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ANXIETY, DEPRESSION AND STRESS LEVEL AMONG THE UNEMPLOYED YOUTH IN COVID-19 PANDEMIC SITUATION

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ABSTRACT

The present study aimed to find the anxiety, depression and stress level among the youth due to unemployment in COVID-19 pandemic situation. For this study the sample chosen were the number of 60 unemployed youth across the region of Maharashtra. Sample consists of both men and women in the age group of 18 to 35 years Purposive sampling technique was used. The Anxiety, Depression and Stress Scale developed by PallaviBhatnagar were used for data collection. The mean, standard deviation, percentage and product moment correlation were used for analyzed the data. The findings reveal that the anxiety and depression among the unemployed youth is high whereas stress level among them is relatively high. There is a positive correlation between the Anxiety, Depression and Stress among the Unemployed Youth.



KEYWORDS : *The unemployed youth, COVID-19 pandemic situation, anxiety, depression and stress level.*

INTRODUCTION

Unemployment has been linked to a greater risk of depression, anxiety, substance use violence and suicide. The stress of unemployment can take a serious toll on the well-being under any circumstance. But during the corona virus pandemic, the stress levels may be even higher than usual. A far reaching conviction in Psychology is that the reaction to upsetting occasions, like joblessness, appears as a movement through stages. Shock will in general portray the underlying stage, during which the individual is as yet hopeful and whole. As joblessness progresses, the individual becomes negative and experiences dynamic pain, and eventually becomes fatalistic with regards to their circumstance and adjusts indifferently to their new state. In this manner, the jobless are relied upon to show more unfortunate emotional well-being because of raised degrees of uneasiness, dissatisfaction, disillusionment, estrangement and depression. In the current survey conducted among the Indian youth during April to May 2020. The group age included from 18 yrs. to 34 yrs. old at about 50% young people (18 to 29 yrs.) are facing anxiety and depression in this COVID-19 pandemic situation. 23% who lost their jobs were affected by anxiety or depression. 38% students are uncertain about getting jobs. 16% are fearful about for future. 61% reported the decline in productivity. 65% complained of learning less in this pandemic era. Also some of the problems shared by the Indian students are Loss of year with admissions in foreign universities deferred, Pressure from the family members to find career alternatives, Placement offers being withdrawn, and Uncertainty about getting jobs. Considering all of



the worst scenarios having during this pandemic situation there is serious need to find rate of depression and anxiety among the unemployed youth.

Employment is one of the fundamental determinants of wellbeing. Having some work or an occupation is a significant determinant of confidence. It gives a fundamental connection between the individual and society and empowers individuals to add to society and accomplish individual satisfaction. The World Health Organization distinguishes various manners by which work benefits emotional well-being. Due to the loss of structured time, social contact and status have harmful effects on health, without a job people have lower levels of psychological well-being ranging from symptoms of depression and anxiety to self-harm and suicide. The loss of position or status and the loss of self-esteem are associated to depression. The mental health of the youth is deteriorating concerning the reason of unemployment and the sudden job loss. It is slowly decreasing the productivity among the youth which later on can adversely affect the economy of the country leading to the poor progress. Also worsening the relationships with the family and with the community. If not given attention to it, it will water the roots of drugs and games like gambling out of boredom which will hence worsen the situation more and more. The current study focuses on the link and the association between unemployment, anxiety, depression and stress.

OBJECTIVES OF THE STUDY:

1. To study the level of anxiety rate among the unemployed youth.
2. To study the level of depression among the unemployed youth.
3. To study the level of stress among the unemployed youth.
4. To find out the correlation among anxiety, depression and stress of the unemployed youth.

HYPOTHESES:

1. The level of anxiety will be high among the unemployed youth.
2. The level of depression will be high among the unemployed youth.
3. The level of stress will be high among the unemployed youth.
3. There will be positive correlation among anxiety, stress and depression.

METHOD:

In the present research 60 unemployed youth were selected to find the level of anxiety, depression and stress level among them due to unemployment. The selected sample was unemployed youth across the region of Maharashtra. Sample consists of both men and women. The age group of the sample was between 18 to 35 years. Purposive sampling technique was used for this current project. The Google forms were created as considering the pandemic situation. These forms were created in both the languages of Hindi and English as in according to the choice of the subject both forms were made available. Before conducting the test there was a rapport established for every individual as considering the scenario of COVID-19 these rappers were conducted over the phone calls and video calls on whatsapp. There was a proper guidance and instructions given to solve the test also it was provided on the Google forms. It was also ensured to every individual that the information and the scores were only used for the project purpose only. After which the forms were sent by the samples via email in the period of 1-2 weeks. After gathering the data statistical method was used to find the mean, standard deviation and the correlation between anxiety and depression. The descriptive statistic of mean and standard deviation (SD) is used to analyze the data. Also, parametric technique like 'coefficient of r' test method is used to find out the correlation between anxiety, depression and stress level among the unemployed youth. For the statistical analysis means, frequencies, and percentages are used as descriptive and for correlation product moment coefficient of correlation is calculated.

TOOL USED FOR DATA COLLECTION:

Journal for all Subjects : www.lbp.world



The Anxiety, Depression and Stress Scale (2011): It was devised by Pallavi Bhatnagar and her colleagues. There are 48 items in this scale having three subscale namely Anxiety (19 items), Depression (15 items) and Stress (14 items). Each item has two alternatives Yes (Scored 1) and No (Scored 0). Greater the score indicates higher level of anxiety, depression and Stress. Internal consistency reliability calculated by Cronbatch’s alpha and Spearman Brown method which is 0.81 and 0.89. For Subscale anxiety, depression and Stress it becomes 0.76, 0.75 and 0.61 respectively calculated by Cronbatch’s alpha and 0.86, 0.86, 0.76 as measured by Spearman Brown method.

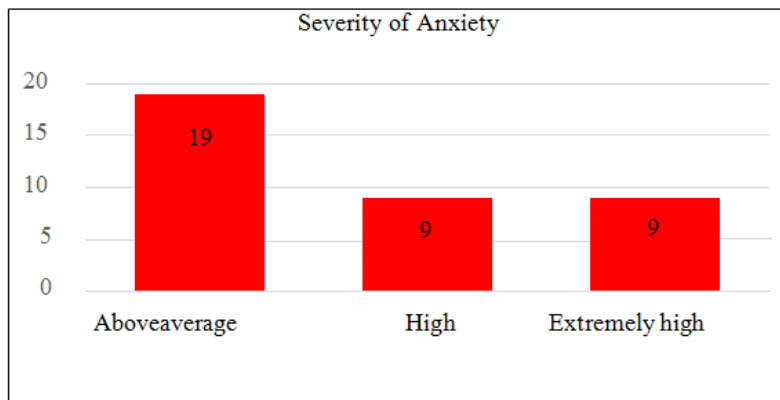
Statistical Analysis and Discussion:

Table1 Descriptive statistics for anxiety depression and stress for the unemployed youth.

Variables	N	Mean	Std. Deviation
Anxiety	60	10.2295	3.43217
Depression	60	8.6885	2.68664
Stress	60	9.0656	2.60684

The table 1 shows the number of sample, mean and standard deviation score for anxiety, depression and stress for the unemployed youth. According to the table number of sample is 60 of the unemployed youth. The mean value of the unemployed youth having anxiety is 10.22, also the mean value of the unemployed youth having depression is 8.68 and the mean value for the unemployed youth having stress is 9.0. The standard deviation for anxiety, depression and stress for the unemployed youth are 3.43, 2.68 and 2.60 respectively. The hypothesis states that the anxiety and depression among the unemployed youth is high and so is the stress level of the unemployed youth is high.

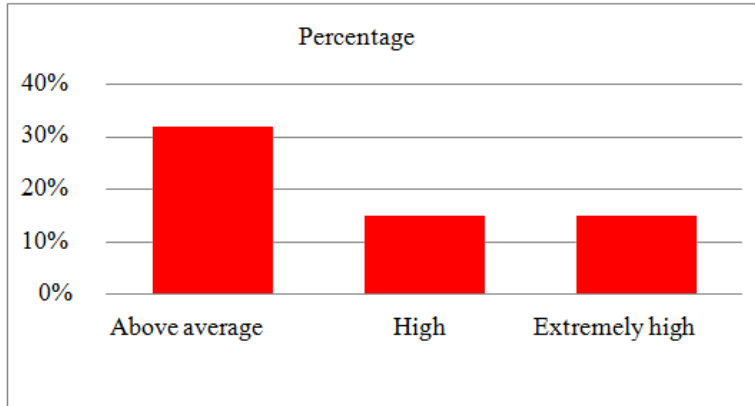
Graph No. 1 The prevalence of the anxiety among the unemployed youth



The Graph 1 shows the prevalence of the anxiety among the unemployed youth in the overall study. Accordingly in the first graph it shows the count of youth having anxiety above average, high and extremely high which is 19, 9 & 9 respectively.

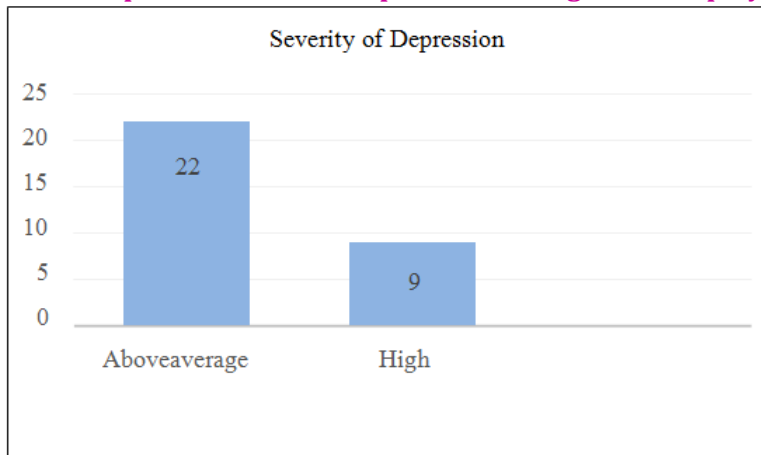
Graph No. 2 The percentage of prevalence of the anxiety among the unemployed youth





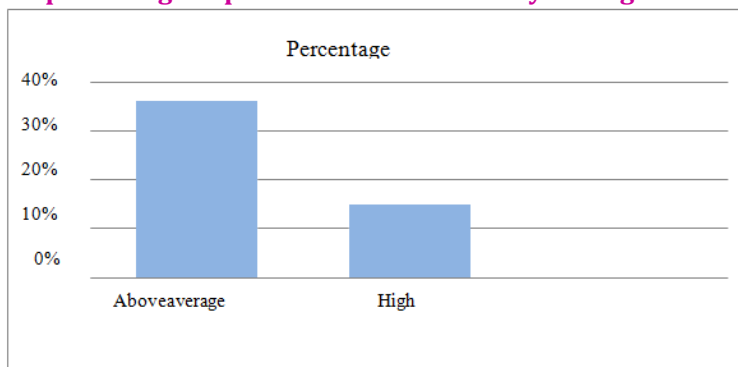
The above graph represents that 32% of the unemployed youth have anxiety which is above average. 15% of the unemployed youth have high anxiety and 15% of the unemployed youth have extremely high anxiety.

Graph No. 3 The prevalence of the depression among the unemployed youth



The above graph shows the severity of depression among the unemployed youth in the overall study. Accordingly in the first graph it shows the number of youth having depression above average & high which is 22 & 9 respectively.

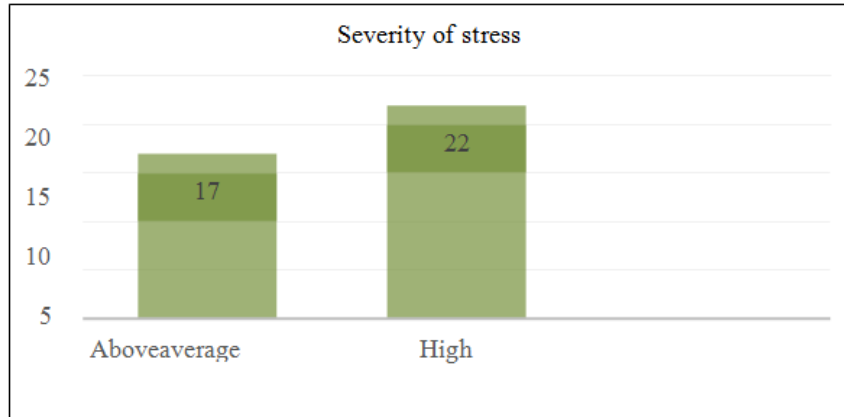
Graph No. 4 The percentage of prevalence of the anxiety among the unemployed youth



The graph no. 4 represents that 36% of the unemployed youth have depression which is above average. 15% of the unemployed youth shows high depression among the unemployed youth.

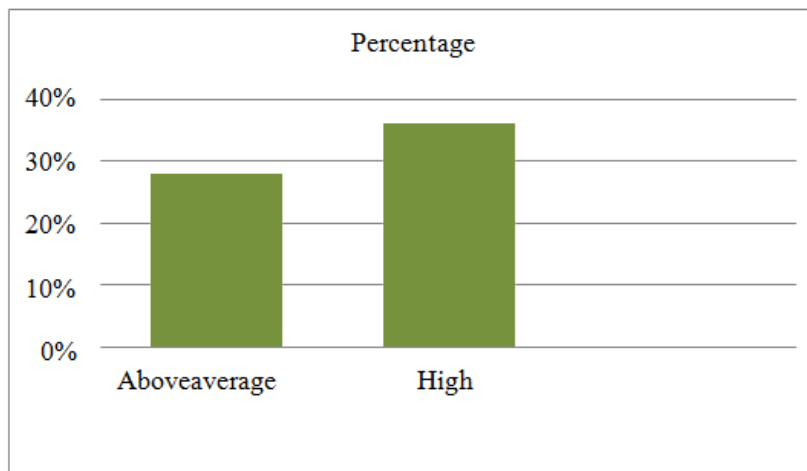


Graph No. 5 The prevalence of the stress among the unemployed youth



The Graph No. 5 shows the severity of stress among the unemployed youth in the overall study. Accordingly in the first graph it shows the count of the unemployed youth having dealing with stress above average and high which is 17 & 22 respectively.

Graph No. 6 The percentage of prevalence of the Stress among the unemployed youth



The above graph represents that 28% of the unemployed youth have stress which is above average and 36% of the unemployed youth shows high stress in the form of percentage.

Table 2 Correlation among the Anxiety, Depression and Stress of the Unemployed youth

	Anxiety	Depression	Stress
Anxiety	1		
Depression	.610**	1	
Stress	.280*	.329**	1

**Correlation is significant at the 0.01 level (1-tailed)

*Correlation is significant at the 0.05 level (1-tailed)

The table 2 shows the correlation between the anxiety, depression and stress level among the unemployed youth. In the all the inter correlations among the three, it shows that they are statistically significant. These correlations are in line. Anxiety correlated with depression ($r = .610$) and stress ($r = .280$). Stress and depression ($r = .329$) are positively correlated with each other. So, the hypothesis stating that ‘There will be positive correlation among anxiety, stress and depression’ is accepted.

A previous study has also shown similar result Mokona, H., Yohannes, K. and Ayano, G. (2020). The objective of their study was to find prevalence and correlated factors of depression among young adults those were unemployed in Gedeo zone, Southern Ethiopia. According to their findings depression becomes the one of the important public health factor which creates problems among young adults those were unemployed in Southern Ethiopia. The findings of this study are in consonance with the findings of Bhat, M. & Dr. Joshi, J. (2020) compares level of the mental health of youths of Kashmir those are employed and those were unemployed. Research findings indicates the significant difference founds between these two groups as unemployed youth were high on anxiety, depression and distress and low on life satisfaction and psychological well-being as compared to their counterparts.

The result of the study supported by the findings of Achdut, N., Refaeli, T. (2020) founds unemployment was independently related with the level of psychological stress which is increased due to financial pressure and loneliness during COVID-19 pandemic. The result of this study on anxiety has in line with the study conducted by Amissah, C. M. & Nyarko, K. (2017) investigated the psychological effects of youth unemployment in Ghana. The sample was between 18 to 35 years youth. Findings of this study revealed that unemployed youths were lower on psychological well-being and health than employed. A result also shows that duration of unemployment was predicting poor mental health. The findings of this study are in consonance with the findings of Zenanile Dlamini, Tengetile Hlophe, and Mangaliso Mohammed (2017) shows unemployment in youth adversely effects on their mental health and level of stress which was further caused to mental health issues like anxiety and depression in Eswatini.

Thus, to overcome this unusual situation due to COVID-19 pandemic our primary health care service should provide counseling and therapy services for unemployed youth at the private and government community centers. Current situation of these youths is important public health issue therefore there is need of immediate action taken by the government and policymakers. Government should extended mental health services along with vaccination and other services. Policymaker must focused on market intervention to getting job for job seekers.

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