Abstract: With the increase in population density, the pressure on land has become increasingly severe in Sri Lanka. The land–man ratio in the country has decreased from 2.7 hectares in 1871 to 0.35 hectares in 1995. In this study, an attempt is made to observe the causes and problems of pressure on land, the traditional land–fragmentation pattern and attitudes towards land in a rural area. This study was conducted with a sample of 60 households, using an interviewer-administered questionnaire. Both quantitative and qualitative data were collected. The study made it clear that in a rural and predominantly agricultural area, landlessness is a heavy burden. 46 per cent of the people in the study area were landless. Such people have negative attitudes towards the land and its development, and the utilization of land in the future will be adversely affected because these persons are not motivated to increase the productivity of the land or maintain it for future generations.