



## Level of Anxiety among Graduate Males (22-35 years) due to Unemployment in Selected Areas of Ludhiana, Punjab

Brar Jasleen Kaur\*

\*Assistant Professor, Department of Psychiatry, MSINE, Birmi, Ludhiana, Punjab, India



Greentree Group

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## ABSTRACT

Today unemployment is considered as one of the most important social and economic issues in the country. In India on an average the total unemployed persons in 2013 were 7.32%; Punjab alone reported 14-72 lakh unemployed persons belonging to age-group of 22-35 years. The objectives of the study were to assess the level of anxiety among graduate males (22-35 years) related to unemployment. A descriptive study was conducted on 100 unemployed graduate males from selected areas of Ludhiana, Punjab. Purposive sampling technique was used to draw sample. Data was collected by using BAI (Beck Anxiety Inventory). The present study revealed that out of 100 subjects, 58% were in the age group of 22-26 years, 51% followed the Hindu religion and 74% were never married. 60% were living in nuclear family, 63% had 3-7 members in family and 45% had family monthly income of 5001-10,000/-. Most (97%) were native, 66% subjects were unemployed from  $\geq 1.5$  years and 91% did not take substance in any form. More than half (53%) had very low anxiety, 40 % had moderate anxiety and only 7% had severe anxiety. It was concluded that more than half (53%) had very low anxiety, 40 % had moderate anxiety and only 7% had severe anxiety. Level of anxiety was higher among Sikh and others, subjects who were never married, subjects living in joint family and who had 3-7 members. Level of anxiety was also higher among migrant and subjects who had substance abuse in any form.

## KEYWORDS

Graduate Males, Level of Anxiety, Unemployment, Unemployed Males

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## INTRODUCTION

Today, unemployment is considered as one of the most important social and economic issues in country<sup>1</sup>. ILO (International labor organization) stated that global unemployment has risen to 212 million. The unemployment rate among men in Ludhiana increased to 6.3% in 2009-10 from 1.2% 2004-05<sup>2</sup>. Unemployment has been linked with number of psychological disorders, particularly anxiety, depression and substance abuse, dangerous behavior including suicide and violence among family members or other also correlated with unemployment<sup>3</sup>. Increase in unemployment leads to great damage and

serious situations where the individual cannot find a living to meet basic needs. This drives him/her to cause harm to himself and to others in his community. A descriptive study was conducted to assess the level of anxiety among graduate males (22-35 years) related to the unemployment in selected areas of Ludhiana, Punjab. The objectives of the study were to assess the level of anxiety among graduate males (22-35 years) related to unemployment and to find out association of anxiety among graduate males with their socio-demographic characteristics.



**Table 1** Distribution of subjects as per their socio-demographic characteristics

**N=100**

<b>Socio-demographic variables</b>	<b>(%)</b>
<b>Age (in years)</b>	
22-26	58
27-31	33
32-35	09
<b>Religion</b>	
Hindu	51
Sikh and others	49
<b>Study Subject</b>	
Medical	09
Non-Medical	20
Commerce	39
Arts	32
<b>Marital Status</b>	
Married	26
Never Married	74
<b>Type of family</b>	
Nuclear	60
Joint	40
<b>No. of family members</b>	
3-7 Members	63
8-12 Members	37
<b>Family Income( in Rupees)</b>	
≤ 5,000/-	19
5,001-10,000/-	45
≥ 10,001/-	36
<b>Type of Residence</b>	
Native	97
Migrant	03
<b>Period of unemployment</b>	
≥ 1.5 years	65
1.5- 2.5 years	26
2.5- 3.5 years	07
3.5- 4.5 years	20
<b>Addiction</b>	
No	91
Yes	09

## MATERIAL AND METHODS

The present study was conducted in selected areas of Chowni Mohalla and Guru Nanakpura, Ludhiana. The population for the present study comprised of graduate males (22-35years). Purposive sampling technique was used to draw sample from the target population. Total of 100 graduate males (22-35years) were included as subjects. Beck Anxiety

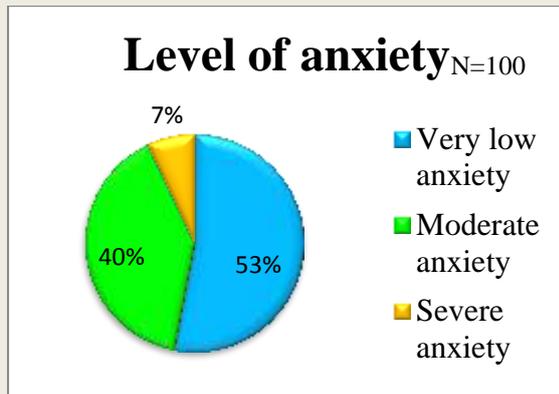
Inventory was used to collect data. It is a standardized tool consisting of 21 questions. Scoring is based on a 0-3 point scale with each question being scored as follows based on participant's response: 0 point- Not at all, 1 point - Mildly: it did not bother me much, 2 points- moderate: it was not pleasant at times, 3 points – severely: it bothered me alot. The items were summed to yield a total score of 0-63 and categorized into Very Low Anxiety (0-21), Moderate Anxiety (22-35) and Severe Anxiety (36 and above).

## RESULTS AND DISCUSSION

**Table 1** depicts the socio-demographic characteristics of graduate males (22-35 years) in selected areas of Ludhiana, Punjab. Out of 100 subjects, more than half (58%) of subjects were in the age group of 22-26 years, more than half (51%) followed Hindu religion, more than one-third (39%) had commerce as their study subjects, nearly three-fourth (74%) were never married, majority (60%) were living in nuclear family, less than two-third (63%) had 3-7 members in family, less than half (45%) had family income of Rs 5001-10,000/- per month, most (97%) of subjects were native, majority (65%) of subjects had period of unemployment of ≥1.5 years and most (91%) of them did not abuse substance in any form.



**Figure 1** depicts the distribution of graduate males as per their level of anxiety related to unemployment. Out of 100 graduate males, more than half (53%) had very low anxiety, 40 % had moderate anxiety and only 7% had severe anxiety.



**Figure 1** Distribution of graduate males as per their level of anxiety related to unemployment

**Table 2** depicts the association of level of anxiety related to unemployment with their selected socio-demographic characteristics. It was found that the level of anxiety was higher among Sikh and others (Christian & Muslim), subjects who were never married, subjects living in joint family and who had 3-7 members. Level of anxiety was also higher among migrant and subjects who had substance abuse in any form.

**Table 2** Association of level of anxiety among graduate males (22-35 years) related to unemployment with their selected socio-demographic characteristics

**N=100**

Variable	n	Level of anxiety Mean ± S.D	F/t value (p value)
<b>Age (in years)</b>			
22-26	58	21.20±08.60	F=0.28
27-31	33	22.60±10.20	(0.22) <sup>NS</sup>
32-35	09	20.40±12.90	
<b>Religion</b>			
Hindu	51	19.30±08.80	t=6.11
Sikh and others	49	24.00±09.90	(0.05) <sup>*</sup>

## DISCUSSION

Present study showed that 53% of graduate males had very low anxiety, followed by 40% had moderate anxiety, only 7% had severe anxiety. A contradictory study by **Soares, Macassa, Gross and Viltasara (2008)** showed that 50% of males had moderate to severe stress and other 50% had mild anxiety due to unemployment or job loss<sup>4</sup>. Another contradictory study by **Brooks (2011)** showed that out of 100 subjects 38% males were at risk of severe anxiety and stress<sup>5</sup>.

The present study also revealed that the level of anxiety was higher (24.00±9.90) among Sikh and others graduates as compared to Hindu graduates (19.30±8.80). A study conducted by the **Colic Peisker and Tilbury (2007)** revealed that the religion was positive contributor to the unemployment. Out of 100 subjects, 50% person who followed the Hindu religion was unemployed, half 50% who followed the Sikh religion and Muslim religion were employed<sup>6</sup>.



<b>Study Subjects</b>			
Medical	09	11.30±04.96	F=4.43
Non-medical	20	24.10±10.50	(0.66) <sup>NS</sup>
Commerce	39	22.90±09.10	
Arts	32	21.40±09.00	
<b>Marital Status</b>			
Married	26	24.80±10.90	t=3.91
Never married	74	20.50±08.80	(0.04) <sup>*</sup>
<b>Type of family</b>			
Nuclear	60	20.90±08.90	t=0.72
Joint	40	22.60±10.70	(0.01) <sup>*</sup>
<b>No. of family members</b>			
3-7	63	21.60±09.70	t=0.65
8-12	37	21.50±09.77	(0.001) <sup>*</sup>
<b>Family Income (in Rupees)</b>			
≤5000/-	19	20.50±08.30	F=0.43
5001-10,000/-	45	22.60±09.70	(0.20) <sup>NS</sup>
≥10,001/-	36	21.00±09.70	
<b>Type of residence</b>			
Native	97	21.50±09.70	t=0.69
Migrant	03	26.30±06.20	(0.04) <sup>*</sup>
<b>Period of unemployment</b>			
≥ 1.5 years	65	20.80±09.10	F=0.45
1.5- 2.5 years	26	22.70±09.00	(0.50) <sup>NS</sup>
2.5- 3.5 years	07	24.00±11.90	
3.5- 4.5 years	02	24.50±16.40	
<b>Addiction</b>			
No	91	21.50±09.70	t=0.41
Yes	09	23.70±09.00	(0.02) <sup>*</sup>

*\*(Significant  $p \leq 0.05$ ), NS (Not Significant  $p > 0.05$ ) Min Score = 0, Max Score = 63*

According to Bureau of Labour Statistics (BLS) in employment and earnings (January 2006), a married person was much less likely to be unemployed than a single, widowed or divorced individual. In 2006 single, never married males aged sixteen and over (9.5%) had more than three times the unemployment rate of married males (2.8%); widow, divorced or separated males (5.6%) had twice the unemployment rate of married men<sup>7</sup>.

### Implications of the study

The findings of the study clearly point out that 53% of graduate males had very low anxiety, followed by 40% had moderate anxiety, only 7% had severe anxiety. The

nurse must address the level of anxiety.

This can be facilitated by:

1. Educate and encourage the graduate males to understand about the anxiety and its effects.
2. Encouraging the graduate males to try to find out what works for them and to regularly give themselves time to wind down.
3. Conduct formal and informal teaching in area about signs of anxiety due to unemployment.
4. Educate the males to use diversion therapy when they thought about unemployment, for example reading books, listening to music.



5. Nursing administration at area should evaluate the effectiveness of health education related to anxiety and its prevention.

6. Further research can be undertaken so as to enable better understanding of problem and effective planning for its intervention.

7. The findings of study help to analyse the level of anxiety among graduate males.

1. The study was restricted to 100 graduate males. This limits the generalizability of the study findings.

2. Purposive sampling technique was used so as to limit the generalization of findings.

## CONCLUSION

It was concluded that the level of anxiety was higher among Sikh and others (Muslim and Christian), subjects who were never married, subjects living in joint family and who had 3-7 family members. Level of anxiety was also higher among migrant and subjects who had substance abuse in any form.

## Recommendation

1. The study can be replicated on a large sample to validate and generalised findings.

2. Similar study can be conducted in other areas.

3. Similar study can be conducted on females.

4. Similar study can be conducted to assess the psychological symptoms due to anxiety.

## Limitations



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