CHAPTER-V

INTERPRETATION

AND

DISCUSSION
A number of studies performed earlier (Brenner and Levi, 1987; Carle, 1987; Mohal, 1991.) make it evident that the root cause of unemployment may be political and economic; however, the consequences are often psychological and social. Mohal (1991) reported that unemployment plays an important role in self assertion of youth. In a study the unemployed youth were observed to be highly depressed in comparison to employed youth. In the proposed study the effect of prolong unemployment on psychological well-being of rural and urban youth was designed and the impact of unemployment on life satisfaction, self-esteem and mental health of educated youth was ascertained.

From the results recorded in table-1 it is obvious that overall mean mental health score of more than three years unemployed group was comparatively lower than that of the less than three years unemployed youth. Both the groups are significantly differ in respect of their mean mental health scores. The same tend of results are observed in case of each separate dimension of mental health inventory.

Thus the results make it evident that unemployment may be considered as an important determinant of mental health in case of educated youth. It is also obvious form the result that prolong existence of unemployment seems to be less effective. To justify this results it may be said that after long duration
of unemployment the educated individual prepare to himself to overcome the negative consequences of unemployment. They becomes adjusted with the consequences of unemployment due to long duration. Short duration of unemployment is observed to have negative effect on mental health of educated youth. Warr et al., 1988; Winefield et al. (1993) found modest negative effect of unemployment on mental health indicators on low qualified and poorly educated school leavers.

Murphy and Athanasou (1999) reviewed 16 longitudinal studies published between 1986 and 1996 that, looked at the effects on mental health, most of these studies showed a significant negative association between unemployment and mental health: job loss reduced mental health; re-employment improved mental health.

On the basis of their studies Graetz (1993) and Morrell et al. (1994) reported that unemployment has a negative effect on mental health. However, Browing and others (2003) found no significant effects of unemployment on stress related outcomes.

Hamilton, Merrign and Dufresne (1997) studied mental health of residents of east Montreal. They used a statistical technique to account for the directional relationship between mental health and non employment and observed that unemployed or inactive group of these residents significantly and negatively associated with mental health.
Farnsworth et al. (1994) focused on the issuers that unemployment has strong relation with criminal behavior. According to them, unemployment correlate with crime rate as an index for societal strain. Generally, growing jobless is perceived as an apparent expression of antisocial violence influence by social stress. This study also show that incapability to acquire employment is one of the major factor that increase in crime and corruption. Joblessness and poverty are also predictors of hard drugs and alcohol use.

Kasl (1979) examined a variety of indicators of health and economic strain over a two year period. He found elevated depression, anxiety and somaticism occurring only as brief initial responses for some workers; for other the emotional strain abate even when unemployment ended (Kasl & Cobb, 1979).

A significant number of studies reported that unemployment compensation can play an important role in ameliorating in the impact of unemployment on heath (Leeflong, Hesselink, and Spruit 1992; Rodgers, 1991).

Breslin and Mustard (2003) looked at whether the impact of unemployment on mental health varied between young adults those over age 30. They separately examined the effect of causation (from unemployment to mental health problems) and of selection (from mental health problems to unemployment); they found that becoming unemployed was associated with increased likelihood of mental
distress for the 31-55 age group, but not for the 18-30 age group.

Clark and Oswald (1994) found that the impact of unemployment on psychological distress was greatest in case of 30 to 49 years age group of study participants.

The result recorded in table -2 show significantly higher mean self-esteem scores for less than three years unemployed youth in comparison to that of the more than three years unemployed youth. These results make it clear that long duration of unemployment deteriorates self-esteem. The self perception of educated individuals become affected by prolong existence of unemployment. Short duration of unemployment is found to be less effective in minimizing self-esteem. Thus self-esteem may be labelled as a major psychological consequences of unemployment.

Wienfield and Tiggemann (1985) found that depressed mood and poor self-esteem were antecedents as well as effect of unemployment. Hence, poor mental health the might cause failure in the labour market.

Prause and Dooley (1997) demonstrated that both unemployment and underemployment had tended to retard to development of self-esteem in young people compared to their satisfactorily employed counterparts.

According to Bjorklund (1985) becoming unemployed can result in a drop in status among friends and family, and in community
at large. This can lead to a loss of self-esteem.

A perusal of results recorded in table-3 indicate higher mean life satisfaction score in case of less than three years unemployed group, than that of the more than three years unemployed group. The same trend of results were obtained for each separate dimensions of life satisfaction scale. The group designed as more than three years unemployed youth found to be less satisfied in comparison to the group designed as less than three years unemployed. The mean health satisfaction, personal satisfaction, economic satisfaction, martial satisfaction, social satisfaction and job satisfaction scores of more than three years unemployed group are found to be inferior than those of the less than three years unemployed groups. These results make it evident that prolong existence of unemployment has inverse effect on overall life satisfaction of educated youth. Due to prolong existence of unemployment the educated youth feel dissatisfaction form different facets of their lives.

The psychological wellbeing of unemployed educated youth was tested in respect of social support provided by friends and families. Table-4 shows that mean mental health score of highly friend supported group of unemployed youth was comparatively inferior than that of the low friend supported group of unemployed youth. The same trend of results are found for each separate dimension of mental health inventory, which make it clear that mental health status
of highly friend supported group of unemployed educated youth are better than that of the low friend supported group of unemployed educated youth. These results indicate the importance of friend support towards maintaining the mental health status of unemployed educated youth. Thus social support provided by friend may be considered as a vital factor for unemployed educated youth in maintaining their higher mental health status. From the results recorded in tables-5 it is obvious that mean self-esteem scores of low friend supported group of unemployed educated youth is significantly higher than that of the high friend supported group. On the basis of above results it may be said that self-esteem of unemployed youth may vary in respect of high and low social support. Social support provided by friends to unemployed educated youth is observed to be influential in facilitating their life satisfaction (table-6). From table-6 it may be seen that overall mean life satisfaction score of highly friend supported group of unemployed youth is comparatively superior than that of the low friend supported group of unemployed youth. This trend of results is being confirmed by each separate dimension of life satisfaction. Thus one can say that social support provided by friend to unemployed educated youth always facilitate their life satisfaction and life satisfaction of unemployed educated youth may be resultant of social support provided by friends.

The results recorded in table-7 shows higher mental health
status of low family supported group of unemployed educated youth in comparison to their low family supported counterparts which make it clear that social support provided by family to unemployed educated youth become always beneficial to them particularly to maintain their mental health status. Thus, family support may be considered as an important variable in prediction of mental health status of unemployed educated youth.

The perusal of results recorded in table-8 make it evident that self-esteem of unemployed educated youth may be differ in respect of their family support. Significantly higher mean self-esteem score of high family supported group of unemployed educated youth indicated that social support provided by family to unemployed educated youth plays an important role in maintaining their higher self-esteem. Thus the self-esteem of unemployed educated youth may be characterized as resultant of their family support.

The results recorded in table-9 show that overall mean life satisfaction score of highly family supported group of unemployed educated is significantly higher than that of low family supported group of unemployed educated youth. The same trend of results are found in case of each separate dimension of life satisfaction scale, however both the groups do not significantly differ in case of marital and social satisfaction. On the basis of above results it can be stated that family support provided to unemployed educated youth may be
helpful for life satisfaction of unemployed educated youth and life satisfaction of unemployed educated youth may be moderated by social support provided by their family.

Pinquart and Sorensen (2000) found additional support for the association that men and women derive satisfaction from different sources. In their study, life satisfaction was more highly related to income for men than for women.

Winkelman and Winkelman (1998) observed a negative effect of personal unemployment on life satisfaction that would require a sevenfold increase income to compensate.

Ahn (2002) found that unemployed workers with higher education level declare lower satisfaction rates with respect to their main vocational activity and leisure but declare better health than those with less education.

Verma and Asthana (2004) studied quality of life as a function of social support in gender perspective. The result revealed that social support did not affect quality of life, however sex different in quality of life was obtained. Female students perceived better quality of life in themselves in comparison to their male counterparts.

Shashi Bala (2005) in exploring psychosocial correlates of life satisfaction among elderly reported that social support and self-esteem were positively correlated with life satisfaction.
Adams, King and King (1996) reported that social support from family had a strong positive relationship with life satisfaction. There has been evidence that as work interferes with family, family members, instead of providing more social and emotional support to the distressed worker, instead draw such support.

Newsom & Schulz (1996) studies support the point of view that "lower social support" is an important reason for decreases in life satisfaction and increases in depressive symptoms among elderly.

In various studies social support, as a potential mediator of stress, has been examined for its impact on moderating the consequences of unemployment (Gore, 1978; Schafer, Coyne & Lazarus, 1981; Cobb 1976; Dean & Linn 1977; LaRocco; House and French, 1980).

Gore (1978) results have shown that unemployment stress is exacerbated by a low sense of social support. She found that the rural unemployed evidence a significantly higher level of social support than did the urban unemployed.

Kasl (1979) pointed out that the role of the social support depends on the person's stage of adaptation to the unemployment status. It remained uncertain over more prolonged time periods, high level of social support did have a buffering influence.

The mental health, self-esteem, and life satisfaction scores of study participants were also counterparted in the context of rural
and urban groups of unemployed educated youth. The result recorded in table-10 show higher mean mental health score of urban unemployed youth than their rural counterparts, however both the group did not differ significantly. These groups differ significantly a perception of reality and integration of personality dimension of mental health. On the basis of these results it may be concluded that mental health status of unemployed educated youth becomes unaffected from their residential place.

Table-11 make it evident that mean self esteem scores of urban respondents is comparatively higher than that of their rural counterparts. On the basis of this result it may be say that self perception of unemployed educated youth differ in of their urban and rural population.

From the results recorded in table-12 it is obvious that urban and rural unemployed educated youth do not differ in respect of their life satisfaction. Both the groups seem significantly satisfied with their life. It is worth maintaining here, that mean health satisfaction score of urban group is significantly higher than that of the rural group of unemployed educated youth. The mean personal satisfaction score of rural group of unemployed educated youth is observed to be significantly better in comparison to that of the urban group of unemployed educated youth. The marital satisfaction of urban group of study participants is found to be superior as
compared to rural group of unemployed educated youth.

Herberg (1973) found residence in stressful urban areas to be characterized by factors as low median income, little formal education, residential instability, marital instability, and crime. Urban residence also related inversely to health.

Moller (2001) did a major study between 1987 and 1998 in South Africa on the quality of life in unemployment. From a social psychological vantage point, she examined the quality of life of the black unemployment in urban areas. The overall conclusion was that of relative financial and psychological deprivation. Although quality of life was undoubtedly deprived, there was evidence that feeling of self-esteem and personal competence were not permanently harmed.

The mental health status, self-esteem, and life satisfaction of unemployed educated youth are analyzed separately in case of male and female study participants. On the basis of obtained results, sex effect of these variables may be ascertained. The results recorded in table-13 reveal higher mean mental health score for female unemployed educated youth in comparison to that of their male counterparts. Same trend of results are found in case of each separate dimension of mental health inventory. The mean scores on perception of reality, autonomy, and environmental competence do not differ in respect of male and female unemployed educated youth. On the basis of result obtained in case of overall mental health inventory it may be
concluded that male unemployed educated youth have better mental health status in comparison to male unemployed educated youth. Group oriented attitude, integrated personality and real perception of male unemployed youth are superior to those of their female counterparts.

The results recorded in table-14 indicate that self-esteem of male unemployed educated youth was higher as compared to female unemployed educated youth. This confirms that self perception of male unemployed educated youth becomes always better than the female unemployed educated youth.

Table-15 shows higher life satisfaction score for female unemployed educated youth in comparison to their male counterparts which confirm that female unemployed educated youth are highly satisfied with their life than the male unemployed educated youth. It may be because female do not perceive themselves as unemployed after completing their education. On the other hand after completing their education males attempt to achieve some job or work for their future survival and existence. The lower mean health satisfaction, economic satisfaction, and job satisfaction of male unemployed educated youth further confirms fore said results. However male and female unemployed educated youth do not differ in respect of their personal, marital and social satisfaction. On the basis of above results it may be assumed that sex is an important factor to predict
the life satisfaction of unemployed educated youth.

Ahn et al. (2004) found that men enjoy higher satisfaction level with leisure time and health than women which suggest that unemployed women dedicated more time on non-leisure activities than unemployed.

Unemployment has negative effects on the physical well-being of the suffering people. The unemployed are likely to experience such feelings as depression, hopelessness, disgrace, annoyance, bitterness and humiliation (Goldney, 1997; Hammarstrom and Janlert, 1997). Different crimes like dishonesty, fraud, theft and violence generally prevail in a society where population is unemployed on a large scale. A variety of other mental and health disorders, drug abuse and psychosomatic ailments are strongly linked with unemployment (Britt, 1994; Weich and Lewis, 1998; Reyonds, 2000).

In a survey research Winkelman & Winkelman (1998) observed significant lesser life satisfaction among employed men than the unemployed men in Germany. The quality of life was also observed to be inferior among unemployed men than that of the employed men in United Kingdom (Clark, 2003).