสารภาพแวดล้อมสัตว์เสี่ยงภาค  
วิชาสัตวบาลวิทยาเขตบางเขน กทม. 10900.