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## A STUDY OF PERCEIVED DEPRESSION AMONG THE EMPLOYED AND UNEMPLOYED YOUTH



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### ABSTRACT

**O**bjective: The present study investigates the Depression among Employed and Unemployed Youth. Hypothesis: The level of Depression would be high in unemployed youth than employed youth. Sample: For the present study, a sample consisting 80 individual subjects those are employed and unemployed youth of Aurangabad city in Maharashtra. There are two groups (40 unemployed and 40 employed youth) ranging age between 28 to 32 years. Tools: Mental Depression Scale is developed by L.N. Dubey.

**KEYWORDS** : Depression, Employed, Unemployed,

Youth.

### INTRODUCTION

The present study aims to analyze the Depression among employed and Unemployed Youth. According to Lewinshonet. al. (1993), modern age has given us this serious psychological problem. The cases of depression are in day to day life even in that context also where the cultural and spiritual levels are quit high. Depression is a serious mental illness with a wide variety of mood variations of melancholy, sadness and disappointment. It is a combination of emotional, cognitive, and behavioral symptoms. (Tohan and Goodwin, 1995).

Depression is defined as a whole body illness, involving s not the body, mood, and thoughts. It affected the way you eat and sleep, the way you feel about yourself, and the way you think about things. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. People with depression cannot merely pull themselves together and get better without treatment; symptoms can last for weeks, months, or years. Appropriate treatment, however, can help most people who have depression (Kendler et. al.1997; Carson et. al. 2000).

Symptoms of depression may briefly be described as under (Whybrow, 1997)

- o Persistent sad, anxious, or empty mood.
- o Loos of interest or pleasure in usual activities, including sex.

- o Restlessness, irritability, or excessive crying.
- o Feeling of guilt, worthlessness, helplessness, hopelessness, pessimism.
- o Sleeping too much or too little, early morning awaking.
- o Low appetite and weight loss or overeating and weight gain.
- o Decreased energy level fatigue, feeling slowed down.
- o Thoughts of death or suicide or suicide attempts.

It conclusion it can be conclude that it Depression is a mental Disorder that is perceives in the world and affects on us all.

#### REVIEW OF LITERATURE:

Kasl (2001), pointed out that the stressful event of unemployed is cursing but not how much it compounds with other variable is not clear. The clinical studies are not so many study this phenomenon. The psychopathological content of measures designed to assess the current level of the environment stress and used to predict the current level of psychological strain have been presented in Daily Hassles scale by DeLongies et. al. (1999).

Johoda (1982), found that the lack of work not only cases economic hardship, but it also demolishes people's habitual organization of time. Without work he becomes idle. Sleep more, become irregular in routines, develops carelessness, untidiness, and uncleanness etc. Workless man loses enthusiasm of time and passes time as a passive entity, a burdened unproductive for the society. Thus the work provides positive dimensions of life in society while workless provided all negative dimension of hopelessness.

#### AIM OF THE STUDY:

1) To examine and compare the Depression among employed and unemployed youth.

#### Hypothesis:

1) The level of Depression would be high in unemployed youth than employed youth.

#### Variables:

a) Independent variables:

- 1) Unemployed youth
- 2) Employed youth

b) Dependent variable:

- 1) Depression

#### Methods

##### A) Sample:

The present study aims examine a sample consisting 80 individual subjects those are unemployed youth and employed youth of Aurangabad city in Maharashtra. There are two groups (40 unemployed and 40 employed youth) ranging age between 28 to 32 years.

#### Tools:

##### Mental Depression Scale:

The Mental Depression Scale is developed by L.N. Dubey. There are 50 statements in the scale.

Every statement has two alternative answers – (yes and no). The reliability by test-retest method half-split methods was found .64 and .69 respectively. The validity was found .41 and .39 respectively.

**Statistical Method:**

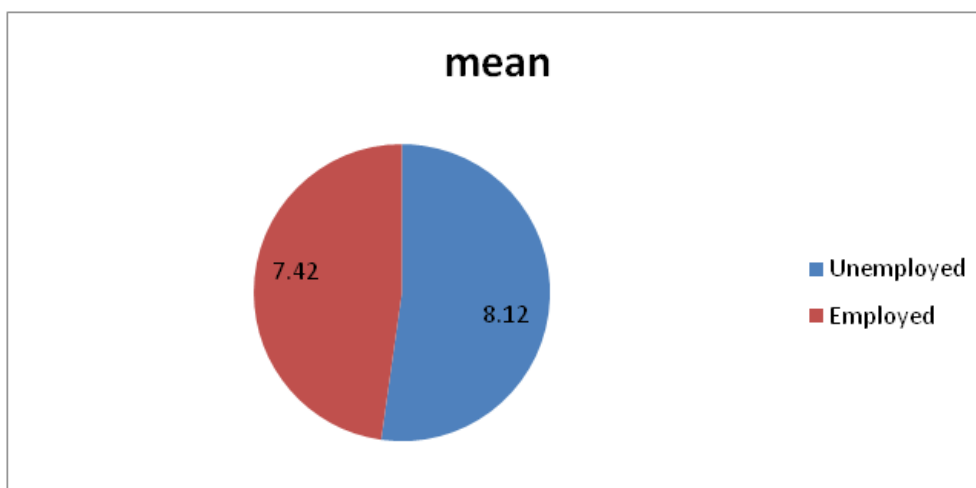
Descriptive Statistical Method used for (mean, S.D. and t test) out for analysis of the data.

**Result and Discussion:**

Table- I showing the mean score and 't' value of the analysis of the unemployed and employed youth dimension of Depression.

Status	mean	N	S. D.	't' value	sign
Unemployed	8.12	40	6.41	6.97	S
Employed	7.42	40	5.52		

**Pie Chart**



The first mean of unemployed youth was 8.12 and S. D. was 6.41 and second mean of employed youth was 7.42 and S.D. was 5.52 and t value was 6.97. Both level (.01 and .00) are significant. Our hypothesis was accepted. (The level of Depression would be high in Unemployed youth than Employed youth).

The similar result found that Lawlis (1991), Oddy (1992), Unemployed reduces self-concept or personality structure i.e. it is injurious for development of individuals personality and development of self-actualization. The unemployed youth suffer a loss of self-respect, self-confidence and develop passively guilt feeling. Thses reasons are responsible to make high Depression level.

**CONCLUSION:**

1)There was significant difference regarding Depression level between Unemployed youth and Employedyouth.

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