

The Health Concerns of Unemployed Adults: A Review

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ABSTRACT: This paper is an endeavour to highlight the health problems of unemployed adults by reviewing the literature. Unemployment is the burning and daunting issue in the present day's world. It becomes great cause for some mortal disease, health problems and suicides. Unemployment completely disturbs the individual physical and psychological wellbeing. It is main source for the various types of psychological disorders and substance abuse. Which is revealed by different researchers like Morris et.al (1994) found a strong causal relationship between unemployment and mortality. Similarly unemployment have an adverse impact on the psychological wellbeing of and individual and unemployment has been found to result in lower self-esteem (Muller et.al., 1993) and a greater incidence of depression (Feather and O'Brien, 1986). So, this paper would be an exhaustive effort to highlight the health concerns of unemployed adults.

KEYWORDS: Depression, Health, Unemployment, Wellbeing.

CONCEPT OF HEALTH

Health is a state of wellbeing with physical, cultural, psychosocial, economic and spiritual attributes, not the absence of illness. The word 'Health' is derived from old High Ceriman and Anglo Saxon words meaning "whole' hale' and 'holy'. Historically and culturally there are strong associations with concepts such as wholeness, goodness, holiness, hygiene, cleanliness, saintliness, godliness. An emphasis on health as wholeness and naturalness was present in ancient china and classical Greece where health was seen as a state of harmony, balance of equilibrium with nature like early Greek physician Galen (200-129 BC), followed the Hippocratic tradition that Hygeia (health) or euexia (soundness) occurs when there is balance between hot, cold, dry and wet component of the body.

WHO, 1946 [24], defined health as 'a state of complete physical, social and spiritual cubing, not simply the absence of illness.'

Argele, Martin and Crossland, 1989. [1] understood the health in terms of three components: positive affect (pleasant mood and emotions) absence of negative affect (unpleasant mood and emotions) and satisfaction with life as whole.

Smith, 1990 [20] said "in past, Good health meant the absence of disease' Today the definition of high level wellness that goes beyond the absence of disease towards ones maximum health potential which includes mind, body sprit. High level wellness is the integration of fine health component which are: emotional, physical, social and mental. The combined use of these elements can lead to high level of wellness [4].

The health promotion approach' provides a unifying concept for those who emphasis the need to make changes in ways and conditions of living in order to improve health. Health practitioners are more than providers of services; they are agent of change, facilitation the empowerment of individuals and communities to increase their control over and to improve their health [10].

Human health is effected by a host of factors, the most significant being poverty, drought, famines, unemployment and wars. In recent years it has been witnessed of all these health scourges, the impact that they can have on human health,

illness and suffering. The health variations reflect the social and economic circumstances of individuals. In rich countries it has been seen that one of the most significant factor is socio-economic status (SES). The mediators of SES effect on health experience are likely to be behavioural and psychosocial. The behavioural factors include diet, exercise and smoking and the psychological factors include such processes as self-efficacy, self-esteem, and perceived control [19].

KINDS OF HEALTH

PHYSICAL HEALTH

Generally physical health can be defined as the everything that is related to the physical fitness and wellbeing of a person. Physical health also refers to the functioning of physical body. Physical health is an essential part of overall health of an individual, which includes everything from physical fitness to overall wellbeing. Health can be defined as a state of complete well-being and physical health as a state of physical well-being in which an individual is mechanically fit to perform their daily activities and duties without any problem. According to the World Health Organisation, the main determinants of health include the social and economic environment, the physical environment, and the person's individual characteristics and behaviours. Physical health is a way to maintain our health and fitness through exercise or life-style activities such as walking, jogging, running, bicycling, doing yoga and feeding our body with the right type of food and drinks.

MENTAL HEALTH

The World Health Organization describes mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community [25]. Mental illness is termed as 'the scale of cognitive, emotional, and behavioural conditions that interfere with social and emotional wellbeing and the lives and productivity of people.

SOCIAL HEALTH

Social health takes into account that every individual is a part of a family and wider community and focuses on social and economic conditions and wellbeing of the "whole person" in the context of his social network.

SPIRITUAL HEALTH

Spiritual health for some people is connected with religious beliefs, and practices for others it is to do with personal needs, principles of behaviour and ways of achieving peace of mind and begin at peace with oneself.

EMOTIONAL HEALTH

Emotional health can be defined by the degree to which a person can feel emotionally secure and relax us in everyday life. a person who are emotionally healthy possess a relaxed body, an open mind and open heart. The emotionally healthy people always feel themselves safe and secure with their own emotions and feelings. They have a good control over their emotions.

HEALTH AND UNEMPLOYMENT: LITERATURE REVIEW

The present era is the age of advancement and development. Where science has made life so comfortable and luxurious by capitalizing the human resources. In this age of advancement new scientific tools has been introduced in industries, factories and other manufacturing units. Which had replace the manpower and reduces the labour opportunities because work of thousand peoples is been done by single machine. Consequently, it gives rise to unemployment problem. This prolonged feeling of unemployment in turn disturbs the mental and physical health of the adults. The present study aims to reviews the available literature on health of unemployed adults. As it has observed by different researchers that unemployment leads to a health problems and disturbs the individual's physical, mental and social equilibrium. Unemployment is said to be a great cause of depression, anxiety, suicide, stress. Unemployed people's exhibit poorer mental health and wellbeing outcomes than the full-time employed [7]. In the health and social-science literature, however, the association of unemployment (and other aspects of economic hardship) with adverse health consequences has been investigated for many years. In 1897 European historian Emile Durkheim observed that suicides seemed to occur more often

during economic changes that disturbed the "social fabric" of society [5]. So unemployment creates the negative feelings in a person that leads to suicide.

Unemployment is main contributors in declining the health of an individual as stated by Smith, stated that unemployment raises the chance that a man will die in the next decade by about a third, and for those in middle age- with biggest commitments-the chance doubles [21]. There are lot of literature available on health and unemployment that gives us clear details of negative relationship between them. Some researchers [23] argued that work provides an opportunity for skill utilization, interpersonal contact, additional financial resources, and gives individual opportunities for control, all of which are factors believed to contribute to psychological wellbeing. When these aspects are not available or present within workplace, or when unemployment result in loss of these aspects, physical and mental and psychological functioning have been deteriorating [3]. In simple terms it means that unemployment or lack of opportunities and financial resources directly affects the health of an individual. Similarly some research revealed that unemployment has an adverse impact on the psychological wellbeing of and individual and unemployment has been found to result in lower self-esteem [11] and a greater incidence of depression [6]. So, it is clear from such research that low-self-esteem, depression or psychological distress may contribute in some way to unemployment. Jhoda argued that unemployment produces profound life change, including loss of structured time, loss of valued working relationships, loss of purpose and meaningful life goals, and loss of status and identity [8]. It is therefore possibly unsurprising that depression emerges as the prominent mental health outcome in response to job loss [3]. Some recent research revealed that financial strain as the primary element mediating the correlation between unemployment and depression [21]. It has also been revealed that the mental health consequences appear to be more apparent among middle aged people, rather than the younger or older unemployment, among men and single women, rather than married women, and among long term unemployed (i.e. over four months) rather than those that experience a short period of unemployment [2]. Physical health also would appear to suffer as a result of unemployment or redundancy. A strong causal relationship has been found between unemployment and mortality even when Tabaco and alcohol use as controlled for [10]. Moreover, the financial hardship that can arise with unemployment and the shame of not holding a job affected the health of persons [16].

In some recent studies it has been also revealed that unemployment is the main cause for deteriorating the individual physical, mental and social wellbeing. Like, some studies showed that a connection between poor psychological health and unemployment was found to be greater among the young respondents than adults [17]. similarly; long-term unemployment was also connected with an increased risk of depression and the risk became significantly higher with frequent alcohol intoxication [15]. Paul and Moser found that long-term unemployed people, young people and people older than 50 suffered more from unemployment than middle-aged people and those short-term unemployed. In contrast, they did not find that being in a relationship had a moderating effect on the impact of unemployment on mental health. Also, they found that men were more often distressed by unemployment than women [12]. It has been also found that long term unemployment at young age could have various health effects in men and women [18]. So it is obvious from the above given evidences that unemployment whether long or short term contributes to the health problems, lowers the person's self-esteem, and becomes the greater source of depression, and other mental as well as physical health problems.

CONCLUSION

From the above documentary evidence it can be concluded that unemployment is major cause for the ill health adults. The Unemployed people shows a poor social and psychological adjustment and due to prolonged feelings of unemployment they continuously remain under stress and becomes easy prey of depression and other diseases. Their physical health also deteriorates and it has been revealed that there is great relation between coronary heart disease and unemployment. Unemployment and financial strain is also said to be great A cause for suicides and substance abuse. Not only this it lowers the individual's self-esteem and a person becomes estranged in his own society. So unemployment is the daunting issue prevailing in the existing world and there is great need of research in this area to highlight this issue and to formulate some strategy that would helpful for this ill-fated community to cope up with these health problems.

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