Lockdown effect of Covid-19 on Suicidal tendency among Unemployed Adults

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Abstract

Suicide is the consequence of depression and loneliness. Nowadays unemployed adults feel helpless towards their future because of lockdown. They are facing loneliness and other mental illness because they are incapable to get job in any field. The aim of this study is to know the impact of lockdown on suicidal tendency among unemployed male and female adults and to know the impact of family income and level of their education on suicidal tendency. This study has been performed after six months of lockdown. 80 adults, having age group range of 25 to 35 were selected by purposive sampling method. They were requested to fill Personal Data Questionnaire and Suicidal Behaviour Questionnaire. After analysis of data it has been found that male unemployed adults have higher level of suicidal tendency in comparison to female unemployed adults. Family income and educational status significantly influences the suicidal tendency. Adults belonging to low income family and less educated are more prone to suicidal tendency.

Keywords: Lockdown, Covid-19, Suicidal tendency, unemployed adults.

Introduction-

Nowadays the situation is very critical all over the world because of Covid-19. It is an untreatable and communicative disease. It influences the people very drastically day by day. Therefore like other countries our government has also announced the lockdown. In this condition, all government and private institutions are closed. Only necessary shops like grocery, medical shops, hospital etc are available to fulfill the basic need of the people. Therefore, People are staying their homes all the time which badly influencing their psychological health. During this current crisis, unemployed adults are feeling extreme depression and other psychological illness, which induces suicidal tendency among them.
Those adults who have not got their jobs are in deep psychological pressure because they are unable to fulfill their desires due to bad economic condition. During this lockdown of covid-19; government and private sectors are unable to advertise any posts and organize interview or competitive exams. Therefore, unemployed adults have deep frustration towards their future. The thrust of this study is to know the influence of lockdown of covid-19 on the suicidal tendency among unemployed adults.

Suicidal tendency is the consequence and ramification of frustration, depression, loneliness etc. During this pandemic situation of covid-19 unemployed adults are feeling helpless and frustrated because they are unable to get any job. Their future goals are seems to be in dark. Adults belonging to poor family are facing lots of difficulties to handle their own life and their family.

Reger et al., (2020) found that lockdown has created vast mass unemployment which causes poverty and homelessness. It increases the suicidal risk among people. In other words he found that lockdown is more responsible factor for suicide than COVID-19.

Mamun griffths (2020) found that 36 years old adult committed suicide because of social avoidance behaviour of neighbors and fearful thinking about the virus.

Dsouza et al., (2020) studied 72 suicide cases and found that male persons having age range 19-65 were committed suicide and stress of covid 19 infection, economic problems, loneliness, social avoidance, work related anxiety, inaccessibility of drugs, lockdown, covid-19 positive were main reason of their suicide.

Drapper (2020) coded that loneliness, social isolation are the risk factor of suicide.

Wand et al., (2020) coded that infection prevention strategy of isolation and vulnerability is the causal factor of suicide.

According to Reger (2020)- People who contract COVID-19 and have suicide risk factors should be actively followed-up.

Gunnell et al., (2020) found that loneliness and social avoidance is the risk factor of covid-19.

Kazmi (2020) found that unemployment was associated with anxiety, depression and stress.

**Objectives-**
➢ To compare the suicidal tendency between male and female unemployed adults during lockdown of covid-19.
➢ To know the impact of family income and educational status on suicidal tendency during lockdown of covid-19.

Hypotheses
➢ Male unemployed adults would have higher level of suicidal tendency in comparison to female unemployed adults during lockdown of covid-19.
➢ Family income and educational status would significantly influence the suicidal tendency of the unemployed adults during lockdown of covid-19

Methodology

Sample

80 unemployed adults “Mean age 30” including equal number of male and female, were selected by purposive sampling method from Ranchi city (India).

Sample design

<table>
<thead>
<tr>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>40</td>
<td>40</td>
</tr>
</tbody>
</table>

Dependent variable- Suicidal tendency

Independent variable- Gender, Family income and level of Education

Criteria

<table>
<thead>
<tr>
<th>Inclusion criteria</th>
<th>Exclusion criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unemployed adults</td>
<td>Employed adults</td>
</tr>
</tbody>
</table>
Categorization-

- Monthly income 10,000 to 15,000 has been considered as low income family and 16,000 to 30,000 has been considered as high income family.
- Matriculation and Intermediate has been considered as low educated adults and Graduate & above graduate were considered as high educated adults.

Tools-

- **Personal Data Questionnaire**- A short personal data questionnaire has been used to know essential information about the respondents. Such as age, educational status, family income etc.

- **Suicidal Behaviour Scale**- This scale is used to measure the suicidal tendency of unemployed adults. This scale was developed by Dr. Sweta Shandilya and Dr. Alok Gardia in 2012. It consists of 4 items and it hardly takes five minutes to complete. It is a rating scale, each item having different scale. The first item has 6 options, item no. 2 has 5 options, item no. 3 has 5 options and item no. 4 has 7 options. Respondents have to tick only one option. High score indicates increasing intensity of suicidal tendency. The test-retest and split-half reliability of this scale is 0.784 and 0.808 respectively.

Procedure

At the very outset, unemployed adults were consulted individually and were selected for the study according to the specified criteria already provided. They were administered Personal Data Questionnaire and Suicidal Behaviour Scale. Afterwards data was feed into SPSS version 16 and t-test was applied for the treatment of data.
Results-

Table- 1

Gender difference in terms of suicidal tendency during lockdown of covid-19

<table>
<thead>
<tr>
<th>Group</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>t-value</th>
<th>df</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>40</td>
<td>8.6750</td>
<td>5.68573</td>
<td>2.650</td>
<td>78</td>
<td>0.01</td>
</tr>
<tr>
<td>Female</td>
<td>40</td>
<td>5.5500</td>
<td>4.82488</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Graph-1 (bar- diagram) showing Mean score of male and female unemployed adults

Above table and graph show that male unemployed adults have got higher score (8.6750) on Suicidal Behaviour Scale in comparison to female unemployed adults (4.82488). High score indicates greater level of suicidal risk. t-value 2.650 is significant on 0.01 level. This is clear that unemployed males have higher suicidal tendency than female unemployed adults. Thus the proposed hypothesis is accepted.

Table- 2

Comparison of high and low income family in terms suicidal tendency during lockdown of covid-19
Graph-2 (bar- diagram) showing Mean score of unemployed adults belonging to high and low income family

<table>
<thead>
<tr>
<th>Group</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>t-value</th>
<th>df</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>High income</td>
<td>36</td>
<td>2.9167</td>
<td>1.90301</td>
<td>8.613</td>
<td>78</td>
<td>0.01</td>
</tr>
<tr>
<td>Low income</td>
<td>44</td>
<td>10.5455</td>
<td>5.02299</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Above table and graph show that unemployed adults belonging to low income family have got higher score (10.5455) on Suicidal Behaviour Scale in comparison to unemployed adults of high income family (2.9167). t-value 8.613 is significant on 0.01 level. This is clear that unemployed adults belonging to low income family have higher suicidal tendency than unemployed adults of high income family. Thus the proposed hypothesis is accepted.

**Table- 3**

Comparison of high and low educated adults in terms suicidal tendency

<table>
<thead>
<tr>
<th>Group</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>t-value</th>
<th>df</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>High educated</td>
<td>50</td>
<td>3.4200</td>
<td>2.72621</td>
<td>16.115</td>
<td>78</td>
<td>0.01</td>
</tr>
</tbody>
</table>

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Graph-3 (bar- diagram) showing Mean score of unemployed adults belonging to high and low income family

| Low educated | 30 | 13.2667 | 2.50425 |

Above table and graph show that low educated unemployed adults have got higher scores (13.2667) on Suicidal Behaviour Scale in comparison to high educated unemployed adults (3.4200). t-value 16.115 is significant on 0.01 level. This is clear that low educated unemployed adults have higher suicidal tendency than high educated unemployed adults. Thus, the proposed hypothesis is accepted.

**Discussion**

Unemployment is one of the biggest issues of India. Government and private sectors of our country often advertise various posts. Although lots of adults are yet unemployed in our country because of tuff competition and large number of adults population. During lockdown of covid-19 government and private sectors are unable to advertise any post. Therefore, employed persons are
in deep frustration. Their perception towards own future badly affected by this situation. They are unable to fulfill their all desires. It creates various types of psychological illness among them, such as anxiety, depression and stress. This situation produce suicidal tendency. The aim of this present study is to identify the risk of suicidal tendency in unemployed adults during lockdown of covid-19.

According to the result table- 1, male unemployed adults have greater tendency of suicide than female unemployed adults during lockdown of covid-19. In Indian culture male adults have financial responsibility of their family. Their future is depends upon job. During lock down of covid-19, they are feeling helpless. On the other hand females have to do house-hold works; they don’t have family presser to work out side. Female opt job with their inner motivation or choice. Therefore, unemployed male adults have higher risk of suicide than female adults.

Result table-2 shows that unemployed adults belonging to low income family (monthly income 10,000 to 15,000) have greater level of suicidal tendency than unemployed adults belonging to high income family (monthly income 16,000 to 30,000). Low income family has to face various types of problems, during lockdown of covid-19. So, they have higher risk of suicide. Result table- 3 shows that low educated unemployed adults have higher risk of suicide than high educated unemployed adults. Low educated adults are in deep frustration because of their fewer degrees. They are also not able to control their frustrated emotions. On the other hand, high educated adults have higher self-confidence about their future goals. They are able to handle difficult situations, because of their higher knowledge.

Limitations- 

- The sample size of this research is not sufficient. Therefore, results cannot be generalized.
- The samples were selected by purposive sampling method. So, prejudice effects may be concluded in samples selection.
- There is only one dependent variable and three independent variables which are not proficient to get scientific conclusion.

Suggestions and conclusion

The following suggestions may be applied for reducing the limitations of this study-
The present study has been conducted on 80 samples only; which does not represent the population of unemployed adults. Therefore, sample size would be larger.

Simple random sampling method would be applied for sample selection.

Suicidal tendency may be influenced by any other factors among adults, such as parenting style, family attitude etc. Therefore, other variables may be concluded.

Pre-test post test research design would be applied to get much scientific conclusion.

The present study reveals that male unemployed adults have higher suicidal tendency than female adults. Adults belonging to the low income family and having lower education have higher suicidal tendency in comparison to their respective groups.

References


