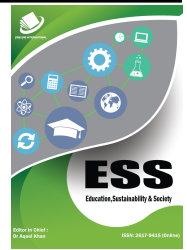




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RESEARCH ARTICLE

EXAMINING MENTAL HEALTH OF EDUCATED UNEMPLOYED

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ABSTRACT

Mental health for each person is affected by individual factors and experiences, social interaction, societal structures and resources, and cultural values. The aim of present study was to examine Mental health of Educated unemployed. Mental Health Inventory were administered on 64 educated unemployed participants in age ranging from 22-35 years in Bijnor, Uttar Pradesh. Obtained data was analyzed with independent t-test. Results revealed that there was difference between unemployed male and female on positive self evaluation, perception of reality and integration of personality. The finding of the study can be useful in giving psychosocial intervention to the unemployed persons.

KEYWORDS

Mental health, unemployed, Mental Health Inventory

1. INTRODUCTION

According to a researcher mental health like physical health, may be viewed as existing on a continuum from healthy living to chronic illness [1]. Mental health for each person is affected by individual factors and experiences, social interaction, societal structures and resources, and cultural values. It is influenced by experiences in everyday life, in families and schools, on streets, and at work [2]. Unemployed people are very likely to experience psychological tension, mainly depression and anxiety, which negatively affects their health, their family's security, and society's stability in general [3]. The classical functionalistic model states that being employed not only satisfies physical needs by the means of income, but also provides other, psychological benefits [4]. These latent functions of employment, namely regular activity, time structure, status and identity, social contacts and participation in collective purpose; are thus lacking in an unemployment situation. Consequently, there exists a worse effect on mental health than what can be attributed to loss of income.

Although the economic and noneconomic losses implied by unemployment might not be directly linked to poor mental health, their effects are probably mediated by individual social contexts, which, to a great extent, are determined by family roles and social class. For example, the impact of unemployment on people's mental health could depend on their investment in their family responsibilities which typically have different meanings for men and women [5-7]. In addition, the national rate of unemployment might affect health differently in certain subgroups. The area of youth unemployment has received little attention with this regard. One previous study that attempted to examine the effects of health selection by comparing two time periods, did not find a difference in somatic and psychological symptoms among the long-term unemployed [8]. Unemployment leads to negative perception which, according to a scholar, manifests itself in anxiety, depression, melancholy, feeling of dependency, inability to solve routine problems and self-dissatisfaction [9]. A scholar suggests that there is a causal connection between employment status and psychological well-being [10]. The employed show higher self-esteem, less depressive affect, less externality, and less

negative mood than the unemployed. In the past, several studies also found relations between these forms of capital and the mental health of unemployed youth. For instance, a negative relationship was found between the mental health of unemployed youth and poverty of the parental household [11-14]. Research indicates mental health scarring in older workers who are less capable of financially sustaining their households during an extended period of unemployment [15]. A strong positive association between alcohol use and unemployment has important implications for alcohol abuse prevention and treatment programs, as it might be necessary to intensify efforts to treat alcohol use disorders in periods of high unemployment [16,17]. In a detailed prospective study which focused directly on the worker facing unemployment, a scholar examined a variety of indicators of health and economic strain over a two-year period [18]. He found elevated depression, anxiety, and somaticism occurring only as brief initial responses for some workers; for others the emotional strain did not abate even when unemployment ended [19]. Both the prevalence and type of mental health problems are different in men and women and the same goes for mental health outcomes and coping styles during unemployment [20,21]. In a study in Finland conducted by a scholar concluded that husband's unemployment is strongly associated with his marital adjustment [22]. Previous research has shown that earlier periods of economic recession appear to have greater impact on mental health of men compared to women, but it has been suggested that the growing participation of women in the labor market may reduce this differential impact [23-26].

2. CURRENT STUDY

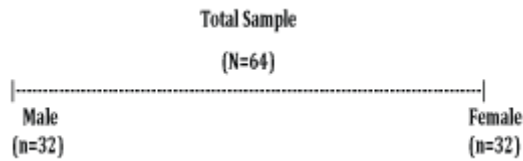
Unemployed people are very likely to experience psychological tension, mainly depression and anxiety, which negatively affects their health, their family's security, and society's stability in general. A large number of educated persons are unemployed in our country. Unemployed person does not only become victim of mental illnesses but also face difficulty in getting and continuing the costly treatment. There was dearth of studies

related to mental health and unemployment 'Therefore' the investigator attempted to examine Mental health of educated unemployed persons.

2.1 Participants

64 educated unemployed which included 32 male and 32 females, age ranging 22-35 years, who have done professional courses or post-graduation and above.

A diagrammatic presentation of the sample is given below.



2.2 Tools

2.2.1 Socio-demographic data sheet

It was prepared by the investigator to collect information about demographic details.

2.3 Mental Health Inventory

Was used to measure mental health developed by Jagdish and Srivastava (1983). It measures the mental health of the individual in six dimensions namely positive self evaluation, perception of reality, integration of personality, autonomy, group-oriented attitude and environmental mastery. This scale consists of 54 statements with four alternative answers like always, most of times, some times and never, rated on four point scale. Out of 54 statements 23 are positive and 31 statements are negative. For positive statements the scoring is 4, 3, 2, and 1 and for negative statements it is in the reverse order. The score ranges between 54- 216. High scores on mental health inventory indicate better mental health and vice-versa. In the present study only, total mental health was taken.

2.4 Procedure

Informed consent was taken prior to the administration of tools. The demographic data sheet, Mental Health Inventory were administered on 64 educated unemployed participants age ranging from 22-35 years in Bijnor, Uttar Pradesh. The participants were briefed about the purpose of the study. Then participants were given the questionnaires and proper instructions for completing the questionnaires. Confidentiality of data was ensured. Data analysis was performed by using Statistical Package for Social Science (SPSS) 21.0 version. Obtained data was analyzed with Independent t test.

Table 1: Demographic Profile of unemployed male

Education	Years of Unemployment	Marital Status	Religion
Professional Course 17	20 participant 0-6 months	10 Married	14 Hindu
Post Graduate 12	8 Participant 6-12 Months	22 Single	12 Muslim
Ph. D 3	4 More than one year		4 Sikh
			2 Christian

Table 1 revealed that seventeen participants have done professional courses, twelve post graduation and three Ph. D. In the sample twenty male participants were unemployed since six months, eight participants six months to twelve months and four participants were unemployed

more than one year. There were ten married participants and twenty two single. In terms of religion fourteen were Hindus, twelve Muslims, four Sikh and two Christians.

Table 2: Demographic Profile of unemployed Female

Education	Years of Unemployment	Marital Status	Religion
Professional Course 12	17 participant 0-6 months	12 Married	18 Hindu
Post Graduate 16	10 Participant 6-12 Months	20 Single	10 Muslim
Ph. D 4	5 More than one year		3 Sikh
			1 Christian

Table 2 revealed that twelve participants have done professional courses, sixteen post graduation and four Ph. D. In the sample seventeen female participants were unemployed since six months, ten participants six months to twelve months and five participants were unemployed more than one year. There were twelve married participants and twenty single.

In terms of religion eighteen were Hindus, ten Muslims, three Sikh and one Christians.

3. RESULT

Table 3: Summary of comparison between unemployed Male and Female on various domain of Mental Health Inventory.

		Group	N	Mean	Std. Deviation	Std. Error Mean	t-value
1	Positive Self Evaluation	Male	32	19.50	5.95	1.05	2.662
		Female	32	23.62	5.42	1.13	
2	Perception of Reality	Male	32	15.53	5.00	.88	2.016
		Female	32	18.03	4.90	.86	
3	Integration of Personality	Male	32	25.59	6.58	1.16	1.980

		Female	32	29.03	7.28	1.28	
4	Autonomy	Male	32	12.15	3.72	.65	.769
		Female	32	12.84	3.41	.60	
5	Group Oriented Attitude	Male	32	21.31	7.76	1.37	1.665
		Female	32	24.37	6.92	1.22	
6	Environmental Mastery	Male	32	22.28	6.76	1.19	1.678
		Female	32	25.12	6.79	1.20	

Result revealed that positive self-evaluation has been found to be significant at .01 level which indicate that there was difference between unemployed male and female on positive self evaluation. Perception of reality and integration of personality have been found to be significant at .05 level which indicate that there was difference between unemployed male and female on perception of reality and integration of personality. It can be observed on table that the autonomy, group-oriented attitude and environmental mastery have not found to be significant at .05 level thus no statistically significant difference on these three dimensions of mental health between unemployed male and female.

4. DISCUSSION

The aim of the present study was to examine mental health of unemployed. The demographic data sheet, Mental Health Inventory were administered on 64 educated unemployed participants age ranging from 22-35 years. Data analysis was performed by using Statistical Package for Social Science (SPSS) 21.0 version. Obtained data was analyzed with independent t-test.

Employment is very necessary for maintain good mental health if it is not available then it may influence the mental health negatively. In the present study the mean indicate that the unemployed people maintain average or below average level of mental health. Mental health for each person is affected by individual factors and experiences, social interaction, societal structures and resources, and cultural values. According to a scholar, unemployed people are very likely to experience psychological tension, mainly depression and anxiety, which negatively affects their health, their family's security, and society's stability in general.

Table 3: revealed that there was difference between unemployed male and female on positive self evaluation. There was also difference between unemployed male and female on perception of reality and integration of personality. It can be observed on table that the difference on autonomy, group oriented attitude and environmental mastery dimensions of mental health between unemployed male and female. Similarly, Earlier periods of economic recession appear to have greater impact on mental health of men compared to women, but it has been suggested that the growing participation of women in the labor market may reduce this differential impact. Both the prevalence and type of mental health problems are different in men and women and the same goes for mental health outcomes and coping styles during unemployment. The impact of unemployment on people's mental health could depend on their investment in their family responsibilities (which typically have different meanings for men and women).

In a study in Finland conducted by a scholar concluded that husband's unemployment is strongly associated with his marital adjustment.

5. CONCLUSION

Hence unemployment may cause poor mental health among people. In the present study there was significant difference between male and female on positive self evaluation, perception of reality and integration of personality. The finding can be useful in giving psychosocial intervention to the unemployed persons.

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