Conclusions, Future Research Suggestions and Limitations

Conclusions

The purpose of the present study was to determine the relationship between general health and alienation and general health and hopelessness among educated unemployed adults. The findings of the present study led to the certain conclusions as below:

- Significant positive relationships were found between alienation and general health, hopelessness and general health and alienation and hopelessness among unemployed educated adults for overall sample.
- Significant positive relationships were found between alienation and general health, hopelessness and general health, and alienation and hopelessness among male unemployed educated adults.
- Significant positive relationships were found between alienation and general health, hopelessness and general health, and alienation and hopelessness among female unemployed educated adults.
- Significant positive relationships were found between alienation and general health, hopelessness and general health and alienation and hopelessness among male unemployed educated adults of Kashmir.
- Significant positive relationships were found between alienation and general health, hopelessness and general health, and alienation and hopelessness among female educated unemployed adults of Kashmir.
• Significant positive relationships were found between alienation and general health, hopelessness and general health, and alienation and hopelessness among male educated unemployed adults of U.P.

• Significant positive relationships were found between alienation and general health, hopelessness and general health, and alienation and hopelessness among female educated unemployed adults of U.P.

• Alienation and hopelessness were found as significant predictors of general health for overall sample.

• Alienation and hopelessness were found as significant predictors of general health among male educated unemployed adults.

• Alienation and hopelessness were found as significant predictors of general health among female educated unemployed adults.

• Alienation and hopelessness were found as significant predictors of general health among Kashmiri male educated unemployed adults.

• Alienation and hopelessness were found as significant predictor of general health among Kashmiri female educated unemployed adults.

• Alienation and hopelessness were found as significant predictors of general health among male unemployed adults of U.P.

• Alienation and hopelessness were found as significant predictors of general health among female unemployed adults of U.P.

**Future Research Suggestions**

Alienation and hopelessness are the interesting dimensions to be studied among unemployed adults. The present study taken into consideration only gender,
and regional differences of unemployment. There may be also other demographical variables which should be taken into consideration for the future research in this area.

- The alienation and hopelessness and its effect on health might vary according to different age group adults. So, age may also be an effective variable to study among unemployed adults.

- The conditions of unemployed residing in rural and urban areas are different. Both are having their unique type of social setup. Hence, to study alienation, hopelessness among rural and urban unemployed adults would have some interesting results.

- Unemployed adults remain under stress and tension due to the financial problems. So most of the unemployed adults get involved in substance abuse. This prolonged feeling of unemployed and continues use of drugs and other substance might have serious health consequences. To study substance abuse among unemployed adults would be an exploratory attempt to study their feeling of alienation and hopelessness.

- The nature of unemployment whether long or short term is also an important aspect to be studied. So, duration of being unemployed is also an interesting variable for the further study.

**Limitations**

- The present study was conducted on the adults having minimum qualification of graduation.

- The study was carried out on unemployed educated adults of North Kashmir and West U.P. (India) only. Some more districts of both states for Indian sample may also be included for some more different results.
In the present investigation, the duration of being unemployed was not taken into consideration for more effective results.