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## **Psycho-Social Problems of Adjustment among Highly Qualified Unemployed Youths—A Study**

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### **Abstract**

*Unemployment is a major problem among highly qualified youths. With high expectation they have finished their higher education But with the advancement of their age, their personal commitment along with commitment towards family increases day by day. Lack of financial satisfaction due unemployment creates some psycho-social problems of adjustment. Frustration, depression and anxiety violate their mental peace and happiness. Therefore, it is an urgent need to study their psycho-social problems and help them to contribute a lot with positive energy to our nation building process. For the present study, the investigator has selected 100 unemployed youths whose qualification graduation or above from Greater Guwahati area. The age group of sample youths are 23-35 years. With the help of simple random method the investigator has selected 100 sample youths and collected data from them by using observation and interview techniques. Statistical analysis has been done from the collected data.*

**KEY WORDS:** *unemployment, highly qualified youths, Psychological problem, social problem, frustration & depression.*

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**Introduction:** Youths are considered as the strength and power of the nation. India is a nation of huge amount of youths. Therefore, it is the duty of our education system to understand their needs and problems for their effective adjustment in life. Scientific and technological advancement with global perspective has changed the Indian educational system to evolve new strategies and adopt new approaches to cope with the changing situation and helping our youths to contribute a lot in nation building activities. According to Vivekananda, Education for him means that process by which character is formed, strength of mind is increased, and intellect is sharpened, as a result of which one can stand on one's own feet. That type of education definitely will prevent any kind of unrest among the literate youths. Growth and development of our country depends on its educated, skilled and morally rich youth force. They are considered as the rising energy of a country and are considered as the backbone of a nation. But unfortunately this energetic force of youth section specially the highly literate youths are not properly guided and employed in our country. Our state also suffering from many problems related to the highly qualified unemployed youths. Education can play a major responsible role to mould the student to face the reality and to solve their problems intelligently and effectively. But our present education system is not fully geared to cope up with the aspirations of our youths. Today, we have a large number of literate youths but at the same time we have a shortage of balanced skilled manpower. Technically we are lacking in three kinds of skills among our literate youths, these may be considered as

lack of communication skill, lack of analytical and problem solving skill and also the lack of adequate knowledge in their respective field or subject. Due to these problems, the majority of the literate youths are deprived from their deserved appointment & engagement and they remain unemployed in spite of their traditional higher qualification. In the long run these literate youths do suffer from psycho-social problems that leads to an unrest mindset and many of them are deviated from the mainstream of our society though they have enough potential to serve the society in the right direction. Therefore, it is an urgent need to study the psycho- social problems of our highly qualified unemployed youths and their unrest mindset.

**Objectives of the present study:**

1. To study the unrest mindset of literate unemployed youths.
2. To study the psycho-social problems faced by literate unemployed youths.

**Methods:** Descriptive survey method has been used to collect data from literate unemployed youths between the age group of 23-35 years.

**Area of the study:** Greater Guwahati.

**No. of sample:** 100 literate unemployed youths who completed graduation or above degree.

**Tools:** Observation and Interview techniques.

**Sample selection procedure:** By using simple random sampling method the investigator has selected 100 educated unemployed youths from Greater Guwahati area.

**Aspects of observation:** Psychological, social and family support of literate unemployed youths.

**Limitations of the study:** The first limitation relates to the area under study. Greater Guwahati has been taken as the field of the study.

The second limitation relates to the age group taken in this study. Youths of the age group of 23-35years were considered in this study.

**Analysis of the objective no.1:** To study the unrest mindset of literate unemployed youths, the investigator has observed their behaviour at home and in the society. The investigator has also observed their relationship with parents & relatives, with neighbours, with friends and other members of the society. The investigator personally meet their parents, guardians and close friends to investigate their present mental status and psycho-social problems of adjustment.

**Table No. 1**

Type of Feeling in thought and action

Positive Feeling	35 %
Negative Feeling	65%

From table no.1 and observation of the literate unemployed youths , it is found that due to the constant efforts for fulfilment of their need and continuous failure to achieve the desired results create tension and anxiety in their mind. Such type of constant failure stimulate and motivated some of them to work hard to cope with the challenging situation in a positive direction and adjust themselves to find out effective alternative appointment and engagement. In this study it has been found that their number is very less. Out of 100 youths only 35 youths are in positive feeling in their ideology and approach in life. They are not ready to compromise their positive energy at any cost of temptations and illusions. But the picture is quite different in the cases of the majority (65) of youths where they are frustrated out of their recurrent and constant failure to get appointment/ engagement . Constant failure has broken down their self- confidence. Due to the lack of self-confidence and self-esteem, they gradually

inculcate negative feelings in their thought and action and are easily influenced by propaganda, illusions and temptations.

**Table No.2**  
Type of Personality

Extrovert	51%
Introvert	10%
Ambivert	39%

From Table no.2 and on the basis of observation, it is found that introvert nature of personality are less in number as compared to extrovert type of personality characteristics. In order to cope with the situation, the literate unemployed youths do express themselves actively in thought and action. Some of them (39%) were found neither extroverts nor introverts, those are called Ambivert.

**Table No. 3**  
Present status of mind

Happy with the situation	03%
Trying to be happy	29%
Unhappy with the situation	68%

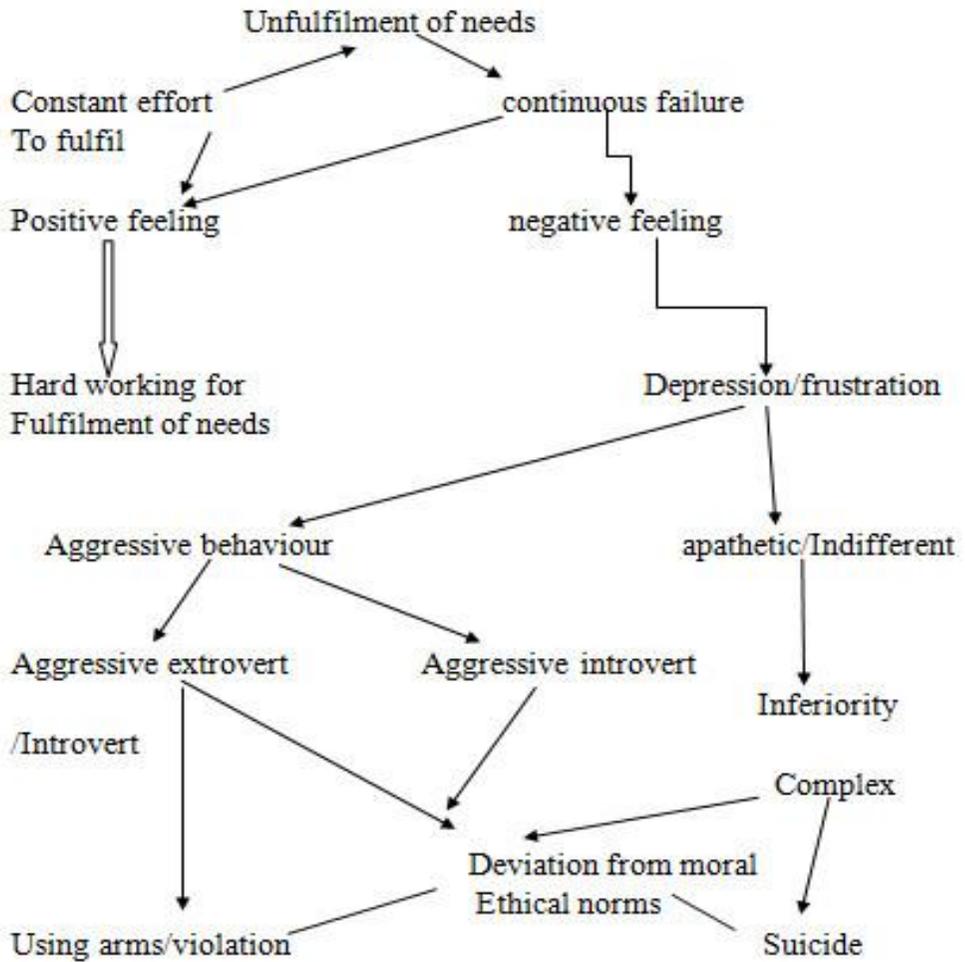
From table no.3 and based on observation, it is found that depression is a hidden state of their mental set-up. 68% literate unemployed youths are not happy with their present status. Only a few self determined youths positively apply their creative energy in self employed avenues and cultivate happiness in their mind.

**Table No. 4**  
Nature of behaviour

Aggressive	59%
Normal	27%
Indifferent/Apathy	14%

From Table no.4 and on the basis of observation, it is found that majority(59%) of the sample youths expressed themselves aggressively in day to day life. Depression sometimes outburst as aggressive behaviour and sometimes as indifferent or apathetic behaviour. They start to compare their present status with their well established or well employed friends. Comparison triggers their negative feeling as jealousy, anger and revenge on the situation or upon the person. Such situation divide the mindset into two extreme pole that is aggressive behaviour and apathetic behaviour. Aggressive behaviour may be again sub divided aggressive extrovert and aggressive introvert. Apathetic behaviour or indifferent nature leads to inferiority complex and introvert nature of personality. In extreme cases, aggressive behaviour as well as depressive apathetic behaviour both can violet the ethical norms of our society.

Their mind-set may be sketched as follows-



**Analysis of the objective no.2:** Due to the scientific & technological advancement our style of living changes day by day, needs are increasing in cumulative way where means of its realisation are limited. Literate unemployed youths are being faced various types of psycho-social problems due to the variety of stresses in our modern lifestyle. One of the problems among them is to maintain social status. It is really difficult for them to accept each and every kind of engagement due to their high traditional academic qualification. Their psycho-social problems may be discussed from different angles—

1 .Home: The family is considered as the most important psychological support for a youth. Parents and other family members nourished the child from birth to youth. After completion of

their graduation or other higher degrees they feel moral responsibility to take care of their parents & other members physically, mentally and economically.

**Table no.5**

Problems of commitment to family

Physical commitment	39%
Psychological Commitment	50%
Economic Commitment	11%

From table no. 5 and based on observation of the sample youths, it has been found that though they are physically and academically competent to contribute a lot for the upliftment of the entire family but due to economic insecurity( unemployment) they are helpless to do the same. So they are not comfortable with their present situation. Problems are more serious, where the families are economically not sound. Youths of these families many a times compromise their qualification with the below standard employment to support their families and fulfil their commitment towards the family. But on the basis of observation , it is found that they gradually do suffer from mental depression and mental unrest.

**2. Moral and ethical code of life:**

**Table no.6**

Respect on moral and ethical code of life

Respect fully	20%
Respect partially	35%
Not relevant	45%

From the table no. 6 and on the basis of the observation, it is found that Youths those are morally and ethically rich, they are not ready to compromise their values only for economic satisfaction and upliftment. But their numbers are very few( 20%). The youths who are morally not strong they can accept corrupt practices in appointment, during service, social work and even family life also. Today , due to the value crisis among our youths , the number of compromising situation with moral and ethical values are increasing day by day as they only stresses on economic self-sufficiency to attain a luxurious life. In the present study 45% of youths consider moral and ethical code of life to be not relevant in the present day context. Due to this moral degradation, number of blackmailing, kidnapping, robbery, murder, drug abuse, gambling, cyber crimes are increasing day by day. Therefore , there is a psychological clash between morally rich and morally compromise youths of our society in terms of their philosophy, standard of living and social status.

1. Parental expectation:

**Table no.7**

Level of parental expectation

High	77%
Average	16%
low	7%

From the table no.7 and on the basis of observation, it is found that parental high expectation create a psycho-social problem of adjustment for the literate unemployed youths. Most of the parents live with high expectation for their children without considering their potentiality and skills. Even they interfere their child in terms of types of job, place of job, condition of job and prospect of job. Many literate unemployed youths are frustrated because their parents do not listen to their ideas, problems and future plans. Due to the high

expectation of parents(77%) , youths do suffer from parental pressure where 16% parents give freedom to their children to choose their own careers with reality principle. Due to the indiscipline life style of their children , disrespect towards moral and social norms, some parents(7%) have a very low expectation of their child's success.

**Findings of the Study:**

1. Literate unemployed youths have suffering from psycho-social problems.
2. Due to the lack of unemployment or suitable employment , youths become frustrated.
3. Due to frustration their behaviour change to either aggressive or apathetic instead of normal one.
4. Due to unemployment, their happiness of mind decreases day by day.
5. Parental high expectation sometimes stands as a problem for literate youths.
6. Moral and ethical ideology of literate unemployed youths subject to varies depend on their strong or weak willpower.

**Remedial measures:**

...There is an urgent need to start a positive movement with collective effort to help our educated unemployed youths for their all round development and psycho-social satisfaction.

...According to their merit they should provide various vocational & applied knowledge and training course to them so that these young youths need not to depend only on govt. & other employment avenues but can independently or collectively self- sufficient.

...Parents must be supportive & cooperative to fulfil their dream of education and appointment.

...More effective and practical course of studies should be introduced for the larger interest of the students.

...Teacher fraternity may mould strong personality of each students which may help them in near future to face any kind of problems, to study the problems and to solve them effectively and intelligently.

... Value education may be incorporated in the various educational curriculums for strong moral foundation in their life.

... Special community cell may provide guidance & counselling programmes for the needy youth fraternity to overcome their problems and help them to adjust with reality with proper utilisation of their positive, creative & constructive power.

**Conclusion:**

Education without vision is waste

Education without values is crime

Education without mission is life's burden.

Therefore , education should help to mould our youths for their complete personality development . Parents as well as other members of the society should understand the needs & problems of literate unemployed youths and help them in effective adjustment in life.

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