

The Effect of Unemployment on Mental Health of Post Graduate Students in North 24 Parganas District of West Bengal

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Abstract: Among the developing countries in the world, India is a developing country where the problem of unemployment remains. Despite various initiatives taken by the government and the private sector, the unemployment rate in India continues to rise. The unemployment rate in India (April 2022) is 7.80 percent. Unemployment among educated people has been seen even before the independence of India, but the number of educated unemployed is increasing alarmingly even after independence. The workplace helps a person to develop self-satisfaction and values, just as financial security provides social respect and protection. At present, the workplace or employment system is happening in a very depressing way. Especially those who have just finished higher education and are about to set foot in the world of work. Students dream of the future in search of employment to strengthen the future, and are facing unemployment when it comes to finding jobs after finishing higher education. As a result, a large number of students are facing stress, frustration and depression.

Key Word: Unemployment, Mental Health, Effect of Unemployment

1. INTRODUCTION:

Review of related literature in any field of investigation has become an inevitable part of research work. Review of a literature' means to collect and organize the knowledge of specific areas of research to come up with a 'gap' with the prior studies. Here the term 'literature' has conveyed a different meaning from the traditional meaning. In research methodology it means knowledge of a particular area of investigation of any discipline which includes theoretical, practical and its research studies.

Best (1977) is of strong opinion that "familiarity with the literature in any problem area helps the student to discover what is already known, what others have attempted to found out, what method of approach have been promising or disappointing and what problems remain to be solved". The investigator has made an earnest effort to find out and study the researches related to topic under investigation concluded by the various researchers and scholars.

The purpose of this study is to find out whether unemployment affects the mental health of P. G students at West Bengal State University. This chapter appears to analyze the knowledge accumulated in the past on the effects of unemployment on mental health so the problem of the present research can be precisely imagined.

2. OBJECTIVES OF THE STUDY:

- To find out relationship between unemployment and mental health.
- To study the effect of unemployment on the mental health of rural and urban PG students.
- To find out the effect of unemployment on the mental health of PG boys and girls.
- To study the effect of unemployment on the mental health of PG students of semester -I and semester -III.

3. DELIMITATIONS OF THE STUDY:

The study covers only West Bengal State University in North 24 Parganas district of West Bengal. The study was based on only two variables, such as "unemployment" and "mental health".

The study is on North 24 Parganas district. But North 24 Parganas is a district. So it is impossible to collect information from all universities and post graduate colleges. So the rescatcher chone West Bengal State University to facilitate his work and data has been collected from the Education Department of this University.

4. LITERATURE REVIEW:

Studies in India:

Venkatesan, M (Feb, 2015) conducted a study on "Psychological health of unemployed graduates: some personal and environmental factor covariates". He has taken the industrial town of Coimbatore as a model for his research work. Using the ancillary sampling method, he finally identified and researched a total of 220 unemployed graduates. The purpose of his research was to examine the effects of personal and environmental factors on the mental health of unemployed graduates in the present study. The results of his research show that the main effects of housing are found on the promise of employment and the importance of employment. Urban graduates have shown higher employment promise and importance of employment than rural graduates. It revealed that the unemployment situation has created a sense of insecurity among urban graduates.

Vanzara, R, K (2016) conducted a study on "mental stress depression and suicidal tendency among educated unemployed male and female youth". The purpose of her research was to study the stress and suicidal tendencies among educated unemployed youth in terms of gender and housing. As a result of this study she showed that Among educated unemployed urban and rural men, there is a significant difference in pressure between educated unemployed urban men and urban women, urban women and rural wom. The results also show that there is a significant difference between the suicide rates of educated unemployed urban men and women, rural men and women and the tendency of urban and rural women to commit suicide.

Ahmad Bhal, m, and Dr. Jeshi, J (June 2020) they carried a study on "Impact of unemployment on the mental Health of youth in the kashmir valley." The main objective of the present study was to investigate the level of mental health of working and unemployed youth in Kashmir. The finding of the study showed that two groups significantly differed on all the sub scales of mental health. Unemployed showed higher level of ansietj, depression, and loss of emotional control, unemployed also showed lower levels of life satisfaction and psychological well-being scores in comparison with employed group.

Chatterjee, S., McDougall, L., and Raj, A. (August 2021) studied Covid-19-related financial distress, job loss, and mental health symptoms. The survey was conducted in Pune district of Maharashtra, which has a rural population of 3.7 million in 2,000 villages. In this study, they examined the relationship between COVID-19-related financial distress, job loss, and mental health symptoms, almost nine months after the end of the first nationwide lockdown in India.hey found in their study that job loss was associated with higher reporting of mental health symptoms among men (aIRR= 1.16) while financial hardship was associated with poor mental health symptoms among women (aIRR 1.29). Conversely, social support and government aid were associated with better mental health symptoms among women.

Studies Abroad:

R. Pharr, J, Moonic, S and J. Bungum, T (December 2011) have jointly researched "The Impact of Unemployment on Mental and Physical Health, Access to Health Care and Health Risk Behaviors". The purpose of this research was to examine the impact of employment status and unemployment duration on perceived health, access to health care, and health risk behaviors. They do this research a secondary analysis of the Nevada BRFSS survey data from the United States (2009), Findings from this study suggest that the impetus for unemployment, be it voluntary or involuntary, may significantly impact a person's mental health.

Monios, A (January 2015) studied the effects of unemployment in mental health of young people. The purpose of this study was to investigate and prevent the negative psychosocial consequences of encountering unemployment, especially among young people. The sample here is taken from recent articles on the subject, such as Electronic Database Medline, Greek Academic Library Link (Hill-Link) and the search engine "Google Scholar". The study found that the effects of unemployment are detrimental to the psychology of young people and their self-esteem is declining, they feel they are losing part of their social role, their relationships are becoming dysfunctional and they are finally losing their quality of life.

Mokona, H, Yohannes, K and Ayano, G (August 2020) studied "Youth unemployment and mental health". The main objective of this study was to assess the prevalence and associated factors of depression among unemployed young adults in Gedeo zone, Southern Ethiopia. The study was designed among 1452 unemployed young adults in the Gadio Zone of southern Ethiopia. The results of their study indicate that depression is a major public health problem among unemployed young adults in Ethiopia. The overall tendency for depression among unemployed young adults was 30.9%. Of the total study participants, including depression, 56.7% had mild depression, 36% had moderate depression, and 7.3% had severe depression.

Posel, D, Oyenubi, A and Kollamparambil, U (March, 2021) conducted a study on job loss and mental health during the COVID-19 lockdown. The purpose of the study was to assess the impact of job loss on the mental health of people in South Africa during the Covid-19 epidemic. Data from their study were taken from the first and second wave of the national survey, the National Income Dynamics-Coronavirus Rapid Mobile Survey (NIDS-CRAM), conducted between May-June and July-August 2020, respectively.

Research Gap:

All the studies quoted above have been equally valuable in analyzing the amount of research that has taken place in this regard. The best method of evaluating any literary work is the critical method that each study has its own limitations.

From the above studies it is clear that National Studies and International Studies were quite different depending on the nature of the problem. The researcher has reviewed studies at different international levels and at the same time he has studied research work at different national levels and has come face to face with its different nature.

A careful and thorough review of the published literature on research problems reveals that the effects of unemployment on mental health have been studied by a large number of researchers internationally and nationally. Researchers have reviewed 10 topics here, most of which have been worked at other levels but not at the academic postgraduate level, so they have chosen this part.

5. POPULATION OF THE STUDY:

The population used for the present study consisted of all post graduate students from North 24 Parganas district of West Bengal.

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SAMPLE AND SAMPLE SIZE:

From North 24 Parganas District Researchers have selected students from West Bengal State University. Researchers from West Bengal State University have taken education development as a sample by random sampling method in their research. Thus, the sample size was education development of West Bengal State University.

SAMPLE FRAME:

Preliminary data were collected to set various parameters underlying the objectives. In the sampling frame were the students of semester - I and semester - III of education development of the university.

6. VARIABLES OF THE STUDY:

The Dependent Variable is 'Depended' on the Independent Variable. As the experimenter changes the Independent Variable the change in the Dependent Variable is observed and recorded. In an experiment the Independent Variable is the variable that is varied or manipulated by the researcher and the Dependent Variable is the response that is measured. In other words, we can say that an Independent Variable is the presumed cause whereas the Dependent Variable is the presumed effect. In this Study, mental health was the major Dependent Variable, whereas the unemployment was the major Independent Variable.

TOOLS OF THE STUDY:

The present study is based on information gathered from primary sources. A set of question papers has been prepared for this.

7. DATA COLLECTION PROCEDURE:

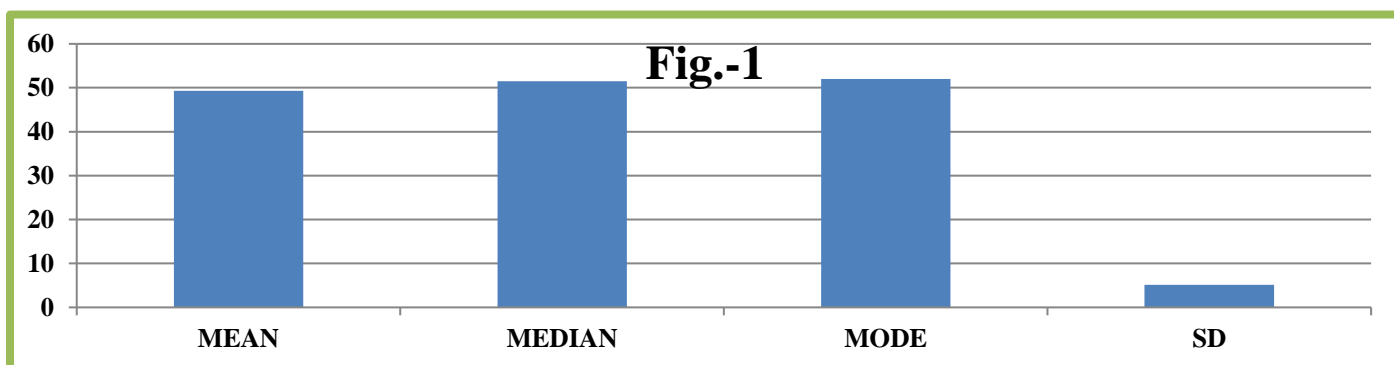
Researchers have used online methods for data collection of studies. The question set was delivered to the sample through Google form and the data collection was done online.

INTERPRETATION:

Data interpretation is a process by which we interpret the information we have collected to carry out the research activity. It is a process which we know that the hypothesis we are conducting our research or project work on has been rejected or accepted.

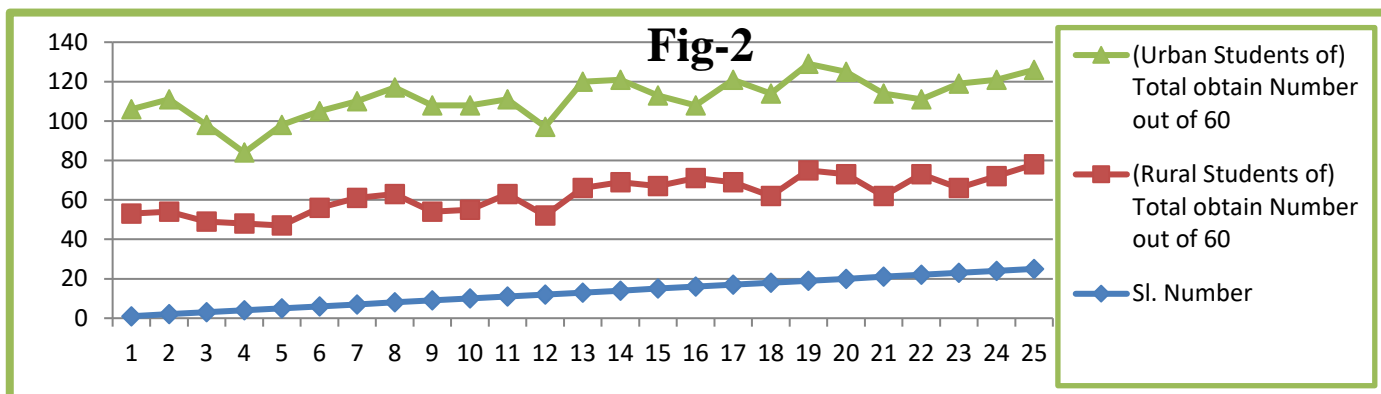
Sl	Marks Obtain	Sl	Marks Obtain	Sl	Marks Obtain
1	52	19	46	37	38
2	52	20	37	38	51
3	52	21	44	39	53
4	46	22	52	40	49
5	44	23	56	41	49
6	42	24	53	42	54
7	50	25	52	43	54
8	54	26	41	44	53

SI	Marks Obtain	SI	Marks Obtain	SI	Marks Obtain
9	55	27	51	45	49
10	45	28	43	46	48
11	45	29	48	47	48
12	52	30	53	48	45
13	40	31	57	49	54
14	53	32	54	50	48
15	55	33	49	MEAN	49.3
16	52	34	52	MEDIAN	51.5
17	55	35	52	MODE	52
18	52	36	36	SD	5.1596947



SI. Number	(Rural Students of) Total obtain Number out of 60	(Urban Students of) Total obtain Number out of 60	SI. Number	(Female Students) Total obtain Number out of 60	(Male Students) Total obtain Number out of 60
1	52	53	14	55	52
2	52	57	15	52	46
3	46	49	16	55	37
4	44	36	17	52	52
5	42	51	18	44	52
6	50	49	19	56	54
7	54	49	20	53	52
8	55	54	21	41	52
9	45	54	22	51	38
10	45	53	23	43	53
11	52	48	24	48	49
12	40	45	25	53	48
13	53	54	N=25		
t= 0.912564127					

Df= 24



To the test null hypothesis investigation computed distributed and inferential Statistics by using MS Excel the results are given below:

Here at rural and urban level combined t test is done. So According to the rules of T here the degree of freedom is discussed below test,

Here df=24

Table value of t at 0.05 level=2.06

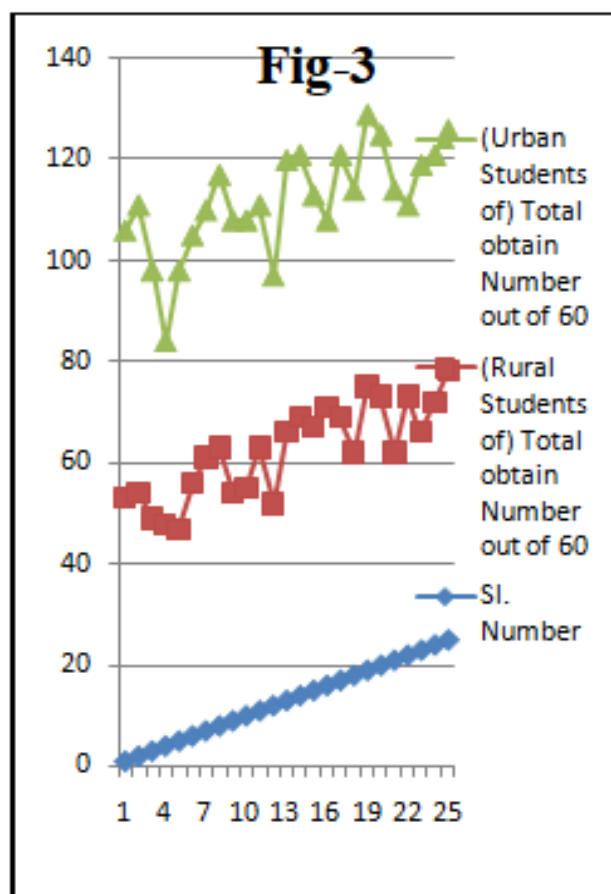
Calculating value of t= 0.912564127

This is a two tail test.

Therefore, null hypothesis will acceptable.

TABLE NO-3

Sl. Number	(Female Students) Total obtain Number out of 60	(Male Students) Total obtain Number out of 60	Sl. Number	(Female Students) Total obtain Number out of 60	(Male Students) Total obtain Number out of 60
1	44	37	14	53	46
2	42	52	15	41	50
3	54	52	16	51	45
4	55	54	17	43	40
5	45	52	18	48	53
6	52	52	19	49	57
7	53	38	20	49	36
8	55	53	21	54	51
9	52	49	22	53	49
10	55	48	23	48	54
11	52	48	24	54	45
12	44	52	25	46	52
13	56	52	N=25		
t= 0.401075					
Df= 24					



Here are the numbers for female and male students combined t test is done. So According to the rules of t-test, here the degree of freedom is discussed below.

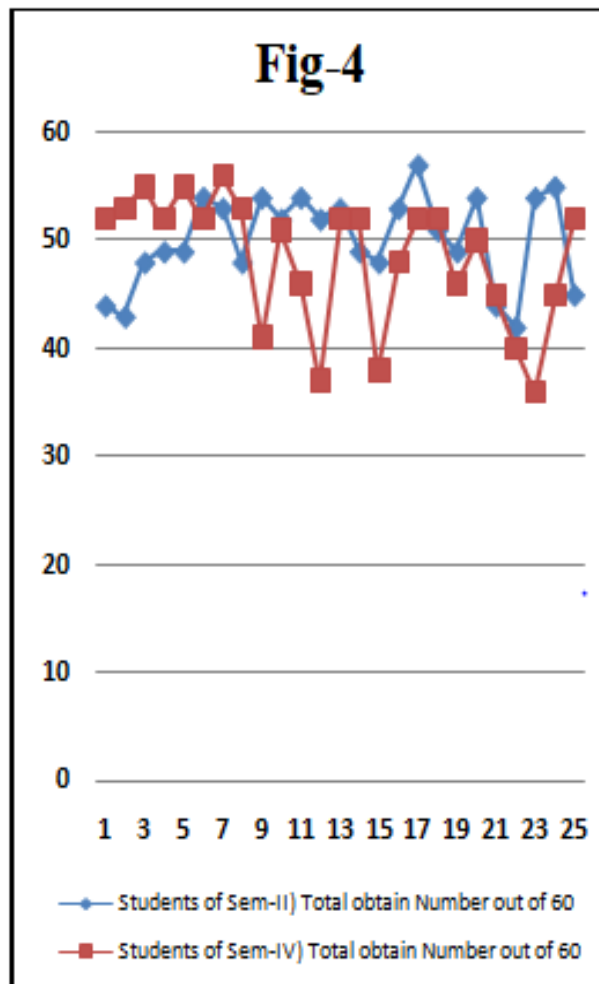
Here, t at 0.05 Level=2.06

Calculating value of t= 0.401075, This is a two tail test

Therefore, null hypothesis will acceptable.

TABLE NUMBER - 4

Sl. Number	Students of Sem-II) Total obtain Number out of 60	Students of Sem-IV) Total obtain Number out of 60	Sl. Number	Students of Sem-II) Total obtain Number out of 60	Students of Sem-IV) Total obtain Number out of 60
1	44	52	14	49	52
2	43	53	15	48	38
3	48	55	16	53	48
4	49	52	17	57	52
5	49	55	18	51	52
6	54	52	19	49	46
7	53	56	20	54	50
8	48	53	21	44	45
9	54	41	22	42	40
10	52	51	23	54	36
11	54	46	24	55	45
12	52	37	25	45	52
13	53	52	N=25		
t= 0.261968					
Df= 24					



Here are the number of semester - I and semester - II students combined t test is done.

So According to the rules of t test, here the degree of freedom is discussed below.

Here, df=24

Table value of t at 0.05 level=2.06

Calculating value of t= 0.261968, This is a two tail test

Therefore, null hypothesis will acceptable.

From the above study, it can be said that there is no different effect of unemployment on the mental health of rural and urban PG students. Further, the results from the above study show that there is no different effect of unemployment on the mental health of Pi boys and girls. Also, as a result, there is no different effect of unemployment on the mental health of PG students of semester I and semester-III.

8. FINDINGS OF THE STUDY:

The current Studies come-out with several valuable Findings, which accomplish the fulfillment of the Objectives and Research Questions mentioned above. The Major Findings may be noted down as follows:

From the above study, it can be said that there is no different effect of unemployment on the mental health of rural and urban PG students.

Further, the results from the above study show that there is no different effect of unemployment on the mental health of PG boys and girls,

Also, as a result, there is no different effect of unemployment on the mental health of PG students of semester-I and semester-III.

9. LIMITATIONS OF THE STUDY:

Depending on how much data can be collected in the current situation, the researchers have tried to complete the current study. In a short period of time, the researcher conducted the study as efficiently as possible. But depending on the current situation the researcher has to deal with a small population; This is the limitation of this study. Researchers have studied a few students at a university, and it is very difficult to get accurate results from these few students, However, despite the small population, the main results of this study are very accurate and the study has been done with due diligence and care.

10. CONCLUSION:

By analysis the above data, we have reached some conclusion discussed here below:

Unemployment is a situation that arises when a person cannot find a suitable job for his profession. Unemployment can be called a social disorder or crisis, It also refers to a normal state of mind where a person can balance himself From the above study, it can be said that the effect unemployment on the mental health of the post graduate students of North 24 Parganas district varies from region to region and according to the academic semester.

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