



OUR HERITAGE (UGC Care Journal)

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One Day National Seminar on "Best Practices for Physical Education and Sports Faculty Development in the College"

Organized by:

Yashwantrao Chavan Mahavidyalaya, Karmala, Distt. Solapur,
Maharashtra, India

& Punyashalok Ahilyadevi Holkar Solapur University, Solapur,
Maharashtra, India

Held on 15th February 2020



“A Study of Mental Health of Employed and Unemployed Youth”

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ABSTRACT: Statement of the Problem: To study the mental health of employed and unemployed youth. Objectives The present study has been undertaken to explore the mental health of employed and unemployed youth in the age group of 22-30 yrs. Hypothesis Unemployed youth will face more behavior problem related to mental health than employed youth Sample 50 employed males and 50 unemployed males are selected. They are in the age group of 22-30. Care is taken to see that the unemployed youth do not have any financial gain from any source. Variable A variable is defined as anything that has a quantity or quality that varies. Independent Variable: Employed or unemployed male. Dependent Variable: Mental Health Tools The mental health of the subject is measured by mental health checklist by Kumar(1991). Conclusion:- The mental health of unemployed youth is comparatively poor than the mental health of employed youth.

Key words: *Mental Health, Employed Youth, Unemployed Youth.*

Introduction:-

Another term used for work or job is employment. It is the engagement of an individual in a job for his livelihood after he attains adulthood or completes education. Mouly



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(1972) defined employment as a situation in which remuneration in cash or kind is received in exchange for active, direct and personal participation in the production process. Its volume is considered as the number of man hours of work performed during a period. It is thus a sustained activity involving payment in exchange.

When paid work, despite motivation to get, is not possible, is called unemployment. It is technically confined to those who would prefer to be in the labour force (Parry, 1986). This constitutes those who want to work, are able to work, and are looking for work on payment or profit basis, registered with the employment exchanges etc., but they are still job seekers. Hayes and Nutman (1981) defined unemployment as a state of worklessness experienced by the people who see themselves or are seen by others as potential members of the work force; unemployed persons are those who are available for work, but are unable to secure it. Despite one's willingness and capacity to work, one is unable to do so for reasons inherent in the organization of commodity production.

Unemployment denies the psychological benefits of work to the person, and creates negative effects on the individual as well as society. The individual without employment lives in 'permanent impermanence'. It leads to many social problems, like gambling, thefts, dacoities, murders etc. Unemployment leads to creation of anti-social groups that remain engaged in many anti-social activities.

Many youths become unemployed when they leave school and are not able to [continue their higher education for certain reasons - may be familial, economic and potential. Those who continue education are not at all worthy potentials for higher education. They continue it because they have no job, but have enough time and money to spare for education. They seek higher education for certification and not for its real end of knowledge. They increase the problem of educated unemployed.

The economists had been very keen to talk of employment and unemployment only in terms of percentages of persons engaged in industrial activities. Therefore, the term employment is the product of industrialized countries. A full employment can then be the



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fullest utilization of human resources for production purposes. Unemployment can occur only when there is a slack in economic activity, i.e., only when there is a fall from full employment.

There can be certain categories of labour, which can be either idle or household and are never accounted to be full employed persons. They never get the opportunity of becoming fully productive. Thus, a large number of people cannot secure enough gainful employment. In urban areas where many people have jobs on daily wages or monthly bases and are likely to lose them and seek jobs of the same type elsewhere, cannot really be called employed.

Payne and Hartley (2005) found psychological strain due to unemployment. The stressful life events cause mental health to deteriorate, and consequently leading to neurotic tendencies which are of stable nature if unemployment continues for a long time. Studies on anxiety and neuroticism had already made it clear that they are results of stress.

Payne (1998) studies clearly indicated that anxiety decreases significantly if employment is restored or got. Three times tested longitudinal studies undertaken, when many of the subjects were employed by the last testing situation, indicated their stresses were reduced from 9.2 to 7.5 very significantly. However, they forgot their previous strains, which could not be seen of any increase it shows that they constantly remain under strain if unemployment persists, but it ends after job is received. The strain was economic. Neuroticism was found to be the powerful factor for the stress model, i.e., stress leads to make a man neurotic, and who had already a neurotic tendency, is likely to increase it if put under unemployment.

However, Frost and Clayson (2004) failed to show any relation between stress and unemployment, since stress values of unemployed and employed persons were quite the same. This conflicting result may be attributed to testing and sample variance. The subjects do not like to hit their esteem and ego. Therefore, while responding to the test items, they restore them and defend. It seems that the phenomenon is not so simple; the intervening variables, demographic variables and their interactions call for attention.



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Sandra, (2005), reported that employment is important to women both as a source of income and as a defining factor in self-conceptions. Attitudes and social patterns, which deny the legitimacy of women's employment, persist and ignore the importance that work has come to occupy in the lives of many women. It has often been proposed that women will actually experience less stress than men during unemployment because the work/family interface, which is a major source of stress for workingwomen, is removed. This approach has been used to further devalue the worth of women's employment, but research does not support this view. Studies that have included unemployed women show no significant difference between unemployed and employed women.

Statement of the Problem:

To study the mental health of employed and unemployed youth.

Objectives

The present study has been undertaken to explore the mental health of employed and unemployed youth in the age group of 22-30 yrs.

Hypothesis

Unemployed youth will face more behavior problem related to mental health than employed youth

Sample

50 employed males and 50 unemployed males are selected. They are in the age group of 22-30. Care is taken to see that the unemployed youth do not have any financial gain from any source.

Variable

A variable is defined as anything that has a quantity or quality that varies.



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Independent Variable: Employed or unemployed male.

Dependent Variable: Mental Health

Tools

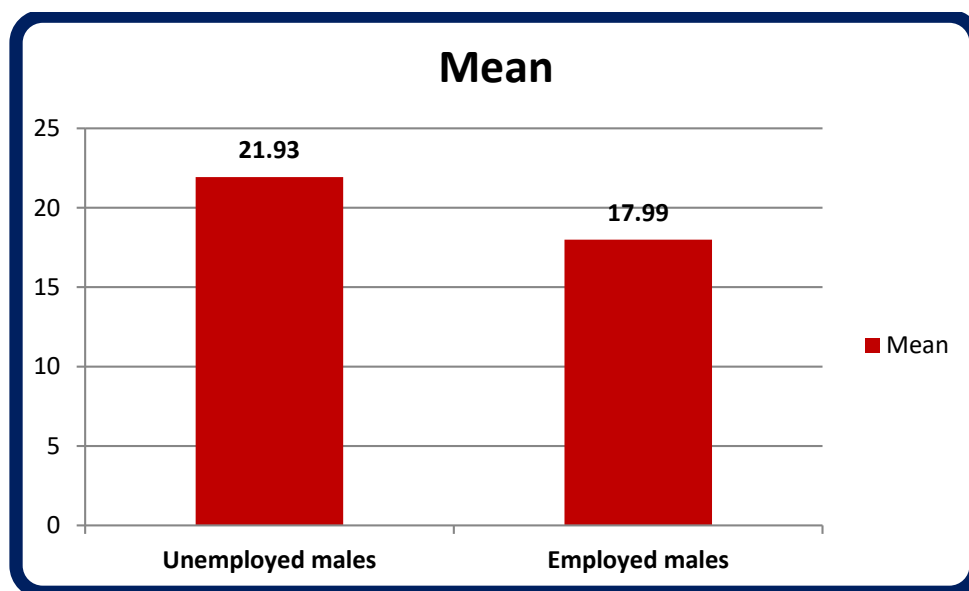
The mental health of the subject is measured by mental health checklist by Kumar(1991).

Procedure Of Data Collection

A questionnaire was administered to 100 males; 50 employed in similar jobs and 50 unemployed males in the age group of 22-30 years in Aurangabad city.

Statistical Data Analysis

Group	Mean	SD	N	df	t –value
Unemployed males	21.93	5.26	50	98	6.19**
Employed males	17.99	3.56	50		





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Table represents the mean and standard deviation value on mental health of employed and unemployed youth. It can be observed from the table that the mean score of the unemployed youth is higher than the employed youth on mental health criteria. In the present investigation an attempt was made to find out the level of insecurity and mental health of unemployed youth. In the light of above results, it can be said that each individual in a society has his identity, which is determined not only in terms of his abilities, status and capacities, but also by the social recognition of it. If he is at home, and feels he belongs to the society, he is merged in it and helps the social goal to achieve. An unemployed youth loses his identity, feels insecure and unrewarded. Therefore, he becomes incapable and incapacitated in thinking about the social uplift. He is disunited from the society. It is not only the society defining the individual; the individual has also to define society similarly. An unemployed youth comes in conflict with such common definition of society; he alienates and makes his own notion of it.

Mean value of unemployed and employed on Mental Health Inventory that unemployed have obtained high mean score (21.93) than employed (17.99) on mental health. Though, there is no marked difference between the Mean score of employed and unemployed, but the employed youth have a better mental health. They feel more confident and have a respectable position in society. Mental health is an index, which shows the extent to which the power is able to meet environmental demands whether social, emotional and physical. This mental strain is generally reflected in symptoms like anxiety, tension or hopelessness. The unemployed youth of the country has poor mental health in comparison to employed youth. The stress of not getting a proper job according to once own educational standard or expectation is so strong that it can cause some disabling and desalinating symptoms in youth. It confirms the present hypothesis to some extent.

Conclusion:-



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The mental health of unemployed youth is comparatively poor than the mental health of employed youth.

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