

# The Impact of Unemployment on Psychological Health

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## ABSTRACT

The current study was carried out to investigate the psychological Health level of the unemployed youth persons of Rewa (M.P.) India. Material and methods: Beck Depression Inventory (BDI-II) and other psychological tools were used to evaluate psychological health status of the subjects. The sample consisted of 100 respondents of unemployed were taken into consideration. Unemployed showed higher level of anxiety, depression, and loss of behavioural/emotional, psychological distress, and have showed lower levels of life satisfaction and psychological well-being Conclusion: In the present study it was found that unemployed youth are more prone to mental health disorders and health related issues.

**Keywords :** Unemployment Youth of Rewa M.P., Psychological problem, Anxiety, Depression

## I. INTRODUCTION

Unemployment is a frightening problem for both the developed and developing countries. India is one of those developing countries which continue to have the problem of unemployment and underemployment despite continuous policy emphasis and programmes to eliminate the problem. Despite various initiatives, the present unemployment rate in our country is at 4.9%. In India, the unemployment rate measures the number of people actively looking for a job as a percentage of the labour force. The unemployment rate for the year 2013-14 in rural India is 4.7% whereas in the share of urban India is 5.5% which is comparatively higher. The proportion of male and female workforce in rural India is 4.2% and 6.2% respectively while it is 3.9% in the particular country rather it holds the

and 12.4% respectively in Urban India. It is interesting to note that rural females are more employed than their urban counterpart whereas urban males lead their rural counterpart. The overall unemployment rate among male is 4.1% and 7.7% in female across the country. (Ministry of Labour and Employment Bureau 2013-14). Various strategies and proposals have been implemented to generate employment. Many employment programmes and policies have been introduced and undertaken to boost self-employment and help unemployed engage in public works. It is believed that India's economic growth can be accelerated if human resources are purposefully and efficiently allocated The economy of every country is completely dependent on the youth's employment generated

supremacy of the development of the country. In recent years India is facing a major challenge of unemployment which is largely caused by broken down of government policies and a lack of skill training as well as skill education. India as a big country is strongly under the hang on of unemployment issue in general particularly in Rewa region. Unemployment can endanger the growth and development of any nation but also gainful employment of every nation guarantees the development. Unemployment not only increases the likelihood of disease, but it can greatly affect one's mental health, leading to depression and decreased self-esteem. In addition, one can alienate family and friends or feel alienated themselves which can result in lack of support in one's life. The World Health Organization defines it as "a state of wellbeing in which every person recognize his other own potential, can cope with the normal stresses of life, can work efficiently and productively, and is able to make contribution to her or his community".

Poverty long-term unemployment is associated with socio-economic deprivation. People in poverty die younger, have less healthy lifestyles and live in less healthy environments and it causes premature mortality. Various studies showed that unemployed people without any previous illness were more likely to die at younger age than the general population. Jobless people are more likely to smoke and to drink to excess and the curse of unemployment may have knock on effects that increase stress and affect mental health such as loss of home and relationship breakdown.

## II. LITERATURE SURVEY

According to Kasrils (2011), further, the unemployment is considered as a 'virus'- where more than 40% are without work, income and dignity – which destroys human solidarity. It is one of main factors behind crime, gangsterism, drug abuse and violence against women and children unemployment is not a natural disaster but an outcome of the failure to redistribute wealth in the most unequal societies in the world and the workings of globalised capitalism based on the drive for profits and lowering of costs under conditions of extreme competition. It is spreading alarmingly all over the globe like HIV.

Sen (2000) stated that "Unemployment can play havoc with the lives of the jobless, and cause intense suffering and mental agony. Empirical studies of unemployment brought out how serious this effect can be. Indeed, high unemployment is often associated even with elevated rates of suicide, which is an 45 indicator of the perception of unbearability that the victims experience. The effect of prolonged joblessness can be especially damaging for the morale (p.20)." From the above views of Sen (2000), it is understood that when there is high rate of unemployment, people generally fail to meet the demands of social expectations. Hence cognition of unemployed people becomes negative and jobless persons become dependent on others. This adversely affects their behavior and they become vulnerable to criminal acts, which is also damaging to society and self.

These programs include resilience-building mental health promotion programs for unemployed people, and these programmes have

been found to be cost effective (Vinocur et al., 1991; Vuori et al., 2002). Being married is a protective factor during period of unemployment and underemployment (Dooley & Prause, 2004; McKee-Ryan et al., 2005).

Like unemployment, underemployment (e.g., people working part-time because they cannot find full-time employment) is unequally distributed across the U.S. population, with women, younger workers and African Americans reporting higher rates of involuntary part-time employment and low pay, as well as higher proportions of “discouraged” workers who give up searching for a job (McKee-Ryan et al., 2005). The negative effects of unemployment can be lessened. Individuals who face unemployment with greater financial resources, as well as who report lower levels of subjective financial strain, report better mental health and more life satisfaction than those who experience unemployment with fewer economic resources and a greater sense of financial stress (McKee-Ryan et al., 2005).

### III. DISCUSSION

Unemployment among educated youth is one of the major social problems of Rewa M.P. And the unemployment rates have continued to increase, most likely due to insufficient job creations. The present study aimed to address the gap in potential links between psychological distress and unemployment in the educated sector of the population.

The problem of unemployment gains more importance because of higher incidence of unemployment among the educated section of

youth in the state. Due to limited job opportunities available for educated youth in the state, the number of unemployed youth has been increasing in every passing year. The previous studies was also focus on the industrial sector of the state of Madhya Pradesh , both small as well as large scale and its potential to control educated unemployment and suggest measures and policies on the part of state government to establish the strong industrial base. Moreover, their study will examine the major causes for the failure of state and centrally sponsored schemes to eradicate unemployment in the state of Madhya Pradesh. Unemployment increases the psychological toll on families and can also increase stress and other negative effects of families which can exacerbate one’s overall mental health.

### IV. CONCLUSION

In the present study of found that unemployed have higher-level of anxiety, depression, self killed personality, loss of behavioural/emotional control and psychological distress and have lower level of emotional ties, low level self esteem life satisfaction and general positive affect in comparison to their counter parts. The present study also reports on the high prevalence and associated risk factors of depression, anxiety, and cognitive, behaviour related problems among job seekers. This indicates that preventive workforce initiatives aimed at better alignment between educational channel and job markets are needed. Furthermore, early mental support and resilience training programs during higher education are needed to potentially mitigate the elevated risk of mental issues among unemployed youth in Rewa M.P. We suggested that skill based and job-oriented courses should be taught at secondary

level so that its pass outs are not rendered unproductive and jobless. Further exploring with a national large-scale sample concerning our yielded risk issues.

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