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PSYCHOLOGICAL OUTCOMES OF UNEMPLOYMENT IN YOUNG PEOPLE IN GEORGIA

Abstract:

Unemployment has a negative impact on people's everyday lives. This study examined psychological outcomes of long-term unemployment on young people in Georgia who have already completed their initial education (vocational or higher). In this research 108 young people aged 18-29 were interviewed. The unemployed participants reported a high level of learned helplessness, which was related to the different types of stress coping strategies. This study also identified the high level of well-being associated with emotional oriented stress coping, high level of learned helplessness and the passive attempt to get a job, which also was predicted. The study results suggested that young people who already have got bachelor's degree still consider themselves as not educated enough for employment. They use self-distraction coping strategy and prefer to attend seminars, training courses to increase their level of education instead of attempting to get a job. The results also showed that relationship between active coping and life satisfaction was positive as well as a denial and low level of well-being scale. Overall, people who have never been employed have better results of life-satisfaction scale than those people who lost their jobs.

Keywords:

Unemployment, well-being, life satisfaction, learned helplessness, stress coping strategies.

JEL Classification: I31, J64, Y80