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Effect Of Unemployment On Mental Health And Depression Among Educated Youth

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INTRODUCTION

Unemployment has been perceived as a challenging as well as serious problem throughout the world. In India unemployment is not only a burning problem but it has become a source of various unexpected deviant behaviours among youth reflected in their activities in form of separatism, antinationalism, terrorism, regionalism etc.

Unemployment exerts economic social and psychological pressures, results in deviant behavior and mental ill-health. Shelton (1985) reported the social and psychological impact of unemployment in terms of increased stress, depression, anxiety and interpersonal problems unemployment led to decrease in perceived competence, activity and life satisfaction and increase in depressive affect (feather and O' Brien, 1986). Macky (1984) found that unemployed were possessing poorer mental health than their counterparts.

HYPOTHESES

1. There would be no significant difference between the employed and unemployed groups with regard to their mental health.
2. There would be no significant difference between the employed and the unemployed groups with regard to the degree of depression.

SAMPLE

A sample of 60 employed and 60 unemployed subjects with equal members of males and females were drawn from Tirupati town. They were in the age range from 20-40 years and had the education level from graduation to Ph.D degree.

TOOLS

Mental health Analysis questionnaire by Thorpe, Clark and Tiegs (1959) was administered to both employed and unemployed adults. Depression of the subjects was assessed with the help of depression mood scale by Quinn and Shepard (1974).

ANALYSIS OF RESULTS

The data were analyzed statistically by 't' test to find out the significance of difference between the mean values of the employed and unemployed groups.

Table – I shows the mean score (151.91) of employed groups and mean score (137.26) of unemployed group. The employed mean score is more than the unemployed mean score. It indicates that the employed adults are better in their mental health than the unemployed youths. The 't' value is found to be significant. Hence there is significant difference between the employed and unemployed youths with regard to their mental health.

TABLE – I

Means and SD scores of Mental health of Employed and Unemployed youths and Results of 't' test

Group	N	MEAN	SD	T
EMPLOYED	60	151.91	21.26	4.64**
UNEMPLOYED	60	137.26	11.77	

**significant at 0.01 level.

Results indicate the negative effect of unemployment on mental health of the youth. It deteriorates the mental health and aggravates depression among the educated unemployed youths.

TABLE – II

Means and SD scores of depression of Employed and Unemployed youths and Results of 't' test

Group	N	MEAN	SD	T
EMPLOYED	60	4.71	5.16	5.17**
UNEMPLOYED	60	12.56	2.67	

**significant at 0.01 level.

Table – II reveals that the mean depression score of to unemployed group is higher than that of the employed.

To obtained t-value is significant at 0.01 level. It indicates that unemployment aggravates depression among to educated unemployed youth.

CONCLUSION

1. Employed youths had better mental health than the unemployed youths.
2. Unemployed youths possessed higher degree of depression than employed youths.

