



Unemployment: It's Impact On Youths Mental Health

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Abstract

The words unemployment and employment are most oftenly and frequently used in youth's group. The meaning of these words are very big than its literal meaning in youths life. Other people associated with youth also know the importance of these two words and how these two words affect the future of them. Country like India has faced the problem of unemployment because there is no job for such a huge number of youths. But unemployment is not only a national problem it is a family and social problem also. The youth, who is unemployed, himself faced so many psychological problems. The family and society expects them to work and earn money and when he failed to earn money and manage his expenses they think that he is useless. Unemployment, which has proved a bane for the society, is a universal phenomenon and is the negative aspect of the economic process as it is a condition of being without gain full work. It is generally considered as an involuntary failure to get income yielding work. Unemployed person can be a big problem for any nation. Unemployment is a concern for youths mental health.

Key Words – Employment, Unemployment, Job, Youth, Mental Health, Economy

Introduction

The words unemployment and employment are most oftenly and frequently used in youth's group, because their future depends on these words. The meaning of these words are very big than its literal meaning in youths life. Other people associated with youth also know the importance of these two words and how these two words affect the future of them. Country like India has faced the problem of unemployment because there is no job for such a huge number of youths. But unemployment is not only a national problem it is a family and social problem also. The youth, who is unemployed, himself faced so many psychological problems. The family and society expects them to work and earn money and when he failed to earn money and manage his expenses they think that he is useless. McGhee and Frayer (1989) and Saxena (1972) suggested that distinction between employment and unemployment is all the more difficult in under developed countries because of subsistence production, primitive trade and the street marketing.

The word unemployment primarily came into use in western countries only at the end of the 19th century. The concept is a straight forward one in the advanced capitalist economy for the simple reason that the division between employment and unemployment is easy because of a developed system of wages employment. In the developing countries where the wage system is only a small fragment of the economy characterized by family labour and self employment the concept loses its precise meaning in aggregate macro analysis (Pribram, 1957; Wilensky, 1967). The meaning accepted for official purpose is usually fixed in conformity with unemployment insurance legislation and the condition of registration at employment exchange. But the widely accepted definition of unemployment itself carries with it the stress overtones of unemployment. At the Individual level, as Chakrapani(1995) suggested unemployment is a condition of joblessness in spite of the fact that the individual concerned is employable, able-bodied and has a repertoire of usable and hopefully, useful skills, and a motivation and willingness to undertake work for a commensurate rewards as pay.

Unemployment, which has proved a bane for the society, is a universal phenomenon and is the negative aspect of the economic process as it is a condition of being without gain full work. It is generally considered as an involuntary failure to get income yielding work. An unemployed person is one who despite his willingness and capacity to work, is unable to do so for reasons inherent in the organization of commodity production. At the macro level unemployed is seen as the disparity between the total labour force in the working age seeking work and the total demand by employers for labour. According to Alam(2002) unemployment has created so many psycho-social problems. Unemployment has very adverse effect on the individual at the behavioural, psychological and physiological level. Eisenberg (1983) reviewed as many as 112 studies on psychological effect of unemployment and found its negative effect. Similar findings has been reported by Fraser(1980), Gurney et al.(2981), Hartley (1980). Goodchilds et al. (1983) pointed out that the study of unemployment should increase our understanding of social stress and its effect on personality and behaviour. The involuntary out of work individual is subject to stressful situation which is much more intense and much longer lasting than any which could or possibly should be imposed in laboratory experiment (Patel,2000; Abhyankae, 2003).

Unemployment for long time may make a man isolated from community and family. Lack of income and embarrassment may cause him to withdraw from recreational groups, political organisations and even religious rituals. Wilensky (1967) reported that prolonged unemployment leads to a state of apathy in which the victims do not utilize any longer even the few opportunities left to them. The unemployed become extremely isolated and often they have no friends. Organizational memberships are rare all in contrast to social life. Borgeon et al. (1990) have revealed that unemployment result in the loss of self-esteem, increase the dependency of the individual and frustration resulting in revolt. Other researchers have reported that jobless person has loss of self respect, inferiority complex, loss of self confidence and low self image. Loss of self-respect due to joblessness creates frustration and isolation from community, manifest themselves in serious emotional maladjustment like anxiety, phobia, neuroticism, depression, aggression etc.

Unemployed person can be a big problem for any nation. They destroy the family life because it affects the family economically, socially and psychologically. The direct economic impacts are obvious but there are so many indirect and non economic consequences also. According to McGhee et al. (1989) there appears to be some loss of a skill in protracted employment, a wakening of the mental outlook and increase in delinquency, physical debilitation and some deterioration in the family life. According to Hauser (1964) it has been argued that unemployment is possibly the more catastrophic and critical experience of both the person and the family and as an independent variable as great explanatory power for many types of personal and social phenomena ranging from substance abuse, delinquency, crime to mental disorders.

Objective of the Study : The present study intended to examine the effect of employment and unemployment on youths level of depression and anxiety. Employment and Unemployment were treated as independent variables whereas depression and anxiety were treated as dependent variables. Thus the objectives of the study are as follow :

1. The study intended to compare two groups of youth – Employed and Unemployed - in terms of depression. The purpose was to examine the effect of employment and unemployment on subject's level of depression.
2. The study aimed to compare impact of employment and unemployment on subject's anxiety. The purpose was to find out the impact of employment and unemployment on subjects level of anxiety.

Hypothesis : The following hypothesis has been formulated for empirical verification keeping in view the above objectives :

1. Employment and unemployment as an independent variable will show significant effect on youths level of depression.
2. Employed youths will show low level of anxiety in respect to unemployed youths.

Sample of the study : Keeping in view the nature of present study incidental cum purposive sampling method was found appropriate. The present study was conducted on an incidental come purposive sample consisting 200 youths of 21 to 30 years of age from urban area of Patna district. Half of the samples were comprise of those youths were employed and half were comprise of those youths were unemployed.

Research Tools :

1. Personal information blank was used to know the name, address, socio economic condition etc of the respondents.
2. Anxiety Scale of D. Sinha (1996) was used for measuring level of anxiety of employed and unemployed youths.
3. Manifest Depression Inventory by A. Jamuar (1986) was used for measuring level of depression of employed and unemployed youths.

Statistical analysis of the data : Statistical method applied for data analysis was t – test. Results obtained on the basis of these methods are recorded in tables and were discussed and interpreted with region and justification.

Result and interpretation : There were only two independent variables - employment and unemployment. The study consists of two dependent variables namely anxiety and depression. Anxiety scale and manifest depression inventory were administered to respondents of employed and unemployed group of youths and their scores were obtained separately. Then mean, SD and SE were calculated for both the groups. After that t - test was employed and the significance of difference between the two means of both groups were examine and the result were recorded in the table below :

Table -1**Mean, SD and t value of anxiety scores of employed and unemployed youths**

Respondents	N	Mean	SD	t	df	p
Employed	100	34.91	6.92	2.91	198	< .01
Unemployed	100	40.01	9.02			

Table -2**Mean, SD and t value of depression scores of employed and unemployed youths**

Respondents	N	Mean	SD	t	df	P
Employed	100	10.15	2.19	2.79	198	< .01
Unemployed	100	16.40	3.17			

Result showed significant effect of employment and unemployment on respondents anxiety and depression. The unemployed group of youths excelled the employed group in respect of anxiety level ($t= 2.91$, $df= 198$, $p < .01$). The unemployed group of youths also excelled employed group in respect of depression ($t = 2.79$, $df = 198$, $p < .01$). Thus it is evident that unemployed group of youths have more anxiety and depression in respect of employed group of youths. In this respect the two hypothesis retained showing the positive correlation between unemployment and anxiety and depression and negative correlation between employment and anxiety and depression. The level of anxiety and depression revealed that unemployment is a concern for youths mental health.

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