

UNEMPLOYMENT AND ITS MENTAL IMPACT ON YOUTH

Project Report

Submitted by

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In partial fulfillment of the requirement for the Degree of

BACHELOR OF COMMERCE



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COLLEGE WITH POTENTIAL FOR EXCELLENCE

Nationally Re-Accredited with A++ Grade

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CERTIFICATE

This is to certify that the project titled **"UNEMPLOYMENT AND ITS MENTAL IMPACT ON YOUTH"** submitted to Mahatma Gandhi University in partial fulfillment of the requirement for the award of Degree of Bachelor in Commerce is a record of the original work done by **Ms. Diya Dietz, Ms. Ann Mariya Tess, Ms. Adhya K.C** under my supervision and guidance during the academic year 2024-25.

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DECLARATION

We, Ms. Diya Dietz, Ms. Ann Mariya Tess, Ms. Adhya K.C final year B.Com students(Taxation), Department of Commerce (SF), St. Teresa's College (Autonomous) do hereby declare that the project report entitled “UNEMPLOYMENT AND ITS MENTAL IMPACT ON YOUTH” submitted to Mahatma Gandhi University is a bonafide record of the work done under the supervision and guidance of Ms. Midhula Sekhar, Assistant Professor of Department of Commerce (SF), St. Teresa's College (Autonomous) and this work has not previously formed the basis for the award of any academic qualification, fellowship, or other similar title of any other university or board.

PLACE: ERNAKULAM

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CHAPTER 1

INTRODUCTION

1.1 INTRODUCTION

Youth unemployment is a critical social and economic issue with far-reaching consequences for individuals, societies, and economies worldwide. It refers to the situation where young people are actively seeking employment but are unable to find suitable jobs. This phenomenon transcends geographical boundaries and manifests in diverse forms across developed and developing nations.

Youth unemployment is a complex issue with multifaceted causes, which includes economic factors that Slow economic growth, inadequate job creation, Technological advancements leading to job displacement, and globalization-induced shifts in labor markets. Demographic Factors: Rapid population growth, youth bulges in certain regions, and changing demographic trends. Educational Factors: Skills mismatches between education and labor market demands, inadequate access to quality education and training, and insufficient vocational training opportunities.

Social Factors: Discrimination based on gender, ethnicity, and socioeconomic background, social exclusion, and limited access to social support networks. Political Factors: Ineffective labor market policies, lack of political will to address youth unemployment, and weak social safety nets.

Understanding the root causes and the diverse patterns of youth unemployment is crucial for developing effective policies and interventions to address this pressing challenge. By analyzing the factors contributing to this issue, we can gain valuable insights into how to create a more inclusive and equitable labor market for young people, thereby fostering economic growth, social stability, and individual well-being.

1.2 STATEMENT OF THE PROBLEM

Youth unemployment is a global challenge with far-reaching consequences for individuals, economies, and societies. It refers to the situation where young people, typically defined as those aged 15-30 are actively seeking employment but are unable to find suitable jobs. This problem is particularly acute in many developing countries, where a large youth bulge coincides with limited economic opportunities.

Unemployment poses a significant threat to mental well being, leading to increased stress, anxiety, depression, and a decline in self-esteem, ultimately compromising an individual's overall quality of life.

1.3 SCOPE OF STUDY:

The study basically tries to identify the unemployment among the youth in the Central Kerala. It aims on the crucial areas like the causes and patterns of unemployment among the youth, the effect of unemployment on youth's mental health and well being, and to suggest solutions and potential recommendations to address youth unemployment

1.4 OBJECTIVES OF THE STUDY:

- To analyze the causes and patterns of unemployment among the youth.
- To examine the effect of unemployment on youth's mental health and well being
- To suggest solutions and potential recommendations to address youth unemployment.

1.5 RESEARCH METHODOLOGY

According to Clifford woody "research comprises defining and redefining problems, formulating hypotheses or suggested solutions, collecting, organizing and evaluating data, making deductions and reaching conclusions and at least carefully testing the conclusion to determine whether they fit in formulating hypotheses".

Research methodology is a way to systematically solve research problems.

1.5.1 RESEARCH DESIGN

The study follows a descriptive research design using questionnaires for primary data collection. Additionally, secondary data will be used to provide context, validate findings and support the analysis of existing policies and trends related to unemployment among youth.

1.5.2 SAMPLE DESIGN AND SIZE

Sample size includes 74 respondents to ensure reliable and generalizable results. The sampling technique consists of convenience sampling and is not based on any rules. Population includes unemployed youth.

1.5.3 COLLECTION OF DATA

Both primary and secondary data are used in this study:

Primary Data - These are original sources from which the researchers directly collect data. In this study, primary data was collected by using structured questionnaires.

Secondary Data - Data are collected from books, academic journals and online resources (Government websites, labour reports and policy documents).

1.5.4 RESEARCH INSTRUMENTS FOR DATA COLLECTION AND ANALYSIS

Research instruments include questionnaires and assessment of existing data on youth employment using Governments reports, labour statistics and previous research studies.

PIE CHART:

A pie chart (or a circle chart) is a circular statistical graphic, which is divided into slices to illustrate numerical proportion. In a pie chart, the arc length of each slice (and consequently its central angle and area), is proportional to the quantity it represents. Pie charts are very widely used in the business world and the mass media

BAR CHART:

A bar chart or bar graph is a chart or graph that presents grouped data with rectangle bars with lengths proportional to the values that they represent. The bars can be plotted vertically or horizontally. A vertical bar chart is sometimes called a Line graph.

A bar graph is a chart that uses either horizontal or vertical bars to show comparisons among categories. One axis of the chart shows the specific categories being compared, and the other axis represents a discrete value. Some bar graphs present bars clustered in groups of more than one.

LINE CHART

A line chart is a graphical representation of data where points are connected by lines to show trends over time. The x-axis represents time or categories, while the y-axis represents numerical values. It is commonly used to track changes, compare trends, and identify patterns in data. Line charts are useful for analyzing unemployment rates, economic trends, and mental health statistics over different periods.

SCATTER CHART

A scatter chart (or scatter plot) is a type of graph that displays data points on a two-dimensional plane to show relationships between two variables. Each point represents a value for both the x-axis and y-axis, helping to identify patterns, correlations, or outliers. Scatter charts are commonly used to analyze relationships, such as the impact of unemployment on mental health scores. If the points form a trend (upward or downward), it indicates a positive or negative correlation between the variables.

1.5 LIMITATIONS OF THE STUDY

1. Small or Biased Sample

A small sample size limits the ability to generalize findings to a larger population, making the results less reliable. If the sample is not diverse or

representative, certain groups may be overrepresented or underrepresented, leading to biased conclusions. This limitation affects the accuracy of the study, as the findings may not truly reflect broader trends or patterns.

2. Limited Data Collection Methods

Relying on a single or limited data collection method can restrict the depth and accuracy of the research. Some methods, such as surveys or interviews, may not capture complex emotions or behaviors, leading to incomplete insights. This limitation can introduce biases and reduce the overall reliability of the study's findings.

3. Difficulty Proving Cause and Effect

Establishing a direct cause-and-effect relationship is challenging because multiple external factors can influence the results. Correlation does not always imply causation, and other variables may contribute to observed trends. Without controlled experimental conditions, proving causality remains difficult, requiring additional research methods like longitudinal studies.

4. Time Constraints

A limited timeframe can affect the quality of data collection and analysis, forcing researchers to work under pressure. Important aspects of the study may be overlooked, and long-term effects may not be fully examined. Proper time management and prioritization of key elements are necessary to minimize the impact of this limitation.

Unemployment needs to be mitigated because it has severe economic, social, and psychological consequences. Economically, high unemployment leads to reduced consumer spending, lower productivity, and increased government expenditure on welfare programs. Socially, it can contribute to poverty, crime, and social unrest, destabilizing communities and increasing inequality.

1.7 CHAPTER OUTLINE

This research study has been presented in five chapters. Each part of the study has a significant role in the completion of study. Here are the chapter segregation followed for the study.

1.7.1 Introduction

1.7.2 Review of Literature

1.7.3 Theoretical Framework

1.7.4 Data Analysis and Interpretation

1.7.5 Findings, Recommendations and Conclusion

CHAPTER 2

REVIEW OF LITERATURE

2.1 INTERNATIONAL LEVEL

2.1.1 Mojtabai (2014)

The relationship between youth and depression. Mojtabai's work in mental health often focuses on understanding the prevalence, risk factors, and societal impacts of mental health issues, including depression. The study likely explored the rates of depression among young people, possibly breaking them down by age, gender, and socio-economic status. Many studies indicate that youth are vulnerable to mental health disorders due to the challenges of adolescence, including identity development, peer relationships, and academic pressure.

2.1.2 Kovacevic (2018)

His work investigates the relationship between unemployment and higher stress levels among Swedish youth. Unemployment among young people can significantly impact mental health, leading to increased stress, anxiety, and depression. In Sweden, as in many other countries, youth unemployment is a key issue, and its association with stress has been well-documented in this Research.

2.1.3 Li (2019)

The issue of youth mental distress due to job insecurity is increasingly recognized globally, especially in fast-developing countries like China. Studies have shown that young people in China face significant mental health challenges related to the pressures of job insecurity. In the context of a rapidly changing economy, many young people, particularly graduates, face difficulties in securing stable employment. This can lead to stress, anxiety, and even depression. The competitive job market, where college graduates often struggle to find jobs in their field, can lead to significant anxiety about future stability.

2.1.4 Williams (2020)

Research on psychological distress in South Africa, particularly related to limited job prospects, often highlights the challenges faced by individuals, especially in contexts of high unemployment and economic inequality. In South Africa, youth unemployment rates are particularly high, and this has been linked to rising levels of

psychological distress. The connection between limited job opportunities and mental health. Job insecurity or the inability to secure work can lead to feelings of helplessness, frustration, and anxiety. For many individuals, especially the youth, not having job prospects can make it difficult to see a hopeful future.

2.1.5 Javier Rueda (2020)

His Research investigates the relationship between unemployment rates and anxiety levels. The study likely explores how higher unemployment rates are associated with increased levels of anxiety within populations, especially in the context of economic insecurity. Research of this nature typically investigates the psychological effects of unemployment. It would explore how individuals' mental health is adversely affected by joblessness, as unemployment is often linked to stress, financial insecurity, and social exclusion.

2.2 NATIONAL LEVEL

2.2.1 Droliya, M. (2017)

Conducted a comparative study on the psychological consequences of unemployment, shedding light on its harmful effects on self-confidence and social isolation.

2.2.2 Aishwarya N., Aishwarya H.R., & Harshini N. (2022)

Analyzed India's unemployment trends from 2004 to 2018, highlighting the socio-economic challenges faced by the country's large youth population.

2.2.3 Kumar, S. (2023)

Provided a comprehensive review of rising unemployment's psychological impact on youth depression, focusing on global and Indian perspectives.

2.2.4 Ram, D.R. (2023)

Discussed unemployment's impact on youth mental health, emphasizing the psychological challenges faced by unemployed individuals in India.

2.2.5 Sen Gupta, S. (2024)

Examined the effects of unemployment and low wages on mental health in India, utilizing data from the Longitudinal Ageing Study in India (2017-18).

2.3 STATE LEVEL

2.3.1 Menon (2018)

He investigated the role of family and community support in mitigating the mental health impact of unemployment. The study found that individuals with strong support systems experienced lower stress and anxiety levels. Menon recommended community-based initiatives to provide counseling and career guidance to unemployed youth.

2.3.2 Nair & Joseph (2019)

He explored the psychological impact of unemployment on young graduates in Kerala. Their study revealed that lack of financial independence causes stress, low self-esteem, and social withdrawal. Many respondents reported experiencing depressive symptoms due to repeated job rejections. The authors suggested that career counseling and government job initiatives could help mitigate these effects.

2.3.3 Mathew (2020)

He examined the rising unemployment rates among Kerala's youth and highlighted how joblessness significantly impacts their mental health. The study found that prolonged unemployment leads to anxiety, depression, and feelings of worthlessness, particularly among educated individuals. It emphasized that the mismatch between education and job opportunities worsens the situation. The research suggested policy interventions, including skill development and mental health support.

2.3.4 Rajan (2021)

He analyzed unemployment-related stress and its connection to substance abuse among youth in Kerala. The research found that unemployed individuals were more likely to engage in unhealthy coping mechanisms such as alcohol and drug use. Rajan emphasized that societal pressure to secure stable jobs further intensifies

mental distress. The study recommended integrating mental health services with employment support programs.

2.3.5 Kumar et al. (2022)

He conducted a survey on the link between long-term unemployment and suicidal tendencies among Kerala's youth. Their findings indicated that joblessness, especially among degree holders, was a major factor contributing to suicidal thoughts. The study urged policymakers to address employment gaps and enhance psychological support for affected individuals.

2.3.6 Vinitha M.S. & Dr. Sitara V. Attokkaran (2023)

In their study, "A Study on the Nature of Unemployment Among Educated Youth in Kerala," the authors explore the challenges faced by educated unemployed youth in Kerala, noting increased social isolation and negative impacts on mental health.

2.3.7 Dr. R. D. (2023)

The paper "Unemployment: Its Impact on Youths' Mental Health" compares employed and unemployed youth in terms of depression and anxiety, finding that unemployment significantly affects mental health.

2.4 SUMMING UP

Research shows that unemployment significantly affects mental health, leading to increased stress, anxiety, and depression, especially among youth. Studies from various regions, including India, China, Sweden, and Kerala, highlight how economic insecurity and job instability contribute to mental distress. Educated unemployment remains a major issue, particularly in Kerala, where high literacy rates have not translated into sufficient job opportunities. Overall, unemployment not only impacts financial stability but also harms self-confidence and social well-being.

CHAPTER 3

THEORETICAL FRAMEWORK

3. UNEMPLOYMENT

3.1 MEANING OF UNEMPLOYMENT

Unemployment refers to the state of being without a paid job despite actively seeking employment and being available to work. It serves as a key indicator of an economy's health, with high unemployment often signaling economic distress.

Economists categorize unemployment into several types:

Frictional Unemployment: Occurs when individuals are temporarily between jobs or are searching for new ones that better match their skills.

Structural Unemployment: Results from shifts in the economy that create a mismatch between the skills workers possess and the skills needed for available jobs.

Cyclical Unemployment: Linked to the natural ups and downs of the business cycle, increasing during economic downturns and decreasing when the economy improves.

Seasonal Unemployment: Happens when industries slow or shut down for a season or make seasonal shifts in their production schedules.

3.2 CAUSES OF UNEMPLOYMENT

Unemployment arises from various factors affecting both the demand and supply sides of the labor market. Key causes include:

1. **Economic Fluctuations:** During economic downturns or recessions, businesses often face declining profits and reduced consumer spending, leading to cost-cutting measures such as layoffs or hiring freezes. This results in cyclical unemployment, where the demand for goods and services is insufficient to provide jobs for everyone seeking employment.
2. **Technological Advancements:** Automation and technological progress can render certain job skills obsolete, leading to structural unemployment. For instance, the introduction of industrial robots in manufacturing has reduced

the need for manual labor, displacing workers whose skills are no longer in demand.

3. **Global Competition:** The globalization of markets can shift jobs to regions with lower labor costs, resulting in job losses in higher-cost areas. This movement of jobs across borders can contribute to structural unemployment in industries unable to compete globally.
4. **Mismatches in Skills and Education:** When workers' skills do not align with job requirements, structural unemployment can occur. This mismatch may be due to changes in industry demands or insufficient education and training, leaving workers ill-prepared for available positions.
5. **Demographic Factors:** Shifts in population characteristics, such as age distribution and labor force participation rates, can influence unemployment levels. For example, an aging population may lead to a smaller workforce, affecting overall employment dynamics.

3.3 EFFECTS OF UNEMPLOYMENT

Unemployment has profound and far-reaching effects on many levels. For individuals, the loss of employment often leads to financial instability and can have severe psychological effects, including stress, anxiety, and a diminished sense of self-worth. The lack of a regular income makes it difficult to meet basic daily needs and can contribute to a decline in overall quality of life. Long-term unemployment can also erode professional skills and make re-entry into the job market more challenging.

On an economic level, high unemployment rates reduce consumer spending, a key driver of economic growth. With fewer people earning wages, there's a decrease in the demand for goods and services, which can lead to a cycle of reduced production, further layoffs, and economic stagnation. Unemployment also places a heavier burden on government resources through increased reliance on social welfare programmes and lost tax revenue.

For local communities, high unemployment can lead to a range of social issues. It can increase rates of crime and social unrest, and lead to higher poverty levels. The erosion of community cohesion and a sense of hopelessness can persist long after employment rates have recovered, leaving lasting scars on communities.

Addressing the impacts of unemployment is therefore crucial for the well-being of individuals, the health of the economy, and the stability of societies.

3.4 CONSEQUENCES OF UNEMPLOYMENT

1. **Financial Hardship:** Job loss leads to a direct reduction in household income, making it challenging for individuals and families to meet financial obligations such as mortgage or rent payments. This financial strain can result in increased debt and, in severe cases, homelessness.
2. **Health Implications:** Unemployment is associated with elevated rates of mental health issues, including depression, anxiety, and low self-esteem. Physically, it can lead to stress-related illnesses such as high blood pressure, heart disease, and arthritis.
3. **Family and Social Strain:** The stress of unemployment can lead to detrimental changes in family relationships, affecting the psychological well-being of spouses and children. It may also contribute to social isolation and a decrease in community engagement.
4. **Economic Consequences:** High unemployment rates indicate that an economy is not utilizing its labor resources efficiently, leading to lower overall production and economic growth. Additionally, unemployed individuals have reduced purchasing power, which can decrease consumer spending and further slow economic activity.
5. **Long-Term Career Impact:** Extended periods of unemployment can result in skill deterioration, making it more challenging for individuals to re-enter the workforce. This can lead to long-term earnings losses and lower job quality upon reemployment.

3.5 STEPS TO CONTROL UNEMPLOYMENT

1. **Skills Development and Vocational Training:** Implementing targeted vocational education and training programs equips individuals with skills aligned to current job market demands, enhancing employability.
2. **Support for Small and Medium Enterprises (SMEs):** Providing incentives and resources to SMEs can stimulate job creation, as these enterprises are significant employment generators.
3. **Encouraging Entrepreneurship:** Fostering an environment conducive to entrepreneurship through funding and support can drive economic growth and generate new employment opportunities.
4. **Investment in Infrastructure Projects:** Allocating funds to infrastructure development can create immediate employment opportunities and stimulate economic activity.
5. **Tax Incentives for Employment Expansion:** Offering tax credits to businesses that increase their workforce can encourage hiring and reduce unemployment rates.
6. **Apprenticeship and On-the-Job Training Programs:** Expanding apprenticeship opportunities allows individuals to gain practical experience, bridging the gap between education and employment.
7. **Direct Job Creation Initiatives:** Government-funded programs that create jobs in public services or community projects can provide employment during economic downturns.

3.6 IMPACTS OF UNEMPLOYMENT ON MENTAL WELL-BEING

1. Psychological Impact

Unemployment can lead to significant psychological distress, causing feelings of anxiety, depression, and hopelessness. The loss of a job often results in low self-esteem and a sense of failure, making individuals question

their self-worth. Prolonged unemployment may also lead to chronic stress, which can impair cognitive functioning and decision-making abilities. The uncertainty of financial instability can increase emotional distress, leading to mood swings and difficulty coping with daily life. If left unaddressed, these psychological struggles can escalate into severe mental health disorders, requiring professional intervention.

2. Social Impact

Being unemployed can lead to social isolation as individuals may withdraw from friends and family due to shame or embarrassment. A lack of financial resources can prevent participation in social activities, further contributing to loneliness and a sense of exclusion. It can also strain relationships, leading to conflicts within families or even breakups due to financial stress. The stigma surrounding unemployment may cause individuals to feel judged by society, lowering their confidence and motivation to seek help. Over time, these social consequences can weaken support systems and make it harder for individuals to reintegrate into the workforce.

3. Physical Impact

Unemployment can negatively impact physical health by increasing stress-related illnesses such as high blood pressure, heart disease, and weakened immunity. Financial struggles may lead to poor nutrition as individuals opt for cheaper, less nutritious food, increasing the risk of obesity or malnutrition. Sleep disturbances are common among the unemployed due to excessive worrying about the future, leading to fatigue and reduced energy levels. The lack of access to healthcare due to financial constraints can worsen existing health conditions and delay necessary medical treatments. Over time, these physical effects contribute to a decline in overall well-being, making it even more difficult to regain employment and stability.

3.7 STEPS TO OVERCOME THE IMPACT

1. Individual-Level Strategies

- Cognitive-Behavioral Techniques (CBT):

- Restructure negative thinking patterns and promote resilience.
- Skill Development and Training:
- Engage in courses or certifications to enhance employability.
- Time Management:
- Maintain a structured daily routine to avoid feelings of purposelessness.

2. Social Support

- Community Engagement: Join support groups or community initiatives to reduce isolation.
- Family and Friends: Lean on close networks for emotional and practical support.

3. Professional Help

- Seek counseling or therapy for mental health concerns.
- Use career counseling services to identify new opportunities.

4. Government and Institutional Support

- Unemployment Benefits:
- Avail financial support to alleviate immediate stress.
- Employment Programs:
- Participate in job fairs, placement initiatives, or internship

3.8 NEGATIVE EFFECTS OF UNEMPLOYMENT ON ECONOMY

1. Reduced Consumer Spending – Unemployed individuals have less disposable income, leading to lower demand for goods and services, which can slow economic growth.
2. Lower GDP Growth – Since fewer people are earning and spending, the overall economic output (GDP) declines, weakening economic stability.
3. Increased Government Burden – Governments spend more on unemployment benefits and social welfare programs, increasing public spending while collecting less in taxes.

4. Higher Crime Rates and Social Instability – Unemployment can lead to frustration, social unrest, and even higher crime rates, affecting economic stability.
5. Loss of Skilled Workforce – Prolonged unemployment can cause a loss of skills and motivation, making it harder for workers to reintegrate into the job market.
6. Decline in Investments and Business Growth – Uncertainty due to high unemployment discourages businesses from expanding, reducing job creation.
7. Reduced Tax Revenue – With fewer employed individuals, the government collects less income tax, leading to budget deficits and reduced public services.
8. Increased Dependency Ratio – A higher number of unemployed individuals puts financial pressure on employed workers who must support dependents, affecting overall economic stability.
9. Decline in Workforce Productivity – Long-term unemployment can lead to skill erosion and reduced motivation, lowering the overall productivity of the labor force.
10. Housing Market Decline – Unemployment can lead to higher loan defaults and lower homeownership rates, slowing the real estate market and reducing property values.
11. Higher Healthcare Costs – Unemployment is linked to mental and physical health issues, increasing healthcare costs and burdening public and private healthcare systems.
12. Impact on Inflation and Deflation – High unemployment can lead to deflation due to reduced consumer spending, while in some cases, excessive government spending to counteract it may cause inflation.

13. Brain Drain and Migration – Skilled workers may leave their home country in search of better job opportunities, leading to economic imbalances and labor shortages in key sectors.

14. Weakened Financial Markets – Lower consumer confidence and reduced corporate earnings due to unemployment can lead to stock market declines and weaker investor sentiment.

3.9 MIGRATION OF YOUTH DUE TO UNEMPLOYMENT

1. Lack of Job Opportunities – When young people cannot find suitable employment in their home country or region, they seek better prospects elsewhere, leading to internal (rural-to-urban) or international migration.

2. Higher Wages Abroad – Many youth migrate to countries with better-paying jobs, even if the work does not match their qualifications, because their home country does not offer competitive salaries.

3. Skill Underutilization – Many educated youth face underemployment, where they work in jobs below their qualifications. This frustration drives them to migrate to places where their skills are valued.

4. Economic Instability – High unemployment often leads to economic downturns, inflation, and financial insecurity, pushing youth to seek stable economies with better career prospects.

5. Lack of Career Growth – A stagnant job market with fewer promotion opportunities discourages youth from staying, prompting them to move to places with clearer career advancement paths.

6. Political and Social Factors – In countries where unemployment is linked to corruption, poor governance, or discrimination, young people often migrate to regions with fairer employment systems.

7. Peer Influence and Success Stories – If friends or family members have successfully migrated for work, unemployed youth are more likely to follow, believing migration offers better chances of success.

8. Improved Quality of Life – Countries with better healthcare, education, and living conditions attract unemployed youth who seek not just jobs but also an overall better life.

3.10 MITIGATION OF UNEMPLOYMENT

1. To Ensure Economic Stability

High unemployment rates slow down economic growth by reducing consumer spending, lowering productivity, and decreasing tax revenue. When more people are jobless, economies struggle to sustain public services, infrastructure, and investments. Mitigating unemployment helps maintain a stable, functioning economy by keeping the workforce active and contributing.

2. To Reduce Poverty and Income Inequality

Unemployment is a major cause of poverty and economic disparity. Without stable jobs, individuals and families struggle to afford basic necessities like food, housing, and healthcare. Addressing unemployment ensures a more equitable distribution of wealth, reducing social tensions and economic injustice.

3. To Prevent Mental Health Crises

Long-term unemployment leads to stress, depression, and anxiety, significantly impacting mental well-being. Unemployed youth often experience low self-esteem, feelings of worthlessness, and social isolation. By creating job opportunities, societies can help improve mental health outcomes and overall quality of life.

4. To Reduce Crime and Social Unrest

Unemployment has a direct link to crime rates, drug abuse, and violent behavior. Jobless individuals, especially youth, may turn to illegal activities for survival or out

of frustration. Mitigating unemployment helps reduce crime, strengthen social order, and prevent radical movements that could destabilize a country.

5. To Encourage Innovation and Economic Growth

A working population contributes to research, entrepreneurship, and technological advancements. When skilled youth are unemployed, their talents are wasted, and economies miss out on innovation and industrial growth. Providing employment opportunities boosts creativity, business development, and global competitiveness.

6. To Strengthen Family and Social Structures

Unemployment creates family stress, delays marriage, and discourages family formation. Financial instability leads to domestic conflicts, higher divorce rates, and weakened support systems. Ensuring stable employment helps build stronger families and healthier social relationships.

7. To Reduce Government Financial Burden

Unemployment increases government spending on welfare programs, unemployment benefits, and public assistance. A high number of unemployed individuals drains national resources, leading to budget deficits and economic instability. By reducing unemployment, governments can allocate funds for development projects, education, and healthcare instead.

8. To Prevent Mass Migration and Brain Drain

In countries with high unemployment, skilled workers often migrate to other nations in search of better opportunities. This causes brain drain, where the home country loses its talented workforce, weakening industries and innovation sectors. Reducing unemployment helps retain skilled professionals and build a strong domestic economy.

9. To Prepare for Future Workforce Needs

Automation and globalization are changing job markets, and unemployed youth risk falling behind in skills and expertise. Addressing unemployment through education, vocational training, and digital skills programs ensures a future-ready workforce that can adapt to technological advancements.

10. To Promote Social Trust and Political Stability

When unemployment is high, people lose trust in governments, policies, and institutions. This leads to political instability, protests, and even revolutions. Creating job opportunities restores faith in leadership, strengthens democratic systems, and fosters national unity.

3.11 SOCIAL IMPACT OF UNEMPLOYMENT

1. Social Fragmentation and Alienation

Unemployment weakens social bonds, leading to isolation and alienation among youth. Without stable jobs, young individuals struggle to integrate into society, affecting their participation in community activities.

2. Increase in Crime and Deviance

According to Strain Theory (Merton, 1938), when people cannot achieve societal goals through legal means, they may turn to illegal activities. High youth unemployment often correlates with rising crime rates, substance abuse, and gang involvement.

3. Decline in Mental and Physical Health of Communities

Unemployed youth face chronic stress, anxiety, and depression, which extends to families and communities. Financial struggles increase health issues, domestic conflicts, and pressure on public healthcare systems.

4. Erosion of Social Trust and Civic Participation

Unemployment reduces trust in governments, institutions, and social structures. Youth may feel disillusioned with democracy, leading to lower voter participation and civic engagement.

5. Economic and Workforce Instability

A generation of unemployed youth results in lower consumer spending, economic slowdown, and talent drain. Societies with persistent youth unemployment face long-term productivity losses and innovation decline.

3.12 IMPACT OF UNEMPLOYMENT ON FAMILY DYNAMICS

1. Financial Strain and Economic Hardships

Unemployment significantly reduces household income, making it difficult to afford basic necessities such as food, housing, healthcare, and education. Families may fall into debt, rely on government aid, or experience eviction and poverty. This financial pressure often leads to stress, anxiety, and conflicts among family members, affecting overall well-being.

2. Increased Marital Conflicts and Relationship Strains

Job loss can create tension between spouses or partners, especially when one person is forced to take on a greater financial burden. Feelings of frustration, blame, and resentment can develop, increasing the likelihood of arguments, emotional distance, and even divorce. The inability to maintain a stable lifestyle often erodes trust and emotional support in relationships.

3. Psychological Stress and Mental Health Issues

Unemployed individuals may experience depression, low self-esteem, and feelings of worthlessness, which affects not only their personal well-being but also their

interactions with family members. The emotional distress can lead to withdrawal from family activities, mood swings, and even substance abuse, further straining relationships.

4. Parental Unemployment and Its Effect on Children

Children in families with unemployed parents often experience emotional distress, insecurity, and lower academic performance. The financial strain may lead to lack of proper education, malnutrition, and limited extracurricular opportunities. Additionally, children may internalize stress from family tensions, leading to behavioral issues such as anxiety, aggression, or social withdrawal.

5. Role Reversal and Changes in Family Responsibilities

In families where the primary breadwinner loses their job, other members may have to step in to support the household. This can include spouses taking extra work, children taking part-time jobs, or elderly family members contributing financially. Such role reversals can lead to resentment, burnout, and an imbalance in family dynamics, as traditional roles shift unexpectedly.

6. Social Isolation and Stigma

Families facing long-term unemployment often withdraw from social gatherings and community activities due to embarrassment or financial limitations. This social isolation can create feelings of loneliness and alienation, making it harder for family members to seek support. The stigma associated with joblessness can also lead to discrimination and strained relationships with extended family or friends.

7. Increase in Domestic Violence and Abuse

Unemployment-related stress can sometimes lead to anger, frustration, and loss of control, increasing the risk of domestic violence and emotional abuse within families. Financial instability is a known factor in escalating family conflicts, which can create an unsafe environment for spouses and children.

8. Delayed Life Milestones and Family Planning

Unemployment often forces families to postpone major life decisions, such as buying a home, having children, or pursuing higher education. Young adults may also delay marriage or moving out of their parents' homes due to financial insecurity, which can affect personal independence and long-term life goals.

CHAPTER 4

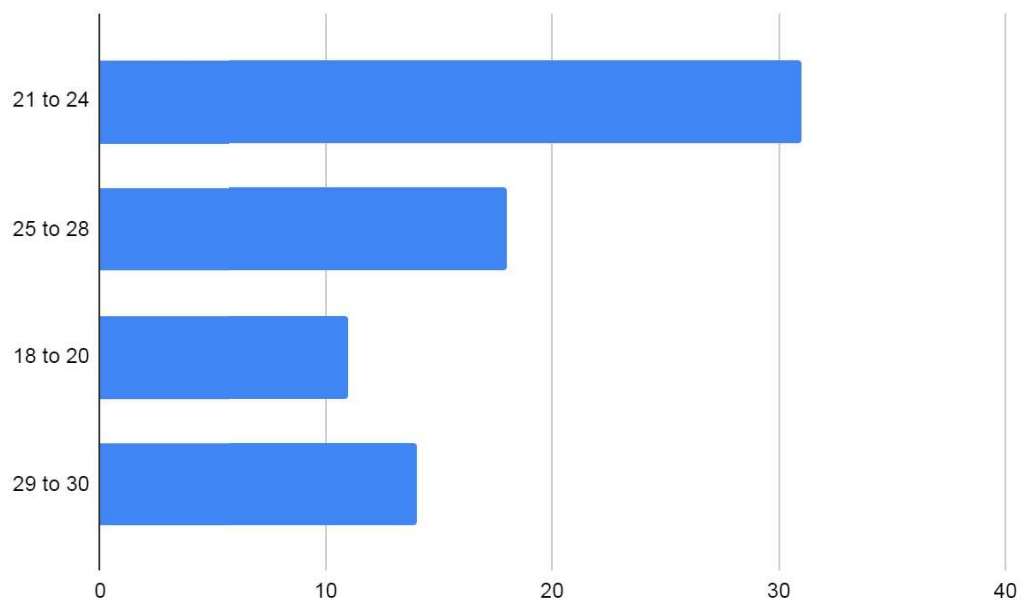
DATA ANALYSIS AND INTERPRETATION

TABLE 4.1 AGE OF THE RESPONDENT

AGE GROUP	NUMBER OF RESPONDENTS	PERCENTAGE
18-20	11	14.9
21-24	31	41.9
25-28	18	24.3
29-30	14	18.9
Total:	74	100

(Source: Primary data)

FIGURE 4.1 AGE OF THE RESPONDENT



(Source: Primary data)

INTERPRETATION:

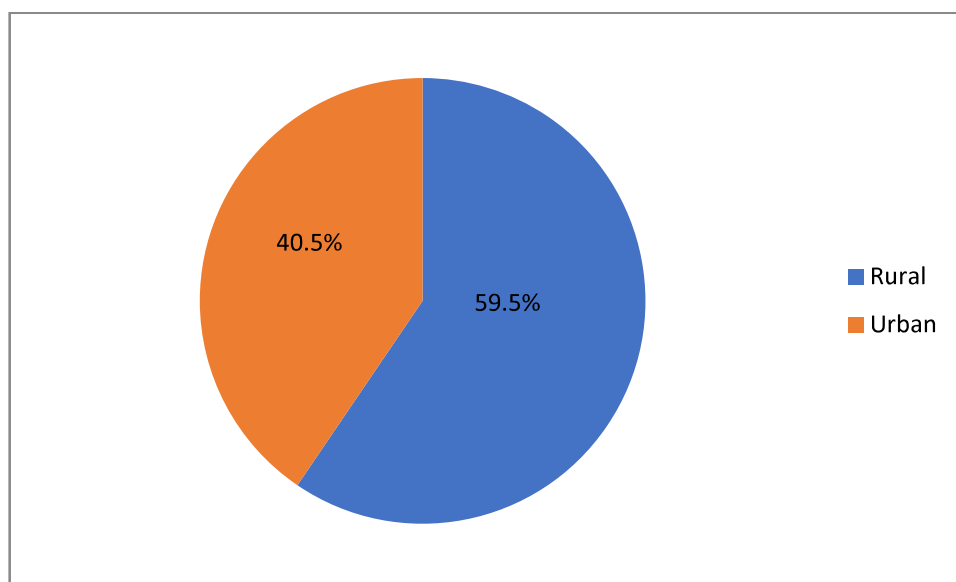
The data indicates that the majority of respondents (41.9%) fall within the 21-24 age group, suggesting that this age range is the most represented in the study. The second largest group is 25-28 years old (24.3%), followed by the 29-30 age groups (18.9%). The smallest proportion of respondents is in the 18-20 age groups.

TABLE 4.2 LOCATION OF THE RESPONDENT

LOCATION	NUMBER OF RESPONDENTS	PERCENTAGE
Rural	44	59.5
Urban	30	40.5
Total	74	100

(Source: Primary data)

FIGURE 4.2 LOCATION OF THE RESPONDENT



(Source: Primary data)

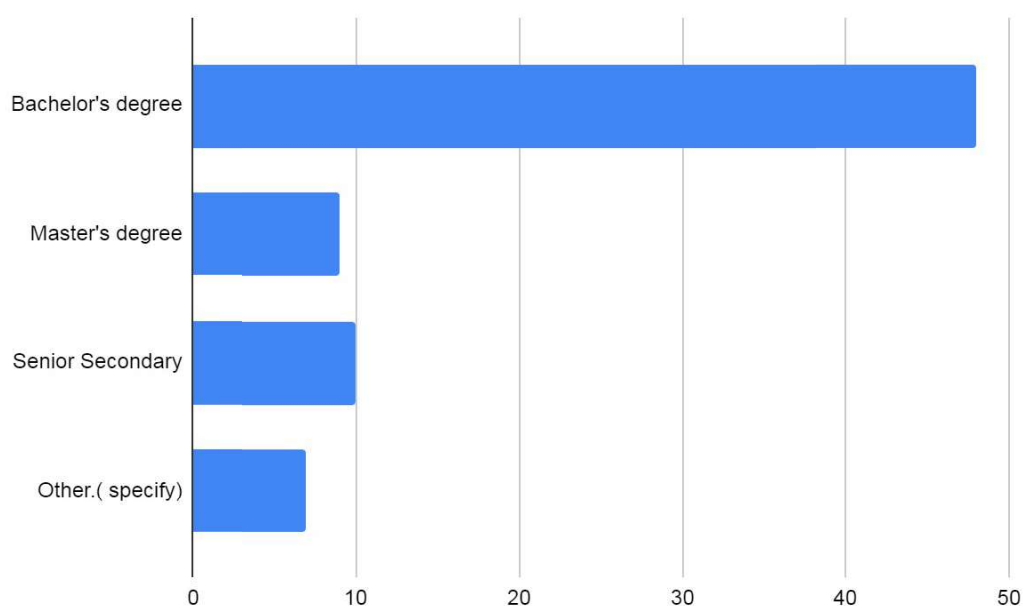
INTERPRETATION:

The data shows that the majority of respondents (59.5%) are from rural areas, while 40.5% are from urban areas. The representation of urban respondents, though smaller, is significant, allowing for a comparative analysis between rural and urban perspectives.

TABLE 4.3 LEVEL OF EDUCATION COMPLETED

LEVEL OF EDUCATION	NUMBER OF RESPONDENTS	PERCENTAGE
Senior Secondary	10	13.5
Bachelor's Degree	48	64.9
Master's Degree	9	12.2
Others	7	9.5
Total	74	100

(Source: Primary data)

FIGURE 4.3 LEVEL OF EDUCATION COMPLETED

(Source: Primary data)

INTERPRETATION:

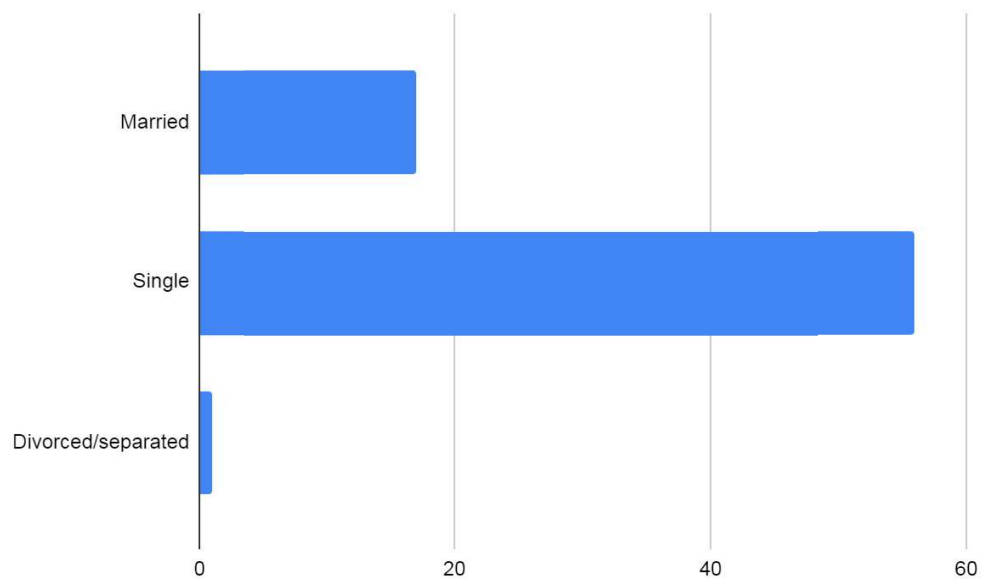
The data indicates that the majority of respondents (64.9%) hold a Bachelor's degree, making it the most represented educational level in the study. A smaller proportion (13.5%) has completed senior secondary education, while 12.2% have attained a Master's degree. Additionally, 9.5% fall into the "Others" category. This distribution suggests that the research sample is largely composed of individuals with higher education.

TABLE 4.4 MARITAL STATUS

MARITAL STATUS	NUMBER OF RESPONDENTS	PERCENTAGE
Single	56	75.7
Married	17	23
Divorced/Separated	1	1.3
Total	74	100

(Source: Primary data)

FIGURE 4.4 MARITAL STATUS



(Source: Primary data)

INTERPRETATION:

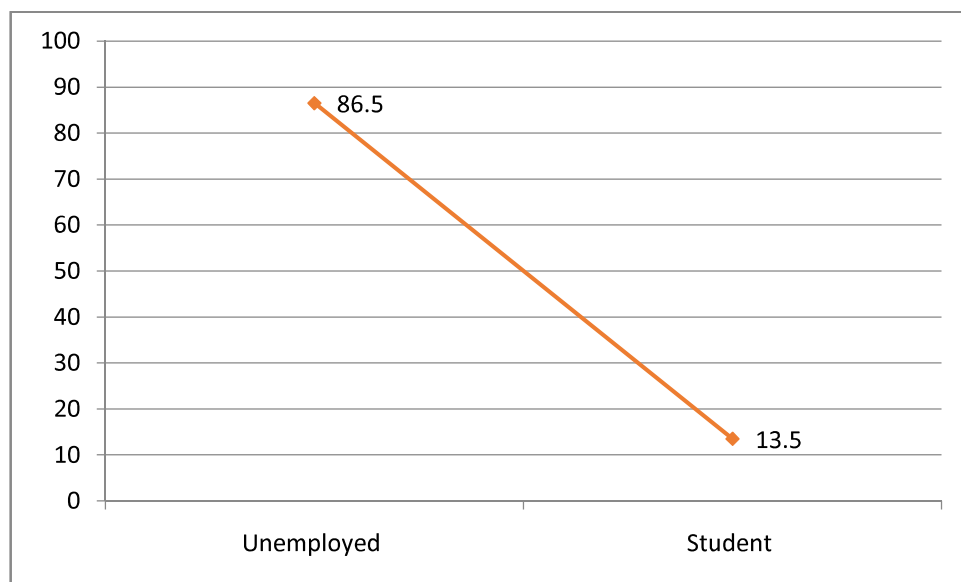
The data reveals that the majority of respondents (75.7%) are single, while 23% are married. A very small percentage (1.3%) are divorced or separated. This indicates that the research sample is primarily composed of unmarried individuals, which may influence the study's findings depending on the research focus.

TABLE 4.5 CURRENT EMPLOYMENT STATUS

CURRENT EMPLOYMENT STATUS	NUMBER OF RESPONDENTS	PERCENTAGE
Unemployed	64	86.5
Student	10	13.5
Total	74	100

(Source: Primary data)

FIGURE 4.5 CURRENT EMPLOYMENT STATUS



(Source: Primary data)

INTERPRETATION:

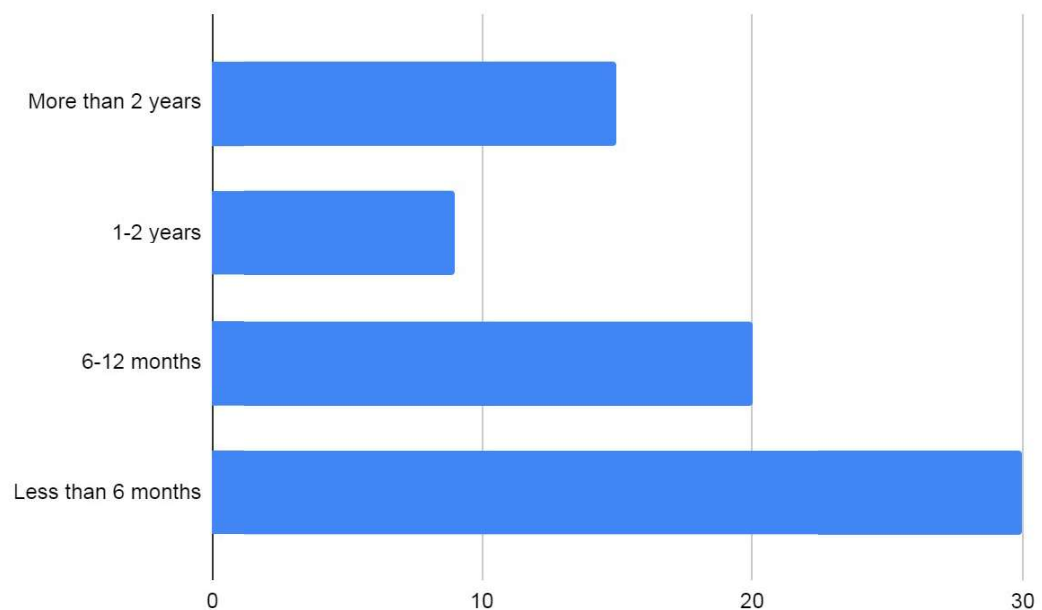
The data shows that the majority of respondents (86.5%) are unemployed, while 13.5% are students. This indicates a high level of unemployment among the participants. The presence of students in the sample suggests that some respondents are still in the process of acquiring education and skills, which may impact their employment opportunities in the future.

TABLE 4.6 DURATION OF UNEMPLOYMENT

DURATION OF UNEMPLOYMENT	NUMBER OF RESPONDENTS	PERCENTAGE
Less than 6 months	30	40.5
6-12 months	20	27
1-2 years	9	12.2
More than 2 years	15	20.3
Total	74	100

(Source: Primary data)

FIGURE 4.6 DURATION OF UNEMPLOYMENT



(Source: Primary data)

**I
NTERPRETATION:**

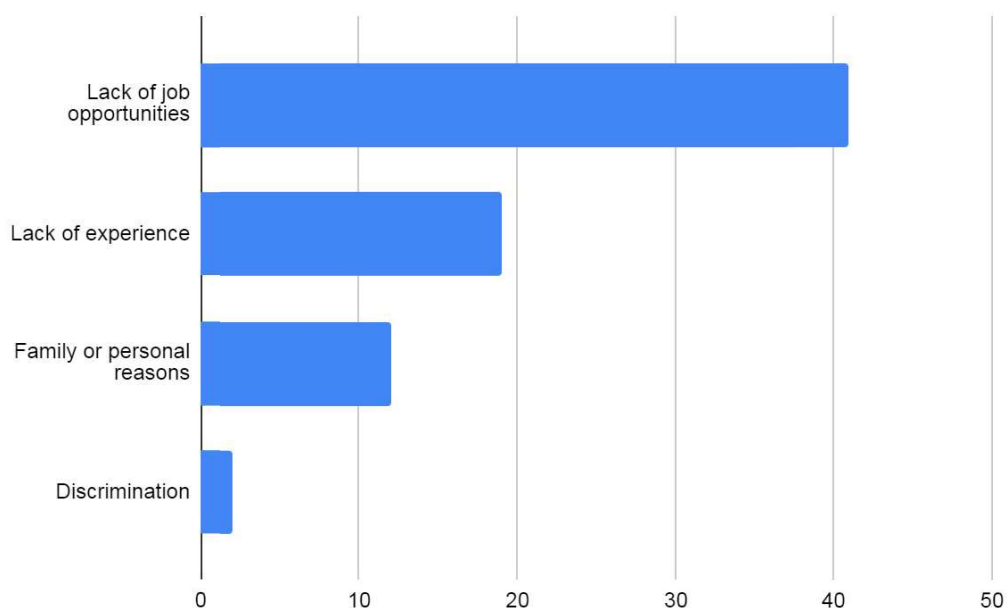
The data reveals that 40.5% of respondents have been unemployed for less than six months, while 27% have experienced unemployment for six to twelve months. Additionally, 12.2% have been without work for one to two years, and 20.3% have been unemployed for more than two years.

TABLE 4.7 PRIMARY REASON FOR UNEMPLOYMENT

PRIMARY REASON	NUMBER OF RESPONDENTS	PERCENTAGE
Lack of job opportunities	41	55.4
Lack of experience	19	25.7
Family or personal reasons	12	16.2
Discrimination	2	2.7
Total	74	100

(Source: Primary data)

FIGURE 4.7 PRIMARY REASON FOR UNEMPLOYMENT



(Source: Primary data)

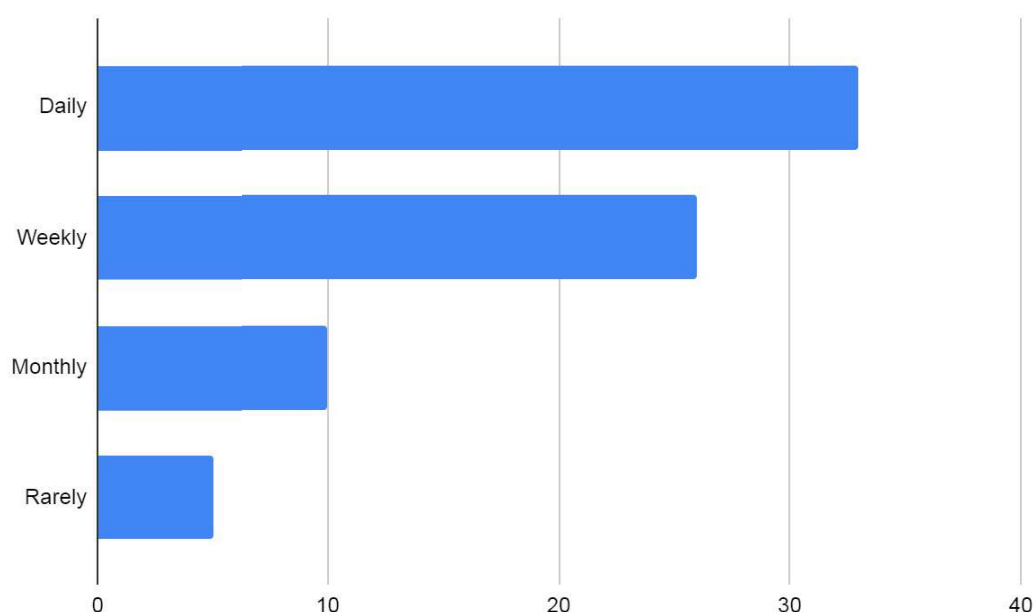
INTERPRETATION:

The data indicates that the primary reason for unemployment among respondents is a lack of job opportunities, affecting 55.4% of them. Additionally, 25.7% attribute their unemployment to a lack of experience, suggesting challenges in entering the job market. Family or personal reasons account for 16.2% of cases, while 2.7% cite discrimination as a factor.

TABLE 4.8 JOB APPLICATION FREQUENCY AMONG RESPONDENTS

JOB APPLICATION FREQUENCY	NUMBER OF RESPONDENTS	PERCENTAGE
Daily	33	44.6
Weekly	26	35.1
Monthly	10	13.5
Rarely	5	6.8
Total	74	100

(Source: Primary data)

FIGURE 4.8 JOB APPLICATION FREQUENCY AMONG RESPONDENTS

(Source: Primary data)

INTERPRETATION:

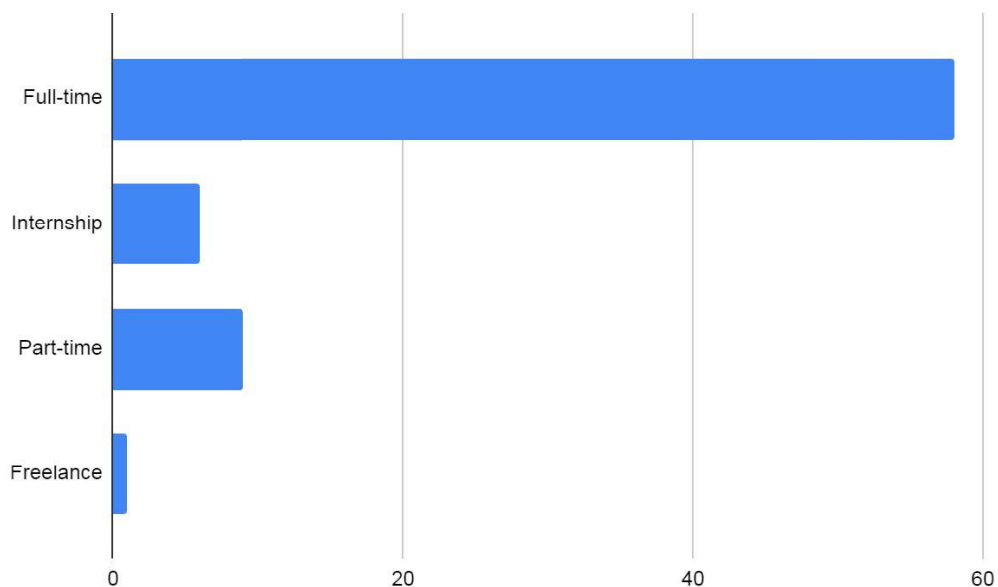
The data shows that 44.6% of respondents apply for jobs daily, while 35.1% submit applications on a weekly basis. Additionally, 13.5% apply for jobs monthly, and 6.8% do so rarely. This indicates that the majority of respondents are actively seeking employment, with a significant portion engaging in frequent job applications.

TABLE 4.9 JOB TYPE APPLIED BY THE RESPONDENTS

JOB TYPE	NUMBER OF RESPONDENTS	PERCENTAGE
Full-time	58	78.4
Part-time	9	12.2
Internship	6	8.1
Freelance	1	1.3
Total	74	100

(Source: Primary data)

FIGURE 4.9 JOB TYPE APPLIED BY THE RESPONDENTS



(Source: Primary data)

INTERPRETATION:

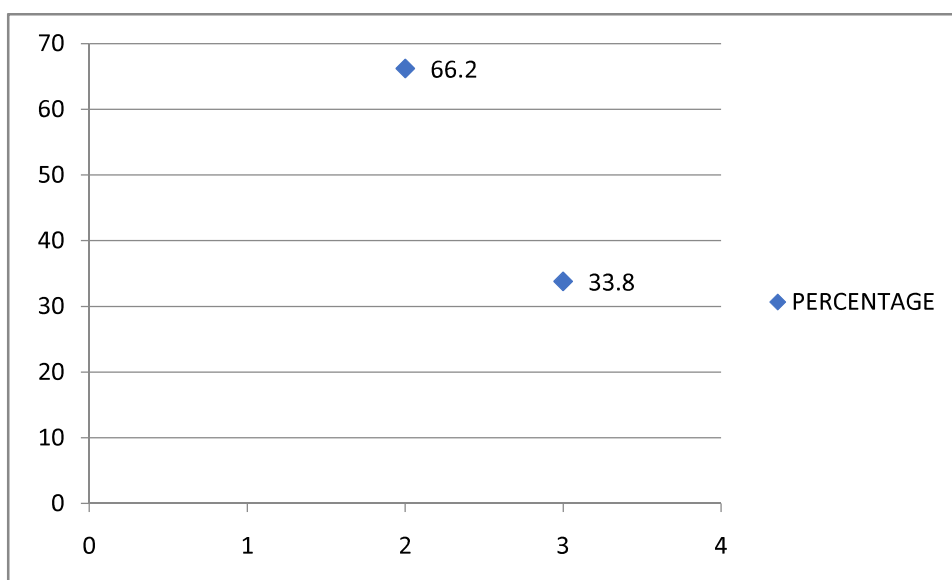
The data shows that the majority of respondents (78.4%) have applied for full-time jobs, indicating a strong preference for stable and long-term employment. Additionally, 12.2% have sought part-time positions, while 8.1% have applied for internships, suggesting that some individuals are open to gaining experience before securing permanent roles. Only 1.3% have applied for freelance work, showing a lower interest in flexible or independent job opportunities.

TABLE 4.10 JOB TRAINING AND EDUCATIONAL BACKGROUND OF RESPONDENTS

JOB TRAINING OR EDUCATION	NUMBER OF RESPONDENTS	PERCENTAGE
Yes	49	66.2
No	25	33.8
Total	74	100

(Source: Primary data)

FIGURE 4.10 JOB TRAINING AND EDUCATIONAL BACKGROUND OF RESPONDENTS



(Source: Primary data)

INTERPRETATION:

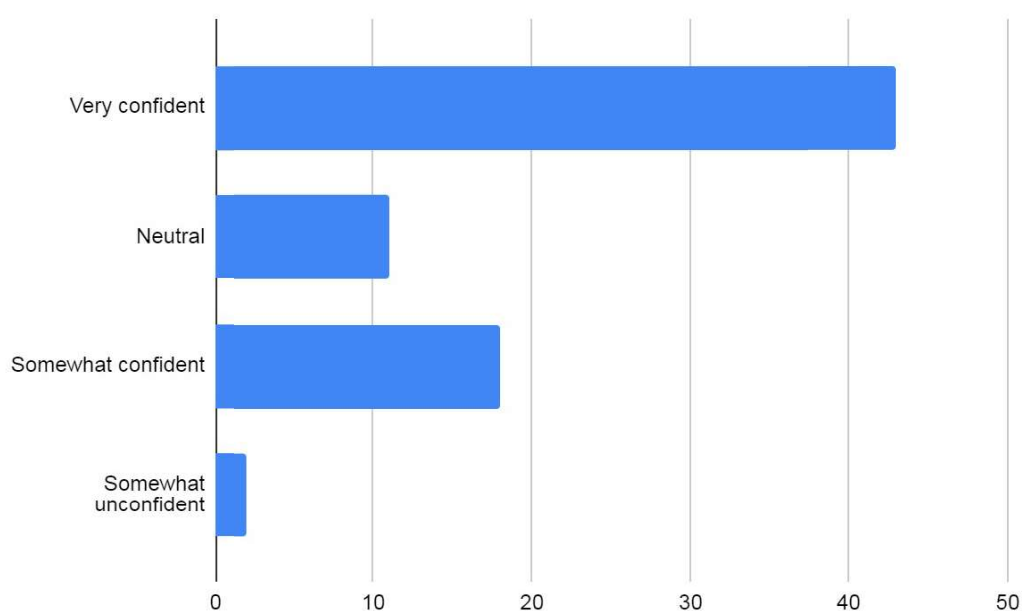
The data indicates that 66.2% of respondents have received job training or education, while 33.8% have not. This suggests that a majority of the participants have taken steps to enhance their skills and qualifications, which may improve their employability.

TABLE 4.11 RESPONDENTS CONFIDENCE IN SECURING EMPLOYMENT

CONFIDENCE LEVEL	NUMBER OF RESPONDENTS	PERCENTAGE
Very confident	43	58.1
Somewhat confident	18	24.3
Neutral	11	14.9
Somewhat unconfident	2	2.7
Very unconfident	0	0
Total	74	100

(Source: Primary data)

FIGURE 4.11 RESPONDENTS CONFIDENCE IN SECURING EMPLOYMENT



(Source: Primary data)

INTERPRETATION:

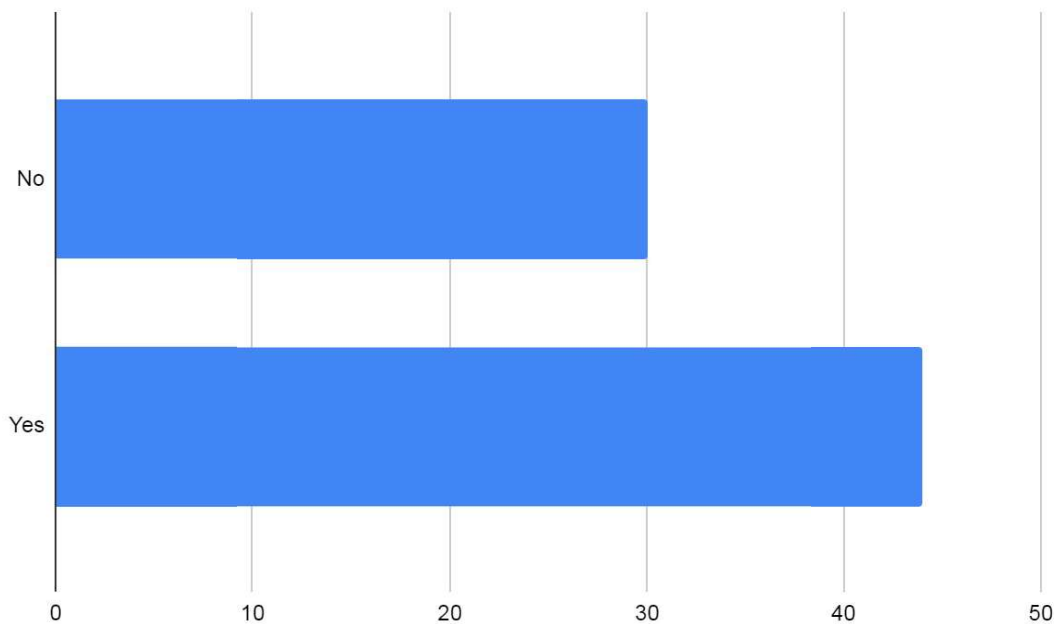
The data shows that the majority of respondents (58.1%) are very confident in their ability to find a job, while 24.3% are somewhat confident. Additionally, 14.9% remain neutral, and only a small percentage (2.7%) feels somewhat unconfident. Notably, none of the respondents reported being very unconfident. However, the presence of neutral and unconfident respondents indicates that some individuals may still face challenges in securing employment.

TABLE 4.12 EXPERIENCES OF DISCRIMINATION IN JOB SEARCH

EXPERIENCE OF DISCRIMINATION	NUMBER OF RESPONDENTS	PERCENTAGE
Yes	44	59.5
No	30	40.5
Total	74	100

(Source: Primary data)

FIGURE 4.12 EXPERIENCES OF DISCRIMINATION IN JOB SEARCH



(Source: Primary data)

INTERPRETATION:

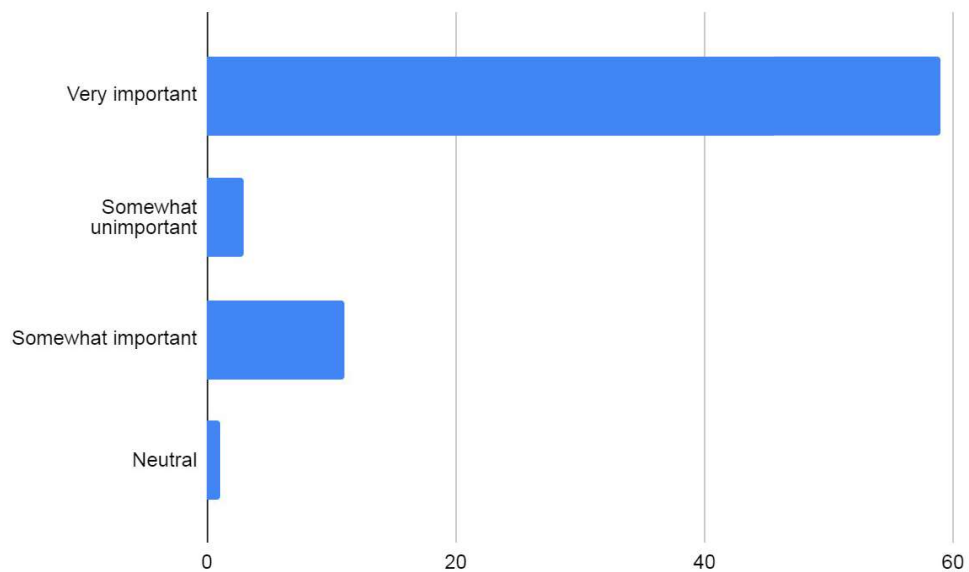
The data reveals that 59.5% of respondents have experienced discrimination in their job search, while 40.5% have not. This highlights a prevalent issue that affects career opportunities and workplace environments. The high percentage of reported discrimination could point to systemic challenges

TABLE 4.13 PERCEIVED IMPORTANCE OF JOB SECURITY AMONG RESPONDENTS

IMPORTANCE OF JOB SECURITY	NUMBER OF RESPONDENTS	PERCENTAGE
Very important	59	79.7
Somewhat important	11	14.9
Neutral	1	1.4
Somewhat unimportant	3	4
Very unimportant	0	0
Total	74	100

(Source: Primary data)

FIGURE 4.13 PERCEIVED IMPORTANCE OF JOB SECURITY AMONG RESPONDENTS



(Source: Primary data)

INTERPRETATION:

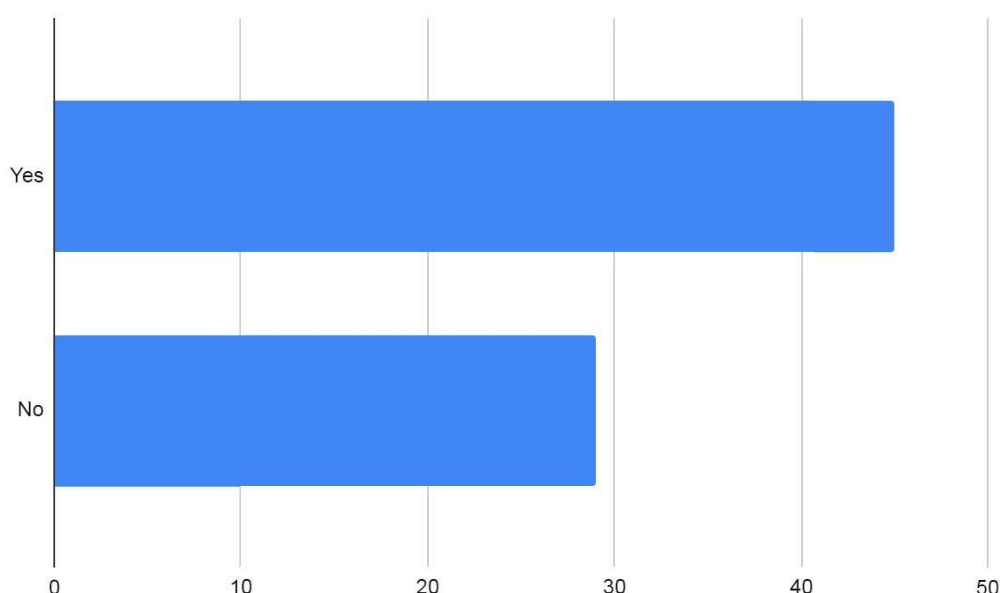
The data shows that the majority of respondents (79.7%) consider job security to be very important, while 14.9% view it as somewhat important. Only 1.4% remain neutral, and 4% find it somewhat unimportant, with no respondents considering it very unimportant. The findings highlight the need for stable employment opportunities and policies that promote job security in the workforce.

TABLE 4.14 INTERESTS IN ENTREPRENEURSHIP AMONG RESPONDENTS

INTEREST IN ENTREPRENEURSHIP	NUMBER OF RESPONDENTS	PERCENTAGE
Yes	45	60.8
No	29	39.2
Total	74	100

(Source: Primary data)

FIGURE 4.14 INTEREST IN ENTREPRENEURSHIP AMONG RESPONDENTS



(Source: Primary data)

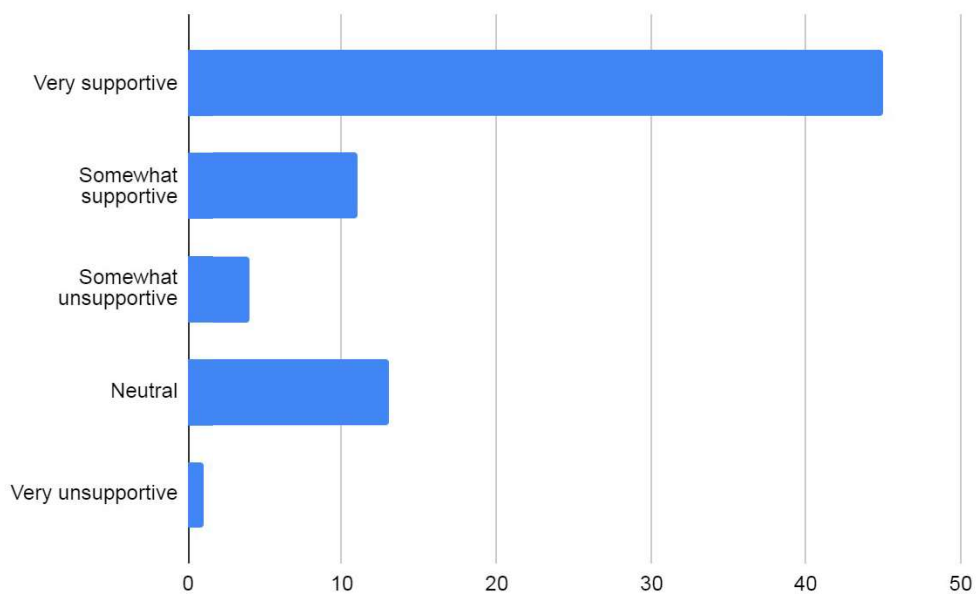
INTERPRETATION:

The data reveals that a majority of respondents, 60.8%, have an interest in entrepreneurship, indicating a strong inclination toward starting their own ventures. In contrast, 39.2% of respondents do not share this interest, showing that a significant portion still prefers alternative career paths. The higher percentage of entrepreneurial interest suggests a growing awareness or preference for self-employment opportunities among the respondents. This distribution highlights a notable divide in career aspirations, with entrepreneurship being a favored choice.

TABLE 4.15 FAMILY SUPPORTS IN JOB SEARCH EFFORTS

SUPPORTIVE RANKING	NUMBER OF RESPONDENTS	PERCENTAGE
Very supportive	45	60.8
Somewhat supportive	11	14.9
Neutral	13	17.6
Somewhat unsupportive	4	5.4
Very unsupportive	1	1.4
Total	74	100

(Source: Primary data)

FIGURE 4.15 FAMILY SUPPORT IN JOB SEARCH EFFORTS

(Source: Primary data)

INTERPRETATION:

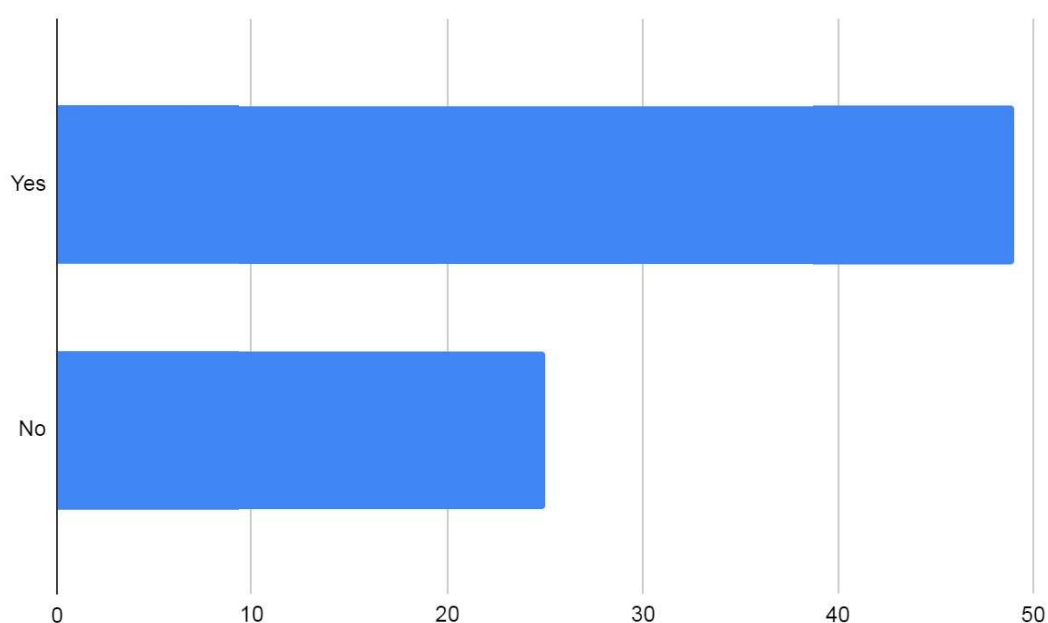
The data shows that 60.8% of respondents consider their family to be very supportive in their job search, while 14.9% find them somewhat supportive. Additionally, 17.6% remain neutral, whereas 5.4% feel their family is somewhat unsupportive, and 1.4% perceive them as very unsupportive. This indicates that most respondents receive encouragement from their families.

TABLE 4.16 UTILISATION OF JOB SEARCH RESOURCES AMONG RESPONDENTS

UTILISATION RANKING	NUMBER OF RESPONDENTS	PERCENTAGE
Yes	49	66.2
No	25	33.8
Total	74	100

(Source: Primary data)

FIGURE 4.16 UTILISATION OF JOB SEARCH RESOURCES AMONG RESPONDENTS



(Source: Primary data)

INTERPRETATION:

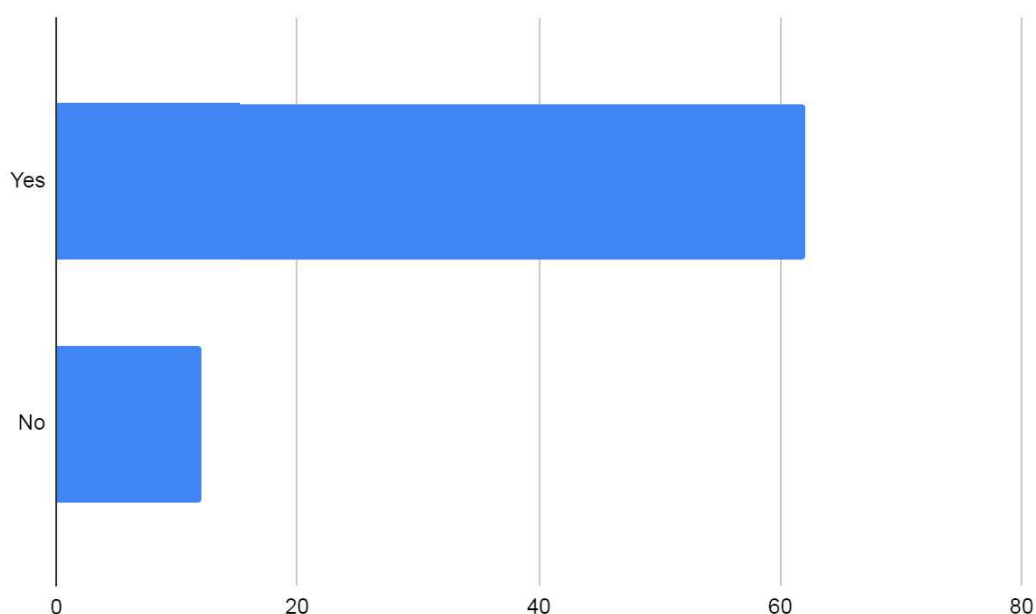
The data shows that 66.2% of respondents have used job search resources such as career counseling or job fairs, while 33.8% have not. This indicates that the majority of job seekers actively seek support and guidance to improve their employment prospects.

TABLE 4.17. PERCEPTIONS ON OVERSEAS EMPLOYMENT AND FINANCIAL INDEPENDENCE

GOING ABROAD RANKING	NUMBER OF RESPONDENTS	PERCENTAGE
Yes	62	83.8
No	12	16.2
Total	74	100

(Source: Primary data)

FIGURE 4.17 PERCEPTIONS ON OVERSEAS EMPLOYMENT AND FINANCIAL INDEPENDENCE



(Source: Primary data)

INTERPRETATION:

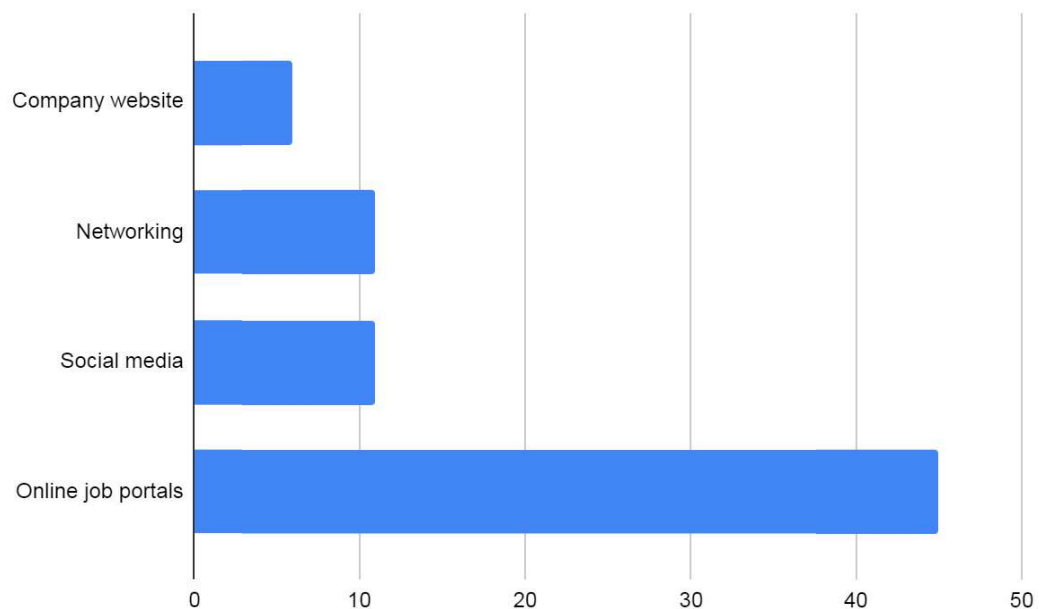
The data shows that 83.8% of respondents believe that going abroad will make them financially independent, while 16.2% do not share this belief. This indicates that the majority view overseas employment as a pathway to better financial opportunities, possibly due to higher wages, improved job prospects, or better living conditions.

TABLE 4.18 PRIMARY METHOD USED TO SEARCH FOR JOBS

PRIMARY METHOD	NUMBER OF RESPONDENTS	PERCENTAGE
Online job portals	45	61.6
Networking	11	15.1
Company website	6	8.2
Social media	11	15.1
Total	74	100

(Source: Primary data)

FIGURE 4.18 PRIMARY METHOD USED TO SEARCH FOR JOBS



(Source: Primary data)

INTERPRETATION:

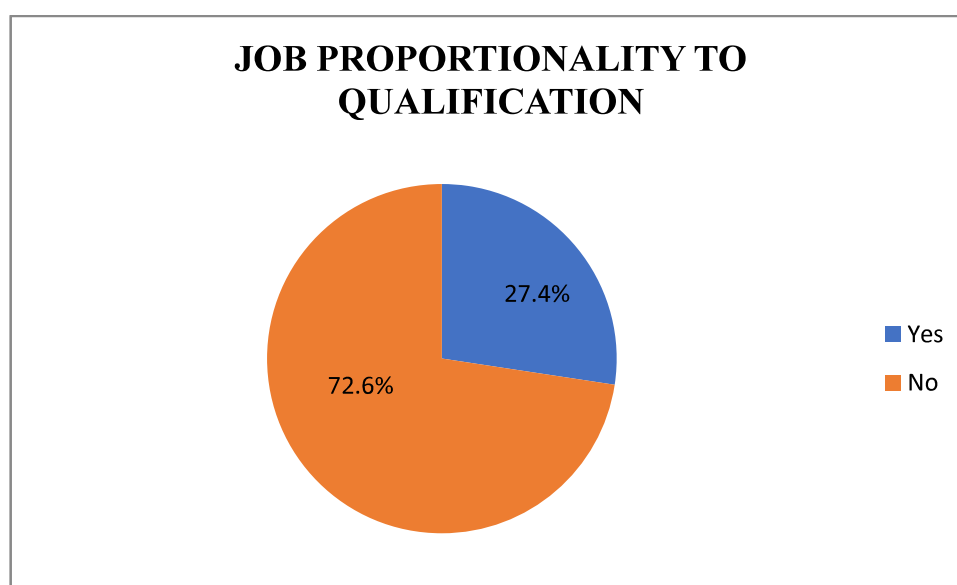
The data reveals that online job portals are the dominant method for job seekers in this study, with 61.6% of respondents using them. Networking and social media are tied for the second most popular approach, each used by 15.1% of respondents. Company websites represent a smaller portion of job search methods, accounting for only 8.2% of responses.

TABLE 4.19 JOB PROPORTIONALITY TO QUALIFICATION

JOB PROPORTIONALITY TO QUALIFICATION	NUMBER OF RESPONDENTS	PERCENTAGE
Yes	21	27.4
No	53	72.6
Total	74	100

(Source: Primary data)

FIGURE 4.19 JOP PROPORTIONALITY TO QUALIFICATION



(Source: Primary data)

INTERPRETATION:

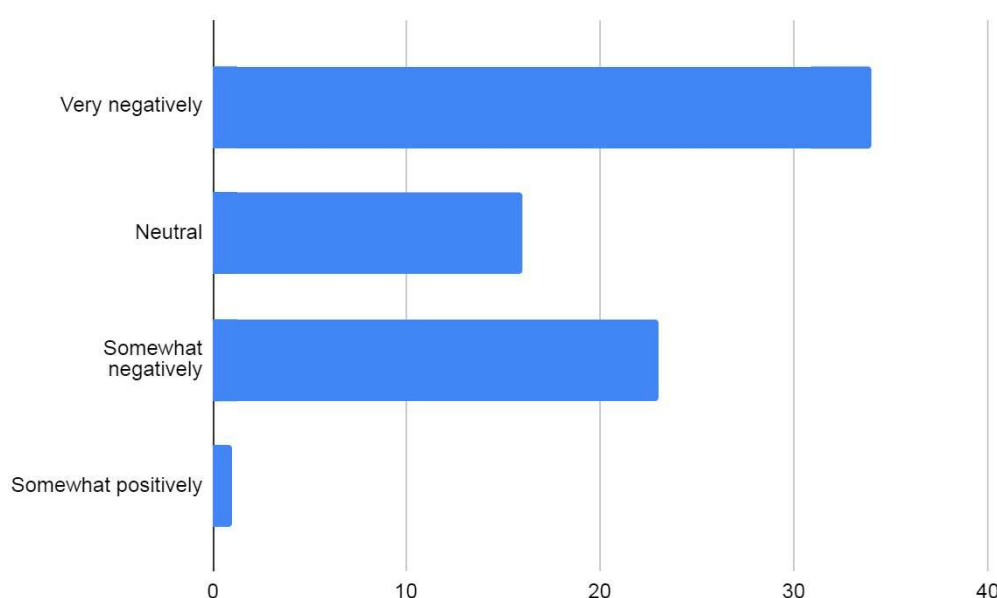
The data reveals that a significant majority of respondents (72.6%) are not securing jobs that align with their qualifications, indicating a mismatch between education and employment opportunities. In contrast, only 27.4% have found jobs proportional to their qualifications, highlighting a disparity in job-market alignment.

TABLE 4.20 EXPLORING THE IMPACT OF UNEMPLOYMENT ON MENTAL HEALTH

IMPACT OF UNEMPLOYMENT ON MENTAL HEALTH	NUMBER OF RESPONDENTS	PERCENTAGE
Very negatively	34	45.9
Somewhat negatively	23	31.1
Neutral	16	21.6
Somewhat neutral	0	0
Somewhat positively	1	1.4
Very positively	0	0
Total	74	100

(Source: Primary data)

FIGURE 4.20 EXPLORING THE IMPACT OF UNEMPLOYMENT ON MENTAL HEALTH



(Source: Primary data)

INTERPRETATION:

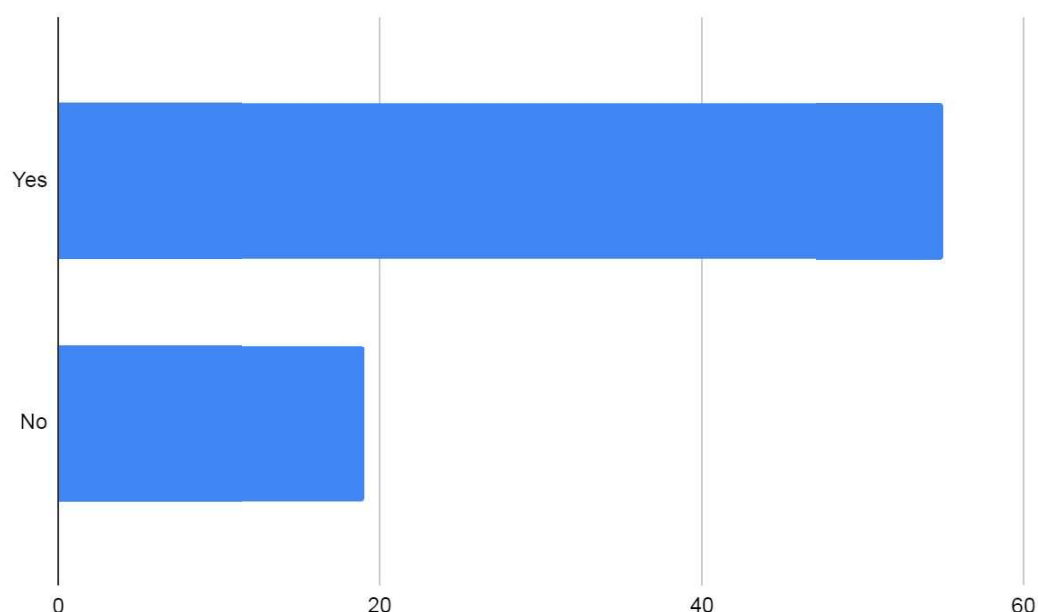
The data suggests a strong negative correlation between unemployment and mental health. A significant majority of respondents (45.9%) reported that unemployment has impacted their mental health “very negatively,” while a further 31.1% indicated a “somewhat negative” impact. Combined, these responses represent over 77% of the total, highlighting the considerable adverse effects of job loss on mental well-being. Only a small percentage (21.6%) felt neutral about the impact, and even fewer (1.4%) reported a somewhat positive effect, with no respondents indicating a very positive impact.

TABLE 4.21 DEPRESSION AND ANXIETY AMONG UNEMPLOYED RESPONDENTS

EXPERIENCES OF DEPRESSION AND ANXIETY	NUMBER OF RESPONDENTS	PERCENTAGE
Yes	55	74.3
No	19	25.7
Total	74	100

(Source: Primary data)

FIGURE 4.21 DEPRESSION AND ANXIETY AMONG UNEMPLOYED RESPONDENTS



(Source: Primary data)

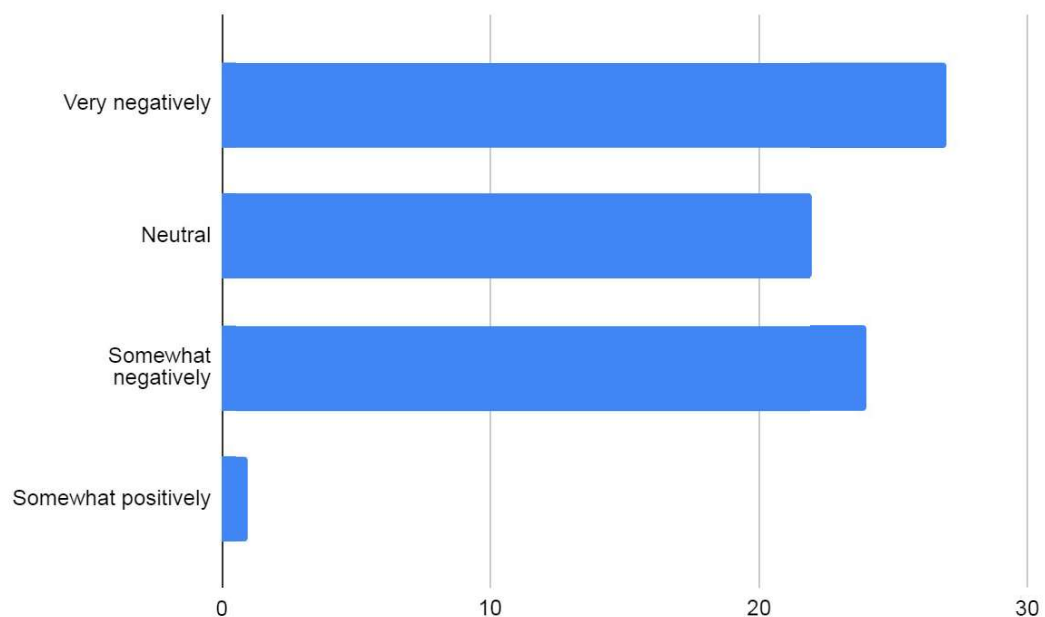
INTERPRETATION:

The data reveals a high prevalence of depression and anxiety among the respondents. A substantial majority (74.3%) of the 74 participants reported experiencing depression and/or anxiety, while only 25.7% indicated they did not. This clearly demonstrates that depression and anxiety are significant issues within this group, with nearly three out of four individuals affected.

TABLE 4.22. THE EFFECTS OF UNEMPLOYMENT ON SELF-ESTEEM

EFFECTS OF UNEMPLOYMENT ON SELF-ESTEEM	NUMBER OF RESPONDENTS	PERCENTAGE
Very negatively	27	36.5
Somewhat negatively	24	32.4
Neutral	22	29.7
Somewhat positively	1	1.4
Very positively	0	0
Total	74	100

(Source: Primary data)

FIGURE 4.22 THE EFFECTS OF UNEMPLOYMENT ON SELF-ESTEEM

(Source: Primary data)

INTERPRETATION:

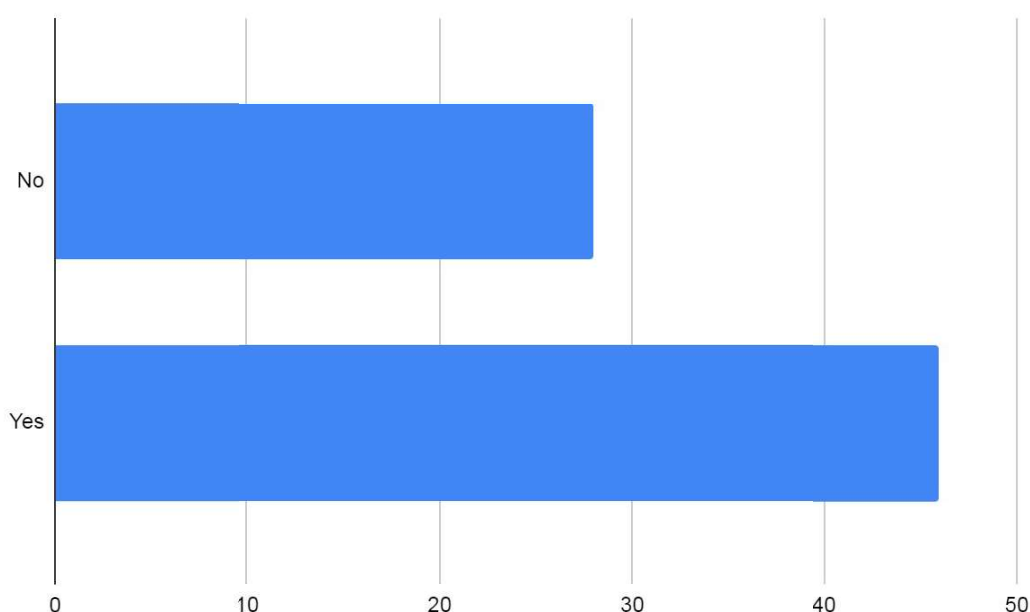
The data indicates that unemployment has a predominantly negative impact on self-esteem. While the largest single group (36.5%) reported a “very negative” effect, a substantial portion (32.4%) also experienced a “somewhat negative” impact. Combined, these negative responses represent nearly 70% of the total, suggesting a clear trend of declining self-esteem associated with unemployment. A smaller proportion (29.7%) felt neutral, and only one respondent (1.4%) reported a somewhat positive effect, with no one reporting a very positive impact.

TABLE 4.23 RESPONDENT EXPERIENCING THE SOCIAL ISOLATION DUE TO UNEMPLOYMENT

SOCIAL ISOLATION OF UNEMPLOYMENT	NUMBER OF RESPONDENTS	PERCENTAGE
Yes	46	62.2
No	28	37.8
Total	74	100

(Source: Primary data)

FIGURE 4.23 RESPONDENT EXPERIENCING THE SOCIAL ISOLATION DUE TO UNEMPLOYMENT



(Source: Primary data)

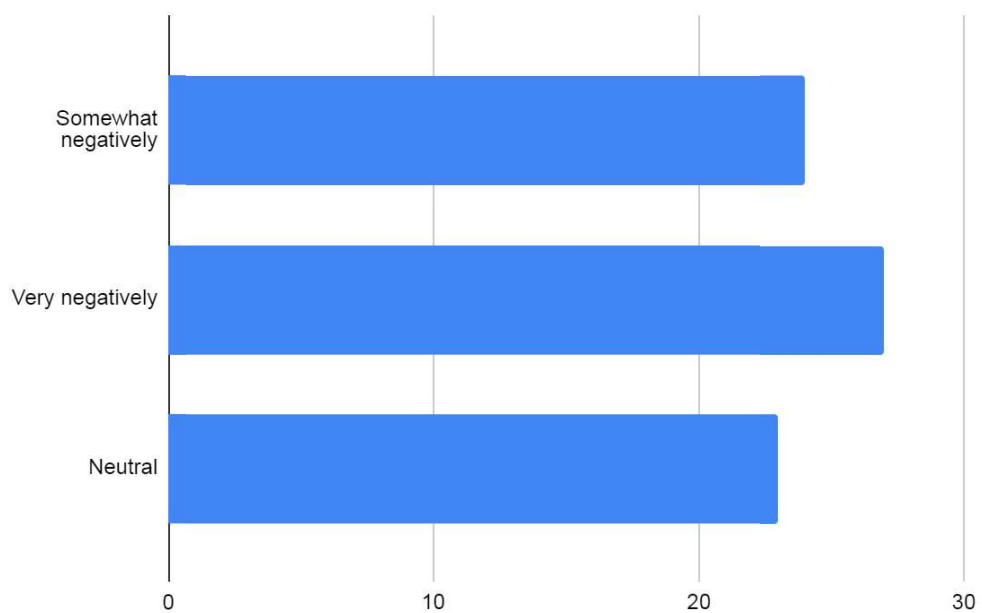
INTERPRETATION:

The data demonstrates a clear link between unemployment and social isolation. A majority of respondents (62.2%) reported experiencing social isolation as a result of their unemployment, while only 37.8% indicated they did not.

TABLE 4.24 EFFECTS OF UNEMPLOYMENT ON PHYSICAL HEALTH

EFFECTS OF UNEMPLOYMENT ON PHYSICAL HEALTH	NUMBER OF RESPONDENTS	PERCENTAGE
Very negatively	27	36.5
Somewhat negatively	24	32.4
Neutral	23	31.1
Total	74	100

(Source: Primary data)

FIGURE 4.24 EFFECTS OF UNEMPLOYMENT ON PHYSICAL HEALTH

(Source: Primary data)

INTERPRETATION:

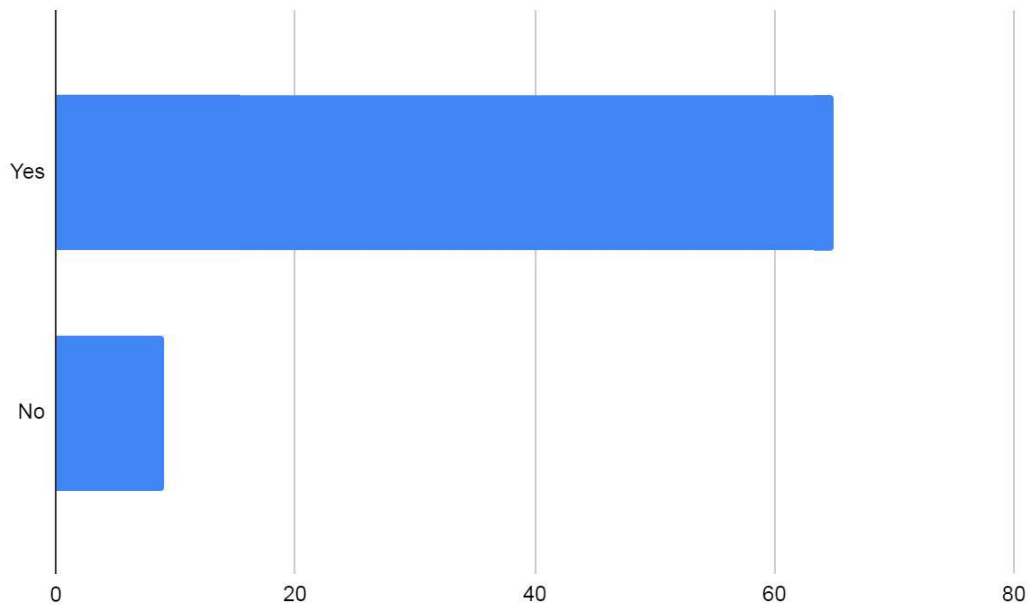
The data reveals a noticeable negative impact of unemployment on physical health. While the responses are somewhat distributed, a combined 68.9% of respondents reported either a “very negative” (36.5%) or “somewhat negative” (32.4%) effect on their physical health due to unemployment. This suggests a clear trend where job loss is associated with declining physical well-being. A smaller portion (31.1%) felt neutral, indicating perhaps no perceived change, but the overall data leans significantly towards a negative correlation between unemployment and physical health.

TABLE 4.25 FINANCIAL DIFFICULTIES DURING UNEMPLOYMENT

FINANCIAL DIFFICULTIES DURING UNEMPLOYMENT	NUMBER OF RESPONDENTS	PERCENTAGE
Yes	65	87.8
No	9	12.2
Total	74	100

(Source: Primary data)

FIGURE 4.25 FINANCIAL DIFFICULTIES DURING UNEMPLOYMENT



(Source: Primary data)

INTERPRETATION:

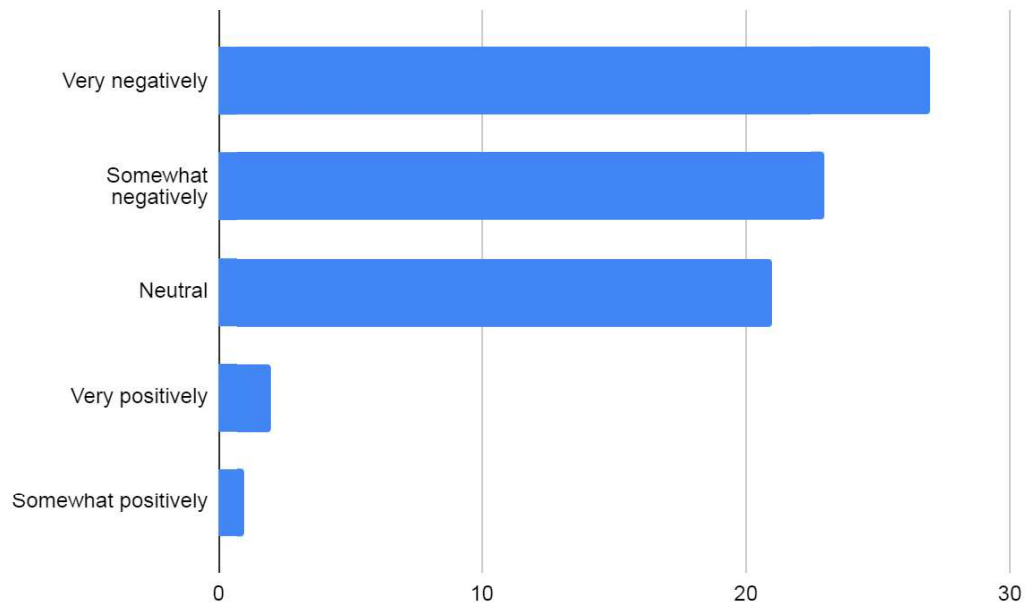
The data overwhelmingly demonstrates a strong correlation between unemployment and financial difficulties. A vast majority of respondents (87.8%) reported experiencing financial difficulties during their unemployment, while only a small fraction (12.2%) indicated they did not.

TABLE 4.26 THE IMPACT OF UNEMPLOYMENT ON RELATIONSHIPS

IMPACT OF UNEMPLOYMENT ON RELATIONSHIPS	NUMBER OF RESPONDENTS	PERCENTAGE
Very negatively	27	36.5
Somewhat negatively	23	31.1
Neutral	21	28.4
Very positively	2	2.7
Somewhat positively	1	1.4
Total	74	100

(Source: Primary data)

FIGURE 2.26 THE IMPACT OF UNEMPLOYMENT ON RELATIONSHIPS



(Source: Primary data)

INTERPRETATION:

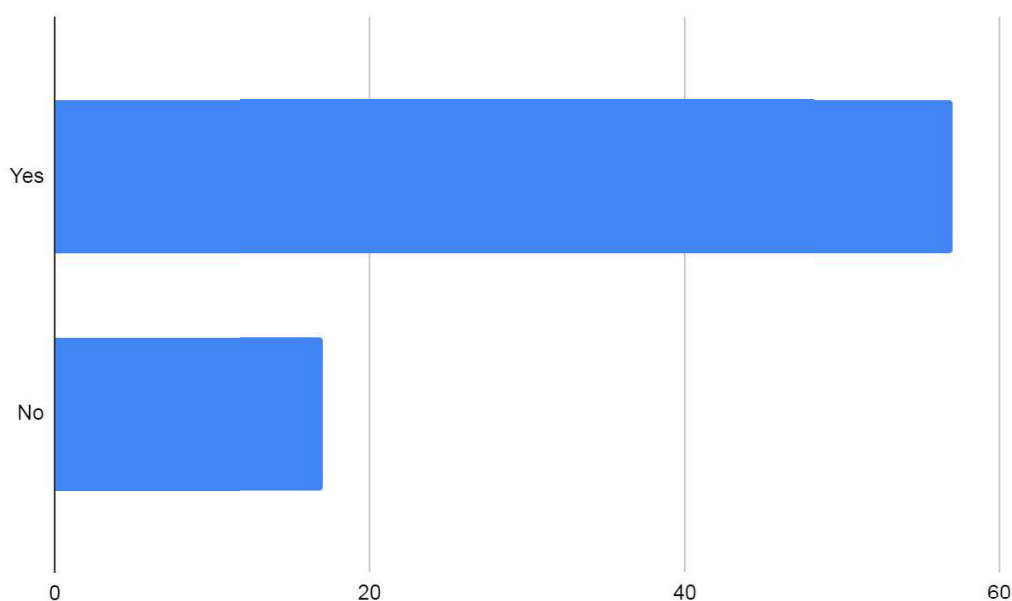
The data suggests that unemployment can negatively impact relationships, though the effect is less pronounced than some other areas. While a combined 67.6% of respondents reported either a “very negative” (36.5%) or “somewhat negative” (31.1%) impact on their relationships due to unemployment, a substantial portion (28.4%) felt neutral. Interestingly, a small percentage (4.1%) reported a positive impact, suggesting that in some cases, unemployment might provide opportunities for relationship strengthening.

TABLE 4.27 EMOTIONAL IMPACT OF UNEMPLOYMENT ON RESPONDENTS

EMOTIONAL IMPACT RATINGS	NUMBER OF RESPONDENTS	PERCENTAGE
Yes	57	77
No	17	23
Total	74	100

(Source: Primary data)

FIGURE 4.27 EMOTIONAL IMPACT OF UNEMPLOYMENT ON RESPONDENTS



(Source: Primary data)

INTERPRETATION:

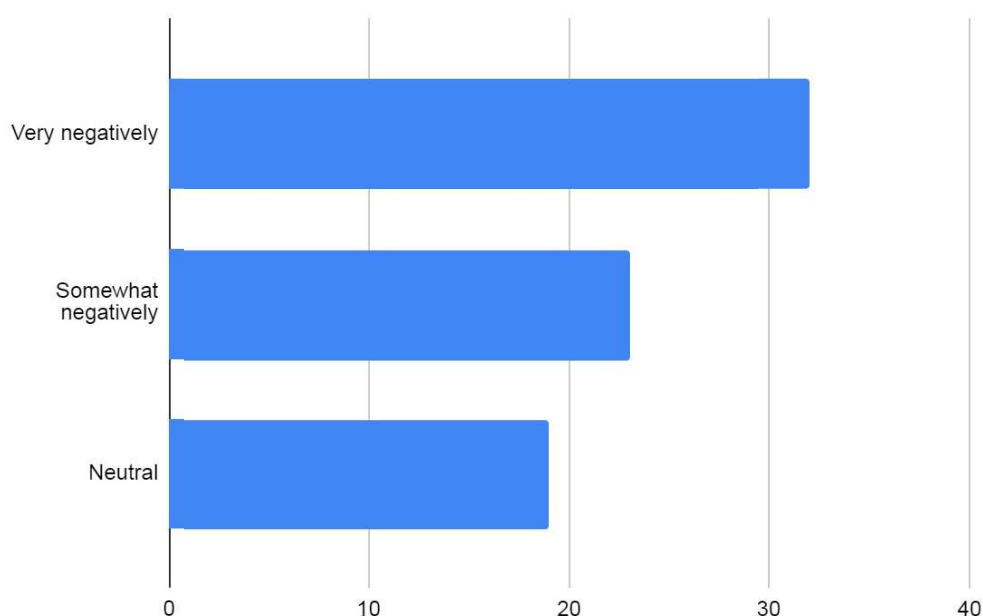
The data shows that 77% of respondents have experienced feelings of hopelessness or despair due to unemployment, while 23% have not. This indicates that unemployment has a significant emotional impact on the majority of individuals, potentially affecting their mental well-being and motivation.

TABLE 4.28 EFFECTS OF UNEMPLOYMENT ON PERSONAL WELL-BEING

EFFECTS OF UNEMPLOYMENT	NUMBER OF RESPONDENTS	PERCENTAGE
Very negatively	32	43.2
Somewhat negatively	23	31.1
Neutral	19	25.7
Somewhat positively	0	0
Very positively	0	0
Total	74	100

(Source: Primary data)

FIGURE 4.28 EFFECTS OF UNEMPLOYMENT ON PERSONAL WELL-BEING



(Source: Primary data)

INTERPRETATION:

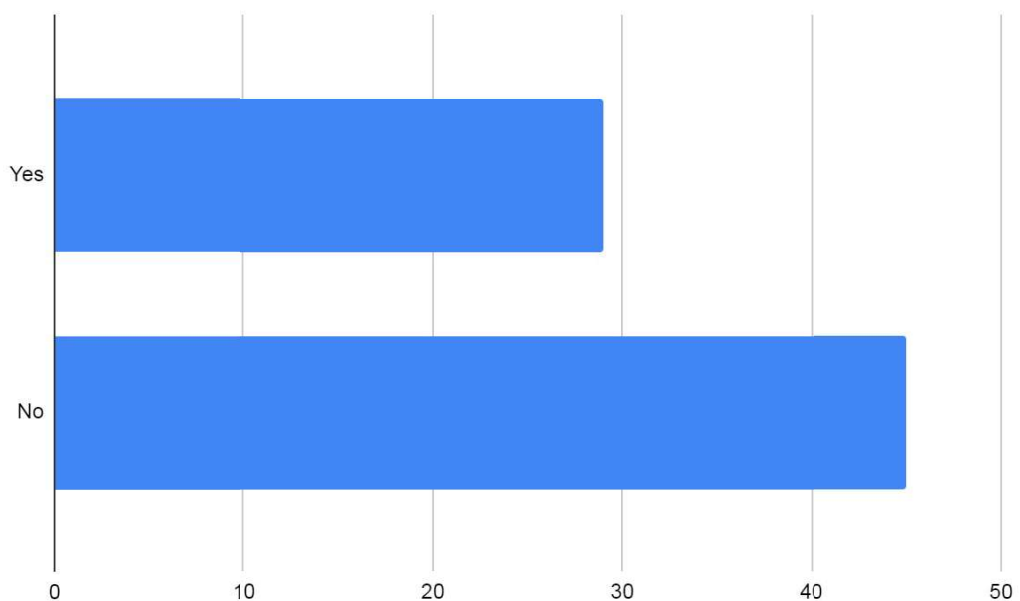
The data shows that 43.2% of respondents feel that unemployment has affected their well-being very negatively, while 31.1% report a somewhat negative impact. Additionally, 25.7% remain neutral, and no respondents indicated a positive effect. This suggests that unemployment has a predominantly adverse impact on individuals, likely influencing their financial stability, mental health, and overall quality of life.

TABLE 4.29 SEEKING PROFESSIONAL SUPPORT FOR UNEMPLOYMENT-RELATED STRESS

SEEKING PROFESSIONAL SUPPORT RATING	NUMBER OF RESPONDENTS	PERCENTAGE
Yes	29	39.2
No	45	60.8
Total	74	100

(Source: Primary data)

FIGURE 4.29 SEEKING PROFESSIONAL SUPPORT FOR UNEMPLOYMENT-RELATED STRESS



(Source: Primary data)

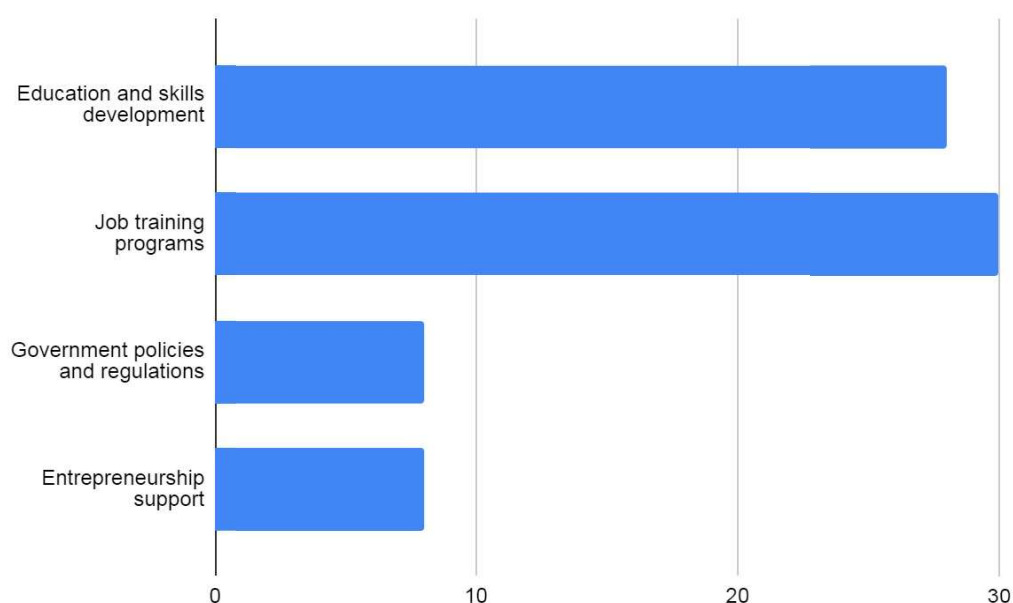
INTERPRETATION:

The data shows that 39.2% of respondents have sought professional help, such as therapy or counseling, due to unemployment, while 60.8% have not. This indicates that while a significant portion recognizes the emotional toll of unemployment and seeks support, the majority do not pursue professional help.

TABLE 4.30 PROPOSED SOLUTIONS TO YOUTH UNEMPLOYMENT

SOLUTIONS TO YOUTH UNEMPLOYMENT	NUMBER OF RESPONDENTS	PERCENTAGE
Job training programs	30	40.5
Education skills and development	28	37.8
Entrepreneurship support	8	10.8
Government policies and regulations	8	10.8
Total	74	100

(Source: Primary data)

FIGURE 4.30 PROPOSED SOLUTIONS TO YOUTH UNEMPLOYMENT

(Source: Primary data)

INTERPRETATION:

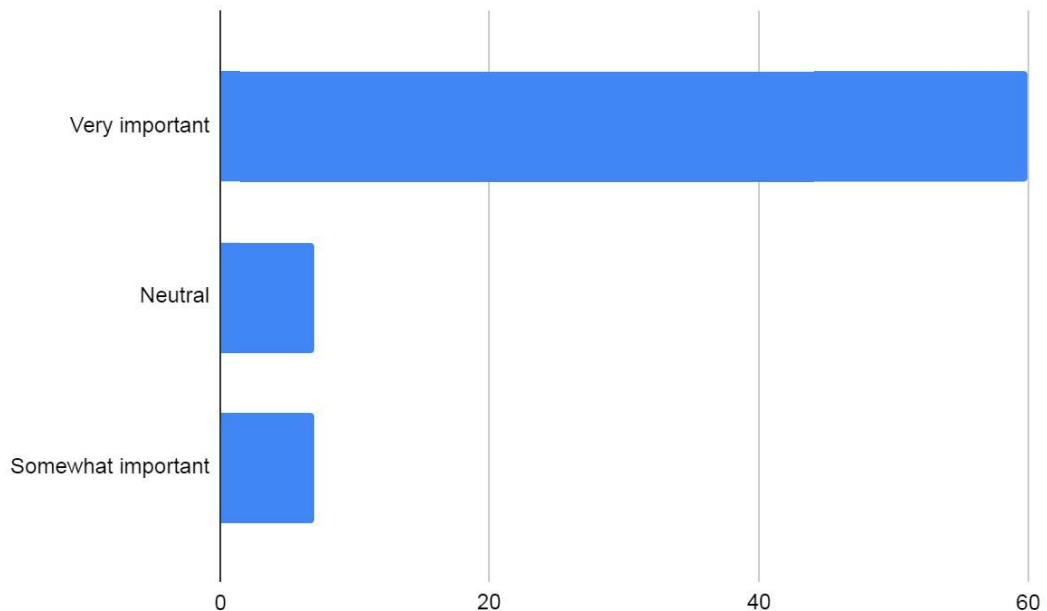
The data shows that 40.5% of respondents believe job training programs are the most effective solution to youth unemployment, while 37.8% prioritize education, skills, and development. Additionally, 10.8% support entrepreneurship initiatives, and another 10.8% emphasize the role of government policies and regulations. These findings suggest that most respondents view skill-building and training as key to improving employment opportunities.

TABLE 4.31 THE IMPORTANCE OF EMPLOYER-PROVIDED JOB TRAINING AND DEVELOPMENT

IMPORTANCE OF JOB TRAINING RANKING	NUMBER OF RESPONDENTS	PERCENTAGE
Very important	60	81.1
Somewhat important	7	9.5
Neutral	7	9.5
Somewhat unimportant	0	0
Very unimportant	0	0
Total	74	100

(Source: Primary data)

FIGURE 4.31 THE IMPORTANCE OF EMPLOYER-PROVIDED JOB TRAINING AND DEVELOPMENT



(Source: Primary data)

INTERPRETATION:

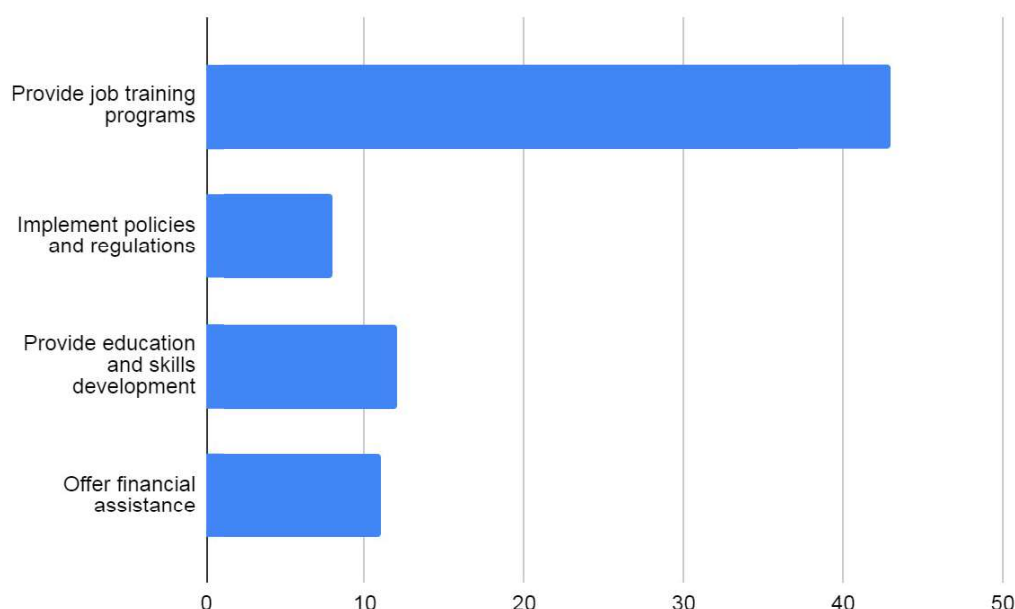
The data shows that 81.1% of respondents believe employer-provided job training and development opportunities are very important, while 9.5% consider them somewhat important. Another 9.5% remain neutral, and no respondents view them as unimportant. This indicates a strong consensus on the value of job training in enhancing skills, career growth, and job performance.

TABLE 4.32 GOVERNMENT'S ROLE IN TACKLING YOUTH UNEMPLOYMENT

ROLE IN YOUTH UNEMPLOYMENT RANKING	NUMBER OF RESPONDENTS	PERCENTAGE
Provide job training programs	43	58.1
Offer financial assistance	11	14.9
Implement policies and regulations	8	10.8
Provide education and skill development	12	16.2
Total	74	100

(Source: Primary data)

FIGURE 4.32 GOVERNMENT'S ROLE IN TACKLING YOUTH UNEMPLOYMENT



(Source: Primary data)

INTERPRETATION:

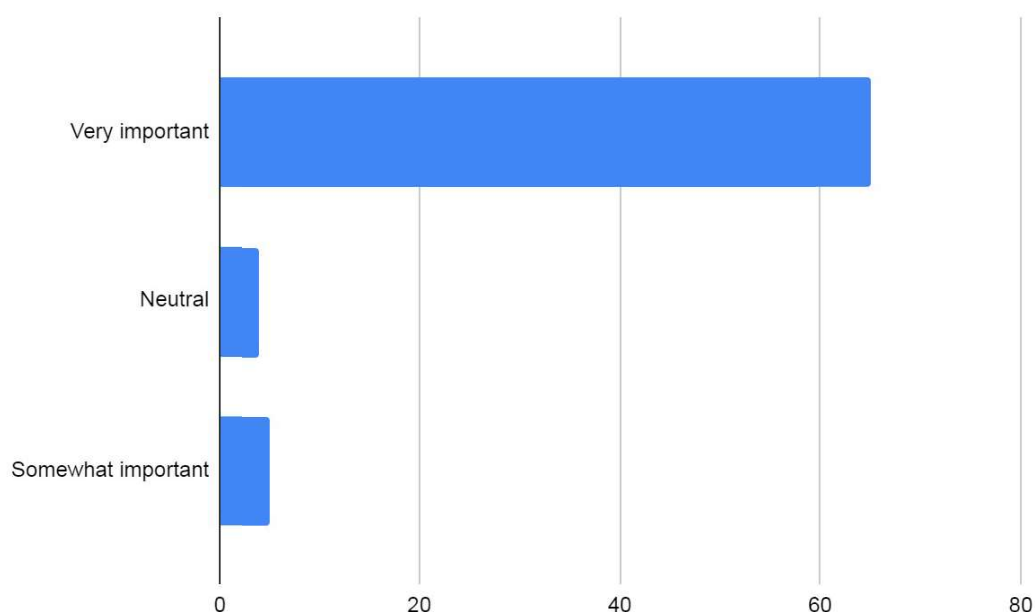
The data shows that 58.1% of respondents believe the government should focus on providing job training programs to address youth unemployment. Additionally, 16.2% emphasize the need for education and skill development, while 14.9% support financial assistance, and 10.8% prioritize policy implementation. These findings suggest that the majority view skill-building initiatives as the most effective government intervention.

TABLE 4.33 THE IMPORTANCE OF MENTORSHIP AND CAREER GUIDANCE FOR YOUTH

IMPORTANCE OF MENTORSHIP RANKING	NUMBER OF RESPONDENTS	PERCENTAGE
Very important	65	87.8
Somewhat important	5	6.8
Neutral	4	5.4
Somewhat unimportant	0	0
Total	74	100

(Source: Primary data)

FIGURE 4.33 THE IMPORTANCE OF MENTORSHIP AND CAREER GUIDANCE FOR YOUTH



(Source: Primary data)

INTERPRETATION:

The data shows that 87.8% of respondents believe that access to mentorship and career guidance is very important, while 6.8% consider it somewhat important. Only 5.4% remain neutral, and no respondents view it as unimportant. This indicates a strong consensus on the value of mentorship in helping youth navigate career choices, develop skills, and improve employability.

CHAPTER 5
FINDINGS, RECOMMENDATIONS
& CONCLUSION

5.1 FINDINGS

- The majority of the respondents are from rural areas, indicating that unemployment is a significant concern in villages where job opportunities are less.
- Most respondents hold a bachelor's degree, showing that even educated individuals face challenges in securing employment.
- The large portion of the unemployed individuals actively use job search resources, such as online job portals, networking, and employment agencies, to find suitable job opportunities.
- The major cause of unemployment is lack of job opportunities.
- Despite their efforts, they primarily seek jobs aligned with their educational qualifications, which may limit their opportunities in alternative career paths.
- The majority of unemployed individuals reported a negative impact on their mental well-being due to prolonged joblessness.
- Depression was found to be the most common mental health issue among respondents, highlighting the emotional distress associated with financial instability and career uncertainty.
- Self-esteem was also significantly affected, as individuals often experienced feelings of worthlessness and frustration due to their inability to secure employment.
- Around 40% of the respondents sought professional help, such as therapy or counseling, to cope with their mental health struggles.
- A significant portion of people experience discrimination in their job search, making it a major barrier to securing employment.
- The majority believe that seeking employment abroad can provide financial independence, indicating a preference for overseas opportunities over local job markets.
- Unemployment leads to social isolation for many, affecting their personal and social well-being.

5.2 RECOMMENDATION:

- Encourage job seekers to explore diverse career options beyond their primary educational qualifications. Government and private sectors can offer skill-based job opportunities.
- Online courses, vocational training, and certification programs can help unemployed individuals gain in-demand skills.
- Colleges should work with industries to provide internships and practical training that enhance employability.
- More awareness about job portals, networking events, and career counseling services can help unemployed individuals find better opportunities.
- Job seekers should focus on improving soft skills such as communication, leadership, and adaptability, which can increase employability.
- Governments and organizations should promote affordable or free mental health counseling services for unemployed individuals.
- Creating forums where unemployed individuals can share their experiences and support each other can reduce feelings of isolation and stress.
- Authorities can introduce financial support programs or temporary work opportunities for unemployed graduates.
- Providing financial aid, mentorship, and training programs for startups can help unemployed individuals create their own businesses.
- Spreading awareness about mental health and unemployment through media campaigns can help reduce stigma and encourage people to seek professional help when needed.

CONCLUSION

Unemployment among youth is a pressing issue, particularly in rural areas where job competition is less. Despite possessing a bachelor's degree, many young individuals struggle to secure employment due to a lack of job opportunities. Their job search efforts primarily focus on positions aligned with their educational qualifications, which can limit their adaptability to alternative career paths.

The prolonged period of joblessness has a profound impact on mental well-being, leading to issues such as depression, low self-esteem, and feelings of worthlessness. Financial instability and career uncertainty further intensify these challenges. While around 40% of the respondents sought professional mental health support, a significant portion continues to cope with their struggles without intervention.

These findings highlight the urgent need for policies and initiatives that promote job creation, skill development, and career adaptability. Additionally, increasing awareness about mental health support and reducing the stigma associated with seeking help are crucial in addressing the emotional consequences of unemployment. Addressing both the economic and psychological aspects of unemployment is essential to ensure a more secure and resilient future for the youth.

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- The Psychology of Unemployment– Marie Jahoda
- Work, Unemployment, and Mental Health – Peter Warr

ANNEXURE

QUESTIONNAIRE:

UNEMPLOYMENT AND IT'S MENTAL IMPACT ON YOUTH

1. What is your age?
 - (a) 18 to 20
 - (b) 21 to 24
 - (c) 25 to 28
 - (d) 29 to 30
2. Location:
 - (a) Rural
 - (b) Urban
3. What is your highest level of education completed?
 - (a) Senior Secondary
 - (b) Bachelor's degree
 - (c) Master's degree
 - (d) Other.(specify)
4. What is your current marital status?
 - (a) Single
 - (b) Married
 - (c) Divorced/separated
5. What is your current employment status?
 - (a) Unemployed
 - (b) Student
6. How long have you been unemployed?
 - (a) Less than 6 months
 - (b) 6-12 months
 - (c) 1-2 years
 - (d) More than 2 years
7. What is the primary reason for your unemployment ?
 - (a) Lack of job opportunities
 - (b) Lack of experience
 - (c) Family or personal reasons
 - (d) Discrimination
8. How often do you apply for jobs?

- (a) Daily
- (b) Weekly
- (c) Monthly
- (d) Rarely

9. What type of jobs have you applied for?

- (a) Full-time
- (b) Part-time
- (c) Internship
- (d) Freelance

10. Have you received any job training or education?

- (a) Yes
- (b) No

11. How confident are you in your ability to find a job?

- (a) Very confident
- (b) Somewhat confident
- (c) Neutral
- (d) Somewhat unconfident
- (e) Very unconfident

12. Have you experienced any discrimination in your job search?

- (a) Yes
- (b) No

13. How important is job security to you?

- (a) Very important
- (b) Somewhat important
- (c) Neutral
- (d) Somewhat unimportant
- (e) Very unimportant

14. Would you consider starting your own business?

- (a) Yes
- (b) No

15. How supportive is your family and friends in your job search?

- (a) Very supportive
- (b) Somewhat supportive
- (c) Neutral
- (d) Somewhat unsupportive

(e) Very unsupportive

16. Have you used any job search resources (e.g., career counseling, job fairs)?

(a) Yes

(b) No

17. Do you believe that going abroad will make you financially independent?

(a) Yes

(b) No

18. What method do you primarily use to search for jobs?

(a) Online job portals

(b) Networking

(c) Company website

(d) Social media

19. Are you able to find job In proportion to your educational qualification?

(a) Yes

(b) No

20. How has unemployment affected your mental health?

(a) Very negatively

(b) Somewhat negatively

(c) Neutral

(d) Somewhat positively

(e) Very positively

21. Have you experienced any symptoms of depression or anxiety due to unemployment?

(a) Yes

(b) No

22. How has unemployment affected your self-esteem?

(a) Very negatively

(b) Somewhat negatively

(c) Neutral

(d) Somewhat positively

(e) Very positively

23. Have you experienced any social isolation due to unemployment?

(a) Yes

(b) No

24. How has unemployment affected your physical health?

- (a) Very negatively
- (b) Somewhat negatively
- (c) Neutral
- (d) Somewhat positively
- (e) Very positively

25. Have you experienced any financial difficulties due to unemployment?

- (a) Yes
- (b) No

26. How has unemployment affected your relationships with family and friends?

- (a) Very negatively
- (b) Somewhat negatively
- (c) Neutral
- (d) Somewhat positively
- (e) Very positively

27. Have you experienced any feelings of hopelessness or despair due to unemployment?

- (a) Yes
- (b) No

28. How has unemployment affected your overall well-being?

- (a) Very negatively
- (b) Somewhat negatively
- (c) Neutral
- (d) Somewhat positively
- (e) Very positively

29. Have you sought any professional help (e.g., therapy, counseling) due to unemployment?

- (a) Yes
- (b) No

30. What do you think would be the most effective solution to address youth unemployment?

- (a) Job training programs
- (b) Education and skills development
- (c) Entrepreneurship support
- (d) Government policies and regulations

31. How important is it for employers to provide job training and development opportunities?

- (a) Very important
- (b) Somewhat important
- (c) Neutral
- (d) Somewhat unimportant
- (e) Very unimportant

32. What role do you think the government should play in addressing youth unemployment?

- (a) Provide job training programs
- (b) Offer financial assistance
- (c) Implement policies and regulations
- (d) Provide education and skills development

33. How important is it for youth to have access to mentorship and career guidance?

- (a) Very important
- (b) Somewhat important
- (c) Neutral
- (d) Somewhat unimportant