CHAPTER-VI

SUMMARY

AND

CONCLUSION
Unemployment is more or less identified as an universal problem. The number of job seekers on the live registers of employment exchange increase each passing year. Though the problem of unemployment is characterized by social, psychological and medical effects, the impact of work and no work on community and individual health is an epidemic modern societies. There are significant empirical evidences about the societal and socio-medical consequences of employment.

The present investigation is designed to examine the effects of prolong unemployment on psychological well-being of rural and urban youth. Life satisfaction, self-esteem and mental health are hypothesized as psychological well-being of youth. Social support is used as a contingent factor for psychological well-being of unemployed youth. Sex effects on psychological well-being is also hypothesized in the course of this study. The psychological well-being of rural and urban unemployment youth are separately identified. Out of fifteen hypothesis framed in this study most of them confirmed or partially confirmed.

Four psychometric measures were used to obtain the responses of study participants. Life satisfaction scale was utilized to ascertain the satisfaction of respondents in respect of different facets of their lives. Self-esteem inventory was used to measure the self-esteem of study participants as a component of psychological
well-being. Mental health inventory was administered of entire sample of the study to measure their mental health status. The functional social support questionnaire was used to assess the level of support provided by friend and family to study participants.

Out of 1000 respondents half of them labelled as more than three years unemployed group and another half were labelled as less than three years unemployed group. Males and females were also matched in both the groups. Both the groups were covered with equal number of urban and rural unemployed youth.

The responses obtained through administering the different psychometric measure were scored with the help of prescribed manuals and data were analyzed in term of mean and standard deviation. The 't' test was used to find out the significance of difference between two means.

The results indicate that mean mental health score of more than three years unemployed group was comparatively lower than that of the less than three years unemployment youth which make it evident that more than three years unemployment youth have inferior mental health status than their less than three years counterparts. Same trend of results are observed for each separate dimensions of mental health inventory.

The results of the study reveal higher self-esteem in case of less than three years unemployed youth as compared to more than
three years unemployed youth. It is also observed that mean life satisfaction score of less than three years unemployed youth is comparatively higher than that of the more than three years unemployed youth.

It is obvious from the result that mean mental health scores of highly friend supported group of unemployed youth was comparatively inferior than that of the low friend supported group which make it clear that social support provided by friend play an important role in determining the mental health status of unemployment youth. Highly supported group have lower mental health status in comparison to low friend supported group. The deference in self-esteem scores of unemployed youth is found to be significant in respect of high and low social support provided by friends. The mean life satisfaction score of highly friend supported group of unemployed youth is found to be comparatively superior than that of the low friend supported group. The lower mental health score of highly family supported group of unemployed youth indicates that highly supported group have lower mental health status in comparison to low family supported group. The mean self-esteem score of highly family supported group of unemployed youth is found to be higher in comparison to the mean self esteem score of low family supported group. The highly family supported group of unemployed youth evince higher life satisfaction in comparison to their low family supported
counterparts.

The mean mental health score of urban unemployed youth was found higher in comparison to rural unemployed youth which make it evident that mental health status of urban unemployed becomes better than rural unemployed youth. The mean self-esteem score of urban unemployed youth was observed to be higher than that of their rural counterparts. Urban and rural unemployed youth do not differ in respect of their life satisfaction, however mean health satisfaction score of urban unemployed group is found to be significantly higher than that of the rural unemployed group. The personal satisfaction of rural unemployed group was significantly better than that of the urban unemployed group. The marital satisfaction of urban group of study participants is found to be better as compared to rural unemployed group.

The mean mental health score of female unemployed youth was observed to be higher than their male counterparts which make it clear that female unemployed youth maintain higher mental health status than males. The mean self-esteem of male unemployed youth was observed to be significantly higher than that of the female unemployed youth. The mean life satisfaction score of female unemployed youth was found to be higher as compared to that of the male unemployed youth.

On the basis of result obtained though present study
following conclusion may be drawn -

1- Unemployment may be considered as an important determinant of mental health in case of educated youth. Prolong existence of unemployment seems to be less effective than short duration of unemployment.

2- Self-esteem may be labelled as a major psychological consequence of unemployment. Prolong existence of unemployment deteriorates self-esteem of educated youth.

3- Prolong existence of unemployment has inverse effect on life satisfaction of educated youth. Due to prolong existence of unemployment the educated youth feel dissatisfaction from different facets of their lives.

4- Social support provided by friends may be considered as a vital factor in prediction of mental health status of unemployment youth.

5- The self-esteem of unemployment youth may be in vary respect of high and low social support provided by their friends.

6- Social support provided by friends facilitate to life satisfaction of unemployed youth. Highly supported group of unemployed youth exhibits better life satisfaction than their low supported counterparts.

7- Family support to unemployed youth is identified as an important predictor of their mental health status. The unemployed youth who perceive higher family support expose better mental health
in comparison to their low family supported counterparts.

8- Social support provided by family to unemployed educated youth plays an important role in maintaining their self-esteem.

9- High family supported group of unemployed youth become highly satisfied with their lives in comparison to that of the low family supported group of unemployed educated youth.

10- Urban and rural unemployed educated youth do not differ in respect of their mental health status as well as over all life satisfaction, however self-esteem of urban respondents was comparatively higher than that of the rural respondents.

11- The effect of sex different on mental health, self-esteem and life satisfaction are partially established in this study.

12- Unemployment is identified as an important casual factor of psychological well-being of educated youth. Unemployed youth feel psychologically unhealthy to themselves.

Though the study was performed very carefully, yet some confusion in respect of sample selection and design may attract to attention of readers. It is important to note here that the use of factorial design may not produce fruitful results in case of applied social field of researches, so, the Ex post, facte design was used in the present study. Future researchers may be directed to overcome the confusion and short coming of this study.

Appropriate training programmes and counseling sessions should be organized in order to minimize the bad effects of unemployment on educated adolescents.

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