CHAPTER VI

SUMMARY & DISCUSSION
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6. Introduction: To carry out the present research, an extensive survey of literature relating to unemployment and employment and their mental health was conducted. Survey revealed that studies were relatively scanty, particularly involving psychological impact of unemployment for the variables Self-Concept and Anger. No literature was available on Anger as related to employment and unemployment. However a good number of such studies were available in case of depression related to unemployment. But no such comparative study was conducted so far involving unemployed male youths and unemployed female youths with respected to the variables “State Anxiety”, “Trait Anxiety”, “Depression”, “Self-Concept”, “Suicidal Ideation”, “State Anger” and “Trait Anger”. Hence this problem was chosen by the researcher as a fertile field of research. As has already been stated in chapter – 4, for the purpose of this research work, 540 unemployed youths were selected through purposive sampling technique from different zones of Kolkata city viz.(North, Central and South). From each zone 180 youths were selected of which 90 were male and 90 were female. Similarly 540 “controls” of employed youths were selected from Kolkata City, 180 from each zone of which 90 were male and 90 were female for comparison with unemployed youths.

For assessment of the dependent variables (Self-Concept, State Anxiety, Trait Anxiety, Depression, State Anger, Trait Anger and Suicidal Ideation) the tools used in the study were:

1) General Information Schedule.
2) Bengali adapted version of Self-Concept Scale.
3) Bengali adapted version of State-Trait Anxiety Inventory.
4) Bengali adapted version of Beck Depression Inventory.
5) Bengali adapted version of State-Trait Anger Expression Inventory.
6) Bengali Adapted version of Suicidal Ideation Questionnaire.
These scales were administered individually to the unemployed youths and employed youths as per their convenient time and place.

This assessment of the dependent variables was the first phase of the study.

The second phase of the study was counselling of a group of 10 unemployed male youths and 10 unemployed female youths selected randomly from the groups, to alleviate their “State Anxiety”, “Depression”, “State Anger” and “Suicidal Ideation”. 10 unemployed male youths were divided into two groups, each consisting of 5 male unemployed youths. Each of these two groups was subjected to counselling for 10 consecutive sessions (each session lasting for one hour). This same procedure was adopted for counselling the 10 selected unemployed female youths.

Post counselling scores of the variables “State Anxiety”, “Depression”, “State Anger” and “Suicidal Ideation” were obtained by administering the State-Trait Anxiety Scale, Beck Depression Inventory, State-Trait Anger Expression Inventory and Suicidal Ideation Scale individually to these two groups of 10 unemployed male and 10 unemployed female youths, after counselling sessions were completed.

Pre-counselling and Post-counselling scores on “State Anxiety”, “Depression”, “State Anger” and “Suicidal Ideation” were analyzed by ‘Sign Test’ to determine efficacy of counselling, if any.

Assessment data of the first phase of the study for comparison of unemployed youth groups and employed youth groups were presented in Table: 5.3 – 5.13 and psychological intervention (counselling) data including pre-counselling scores of the second phase were presented in Table 5.14 – 5.21 in chapter- 5.

Let us now discuss the findings of the study presented in chapter 5 in brief for revealing the outcome of the present research work.
6.1. Explanation of the Data Presented in Table 5.3:

F-ratios presented in Table 5.3 reveal the following:

- Employment status and sex have significant effect on State anxiety, while there is a significant interactional effect of employedness and sex on State Anxiety.

- Employment status and sex have significant effect on Trait anxiety, while there is a significant interactional effect of employedness and sex on Trait Anxiety.

- Employment status and sex have significant effect on Depression, while there is a significant interactional effect of employedness and sex on Depression.

- Employment status and sex have significant effect on Self concept, while there is no significant interactional effect of employedness and sex on Self concept.

- Employment status and sex have significant effect on Suicidal Ideation, while there is a significant interactional effect of employedness and sex on Suicidal Ideation.

- Employment status and sex have significant effect on State Anger, while there is no significant interactional effect of employedness and sex on State Anger.

- Employment status have significant effect on Trait Anger but sex has no significant effect on Trait Anger, while there is a significant interactional effect of employedness and sex on Trait Anger.
6.2. Explanation of the Data Presented in Table 5.4:

As all the t-ratios presented in Table 5.4 are significant at .01 level, therefore the explanations given in Table 5.4 hold good. This means that ————

• State Anxiety and Trait Anxiety are more in unemployed youths compared to employed youths.
• Unemployed youths were more depressed than employed youths.
• Employed youths have better self concept than unemployed youths.
• Unemployed youths have more Suicidal Ideation than employed youths.
• State anger and Trait Anger are more as found in unemployed youths compared to employed youths.

6.3. Explanation of the Data Presented in Table 5.5:

As most of the t-ratios presented in Table 5.5 are significant at .01 level or .05 level, therefore the explanations given in Table 5.5 hold good. This means that—

• State Anxiety and Depression are more in case of unemployed male youths compared to employed male youths.
• State Anger of unemployed male youths is more than that of employed male youths.
• Self Concept of employed male youths is better than that of unemployed male youth.
• Finally, suicidal Ideation is more in case of unemployed male youths compared to employed male youths.
6.4. Explanation of the Data Presented in Table 5.6:

As all the t-ratios presented in Table 5.6 are significant at .01 level, therefore the explanations given in Table 5.6 hold good. This means that ————

- State and Trait anxiety along with Depression are much more in unemployed female youths compared to employed female youths.
- Employed female youths have better Self Concept compared to unemployed female youths.
- Also unemployed female youths are more prone to Suicidal Ideation than employed female youths.
- Unemployed female youths reveal more anger (in both State and Trait Anger) than employed female youths.

6.5. Explanation of the Data Presented in Table 5.7:

As all the t-ratios presented in Table 5.7 are significant at .01 level, therefore the explanations given in Table 5.7 hold good. This means that ————

- State Anxiety and Trait anxiety are much higher in unemployed female youths in comparison to employed male youths.
- Unemployed female youths are more depressed than those for employed male youths.
- Employed male youths have better Self Concept than that for unemployed female youths.
- Unemployed female youths have more Suicidal Ideation than that for employed male youths.
- Unemployed female youths also have higher State anger and Trait Anger compared to employed male youths.
6.6. Explanation of the Data Presented in Table 5.8:
As most of the t-ratios presented in Table 5.8 are significant at .01 level, therefore the explanations given in Table 5.8 hold good. This means that

- State Anxiety and Trait Anxiety along with depression are more among unemployed male youths than those employed female youths.
- Also unemployed males have more Suicidal Ideation and State Anger compared to employed female youths. But these two groups do not differ with respect to the variables Self-Concept and Trait Anger.

6.7. Explanation of the Data Presented in Table 5.9:
As all the t-ratios presented in Table 5.9 are significant at .01 level, therefore the explanations given in Table 5.9 hold good. This means that

- State and Trait anxiety along with Depression are higher in unemployed female youths in comparison to unemployed male youths.
- Unemployed male youths have better self concept than that for unemployed female youths.
- Unemployed female youths have higher Suicidal Ideation than those unemployed male youths.
- State Anger and Trait Anger of unemployed female youths are higher compared to unemployed male youths.

6.8. Explanation of the Data Presented in Table 5.10:
The findings in respect of Unemployed Male Youths (UMY) reveal the following on the basis of correlation coefficients computed:

i) The more the State Anxiety, the more is Trait Anxiety.
ii) The more the State Anxiety, the more is Depression.

iii) The more the State Anxiety, the worse the Self Concept.

iv) The more the State Anxiety, the more is the Suicidal Ideation.

v) The more the State Anxiety, the more is the State Anger.

vi) The more the State Anxiety, the more is Trait Anger.

vii) The more the Trait Anxiety, the more is Depression.

viii) The more the Trait Anxiety, the worse is Self Concept.

ix) The more the Trait Anxiety, the more is Suicidal Ideation.

x) The more the Trait Anxiety, the more is State Anger.

xi) The more the Trait Anxiety, the more is Trait Anger.

xii) The more the Depression, the worse is Self Concept.

xiii) The more the Depression, the more is the Suicidal Ideation.

xiv) The more the Depression, the less is State Anger.

xv) The more the Depression, the less is Trait Anger.

xvi) The better the Self Concept, the less is Suicidal Ideation.

xvii) The better the Self Concept, the less is State Anger.

xviii) The better the Self Concept, the less is the Trait Anger.

xix) The more the Suicidal Ideation, the more is the State Anger.

xx) The more the Suicidal Ideation, the more is the Trait Anger.

xxi) The more the State Anger, the more is the Trait Anger.

6.9. Explanation of the Data Presented in Table 5.11:

The findings in respect of Unemployed Female Youths (UFY) reveal the following on the basis of correlation coefficients computed:

i) The more the State Anxiety, the more is Trait Anxiety.

ii) The more the State Anxiety, the more is Depression.

iii) The more the State Anxiety, the worse the Self Concept.

iv) The more the State Anxiety, the more is the Suicidal Ideation.

v) The more the State Anxiety, the more the State Anger.

vi) The more the State Anxiety, the more is Trait Anger.

vii) The more the Trait Anxiety, the more is Depression.

viii) The more the Trait Anxiety, the worse is Self Concept.

ix) The more the Trait Anxiety, the more is Suicidal Ideation.

x) The more the Trait Anxiety, the more is State Anger.

xi) The more the Trait Anxiety, the more is Trait Anger.

xii) The more the Depression, the worse is Self Concept.

xiii) The more the Depression, the more is Suicidal Ideation.
xiv) The more the Depression, the less is State Anger.
xv) The more the Depression, the less is Trait anger.
xvi) The better the Self Concept, the less is Suicidal Ideation.
xvii) The better the Self Concept, the less is state Anger.
xviii) The better the Self Concept, the less is the Trait Anger.
xix) The more the Suicidal Ideation, the more is the State Anger.
xx) The more the Suicidal Ideation, the more is the Trait Anger.
xxi) The more the State Anger, the more is the Trait Anger.

6.10. Explanation of the Data Presented in Table 5.12:
The findings in respect of Employed Male Youths (EMY) reveal the following on the basis of correlation coefficients computed:

i) The more the State Anxiety, the more is Trait Anxiety.
ii) The more the State Anxiety, the more is Depression.
iii) The more the State Anxiety, the worse the Self Concept.
iv) The more the State Anxiety, the more is Suicidal Ideation.
v) The more the State Anxiety, the more the State Anger.
vi) The more the State Anxiety, the more is Trait Anger.
vii) The Trait Anxiety and Depression has no significant correlation.
viii) The more the Trait Anxiety, the worse is Self Concept.
ix) The Trait Anxiety and Suicidal Ideation have no significant correlation.
x) The more the Trait Anxiety, the more is State Anger.
xi) The Trait Anxiety and Trait Anger have no significant correlation.
xii) The more the Depression, the worse is Self Concept.
xiii) The more the Depression, the more is Suicidal Ideation.
xiv) The more the Depression, the less is State Anger.
xv) The Depression and Trait anger have no significant correlation.
xvi) The better the Self Concept, the less is Suicidal Ideation.
xvii) The better the Self Concept, the less is state Anger.
xviii) The better the Self Concept, the less is the Trait Anger.
xix) The more the Suicidal Ideation, the more is the State Anger.
xx) The more the Suicidal Ideation, the more is the Trait Anger.
xxi) The more the State Anger, the more is the Trait Anger.
6.11. Explanation of the Data Presented in Table 5.13:

The findings in respect of *Employed Female Youths (EFY)* reveal the following on the basis of correlation coefficients computed:

i) The more the State Anxiety, the more is Trait Anxiety.

ii) The more the State Anxiety, the more is Depression.

iii) The more the State Anxiety, the worse the Self Concept.

iv) The more the State Anxiety, the more is Suicidal Ideation.

v) The more the State Anxiety, the more the State Anger.

vi) State Anxiety and Trait Anger have no significant correlation.

vii) The Trait Anxiety and Depression have no significant correlation.

viii) The more the Trait Anxiety, the worse is Self Concept.

ix) Trait Anxiety and Suicidal Ideation have no significant correlation.

x) The more the Trait Anxiety, the more is State Anger.

xi) The more the Trait Anxiety, the more is Trait Anger.

xii) The more the Depression, the worse is Self Concept.

xiii) The more the Depression, the more is Suicidal Ideation.

xiv) The more the Depression, the less is State Anger.

xv) Depression and Trait anger have no significant correlation.

xvi) The better the Self Concept, the less is Suicidal Ideation.

xvii) The better the Self Concept, the less is state Anger.

xviii) The better the Self Concept, the less is the Trait Anger.

xix) The more the Suicidal Ideation, the more is the State Anger.

xx) The more the Suicidal Ideation, the more is the Trait Anger.

xxi) The more the State Anger, the more is the Trait Anger.

Therefore from tables 5.10-5.13 it can be concluded that Self concept is negatively correlated with State Anxiety, Trait Anxiety, Depression, Suicidal Ideation, State Anger and Trait Anger, i.e. the better the self concept less is the State Anxiety, Trait Anxiety, Depression, Suicidal Ideation, State Anger and Trait Anger.
Moreover, State Anxiety, Trait Anxiety, Depression and Suicidal Ideation are found to be positively correlated with one another. This means that increase in one also increases the others and conversely, decrease in one also in decrease the others.

6.12. Explanation of the Data Presented in Table 5.14:
- Counselling was effective in reducing State Anxiety of the unemployed male youths.

6.13. Explanation of the Data Presented in Table 5.15:
- Counselling was effective in reducing Depression of the unemployed male youths.

6.14. Explanation of the Data Presented in Table 5.16:
- Counselling was effective in reducing State Anger of the unemployed male youths.

6.15. Explanation of the Data Presented in Table 5.17:
Counselling was effective in reducing Suicidal Ideation of the unemployed male youths.

6.16. Explanation of the Data Presented in Table 5.18:
- Counselling was effective in reducing State Anxiety of the unemployed female youths.
6.17. Explanation of the Data Presented in Table 5.19:

- Counselling was effective in reducing Depression of the unemployed female youths.

6.18. Explanation of the Data Presented in Table 5.20:

- Counselling was effective in reducing State Anger of the unemployed female youths.

6.19. Explanation of the Data Presented in Table 5.21:

Counselling was effective in reducing Suicidal Ideation of the unemployed female youths.

6.20. Outcome of this Research in a Nut-Shell:

- State anxiety, Trait anxiety, Depression, Suicidal ideation, State anger and Trait anger are more in unemployed youths compared to employed youths while Self concept is better in case of employed youths compared to unemployed youths.

- State anxiety, depression, suicidal ideation and state anger are more in unemployed male youths compared to employed male youths while self concept is better in employed male youths compared to unemployed male youths. But these two groups do not differ significantly with respect to trait anxiety and trait anger.

- State anxiety, Trait anxiety, Depression, Suicidal ideation, State anger and Trait anger are more in unemployed female youths compared to employed female youths, while Self concept is better in employed female youths compared to unemployed female youths.

- State anxiety, Trait anxiety, depression, Suicidal ideation, State anger and Trait anger are more in unemployed female youths compared to
employed male youths while Self concept is better in employed male youths compared to unemployed female youths.

- State anxiety, Trait anxiety, depression, Suicidal ideation and State anger are more in unemployed male youths compared to employed female youths. But these two groups do not differ significantly with respect to Self concept and Trait anger.

- State anxiety, Trait anxiety, Depression, Suicidal ideation, State anger and Trait anger are more in unemployed female youths compared to unemployed male youths while Self concept is better in unemployed male youths compared to unemployed female youths.

- Self Concept is found to be negatively correlated with State Anxiety, Trait Anxiety, Depression, Suicidal Ideation, State Anger and Trait Anger.

- State Anxiety, Trait Anxiety, Depression and Suicidal Ideation are found to be positively correlated with one another.

- Counselling was effective in reducing State Anxiety, Depression, State Anger and Suicidal Ideation of both the male and female unemployed youths.
6.21: Applied Value of the Study:

The study suggests necessity of counselling in overcoming distressed conditions of the unemployed youths.

Psychologist may apply the present study findings for counselling and psychotherapy for unemployed youths.

Also it will make the government aware of the urgency of providing salarised jobs to the youth as a preventive measure to deteriorating mental conditions of the unemployed youths.

6.22: Suggestion for further Research:

- Various communities (religious groups, language groups etc) of unemployed youths may be selected and compared with employed groups on the dependent variables used in the study.

- Master degree holders of unemployed youths may be selected and compared on the dependent variables used in the study.

- Other psychological variables may also be included in the future studies.

- Copying strategies may also be included in future studies.

- Groups of different socio-economic status of unemployed youths may be included in future studies.

- Unemployed youths may also be selected from different districts of West Bengal.