

Comparison of Stress and Mental Health between Technocrate and Non-Technocrate Youth in Context of Unemployment

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ABSTRACT

The present study was conducted on 100 technocrats and 100 non-technocrats [50 employed + 50 unemployed] with MA/M Sc./M Com. Degree. The purpose was to compare them in terms of stress and mental health. It was hypothesized that (i) Employed and unemployed youths. (ii) Technocrats and non-technocrats recently unemployed and unemployed for more than five yrs. will differ significantly in terms of stress and mental health. The sample subjects were administered SPSSI and MHCL to measure stress and mental health respectively. Besides these, a PDS was employed to seek the personal information. The obtained data were treated using t-test. The results supported the hypotheses. It was found that employed, technocrats excelled over their counterparts in terms of both moderate stress and sound mental health respectively. Unemployed youth for a longer period were found with high level of stress and poor mental health. Thus, stress and mental health are function of unemployment, type of education and tenure of unemployment.

Introduction

Historically, the stress – Research – Work in Psychology begins with 19th Century. Over the years the importance of stressful life events was perceived by Esquirol (1827), Grieseinger (1967) and many others. With increasing complexities of our life style, the level of stress has been increasing at a phenomenal rate. The concept of stress was first introduced in the biological sciences by Hans Selye in 1936. It is the concept borrowed from the natural sciences. Derived from the Lating work ‘Stringere’, stress was popularly used in the Seventeenth Century to mean hardship, strain, adversity or affliction. It is the process that occurs in response to the situations or events mental health.

Objectives

- i. to compare employed and unemployed youth in terms of stress.
- ii. to compare employed and unemployed youth in terms of mental health.
- iii. to compare technocrats and non-technocrats in terms of stress.
- iv. to compare technocrats and non-technocrats in terms of mental health.

Hypotheses

- i. There would be significant difference between employed and unemployed youths in terms of level of stress.
- ii. There would be significant difference between employed and unemployed youths in terms of level of mental health.
- iii. Technocrats and non-technocrats would differ significantly in terms of stress.
- iv. Technocrat and non-technocrats youth would differ significantly in terms of mental health.
- v. Youth recently unemployed and unemployed for more them five yrs. will differ significantly in terms of stress.
- vi. Youth recently unemployed and unemployed for more them five yrs. will differ significantly in terms of mental health.

Method of Study

Sample : The sample comprised of 100 employed (50 technocrats + 50 non-technocrats) and 100 unemployed (50 technocrats and 50 non-technocrats) selected from urban Patna based on incidental-cum-purposive sampling technique. Technocrats were Doctors, Engineers and non-technocrats were MA/M Sc./M Com. Degree holders in such a way that

unemployed technocrats (25 recently unemployed + 25 unemployed for more than five years) and unemployed master degree holders (25 recently unemployed + 25 unemployed for more than five years). Mental health is an index which shows the extent to which the person has to meet their environmental demands; it may be social, emotional or physical. It is viewed by one when he or she doesn't have matched coping strategies to deal with it effectively; they get mentally strained and stressed.

Tools Used

- (i) A suitable PDS was prepared by the researcher to gather some personal information from the subjects.
- (ii) Singh's Personal Stress Source Inventory was used for measuring stress.
- (iii) Mental Health Check-list Development by Pramod Kumar was used to study the Mental Health of the youths.

Results & Interpretation

Table- 1

Comparison between unemployed and employed youths in terms of stress

Comparison Group	N	Mean	SD	t-value	p
Unemployed youth	100	13.26	2.31	9.72	<.01
Employed youth	100	10.18	2.17		

The obtained mean of unemployed youths is 13.26 whereas; the obtained mean of employed youths is 10.18. The difference between the two means (t-ratio = 9.72) is highly significant and confirms the hypothesis. The result is in quite expected direction as it is natural that the level of stress and strain will be high in unemployed youths in comparison to their counterparts as they are uncertain about their future both economically and emotionally.

Table- 2

Comparison between unemployed and employed youths in terms of mental health

Comparison Group	N	Mean	SD	t-value	p
Unemployed youth	100	16.30	5.18	2.59	<.01
Employed youth	100	18.41	6.26		

The obtained t-ratio is 2.59 which is significant at .01 level of confidence. As the obtained mean of unemployed youth is 16.30 whereas the mean of employed youths is 18.41 which is more than the obtained score of unemployed youths. This result is also in quite expected direction and it is natural that unemployed.

Table- 3

Comparison between technocrat and non-technocrat youths having general master degree in terms of stress

Comparison Group	N	Mean	SD	t-value	df	p
Technocrats	100	20.66	4.89	5.49	198	<.01
Non-technocrats	100	17.22	3.92			

The obtained mean of technocrats is 20.66 which is more than the obtained mean of General Master Degree holders which is 17.22. There is a significant difference (t = 5.49; df = 198; p < .01) between these two comparative groups. Due to mental set of job certainly, the level of aspiration in technocrats is high but when they could not get employed, their frustration level increases resulting in high level of stress.

Table- 4

Comparison between technocrat and non-technocrat youths in terms of mental health..

Comparison Group	N	Mean	SD	t-value	df	p
Technocrats	100	29.91	9.24	5.98	198	<.01
Non-technocrats	100	41.82	12.37			

The results displayed by table-04 clearly revealed that non-technocrats maintain sound mental health (Mean=41.82) than technocrats (Mean = 29.91). The t-value was found significant ($t = 5.98$; $df = 198$; $p < .01$). The findings might be interpreted on the ground that technocrats are exposed to complicated nature of work leading likely to experience high level of stress and thereby having poor mental health.

Table- 5

Comparison between recently unemployed youth and youth unemployed for five or more years on the measure of stress.

Comparison Group	N	Mean	SD	t-value	df	p
Recently Unemployed	50	34.20	6.44	4.33	98	<.01
Unemployed five or more years	50	39.92	6.76			

It is clear from the results table-05 that unemployed youth for longer period are more prone to stress (Mean = 39.92) than recently unemployed youth (Mean = 34.20). The t-value was found significant ($t = 4.33$; $df = 98$; $p < .01$). Thus, hypothesis is retained. The interpretation lead to develop frustration and depression amongst them leading to experience high level of stress.

Table- 6

Comparison between recent unemployed and unemployed since more than five years on mental health check-list.

Comparison Group	N	Mean	SD	t-value	df	p
Unemployed youths who passed recently	50	51.34	5.91	5.53	98	<.01
Unemployed youths (unemployed since more than 5 years)	50	45.08	5.11			

There is also a significant difference ($t = 5.33$; $df = 98$; $p < .01$) comparative groups. Unemployed group for a longer period of time (general graduates or technocrats) was found with poor mental health score indicating poor condition than those unemployed for a less tenure. The t-value was found significant ($t = 5.53$; $df = 98$; $p < .01$). The findings supported the hypotheses. The interpretation remained the same as given in table-05. It indicates that stress is psychosomatic in the real sense.

Conclusion:

Following conclusions were made:

- Unemployed and employed youths differ significantly in terms of their stress.
- Unemployed and employed youths differ significantly in terms of their mental health.
- Technocrats and (general master degree holders) differ significantly in their stress.
- Technocrats and non-technocrats differ significantly in terms of mental health.
- Recently unemployed and unemployed youth for longer time differ significantly in terms of

level of stress.

- Recent unemployed and unemployed youths for long time differ significantly in their mental health.

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