

HOPELESSNESS AMONG EMPLOYED INDIVIDUALS DURING THE PANDEMIC OF COVID -19

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Abstract

*The aim of the study is to find out the impact of hopelessness among employed individuals during the pandemic of Covid -19 .For the purpose of the study 100 participants from the general population were chosen using purposive sampling who are employed and unemployed . Their age ranged from 18 to 50 years. The participants were assessed on their hopelessness using the Beck Hopelessness scale by Dr. Aaron T. Beck The data was sorted using SPSS and thus the results were analyzed. **The results have provide us with an interesting body of knowledge. This study says that there is a significant difference in the hopelessness among employed males and females .With our results we can clearly state that females who are employed have more hopelessness than males in the chosen sample.***

Keywords : Employed, Unemployed, Covid-19, Hoplessness

INTRODUCTION

Since the emergence and subsequent global spread, the outbreak of COVID-19 has posed a range of challenges for the general public and health workers around the world. The COVID-19 pandemic is expected to contribute to a large degree of mental health crisis around the globe and, thus, the World Health Organization (WHO) issued brief messages / notes on mental wellbeing and psychological factors during the COVID-19 outbreak and illustrated the importance of first-aid psychological treatment. Coronavirus Disease 2019 (COVID-19) pandemic may be harmful to humans. Fear and anxiety about a lethal virus and what might happen can be daunting and can trigger intense emotions in adults and children. Actions in public health, such as social isolation, can make people feel disconnected and depressed, which can increase stress and anxiety. Nevertheless, these steps are important in order to minimize the spread of COVID-19. Throughout early March and late April 2020, Americans faced a mixture of economic stressors, social exclusion, health problems, and realistic challenges and difficulties. Both of these causes have been linked to an increase in the incidence of mental health disorders in historical studies, and there is significant concern about changes due to the COVID-19 pandemic.(Reger, Stanley, & Joiner, 2020).Social isolation, for example, was a very well-known road to a variety of problems, including severe depression (Barger et al , 2014), psychiatric disorders (e.g. Lim et al, 2016), and suicidal attempts (Calati et al . 2019; Van Orden et al. 2010) and deaths (Robins, 1981). The same goes with work cuts and physical health conditions (e.g. Russell, Joiner, & Turner, 2009).

A research examined overall hopelessness, examined differences between people with no / mild hope-lessness and moderate / severe hopelessness in specific variables (for example, burnout) and searched for factors

associated with hopelessness. With a random sample of 517 people from the general population, the purpose of the research is cross-sectional. The theory of hopelessness has been largely developed by the theory of helplessness in depression, in reaction to limits in Seligman 's research in 1972. This previous theory of depression was partially based on the finding of dogs that were regularly exposed to uncontrolled shocks, because this was subsequently given the chance to escape (Overmier & Seligman, 1967; Seligman & Maier, 1967). This theory indicates that prolonged exposure to unmanageable and unwanted environmental stimuli slowly leads to the perception that the aversive situation is inevitable and that the condition . Moreover, this inadequacy causes depression. This model was limited by the fact that certain people were not able to explain why they are frustrated by an uncontrolled stressor. (Seligman&Teasdale, Abramson 1978)

In a paper titled "Psychosocial correlates of hopelessness among men" Overall hopelessness was investigated, the discrepancies between people expressing a lack of hope and moderate / severe hopelessness in specific variables (e.g. burnout) were discussed and the factors associated with hopelessness investigated. The nature of the sample was cross-sectional, and 517 people from the general population were randomly selected. Some 12% of men reported moderate or severe hopelessness, while men with moderate or severe hopelessness more often experienced elder, divorced / widowed, under-trained, working in blue-collar positions, sick / other / work / retirement and monetarily stressed. American women with jobs are discouraged every year by about five million. According to an audit by the National Mental Health Association, 83 percent consider it to be the greatest obstacle to work success. The women identified common depressive behaviors as keeping colleagues from success and failing or avoiding work. 89% of those who left or lost employment blamed their depression. Nearly a third of respondents said their condition "completely interfered" with their ability to meet their job demands.

METHODOLOGY

Objective : To assess the hopelessness among employed individuals during the pandemic era of Covid -19

Hypothesis: There is a significant difference in the hopelessness among employed males and females.

Participants:

The purposive sampling technique method was adopted .This study involves 100 samples, including 50 males and 50 females).The age of the participants ranged from 25-50 years.

Tools Used

Beck hopelessness scale is a 20 item self report inventory developed by Dr. Aaron T. Beck that was designed to measure three major aspects of hopelessness : feelings about the future ,loss of motivation and expectations The age scale varies from 17 -80 years . The scale has a good reliability (test-retest,r=0.81) and also a good internal consistency (alpha=0.97)

Result tables:

	Variables	N	Mean	Std. Deviation	Std. Error Mean
Gender	Females	50	14.94	2.17	0.306

	Males	50	8.66	3.21	0.455
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Table 1 Showing the results obtained by comparison between the hopelessness of employed male and female.

		F	Sig.	T	df	Sig.(2-tailed)	Mean difference
Gender	Equal variances assumed	7.473	0.007	11.442	98	0.00	6.28
	Equal variances not assumed			11.442	85.946	0.00	6.28

Table 2 Showing the T and df values of the hopelessness of employed male and females. The above table also puts light on the significance level and the mean difference between the variables.

The results obtained from independent T test, it is found that there is a significant difference in both the levels of hopelessness among employed individuals during the pandemic of Covid -19. By eyeballing effect we are clear that the average mean of females (14.94) of the chosen sample is higher than the males (8.66). The standard deviation of hopelessness of females is 2.17 and males is 3.21. With which we can say that the hopelessness is found to be higher among the employed females than employed males. The mean difference that has been found is 6.28.

DISCUSSION

The objective of the study was to assess the hopelessness among employed individuals during the pandemic era of Covid -19. The results have accepted the stated hypothesis that there is a significant difference in the hopelessness among employed males and females. With our results we can clearly state that females who are employed have more hopelessness than males in the chosen sample.

There is a pandemic of COVID-19, caused by millions of people around the world to cope with job losses. Unemployment leads to stress, anxiety, depression and other challenges for mental health, whether temporary or permanent. Uncertainty regarding the pandemic COVID-19 only increases the anguish. Hopelessness being a very significant symptom of depressive disorder. The second largest source of illness depressive disorders in 2010 was in Canada, the United States, and around the world. In 2010 the annual global dominant rate in women was 5.5% and 3.2% respectively. This reflected a 1.7-fold higher incidence in women than in men for major depression. (World health organization, 2008)

Depression triggers to be different, women with internal symptoms more often whereas men are with more often externalizing symptoms. For example, women are much more sensitive to interpersonal interactions in the study of dizygotic twins, while men were more sensitive to external occupations and goals. Specific types of illness, such as premenstrual dysphoric disorder, postpartum depression and postmenopausal depression, and anxiety, are often found in women that are associated with changes in ovarian hormones, which may lead to increased incidence in women. (Paul, 2015) The Personality and Social Psychology Journal (2018) investigated the lifelong production of loneliness. The results show that in mid-life and age, the way towards loneliness depends on the gender of an individual – men with more middle-life isolation and women with more age loneliness.

CONCLUSION

The results have provide us with an interesting body of knowledge. This study says that there is a significant difference in the hopelessness among employed males and females .With our results we can clearly state that females who are employed have more hopelessness than males in the chosen sample. Women are two to three times more likely to experience depression than men, the National Alliance on Mental Illness reports. The gender gap is probably influenced by hormonal fluctuations and psychosocial factors, including the stress of multiple work and family responsibilities, sexual and physical abuse, sexual discrimination, lack of social support, and traumatic life experiences.

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