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Micro Level Study on Psychological Impact of Unemployment

Abstract

This research attempts to demonstrate how unemployment has negative effects on an individual's wellbeing and psychology which leads to disabling the capabilities of a person to regain the employment stamina. Further explaining of the paper mentioned how deleterious effect and results outcome from long term unemployment interlinking mental illness. In fact, with increased rate of youth unemployment can definitely lead to country's disruption in the economic cycle. The study also searched for advance knowledge based on the understanding of the two variables determining each other's growth rate. The economic predicament is expected to create psychological disruption within a short span of time, i.e alcoholic, suicide, depression, crime, stress etc. However, effects of mental illness reduction policy have been discussed causing further increased social welfare and other government policy measures. The current research additionally aimed at determining the linkage between optimistic minds, job-seeking strength, coping mechanism to built-in psychological significance with that of unemployment. Therefore in order to gain clarity and transparency as far possible the paper carried out battery of questionnaires that examined, together creating results to acknowledge psychological reasoning of continual battling of unemployment.

Keywords: Mental Health, Social Welfare, Unemployment, Depression, Life Satisfaction, psychological disorder

1. Introduction

Basic life requirement is earned and balanced through monetary stability. The societal or individual stability gets hindered if it is with unbalanced financial support, it can surely restrict from enjoying standard of living and lifestyle. These basic life requirements are fulfilled through [employment](#). However, working might not just satisfies the physical existing needs of the people, it also satisfies the urges uniquely decoded, encourage self-confidence, self-empowerment, definitely providing the platform to realize self-worth.

On the contrary [unemployment](#) is the ultimate happiness demise for the working individuals. According to the [Bureau of Labor Statistics](#) (BLS) unemployment is explained as term identified when people have actively looked for a job for past four consecutive years, ready to go in, but didn't get any.

Health is the vital ingredient on employment, that's getting a job and working on.

Losing a work position is a threat to having an unbalanced lifestyle. Loss of job directly correlates to losing self-esteem and respectively falling to the rebounding cycle of depression. Dismissal can thus lead to stress activation and further complicated psychological health issues. [Depression](#), anxiety, lower self-worth, several adverse health consequences, specifically when despite being potential doesn't lead to meeting up expectations and bearing the unbearable results of failed results for years long. Decades ago

this unemployment central issue took miserable terms to deal with peoples' lives, snatching a better tomorrow and knocking off enormous queue of dreams.

Term unemployment has a linkage to socioeconomic detriment. People under poverty has higher mortality rate, have decreased sustained & healthy living. Often results in unhealthy living environment resulting in unhealthy cognitive upbringing thus increasing premature mortality rate.

Research field's analysis found effects of unemployment on both coverage sectors of the economy in; macro & micro level of depth of analysis. Studies from these two sectors highlighted how influential & codependency the psychological impact & unemployment have. However , researches don't bring output with the same route or tracking as of the cause of choosing differed methods and outliners of taking various factors and varied control groups under certain assumptions, resulting in ultimate conflicts and vague or non-equivalent results and analysis. Major differences are caused by different sample sizes undergoing study, differently observed data and statistical procedures and data explanation, clarification.

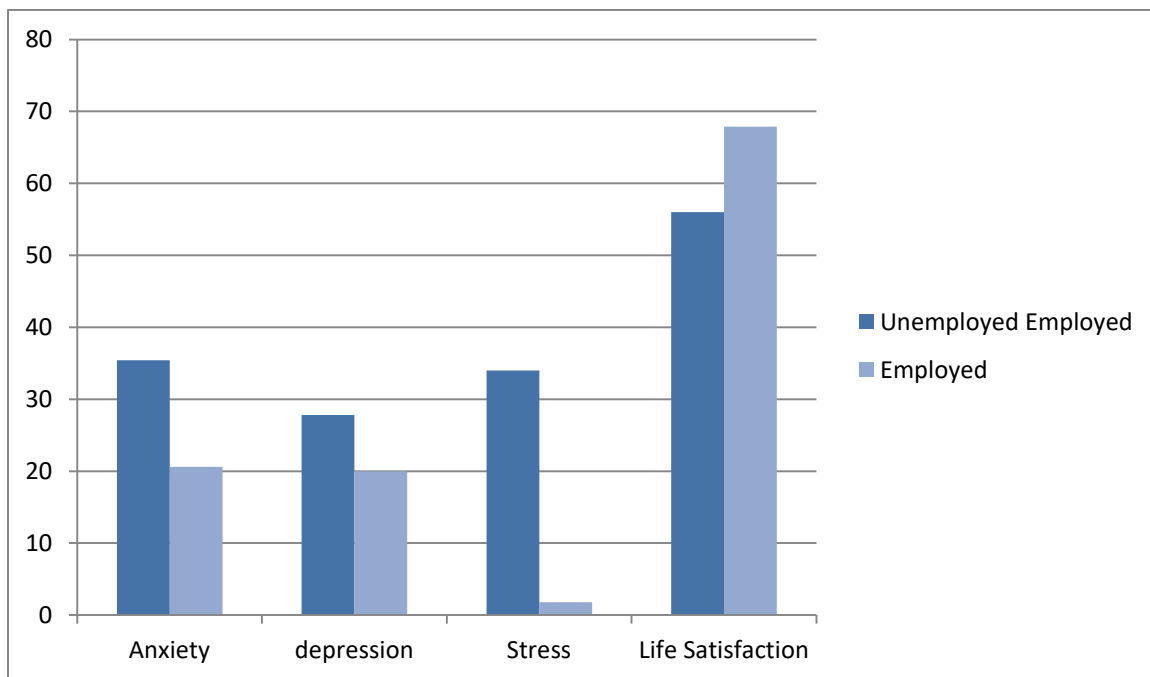


Figure 1: Showing the differences between variables of unemployed & employed

Shows the mean, SDs and t-values on (MHI-38) in unemployed and employed youth, collected from Kashmir valley reports by psychology department Bhopal. How the person has differences between the sub-scaling of anxiety, stress, depression to be higher for unemployed individuals.

The negatives and strength of past researches have been carried out in detailed form. Scholars have had their best to provide on their thesis in meta-analyzing compelling aspects of knowledge on the verified topic chosen. Furthermore, two of three parts of analysis incorporated a small portion of dealing with

primary studies(Foster, 1991; Murphy & Athanasou) and third concentration on mental reaction or well-being on passing phase of unemployment, carried out by Lay(Wanberg & Kinicki 2005) The thesis was done with correlating stress within sections of unemployed people. Further translated to theme of financial strain of being jobless to directly connected to health alteration, people with overloaded debt susceptible to depression. Unemployed people inclined to smoking, and drinking to an extensive level. This form of curse due to being unemployed can easily result in knocking on impacting on two criteria that is increasing stress simultaneously affecting psychologically i.e breaking down home, bonding & relationship resulting poor mental health consistency.

Parallel ways, unemployment caused unwanted distress to happy families including them to broken homes list over the past decades in different countries around the world.

Having a stable work (paid) is unconditionally acting as a determinant of self-security be it mental peace or financial security. It simply provides a platform to display a relationship between the individual with his/her society. This allows recognition in order to contribute to the surrounding as well as amplifying one's own satisfaction. Social support works as a meditating tool of anxiety. This has been tested further for its effects of generalizing and normalizing the results of being jobless.

There are different accounts of individual psychological well-being, of which majors include varied psychological troubles, signs and or diseases. They are formed to assess to the highest frequently appropriate estimation and consideration in correlation of the relationship between mental health and jobless events of life. In [General Health Questionnaire](#) which incorporated factors i.e depression, struggling daily activities, stress balance. This was earlier developed by them in order to measure the economy for individual nation to be relied on youth's work implementation, recruitment rate. Extended to the the measurement of the study disclosed how employment rate of the young generation hold importance of the upgrading of the nation itself.

Individual employment loss can result in failure to enter the workforce, finding job including a series of trauma to go through from expectancy to job loss. Training and getting employed again has far less linkage success rate due to losing hope and glares of fulfillment.

Although aggregate unemployment is less viewed and analyzed as to inappropriate data collection and larger scale measurements individually. Hence appears to be quite difficult handling and complexity to explore seamlessly.

[The World Health Organization](#) found different reasoning to why employment works as beneficial tool to mental health. It is accounted as a stimulation of interaction socially, structured timing and satisfying through results of collective efforts. One fundamental topic it is to which it provides insights of perspectives of industrial purposes thus reviewing past results, discussions and findings related to unemployment issue that this issue is considered to be one of basic cause of stressful lifestyle, hindered peace affecting rate of mortality, scrutinizing the country's trends in mortality rate and health rates both in macro-level. Perhaps particular alteration in chosen individuals to a certain time period(micro-level).

Several researches illustrated in different research papers in medical sector to social science department and economics in order to show how adversely unemployment worsen off the mental and physical health of individual, as to which mentioned earlier in Bockerman et al. in 2009.

The main objective of the study

The research will analyze how unemployment gradually cause psychological several illness among individual at different levels concentrated majorly on increased jobless people and alarming increased level of mental health, focusing on regulating and discovering how poverty and being unemployed impacting on former workers psychological disorders. These disorders include stress, anxiety, crime, suicide, self-isolation etc. These two variables on independent-unemployment and dependent psychological impact/mental health are bi-directional closely related.

Unemployment cause mental distress is ultimately a long-run consequence of psychological health affecting individual negatively. This health consequence of being jobless has resulted in numerical troubles along with prolonged disturbed mind.

Forthcoming studies in past by Katikreddi et al discover the effect of unemployment, income and various economic welfare rules set on mental health. Using the temporary calculation through analytical discussion, uphold any upcoming rise in unemployment. It can further inhibit or promote more mental health deterioration.

Research papers, articles from Goggle scholar, World Health Organization, Bureau of Labor Statistics were used to support and analyze the literature and findings of the connectivity between unemployment, destitution and mental health.

2. Literature Review

Various publication centers, journals, news portals and research centers dealt with analyzing the impact of unemployment on individual human being's psychological bounty and connectivity of the absence of work/job with financial mobility. In this research paper, there will be three separate bases of methodologies undertaken to assemble and analyze how uniquely an individual respond to the unemployment phases of their lives. This qualitative based research will enhance and filter the differently viewed perspectives of different individuals' monetary situations, through interviews, sampling & selection and coping responding mechanism.

2.2 With the fluctuation of demand and supply, individual worker loses job and this scenario is identified as unemployment. This unemployment phase has multiple impacts and effects throughout lifestyle regulating.

In 1978, Hill evolved a three stage theory which every single being gone through for job loss. The 1st stage determined the early hit trauma; second stage is the method where the individual initiates in rediscovering him/herself and lastly accepting the fact where one believes on NO-HOPE stage.

For Fagin & Little, all these stages sums up as experiencing loss, a situation which resembles the same ache of grief when a person undergo divorce, demotion etc. In 1984 they included in the research that people are defined as part of their social position establishments' groupings and the financial ground of security recognition.

In 1994, however Burnett declined the belief set on these three constructed procedures & stated the three stages of undergoing psychological impact as too simplified to put through every individual around the world. Because every human being on Earth acts differently to slightly different depending on how the person's cerebrum part of brain reacts. The level of distress and anxiety will highly be correlated to the feel of individuals' to their former-work positions. Some may fall to humongous anxiety attacks and sorrow leading to traumatized life ahead whereas others can have a sigh of relief to quit the jobs they hated for being bored and unreasonably burdening.

Since 1930s to present there has been countless studies carried out to identify the relationship between unemployment & mental health. All these studies together constructed on how negatively unemployment can eradicate the way an individual respond to a certain act or situation and the psychological health deteriorating side by side mentioned by Creed et al. in 2000.

One of the highlighted studies includes Marie Jahoda, Paul Lazarsfeld and Hans in 1930 in Austria carrying out the long run results of being unemployed on individual ex-worker. In 1930 the village was offered employment for the maximum people present. Years later it was seen that 77% of the village families were not having at least one member getting paid or having a work for him or herself. The finders then constructed the following factors that ultimately passed through individuals as consequences of unemployment. The factors were quitting job depression, demoralization, anxiety attacks, hopelessness, self esteem lowered, confidence lowered, insecurities, alcoholism & parasuicide.

Jahoda in 1982 extended her research and constructed the latent deprivation model Which helped to approach individual morally to involve in paid-jobs to manifest the following prerequisites of individuals psychological needs. Social dignity, purpose, goals and identification of an individual going through regular activity, all these are interlinked with financial flexibility through employment. When all these are being taken away from an individual as a result of unemployment they start building boundaries, limitations and get involved in inactive form, losing the ability to complete latent functions mentioned above, thus negatively impacted on psychological well-being. Work, as a result is an important ingredient in order to psychologically stay active healthy and not making lifestyle deconstructed and at risk due to unemployment. Jahoda believes any job is applicable to the alternate of unemployment.

Further research by Miles & Howard in 1984 supported Jahoda's statement with not all five latent functions. They identified differences between lifestyles of employed and unemployed individual.

In 1986 Fryer constructed agency restriction model in order to demonstrate the decrease in health as a result of unemployment. Fryer denoted manifest function for the factor, income. And argued against the statement of jahoda who say to that unemployment is interlinked with loss of latent functions. Whereas the story behind impact of unemployment on well-being is mostly negative due to individual getting out of the purposeful lifestyle and coping with aimless future where expectations regarding the upcoming years diminished as time passed by. Fryer denoted that the loss of monetary ground leads to difficulty in managing and satisfying the lifestyle that an individual acquired in future planning and thus directly proportional to individuals well-being , financial constraints upon how a person will imply in the future.

Cassidy (2001) mentioned heights of research to state that social recognition is driven by work status and that is why unemployment is a direct loss of the recognition as well as loss of the self-confidence in different degrees of psychological negative effects.

Moreover Jarrett & Kelvin (1985) opposed the connectivity of unemployment is, involving in increased self-awareness to a level of diminishing oneself.

Pharr et al. (2012) mentioned that unemployment had a vital consequence on mental health of the suffered former worker. Marcus, also in 2012, stated that he used German panel study data and demonstrated how spouses of the unemployed workers had suffered mental illness at the same rate as it was for the person unemployed him or herself.

Breuer in 2014, using 29 European countries' panel dataset during the period 1999 to 2010, addressed the effect of unemployment on mortality rate. With the study researched further unemployment factor had directly proportionate effect on suicide. In 2015 fair concluded that effect of unemployment and mental health in the Spanish financial crisis in 2007 had been interlinked too.

Stroukal(2016) explored panel data, held to identify impact of the relationship between unemployment and health. Effecting on poorer healthy people and that is greater among men then that of the woman, carried out in Czech Republic.

Toge (2016) illustrated the analysis of Income and financial strain with that of health effects impacted on the basis of rate of unemployment.

In 2017 Thern, et al, addressed that between 17-24 age group, losing job opposed them from contributing to the mobility of development. They hindered themselves from stepping out to cope up with unemployment phase, passing through harsh reality of life, inhibiting economical progress. They pushed to the edge of themselves where they got weaker work-skill as passing days ahead. Lowered improvement on the participation of betterment.

In 2019, Doran & Kinchin noted to analyze the relationship on mental illness and the monetary shortage burdened on individual undergoing unemployment. Both directly & indirectly linked to the productivity and wellbeing decrease ultimately descending the social welfare of the society as a whole generation or group of the sufferers.

In 2020, the covid pandemic era, where enormous effervescences of resigning & job losing phenomenon had been displayed, a research on "Studying Unemployment effects on Mental Health" carried in Jeddah College of Medicine. Identifying high correlation between social media and traditional dealing of unemployment with that of stress or burden of financial strains dependency and also codependency. The youth group feared off unemployment. As a result leaving unrecovered scars of financially deteriorated conditions of individuals dealing handful of uncertainties in their lives and attract unbearable mourning, grief of not being able to stand independently due to loss of paid-work. They controlled factors like ethnicity, age, nationality, education qualification and extended to find how community and surrounding have the utmost hand in taking role of changing perspectives of unemployed formers.

In 2021, Heather Wilson & David Finch worked under health foundation to investigate the root cause of correlation between unemployment and mental health during the recovery period covid-19 around April. From Office for Budget Responsibility(OBR) in United Kingdom showed the unemployment rate at around 6.5% higher by the end of 2021 compared to pre-covid event at around 0.9 million people being jobless. Katikireddi et al, included that the total increase in the rate of unemployment in the long run rise will be troubling 200,000 workers or individuals turning to carry out poor mental health due to quitting job. This poor mental health maintenance will decline future possibility of progress and upgrading.

Resulting in long-term mental health scarring effects of youth unemployment during living. Previous temporary country lockdowns shutdowns and out of trend, pandemic data aren't included in the time series, as a result 2021 effect of unemployment on mental health has on purpose skipped, resulting in death-rate, focus-less life and tremendous pressure created by community to adapt to loss of monetary control.

3. Methodology

Objective of the chapter is to prepare the methodological perspective taken to explore a person's insights of experiences during the unemployed period from the view point of financial and mental approach. This paper will set the incorporated adaptation of the methodology. It will bring out the sample taken and present methods used for the data collected to undergo different examinations and analysis. The questionnaire formats of around selected structured interview will be helping the paper to reach to the point of data analysis.

Lastly, there will be discussions of how ethical the continuation had been carried out and how the limitations formed barriers to which it has created biasness issues.

Objective of research

The motive of this paper is to examine and analyze the following questions;

1. How does being jobless affect a former worker's mental health?
2. How do the monetary constrictions of unemployment influence a person's lifestyle and status of individual's life?
3. What methods and techniques do people incorporate in order to manage and cope with the phase of unemployment and keep them inspired to handle?

Qualitative Approach

A qualitative research type was taken as the paper medium of approach for this study. Qualitative research deals with a system where it's known as investiture, whereby information in the form of data is gathered relating to area of that particular concentrated study. From this collected data the paper will proceed to establish varied notions and abstraction and thesis on basis of the theories extracted within. The proposal being qualitative has relevance in this field as research is to undertake on a broadened scale to collect depth and perceptual concepts on the suffered individual's unemployment journey and the feelings and reliance opposed.

Interview

The method picked to set is a semi structured interview. All the interested members actively had undertaken the interview approached with broader and more acquiescent range of participation for which extraction of information became easier to take in. These types of interviews allow opportunity for participants to answer keeping their own skin and making reliable insights of their own terms rather than

the generalized interviews that had happened earlier. Therefore interviews are viewed as the most comfort and actual suitable form for investigating the complexity of reactions within human psychology towards a certain calamity. Also there are notes to be taken for sensitive areas to which the interviewee may answer in complex ways and the interviewer may correct them in person or know how they actually wanted it to deliver.

Definitely it has expense and time constraint issues. Communication between interviewer and interviewee can vary as individual interview session is unique and quality answers collected from interviews different from one another. Here comes the risk of bias research. It can be difficult task to collect and remain to sticking authenticity.

Moreover the quality of information gained is impacted on them based on the experiences, skills, beliefs and commitment of the interview taker. A risk factor for the study stands with a small group of participants on the run unlike quantitative where a wide number of data collected and reciprocated throughout and therefore in particular situations it can give an exposure to higher investing manifestation within the reach of interpretation.

Sampling

The concept of certain way to sampling proposal or approach varies remarkably, and resembles the approach, motive and questions indicating directly to the center of study. While selecting the sampling of the actively participated members, the paper used voluntary sampling technique, more like a purposive. This method of sampling is necessary with strategy and an attempt to build and set better outcomes in order of responding analysis between investigation questions and sampling.

In addition to this inclusive standard (norm) was based on members who are unemployed in the present time span of least to six months. To carry out the research, interviewing individuals aged between 30-40 years grouped people. The reasoning behind taking this particular age group is that most of them had careers connecting to the better economic growth contribution and the well-being that has had its contribution too. Hence the restricted age group assured coherency in the relevance of comparison between them, making the rational study outcomes.

Members	Gender	Age	Marital Status	Children No.	Work Position	Time Span of Unemployment
1	Male	35	Single	0	Manager	2.5 years
2	Male	31	Married	2	IT Officer	1 year
3	Male	33	Single	0	Accountant	8 months
4	Female	32	Single	0	Clerk	7 months
5	Female	33	Single	1	Civil Advisor	6 years
6	Female	33	Married	1	Technician	6 months

Members were searched through contacts of the researcher. In early stage seven persons were included to run the procedure, however one of them taken aback because of the answering of the sensitive matters to be discussed. As mentioned all the participants had fulfillment of the range of the white to blue collar job holders in order to normalize the distribution assessment and taking and collecting different perceptions to maintain the research on a varied angle.

Data collection

This collection and allocation of data took place in October 2022. Telecommunication was used to record and all of the individuals statement was transcribed and secured with hiding identity and statement collection each time the session ended. Three of the members participated were associated to the direct link of the researcher and other three were conducted and contacted through a third party. All of the interested and involved participants were contacted through email dropped by including each and every details and with due consents and later one over telecommunication at their respective homes to make the environment enough comfortable while answering. Also to make sure to speak up on their real insights of how well or worse off they felt so far being unemployed.

A semi-structured session was carried out to basically a list of selected questions however with shuffled question serial according to the choice of the conductor of the interview. The interviewer was given the right to explore with testing added questions in order to enlighten how the participants dealt and so far expressed in their own language and words, to extract vital replies and see and measure the depth of the study closely interconnecting empathy and vulnerable bonding between the interviewer and the members.

A draft sketch and later on a scheduled session were ahead announced in order to zoom on and project the concept and guidance leading ideas to assemble in advance by the researcher. In order to show how the structure, and fluency of the pattern of interview going to be held.

Each member was given a set of almost similar questions in relevance to their personal experiences of being jobless that had affected them and their living standard and mentality. The questions were divided and subdivided by two categories open ended and closed ended questions. Open ended stated below, had sharp and thinkable replies, while closed ended questions were related to age, time span of unemployment etc. An example of how one of the open-ended questions stands out to be “How did you cope up with unemployment and applying what sort of techniques?” This sort of open-ended questions had helped to provide platform to scope of enough exploration and investigation of two questions emphasizing on **how** and **what**.

These questions in some sense extended the concentration of the sensitivity alert and thus assisted to add value to the research paper in detailed sense. The paper stick to seek and comprehend responded answers to be keeping in mind the particular tone and language of the valued active members.

The interviewed session was fragmented into these five divisions leading to depth enhancement;

- Member’s census(size and the features)
- Their mental state/thought processing
- Their private/distinctive bonding
- Their owned material satisfaction
- Their assessment on thinking visions for the upcoming future

The research was set in such aspect to not make any individual uncomfortable or sensitive to hurt their feelings, kept it light and positive as far possible and balance the equipped questions in order of generalizing and bringing the issue unemployment in a positively handled distributed regarding the study of the research.

A drafted interview beforehand was carried out to let interviewee understand and preparing aiding them for the later research’s actual script. In addition, this has aided further to solve any trouble causing wording and technical question asked and later on corrected and identified to make members participated comfortable to answer back.

Questions structured preview of some disclosed;

- Psychological wellbeing- What do you think about the linkage between unemployment and psychological satisfaction?
- Effects- How affected your family is due to you being unemployed?
- Materialistic Satisfaction- To what extent has the living status and lifestyle been impacted
- Consideration & Prediction- How far has unemployment permitted you to redirect needs and wants in your life regarding goals and expansion?

Data Analysis

Individual's answers and all the questions asked were then coded accordingly, examined, interpreted and then confirmed to add upon assessment. The process recording each statement had aided the paper to parse and listen the details and understating by close observations of the stated answers. The codes hence afterwards used the key terms in order to manufacture an organized step by step categorization and then further enrolling to the usefulness of the extension of the qualitative research work.

Final step involved checking collected data confirmation, checking to verify the stated wording of investigating depth and then repeated checking back and forth scripts and coding allowing the space to remodel any alteration convenient for the research paper.

Ethical Aspects

The paper ensured to obtain information with due consent and handful of room to make participants of all sections congenial and non-discriminating environment. Before the actual interview to run the process the paper had the consent and supervising of the supervisor to ethically approve and make it communal among the members and society as an awaking impact on them.

Limitations of the study

Every research paper holds few drawbacks and it is near to impossible to control human reaction towards and the biasness. While carrying out the paper met some difficulties dealing it to the fair side. A small portion of members encountered themselves with gathering the most cautious answers while performing feelings expressions throughout the questionnaire session. This is because individual person handled their unemployment trauma uniquely and some ended up replying feedbacks keeping generalized answers and obvious ones in the back of their subconscious mind, not working as it was supposed to be to maintain authenticity.

Throughout the research summarization it was near to impossible to eliminate biasness and this is quite feasible to do so being a human and reacting to certain beliefs, procedures to be working more than the others.

However the utilization of [semi-structured interviews](#) into fragments turned out to be useful in gaining enough required knowledge and valuable sentiments collected through data analysis from the participated individuals. The interview to take handful of time turned out to be inefficient sometimes in sense of keeping time in hand.

Moreover, types of information and examination collected kept a plenty of room for near future interpretation and further dive into the particular field of study.

4. Findings & Analysis

The aim of this chapter is to scrutinize details and findings of the methodology that has been done to obtain zest of the approach and analyze how the relation and correlation established between the chosen factors. Firstly a summarized form of profile has been highlighted here to gain the idea and constructive motive of fallen category study. The essential topic on which projected following data analysis has been carried out as a form of outcomes of the unemployment on the participants;

- Psychological satisfaction
- Reduced financial backup on an individual's lifestyle
- Future desire and longing and the necessity of work

All the highlighted areas are linking to one another with that of unemployment triggered factors and is further examined to come to the results.

Members Module

- ✓ Member one is in Motijheel and is unemployed for about 2.5 years. Before being jobless he was a manager under an institution and had been serving for around 3 years. While being unemployed he focused on building his new apartment and at the same time looking for a work to have a sustainable living.
- ✓ Member two is from Rampura and has been under an organization for 5 years being an IT officer. He is unemployed in the present for one year long. He is married, he has spouse working and he looking for a job.
- ✓ Member three is in Chittagong, had been an accountant for 4 years under the food and beverage company. He is single and with no borrowed money and is looking for vacancy.
- ✓ Member four is from Kishorgonj, earlier worked as a clerk for 2 years straight. She suffered and diagnosed with clinical depression and is looking for part time job due to her psychological disorder and had been going through treatments too.
- ✓ Member five is living in Khulna city, has been unemployed for a prolonged six years period with raising her child being a parent from a conservative detached family. She worked as a civil advisor prior to this current state, she is looking for a full-time job into which she can further support her child, family and her incomplete graduation.
- ✓ Member six is from Mirpur. She worked as a technician of computer mechanism in a networking and advertising company for 4 years to resigning. She has spouse working full time in a private organization.

Psychological Satisfaction

All the above members participated felt a negative correlation to the psychological satisfaction due to unemployment. One of them transcript through stating:

“Emotionally drained away for a particular time, didn’t feel like living and felt unaccepted from the society with the same known faces once used to be friendly and comfy. Had to hide from the invited venues or didn’t bother to give any occupational description.”(Member 3)

He confirmed his struggle time when nobody consoled or even felt like to share shoulders to.

Recognition

All the members enlighten with this interestingly well equipped fact that the identity or recognition revolves or surrounds around the title one holds in their respective occupation or work. They further added one’s way of treating others too depend on the concept of status he/she holds in their work position whether being employed or unemployed.

“The networks of people around me and the state I hold in my work position defined who I am and so far was alright after being given resignation letter to my work and being unemployed unmasked all the essential role playing image of my identity.”(Member 5)

Society definitely defined the person with her dignified job that she held on.

Well-Being (Health)

Their image didn’t matter anymore with that they put on extra weight and looked dull and had developed health issues both physical and mental health.

“Health deteriorated and let grow hair, didn’t bother to think about how I looked and add on to junks and had been gaining uncountable weight, no regularity left, disrupted health and resulting in diagnosis of health issuses with depression being waiting ahead.”(Member 2)

Self-valuation and Goal

In order to stay in a structured life and rules and regulation one has to have work in their backup to motivate to be in themed as per all the members stated words.

Embarrassing State

How they feel arise when they are stigmatized to certain tagline of being unemployed for a long length of time, how they were identified as financially weak and not reaching to standardized lifestyle.

Self Isolation

Vulnerability due to self isolation and taking the face away from the society's arrow eyed questions had let them put down on their own and meant a powerless individual, cutting them from friends and family for avoiding questions to be asked for unemployment topic, not having enough courage to confront.

Stress Degree/Measure

The messed up thoughts on how the uncertainty hits hard on thinking about future and how to carry out living, not knowing what to do, where to stand for being chosen to recruitment, had enough stress to go through.

Monetary/Economic Effect of Unemployment

They had undergone budget deficiency while planning for the expenditures, maximum of them had to rely on social welfare support which was comparatively very low to what they have had earned earlier. They had to reschedule their lifestyle in order to survive on payments made with government welfare system with which they had faced numerous constraints issues not fulfilling one third of the needs and wants. The hardest pill to swallow had that say with unemployment financial difficulties took to a whole new level especially when they had to forgo one necessity to get the other, imagined life to be ending by now, satisfaction towards life came to zero degree of point.

The disposable income the participants had was reduced massively not to be able to pay back mortgage and debts. For one of the members it was helpful to receive welfare amount and managed well cutting down and learning the skill of leadership to family expenditure accountancy and management. With that popped up the coping mechanism method of perhaps how the participant managed.

Coping included them all being associated with some active works, local committee and strengthening programs regarding bonding making and strength.

5. Interpretation & Discussion

This is where all the highlights of impactful means of psychology have on suffered unemployment individuals. This states how individual's financial imbalance created a drift away from their standard of living and what are the available resources used further to mean through the establishment of coping up with unemployment ingrown problem areas. Head on head will be there to emulsify the findings brought to the paper and its valid interpretation. This will finally illustrate thoughts and investigated outcomes analysis on the six members' unemployment journey and their struggle events mentioned.

All the members reported how damaging impact unemployment has on the psychology of individual. The psychological impacts included; feelings of insecurity, loss of recognition or identity crisis, depression, embarrassment events, having no goal or desire to restructure life . For some of them health damage started showing significant damages which were even worse off to letting them feel unwanted in whole. Stress measures were encountered with high level of stress due to uncertainty in lives.

It is by now clear from the study and findings how adversely psychological well-being affected due to unemployment. This is a universal assurance that mental stability and peace id one of the key term of satisfied life and happiness. It is crucially playing role for its part in peoples' lives. An imbalance psychology can have life-threatening barriers to how one perform each day. It should therefore never be underestimated.

Each former worker had different work type and position for different organization but all of them had seen work as a vital role to be played in their living and had significance towards work despite of the varied jobs they have had prior. They realized the significance of work or being employed and the health and psychological well-being of work.

One of the member viewed unemployment as an opportunity to reevaluate himself as awaking essential to reflect and revision life and living in different perception.

The latent function approached and mentioned by Jahoda research paper (time, structured lifestyle) were seen in all of the members thinking mental satisfaction leading to healthy and happy life the key to motivating to sustain one-self, committed towards work and employment loyalty, prerequisite to happy life.

Both the literature and findings had brought a factual highlights of how being single and married can differentiate the state of well-being during unemployment. The analysis was depth searched for how and to why it differed, came up resolving married individual had supports from spouse and children to divert thinking to whereas singles only had social gathering and work to be centrally structured and not going to that non-regularity. All of them assessed to one particular saying are that they continued to feel secured, confident, self-sufficient while being under employment.

Financial worry goes straight connectivity to unemployment. Monetary support is what the world runs down to. Loss of regular disposable income brought down them to ultimately determine how to minimize

and redesign simple and least expense living, considering paying back mortgage and debts to what they are bound to by authority. They had good source of payment but due to income source being narrowed they to reduce quality of living. Job aspects had been lost due to discrimination in the job market regarding records of earlier history of length of unemployment. The inevitable bias limitations and technically handling, both positive and negative aspects of well-being coping unemployment. There is an interaction between present and past lives of former workers.

Globe Search Analysis

According to OBR.uk that suggested to 2021 analysis of unemployment on rate reaching 6.5% that is equalizing to additional 940,000 jobless people in the United Kingdom to compare it with the last quarter list of year 2019. In accordance to Katikireddi's research base and ONS data on age display an additional 200,000 people will be undertaking mental clinical support due to undergoing tremendous pressure and stressful life after being jobless.

UK's longitudinal Study (UKHLS) affirmed that 700,000 people unemployed had severe poor psychological well-being in the start of January 2021. The incidence of reduced vision towards mental health had to vary according to the census and educational qualification to let know how well they controlled and guided themselves into passing critical situation.

6. Policy Making

Government could approach for reconsidering financial plan in perhaps the fiscal policy to preserve and shield public and residents currently and a year ahead for keeping measures to secure them ensuring their employment and providing schemes for those unemployed for the time being not just financially but with mental health free cost workshops. In order to prevail over the damaging consequences of unemployment on their psychology. Also, to be able to regain their lost strength and confidence, to be employed again.

Policy makers can take short attempts on support financially to the workshop that particularly takes into account the group of people who are unemployed. To develop skills to recognize stress, anxiety, depression who are exposure to high risk.

Different types of seminars or webinars can be carried out to feel the laid back visualized support system, most probably sponsored by National Council for Community welfare. All these sessions will lead specialist to know what the following behavioral difficulties individuals are going through. Services as such definitely helps in taking vital clinical steps before it turns out to be deep and persisting psychological illness.

This is one of most underrated decision crossed few mind till date. Moreover it adds an extra mile to qualify workers and stay in fineness. Policy makers can proceed law formulation on forbidding organizations from differentiating between employed and unemployed, basically not discriminating on the basis of past work status, although it didn't yet reach to labor active market.

Debt relief programs can be included in order to save lives and families of unemployed people. This can magically reduce the extension of economical crisis and mental illness. Making sure to provide debt relief schemes to the needy and in actual victim situation, and for originality policy makers have to have a widespread detailed notice on who is unemployed and how long, all other necessary transaction receipts.

Launching mobility to avail work positions in the available markets, side by side training them to develop the workforce with programs concentrated on high enhancement of skill development, boosting self-worth and regaining lost confidence in the past unemployed period.

Being unemployed itself is a stressing word but employed people, society and mostly policy makers can soften or ease out the troublesome situation, making a sigh of relief for the suffered individuals.

Conclusion

Analyzing the fundamentals and depth of the mapping reviews with explanatory visions, all the highlighted evidence directs to state that there is a powerful impacting correlation presents between unemployment and varied mental health disorders.

This paper is an attempt to abridge and outline the perspectives and consequences of one of the most terrible stage of working life and that is unemployment based on the facts and data and peoples' reaction collected and analyzed through several ongoing changes and techniques and methods that each individual who participated had dealt with earlier when they were unemployed (for a long period of time).

In addition the paper includes how the employed are happy to that of those who are unemployed. The result itself contains the findings feasible to which long-term unemployment can be decreased to an extend of saving lives of millions around the globe. Thus the urgent step in activity to lower to a healthy level is much of a necessity.

The contemporary studies along with research carried out currently uphold reports of high widespread presence of destructive mental growth affecting certain group for a decade long, unable to gain back the old self.

In this notation it is already a matter of world concern that every single year thousands of newspaper, journals and articles posted and or published how mental illness is being undervalued as it is suppose to be for a healthy human body. Millions suffer battles with hopes of embracing the brighter future and colorful days. With people being unemployed, this mental health is even further triggered due to frustration, self doubt and depression. Therefore it can be simply said hoe poverty and unemployment in one's life outrage the cost of their mental illness leading o unbearable disappointments and isolation especially from the society. More interested in this field should be welcomed in order to explore the unexplored complexity of human behavior due to poverty and lack of financial backup.

Well, there were few exceptions detected. Some of the people handled and coped better to unemployment arena. Strong backup be it surrounding or motivating positive minds have had restored self-value earlier and saved themselves from post unemployment trauma balancing stress level. Unlike others, who are at sky-high risk of both physical and psychological damage, to which recognizing and finding ways to prohibit further adverse tolerance due to unemployment, the study remained continued.

However, this serious socioeconomic issue and the consequences of unemployment aren't carefully preserved for the near future underlying arising problematic areas., and thus isn't fully explained or perhaps understood. The aggregate/vast level of study hasn't been interpreted at single go as the individuals risks attempts and harming lives can be different accordingly. Over the time the aggregate level of analyzing can help associate with the drastic positive outcomes of the psychological disorders to be reduced with decreased unemployment.

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