

A STUDY OF THE LEVEL OF STRESS AMONG EMPLOYED AND UNEMPLOYED YOUTH

Dr. Vaykos Ganesh Premchand,
Assistant Professor
Department of Psychology,
B. Raghunath College, Parbhani.

Abstract

The aim of the present study was to study and compare the level of stress among employed and unemployed Youth. Unemployment is a vital problem of the world today. A country like India with a greater population is likely to give a higher figure of this account. Unemployment denies the psychological benefits of work to the person and creates negative effects on the individual as well as society. For the present study the sample comprised of 200 youth with equal number of employed and unemployed. To measure the level of stress Personal Stress Source Inventory by A.K. Singh and A. Singh was used. The result of the present study showed that there is a significant difference between the level of stress of employed and unemployed youth.

Keywords : Employed, Unemployed, Stress

Introduction

Young men and women, who have put in a decade or two in schools and colleges, have dreams and aspirations. These are dreams of securing satisfying jobs following their years of struggle, meeting basic necessities of life (food, clothing, shelter and healthcare), graduating to a life of comfort and dignity and, eventually, enjoying the luxuries of life. The trauma of seeing their dreams shattered week after week, month after month, can and does lead to deep psychological scars that are very difficult to face at such young age.

Unemployment is a vital problem of the world today. A country like India with a greater population is likely to give a higher figure of this account. When paid work, despite motivation to get, is not possible, is called unemployment. It is technically confined to those who would prefer to be in the labour force (Parry, 1986). This constitutes those who want to work, are able to work and are looking for work on payment or profit basis, registered with the employment exchanges etc., but they are still job seekers.

With increasing complexity of our life style, the level of stress has been increasing at a phenomenal rate. According interaction model of stress is based upon one's perception of environmental events. The basis of the relationship is cognitive one. The cognitive model of stress has been proposed by Lazarus and Folkman (1984). When coping ability is high stress may

be minimal (Taylor, 1995). Wanberg, Glomb, Song, and Sorenson (2005) argued that locus of control is critical in coping with the stressful nature of job seeking, and should predict the persistence with which individuals engage in job search over time.

Unemployment denies the psychological benefits of work to the person, and creates negative effects on the individual as well as society. The individual without employment leads to many social problems, like gambling, thefts, dacoities, murders etc. unemployment is a situation in which individual has troubles and problems how he responds to that situation is depend upon his adjustment level.

According to Eysenck and others (1972) adjustment is a state in which the needs of the individual on the one hand and the claims of the environment on the other hand are fully satisfied or the process by which this harmonious relationship cab be attained.

Eastes and Wilensky (2003) using Emotional Stress Scale found unemployed persons to have more stressful situation than the employed ones. The unemployed group reportedly felt greater financial strain. Those unemployed persons who had no financial strain also reported emotional strain equal to that of the employed ones.

Comino et al. (2003), which reported that unemployment, is perceived by an unemployed persons and severe stressful situation. It creates frustration and adjustment problems among them.

Objectives:

- a) To study and compare the level of stress of employed and unemployed youth.
- b) To study and compare the level of stress of employed and unemployed youth in relation to their gender.

Hypotheses:

- i. There will be statistically significant difference between the level of stress of employed and unemployed youth.
- ii. There would not be significant difference on the level of stress of employed and unemployed youth in relation to their gender.

Methodology

Sample

In the initial stage, with the help of incidental-cum-purposive sampling technique a huge sample of 300 subjects were selected randomly from Parbhani city with middle socioeconomic status. The final sample comprised of 200 youth with equal number of employed and unemployed. Both groups were consisted of equal number of male and female adolescences. Care was taken while selecting the unemployed youth that they should not engaged themselves anywhere for financial gain, as well as their age range were in between 23-38 years of age.

Research Tools-

To measure the level of stress Personal Stress Source Inventory by A.K. Singh and A. Singh was used.

Data Collection and Procedure:

The first step for the present study was selection of the sample. To select the sample, randomized sample technique was used. After selecting the sample Personal Stress Source Inventory was administered on the selected sample. All the instructions will be strictly followed as per described in manual of the correspondence test.

Later on, the responses of the subject on the test were scored as per scoring procedure described in the particular test.

Statistical analysis

The mean, SD and ‘t’ test were used to see the effect of independent variables on dependent variables.

Result and Discussion

Hypothesis 1: There will be statistically significant difference between the level of stress of employed and unemployed youth.

Table 1 : Mean , SD and ‘t’ value for the level of Stress of employed and unemployed youth.

	N	Mean	SD	‘t’	Significant Level
Employed	100	56.81	9.14	2.25*	0.05 Level
Unemployed	100	59.91	10.24		

Table 1 presents the mean scores for the level of stress of employed and unemployed youth which are 56.81 and 59.91 respectively. Standard deviation for employed is 9.14 and for unemployed is 10.24. The t-value calculated for the two groups comes out to be 2.25 which is statistically significant at 0.05 level, thus there is a significant difference between the level of stress of employed youth and unemployed youth. Therefore the hypothesis that there will be statistically significant difference between the level of stress of employed and unemployed youth is accepted.

Hypothesis 2: There would not be significant difference on the level of stress of employed and unemployed youth in relation to their gender.

Table 2 : Mean , SD and ‘t’ value of employed male and unemployed male youth on the level of Stress.

	N	Mean	SD	‘t’	Significant Level
Employed Male	50	58.88	9.66	2.15*	0.05 Level
Unemployed Male	50	63.20	10.23		

Table 2 presents the mean scores for the level of stress of employed male and unemployed male which are 58.88 and 63.20 respectively. Standard deviation for employed male is 9.66 and for

unemployed male is 10.23. The t-value calculated for the two groups comes out to be 2.15 which is statistically significant at 0.05 level, thus there is a significant difference between the level of stress of employed male and unemployed male.

Table 3 : Mean , SD and ‘t’ value of employed female and unemployed female youth on the level of Stress.

	N	Mean	SD	‘t’	Significant Level
Employed Female	50	54.74	8.07	1.08	N.S.
Unemployed Female	50	56.62	9.14		

Table 3 presents the mean scores for the level of stress of employed female and unemployed female which are for employed female is 54.74 and unemployed female is 56.62. Standard deviation for employed female is 8.07 and for unemployed female is 9.14. The t-value calculated for the two groups comes out to be 1.08 which is not statistically significant at 0.05 level, thus the significant difference between the level of stress of employed female and unemployed female is not found.

Table 4 : Mean , SD and ‘t’ value of employed male and employed female youth on the level of Stress.

	N	Mean	SD	‘t’	Significant Level
Employed Male	50	58.88	9.66	2.33*	0.05 Level
Employed Female	50	54.74	8.07		

Table 4 shows the mean scores for the level of stress of employed male and employed female which is for employed male is 58.88 and employed female is 54.74. Standard deviation for employed male is 9.66 and for employed female is 8.07. The t-value calculated for the two groups comes out to be 2.33 which is statistically significant at 0.05 level, thus there is a significant difference between the level of stress of employed male and employed female.

Table 5 : Mean , SD and ‘t’ value of unemployed male and unemployed female youth on the level of Stress.

	N	Mean	SD	‘t’	Significant Level
Unemployed Male	50	63.20	10.23	3.39**	0.01 Level
Unemployed Female	50	56.62	9.14		

Table 5 shows the mean scores for the level of stress of unemployed male and unemployed female which is for unemployed male is 63.20 and unemployed female is 56.62. Standard deviation for unemployed male is 10.23 and for unemployed female is 9.14. The t-value calculated for the two groups comes out to be 3.39 which is statistically significant at 0.01 level,

thus there is a significant difference between the level of stress of unemployed male and unemployed female.

Conclusions

Result of the present study showed that there was the high level of stress in unemployed youth than employed youth. In relation to youth gender it was found that the level of stress found higher in unemployed male than employed male but the significant difference in level of stress was not found in employed female than unemployed female. It was also found that the level of stress found higher in employed male than employed female and the level of stress found higher in unemployed male than unemployed female.

References:

- Comino, E.J. Harris, E., Silove, D. (2003):** *Prevalence, detection and management of anxiety and depressive symptoms in unemployment patients attending general practitioners*, Australian-and-New-Zealand-Journal-of-Psychiatry. Feb, Vol 34 (1): 107-113.
- Estes, R. J., & Wilensky, H. L. (1978):** Life cycle squeeze and the morale curve. *Social Problems*, 25, 277-292.
- Eysenck, H.J. and others (1972):** *Encyclopedia of Psychology*. Landon, Search Press, p.25.
- Lazarus and Folkman (1984):** *Stress, Appraisal and Coping*, New York: Springer-Yerlag.
- Parry, G. (1986):** Paid employment, life events, social support, and mental health in working-class mothers. *Journal of Health and Social Behavior*, 27, 193-208.
- Taylor, S.E. (1995):** *Health Psychology*, New York: McGraw-Hill.
- Wanberg, C. R., Glomb, T. M., Song, Z., & Sorenson, S. (2005):** Job-search persistence during unemployment: A 10-wave longitudinal study. *Journal of Applied Psychology*, 90, 411-430.