

Mental Health Problems of Unemployed Youths in Karbook Subdivision of Tripura

Purna Laxmi Jamatia¹, Dr. R. Gurumoorthy²

¹Ph.D Research Scholar, Department of sociology and social work, Annamalai University, Annamalai Nagar-608002, Tamil Nadu, India

²Associate professor and head, Department of sociology and social work, Annamalai University, Annamalai Nagar-608002, Tamil Nadu, India

Email: purnajam25@gmail.com

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ABSTRACT

Unemployment is a problem in itself. The main aim of this paper is to find the problems of youth unemployment in Karbook and to study the cause and effect of mental health problems of unemployed youths in karbook sub-division of Tripura and thirdly to analyse important initiatives taken to lessen the negative impact of unemployment among youths in Karbook. 70 respondents, representing the age range of 18 to 35, make up the sample size. ANOVA, Chi-square test and Pearson correlation were employed for data analysis. According to the study's findings, men over 30 are more likely than women to experience mental health issues as a result of unemployment. The youth waits for more than 4 years for a job. It is also found that most of the unemployed youths are educated. The study comes to the conclusion that, in spite of the amazing efforts to manage it, a significant portion of young people in karbook experienced serious mental health issues. As a result, it's critical to put in place strict guidelines and conduct ongoing assessments to control mental health issues.

Key Words: Mental health, Unemployment, Youths, Karbook, Tripura.

1. INTRODUCTION

This nation's young are its greatest asset. The countries remain undeveloped as long as children are affected and exhibit regression. Particularly in developing countries like India, youth unemployment is a severe issue that affects the mental health of young people. Between the ages of 10 and 24, there are 1.8 billion teens worldwide, or almost 25% of the total population. In less developed nations, there are nine of them. Despite having a lesser population than China, India leads the world with 356 million people in this age group. More youth than ever before are joining the labor, especially in the world's poorest nations.ⁱ India continues to suffer with underemployment and unemployment despite continuous efforts to address the problem through policy and program measures. Our nation's unemployment rate is at 4.9% in

spite of numerous attempts. The percentage of India's labor force that is actively seeking jobs is known as the unemployment rate. India's unemployment rate for 2013–14 is significantly higher in urban regions (5.5%) than in rural ones (4.7%). 4.2% and 6.2% of men and women, respectively, are employed in India's rural areas; 3.9% and 12.4% work in the nation's cities.ⁱⁱ There are great deal of young people in India nowadays who are unemployed and experiencing psychological issues. Mental health has become a common issue for unemployed youths. According to the World Health Organisation, a person is considered to be in a state of wellbeing when they are able to contribute to their community, work effectively and efficiently, accept their own potential, and manage life's typical pressures.ⁱⁱⁱ The first factor that determines whether a person has a good or bad life is their health. A poor state of health prevents us from accomplishing anything, particularly working. Unemployment and especially mental health issue go hand in hand. Poverty has worsened due to the nation's high unemployment rate. It also has an effect on the economy of the nation. A nation's economy depends heavily on the jobs that its youth create; in fact, they are the driving force behind economic growth.

As India suffer from unemployment, there is also huge number of development in the country but there are marginalized places like karbook which is located in Gomati district of Tripura who don't receive recognition and is always neglected from opportunities. They are away from development and they live in rural areas. The youths literacy has increased rapidly with the growth in population.

Tripura is located in the Northeastern part of India. In Tripura, there are more than 2 lakh 79 thousand unemployed youth. The number of registered jobseekers is increasing day by day. The quantity of new positions produced pales in contrast to that. This data was taken from a report presented to the Legislative Assembly of Tripura.

Furthermore, according to data from the Centre for Monitoring Indian Economy, or CMIE, Tripura has a lower unemployment rate than West Bengal, Assam, Meghalaya, and Sikkim. That is to say, when it comes to unemployment, Tripura holds the top spot in Northeast India. The state unemployment rate in Tripura in 2022 was 17.1% in January, 14.6 in April, 17.4% in May, 16.3% in August, 11% in September, and 14.4% in November, according to the 16th survey conducted by the National Statistics organisation. Tripura's overall unemployment rate, as reported by the March 2023 CMIE survey, is 14.3%. Additionally, the state of the nation is unsatisfactory. India, under BJP administration, has the lowest jobless rate globally. India is lagging behind nations like Bangladesh, Pakistan, and Mongolia in terms of development. The study projects that in 2023, the jobless rate in India will rise to 8.3 percent. In contrast, 7.23 percent of people are unemployed in rural areas and 7.13 percent of people are unemployed in metropolitan areas. In 2017, India's share was 6 percent. Ten million additional people will be officially declared jobless in the nation throughout the next four years, per the report. There will only be a one million rise in government positions in this. This research states that Tripura's unemployment situation is appalling. The minister of the relevant department responded to questions from opposition lawmakers in the Assembly by stating that, based on data from the National Career Service Portal, there were 2 lakh 79 thousand 365 youth registered in the state as of July 2, 2023, who were looking for work. There were 80,289 individuals in the West Tripura district, 24,41 in the Khowai district, 29,800 in the Sepahijala district, 27,700 in the Dhalai district, 26,60 in the North Tripura district, 22,48 in the Unakoti

district, and 32,159 in the Gomati district between them. There are 37,268 individuals in the South Tripura district.

Recent years have seen a sharp rise in Tripura unemployment rate, primarily due to insufficient government initiatives and restricted access to opportunities for skill development. While unemployment may pose a threat to a state prosperity, meaningful employment guarantees the continuous success of the state. Unemployment has detrimental psychological effects on young people because it diminishes their feeling of self-worth, makes them feel as though they are losing out on significant components of their social status, strains their relationships, and, in the end, affects their quality of life. For young individuals without jobs, professional help is required to enhance their quality of life and reconsider how they see themselves.

In this paper the study focuses on the Mental Health problems of unemployed youths with special reference to karbook sub-division of Gomati district of Tripura. The study was conducted in Purba karbook. The area is located in rural with a total population of 3999 living in 793 household.^{iv}

2. REVIEW OF LITERATURE

Extending unemployment benefits was primarily done to help people in the "normally" stable labor force who might lose their jobs during recessions deal with the ensuing financial fallout. There hasn't been any coordinated effort to address these difficulties, and it's unknown how unemployment impacts this population psychologically. Research suggests that a higher proportion of people are experiencing psychological issues as a result of unemployment.^v

Depression in adulthood and self-esteem are related to economic well-being. The relationship between young people's self-esteem and their mental and financial health may not be as strong. One's financial circumstances is one of the most important factors in improving self-esteem and lowering mental health problems in early adulthood. This study shows that maintaining mental health in the early stages of adulthood requires improving one's feeling of self-worth, and that this process depends on one's financial stability. It doesn't, however, address the problem of how to handle poor mental health that results from financial hardships.^{vi}

Youth can radically alter the course of every civilization since they are its most powerful and energetic segment. Engaging bright young people adds a whole new level of complexity to the issue. With its youthful and educated labor force, India presently boasts the fourth largest economy globally. It's equally crucial, though, to find solutions to their issues. Even though they are among the world's most pressing issues, emerging countries are disproportionately affected by poverty, underemployment, unemployment, and unequal resource distribution.^{vii}

Despite the fact that young people in the region faced several challenges related to their families, occupations, and educational possibilities, one of the primary concerns is the high rate of youth unemployment in Northeast India. Emile Durkheim argues in sociology that when civilization transition from the mechanical to the organic stage, traditions and ideals are uprooted and disturbed. Durkheim's thesis provides some explanation for the issues that the neighborhood's youth are facing. One of the socializing institutions, the "youth dormitory," was said to have vanished, and this was the main cause of the issues facing young people. The general juvenile problems did not result in a betterment of the mental health of adolescents.^{viii}

There were notable distinctions between the young groups with and without jobs on each subscale pertaining to mental health. Those without work demonstrated worse psychological well-being and life satisfaction as compared to the group with jobs. They also displayed heightened dejection, anxiety, and an incapacity to regulate their feelings and actions. Teens without jobs are more prone to experience mental health problems in addition to other health-related problems. Those without jobs report higher levels of psychological anguish than do those who are employed.^{ix}

3. OBJECTIVES

- To Understand the problems of unemployed youths in Karbook
- To study the cause of mental health problems of unemployed youths in Karbook.
- To analyse the important initiatives taken to lessen the negative impact of unemployment among youths in Karbook.

4. METHODOLOGY

In order to comprehend the youth unemployment in Karbook, the researcher has employed both primary and secondary data. Primary data were acquired through observation and the distribution of questionnaires, while secondary data were obtained from books, journals, news items, magazines, and other sources.

Version 21 of the statistical software for social sciences (SPSS) was utilised by the researcher for analysis. Data were presented using figures, tables, and text, and were summarised using means, frequencies, and percentages. Besides, ANOVA, Chi-square and Correlations test was done for assessing. Lastly, P-values of less than 0.05 indicated the statistical significance of the variables, and they were chosen based on the odds ratio (OR) and 95% confidence intervals (CI).

5. HYPOTHESES OF THE STUDY

1. There is no significant relationship between Gender and Years of Unemployment.
2. There is no significant relationship between Years of Unemployment and Psychological Distress.
3. There is no significant relationship between Years of Unemployment and Financial Strain.
4. There is no significant relationship between Stress due to Unemployment and Job Placement and Training Programs.
5. There is no relationship between Psychological Distress & Mental Health support services.

6. RESULTS AND DISCUSSIONS

The results (Table No. 1) show that 70% of unemployed youths having mental health problems are male and 30% are female. The highest percentage of unemployed youths belongs to the 30 – 35 years (50%) age group and the lowest is 19 – 25 years (20%). About 44.3% of

unemployed youths have qualifications above MA and 27.1% of youths belong to the BA – MA category. The majority of the youths in India (38.6%) are unemployed for more than 4 years and 25.7% of youths wait for 3 years to 4 years. Around 58.6% of youths are highly stressed due to unemployment in India. About 42% of youths responded that India's rural and urban unemployment populations have different effects on mental health.

Hypothesis 1

H₁: - There is a significant relationship between Gender and Years of Unemployment.

The Pearson Chi-Square value (Table No.2) shows that the probability value (0.000) is less than 0.05. Therefore, the null hypothesis is rejected. Hence, there is a significant relationship between Gender and Years of Unemployment.

Hypothesis 2

H₁: - There is a significant relationship between Years of Unemployment and Psychological Distress.

The ANOVA Test (Table No.3) shows that the probability value (0.031) is less than 0.05. Therefore, the null hypothesis is rejected. Hence, there is a significant relationship between Years of unemployment and Psychological Distress.

Hypothesis 3

H₁: - There is a significant relationship between Years of Unemployment and Financial Strain. The ANOVA Test (table No.4) shows that the probability value (0.471) is greater than 0.05. Therefore, the null hypothesis is not rejected. Hence, there is no significant relationship between Years of Unemployment and Financial Strain.

Hypothesis 4

H₁: - There is a significant relationship between Stress due to Unemployment and Job Placement and Training Programs.

The ANOVA Test (Table No.5) shows that the probability value (0.240) is greater than 0.05. Therefore, the null hypothesis is not rejected. Hence, there is no significant relationship between Stress due to Unemployment and Job Placement and Training Programs.

Hypothesis 5

H₁: - There is a relationship between Psychological Distress & Mental Health support service. The probability value (0.001) of the Correlation (table No.6), test is less than 0.05. Therefore, the null hypothesis is rejected. Hence, there is a strong correlation between Psychological Distress & Mental Health support service.

7. Youth Unemployment problems in Purba Karbook

In the Indian state of Tripura, the village Purba Karbook is situated in the Karbook C.D. Block of the Gomati District. The Purba Karbuk Gramme Panchayat is in charge of it. It is under the Community Development Block of Karbook. Purba Karbook is located approximately 35 kilometres from the closest town, Amarpur.^x In Purba Karbook, there are 916 households with 3999 residents, according to data that is currently accessible from 2009. The community has 2039 male residents and 1960 female residents. Of the total population, 49.01% are female and 50.99% are male. There are 3813 members of the scheduled tribe, with 1885 being women and 1928 being men. Among the scheduled tribes, men make up 50.56% of the population and women 49.44%. The percentage of scheduled tribes in the population is 95.35%. The villages have only one government hospital which 5 km away from the village.

There are only three medical shops and medical help center were just few. This lack of medical infrastructure stops the youths of karbook to seek help from experts or even go for treatment for a disease like depression and mental health problem. The villages have only 4 government primary schools and four government middle schools. When it comes to higher secondary school only private schools is there. There is no colleges whether its Arts or science, Government or Private. There is no Industries and factories and no training schools for the skill development. All the above schools are almost all are 10km away from Purba Karbook. There is vocational training school in the village. Due to the lack of infrastructure in the study area the people were unable to up-skill themselves and they remain unemployed.^{xi}

The kids attend the local schools, but the education provided was of poor quality. Some of them travel over 100 kilometres to Agartala, a distant city, for higher education. They lack skills since their early foundation was weak. They were unable to compete with others in this cutthroat world, thus they are still unemployed. Because they were unable to find employment and support their families when they were struggling, the majority of young people are unemployed and psychologically distressed.

In addition to the shift from adolescence to adulthood and from education to employment, the stage of life known as young adulthood, or emerging adulthood, is characterised by important life transitions like moving out of parental home, establishing a romantic relationship, and obtaining stable employment.^{xii} But the youths of karbook were unable to fulfilled that and because they were unable to fulfilled the basic expected needs of the society they go through some mental health problems such as depression and anxiety etc. Most of the youths help themselves with alcohol and other tobacco which is affecting them more. This is serious issue in the study area as most of the unemployed youths are getting involved in alcohol and other substance like drugs.

Though it has significant long-term effects across the lifetime, depression in young adults, the era of transition from adolescent to adulthood, has long-term implications through repeated depressive episodes and worse socioeconomic results. As the most prevalent mental health issues and the primary cause of disability, depressive disorders are linked to a lower quality of life and a higher chance of developing physical health issues.^{xiii}

The government in the research sector turned a blind eye to the problem in the face of several issues facing young people without jobs, who are the backbone of society. Their mental health was not given any importance and they received no knowledge, which is why they are still behind than other regions of the state.

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Table no.1
Frequency distribution table

VARIABLES	FREQUENCY	PERCENT
Gender		
Male	49	70.0
Female	21	30.0

Total	70	100.0
Age		
19-25	14	20.0
26-30	21	30.0
30-35	35	50.0
Total	70	100.0
Qualification		
Below 10th	7	10.0
10th – 12th	13	18.6
BA-MA	19	27.1
MA Above	31	44.3
Total	70	100.0
How long have you been unemployed?		
Less than 1 year	5	7.1
1 year - 2 year	6	8.6
2 year - 3 year	14	20.0
3 year – 4 year	18	25.7
4 year and above	27	38.6
Total	70	100.0
Have you been stressed due to being unemployed?		
Yes	41	58.6
No	10	14.3
May be	19	27.1
Total	70	100.0

Do India's rural and urban unemployment populations have different effects on mental health?		
Yes	42	60.0
No	7	10.0
May be	21	30.0
Total	70	100.0

Table No.2

Chi-Square Tests			
	Value	df	Asymptotic Significance (2- sided)
Pearson Chi-Square	30.204 ^a	4	.000
Likelihood Ratio	36.601	4	.000
Linear-by-Linear Association	16.141	1	.000
N of Valid Cases	70		
a. 5 cells (50.0%) have expected count less than 5. The minimum expected count is 1.50.			

Table No.3

ANOVA					
Psychological Distress					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	25.386	4	6.347	2.837	.031
Within Groups	145.414	65	2.237		
Total	170.800	69			

Table No.4

ANOVA					
Financial Strain					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	6.002	4	1.501	.896	.471
Within Groups	108.798	65	1.674		
Total	114.800	69			

Table No. 5

ANOVA					
Job Placement and Training Programs					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	4.228	2	2.114	1.456	.240
Within Groups	97.272	67	1.452		
Total	101.500	69			

Table No. 6

Correlations			
		Psychological Distress	Mental Health support service
Psychological Distress	Pearson Correlation	1	.394**
	Sig. (2-tailed)		.001
	N	70	70
Mental Health support service	Pearson Correlation	.394**	1
	Sig. (2-tailed)	.001	
	N	70	70
**. Correlation is significant at the 0.01 level (2-tailed).			