



ADDIS ABABA UNIVERSITY

College of Education and Behavioral Studies

School of Psychology

The impact of duration of unemployment on depression, anxiety, self-esteem, and alcohol users among graduate unemployed youths of Yeka sub-city

Thesis submitted to the School of Psychology in the Partial Fulfillment of the Requirements for the Degree of Master of Arts in Social Psychology

By – BethelehemTarekegn

Advisor: Daniel Tefera (PhD)

Nov, 2023

Addis Ababa

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Declaration

The researcher declares this thesis is my original work and has never been presented in any other university, including AAU. All the resources and materials used here have been well acknowledged.

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ACRONYMS

BoLSA – Bureau of Labor and Social Affairs

MoLSA – Ministry of Labor and Social Affairs

BoFED – Bureau of Finance Development

TVET – Technique and Vocational Education Training

MSE – Micro and Small Enterprise

LSA – Labor and Social Affairs

ILO – International Labor Organization

CSA – Central Statistics Agency

MOE – Ministry of Education

LSO – Labor and skill office (former name of Labor and social affairs)

EDI – Enterprise development and skill office

ABSTRACT

The main objective of the study was to assess the impact of depression, anxiety, low self-esteem, and alcohol users of unemployed BSC/BA graduates of colleges and universities. It specifically examines the level of depression, anxiety, self-esteem, and alcohol users experienced by unemployed graduates, explore gender difference on depression, anxiety, self-esteem level, and alcohol users, and the relationship b/n depression, anxiety, self-esteem, alcohol users and duration of unemployment. To that effect, a quantitative design was used. A total of 291 respondents were involved on the study who was selected by stratified random sampling methods. Quantitative methods of analysis were applied. Quantitative data was generated from the collected questionnaires which was screened and included (during data cleaning) on the study finding. It was analyzed using SPSS V.20, and elaborate the data in narrative form. Frequency and percentage were used to see general pattern of demographic profile and level of depression, anxiety, self-esteem, alcohol users of the respondents. Independent sample T-test was used to see if there was a gender difference in dependent variables. MANOVA was used to provide information if there is a relationship on the duration of unemployment and dependent variables. The participants of the study were 134 males and 157 were female. According to BDI II, severe and extreme level of depression was seen on 57.7% of graduate unemployed youths. The remaining 42.3% was moderate and low. 55% of them were on mild and moderate level of anxiety. The majority of respondents, 77% were on a moderate level of self-esteem. Out of 291 participants, 22.3% don't drink alcoholic beverages. According to CAGE questionnaire, out of the alcohol consumer respondents 100% of the alcohol user respondents are levelled as clinically significant alcohol consumers. The result of t-test indicates that there is no statistically significant mean difference between male and female on depression, anxiety, self-esteem and alcohol intake level of respondents. Regarding the duration of unemployment, there was statistically significant difference on the duration of unemployment depression, anxiety, self-esteem and alcohol users.

CHAPTER ONE

Introduction

1.1 Background of the study

According to the International Labor Organization (2012), today out of five persons, one is the youth. There are over 1.2 billion youth in the world. The majority of young people (about 90 percent) live in developing countries in Asia and Africa (ILO, 2012). In a study of unemployment conducted by Lencha (2017), it is mentioned that a youth population is considered a tough asset for innovation and creativity in the society. But, in order for countries to fully realize this potential and capitalize on the youth, young people need to be effectively employed and included into community. However, a number of youths recently suffered from a lack of employment globally (Lencha, 2017).

Lencha (2017) stated in his study that graduate youth unemployment is a worldwide problem, intimidating the whole of humankind including the literate and illiterate masses, especially youth. It is a serious concern of every people. Young workers everywhere have substantially greater rates of unemployment and much lower earnings than older workers do (Lencha, 2017).

While youth unemployment remains a worldwide issue, it is not evenly distributed across areas. Every nation, including Eastern and Western ones, is concerned about youth unemployment. (Lencha, 2017). However, developing countries suffer more than others are. When it comes to integrating into labor markets and finding decent and productive works, youths in Africa face several challenges. (Lencha, 2017).

There are several aspects of being employed; these include time structure, social contact, collective goals, social status and identity, and regular activity. We may not see these dimensions in unemployed people which may have a negative effect on their mental health (Pettersson, 2012). Pettersson has also reported that it is difficult to find meaning in life without a job and the well-being of individuals will be jeopardized without these important functions.

According to the Bureau of Labor and Social Affairs (BoLSA), unemployment rate in Addis Ababa is 25.1% greater than the average unemployment rate in urban 16.5% of the country. The situation is worsened by rural-urban migration (BoLSA, 2013). As per BoLSA, youth unemployment in A.A declined between 2009 and 2011. However starting from 2011 onward it has started slightly rising. In a 2013 report on unemployment, the Ministry of Education (MoE) mentioned that youth unemployment raised besides rural-urban migration, the large number of graduates from colleges and universities is the reason. For instance, the number of graduates that joined the labor market has risen from about 55,000 in 2009 to above 79,000 in 2013 with annual rates of growth of 9.45 % (MoE, 2013).

A study done by Gebretsadik (2016) on causes of educated youth unemployment in Addis Ababa, revealed that some of the causes include the poor economic status of a country, state failure in creating adequate jobs, mismatch of skill, entrepreneurship skill shortage which leads to waiting for a job, and the irrelevance of certain trainings to the labor market demand (which witnessed the poor linkage between training institutions and the labor market). Different research findings indicate that graduate unemployed youth face vicarious psychological, social, and economic problems. A research conducted by Lencha (2017) on the experience of graduate unemployed youth shows that there is no balance between labor market and demand and the supply of graduates. Despite the fact that there is an excess of educated youth that entering the labor market, there are very few employments available to accommodate those youths in the market. According to Lencha (2017), the more the long-runs unemployment continues, youths will continue to suffer from stress and depression. Furthermore, in terms of friendship and societal detachment, his research indicates that educated unemployed youth are isolated from their friends, families and society. The youth also detached themselves from the society. Bezabih (2014) found that graduate unemployed youth's living situations are being exacerbated by a lack of income, high social isolation, and psychological pressure. As a result, depression, inferiority complex, and low self-esteem are prevalent among unemployed youths (Bezabih, 2014). As a result, many resort to substance abuse which has a devastating impact on them.

According to Gebretsadik (2016) insufficient income to meet basic needs, inferiority feeling, psychological effects, and drug addiction are stated as main effects of unemployment on educated youth. The problem of educated unemployment affects unemployed youth, families,

and societies. Rising theft and crime, increasing dependency, prevailing poverty and prostitution are indicated as major effects of unemployment of educated youth (Gebretsadik, 2016). A research conducted by Devi (2012) on psychosocial problems of adjustment among highly qualified unemployed youth revealed that educated unemployed youth have suffered from psychosocial problems (as cited in Bezabih, 2014). Due to a lack of employment and financial constraints, youth become in a state of frustration, depression, anxiety (Bezabih, 2014)

In most cases, the social, psychological, economic, and health of the young and unemployed individuals becomes at stake. Different studies have found that unemployment increases vulnerability to illness, mental stress, helplessness, and loss of self-esteem leading to depression (Pettersson, 2012). It worth noting that unemployment has an impact on the jobless, and is also associated with social and economic costs for society (Bezabih,(2014). Therefore, this research identifies the impact of depression, anxiety, self-esteem, and alcohol users of graduate unemployed youth who completed their Bachelor Degree in Universities and who resides in Yeka Sub city.

1.2 Statement of the problem

The majority of youth are continuing their education with the hope of leading a better life and improving their livelihood. As a result, those youths and their families invest their resources in education with the expectation of securing better jobs with the intention of improving their income and avoiding poverty. Even though, young people's and their families' expectations and hopes placed on education are associated with upward social mobility and improvement of livelihoods, in reality, most youth in their post-schooling life have to face unemployment challenges and remain jobless for an extended period of time (Gebretsadik, 2016). It is understandable that graduate unemployment has a serious societal problem. Different researches such as "The Cause of Educated Youth Unemployment and its Socioeconomic Effect", "Experiences of graduate unemployed youth" and "Nature of Youth Unemployment" showed that unemployed graduates are suffering with social, psychological, and economical problems. However, in the context of Ethiopia, research done on the experience of graduate unemployed in Hawassa town discovered that youths are suffering with stress, depression, detachment from friends and families, engaging in crime, addiction, and illegal migration (Lencha, 2017). Other

research done on the nature of unemployment in Kasanchis area exposed that depression, low self-esteem and inferiority complex and were common on unemployed youth (Bezabih, 2014). Due to the reason, unemployed youth resort to the practice of substance abuse (Bezabih, 2014). Daniel's (2016) finding indicates that rising theft and crime, increasing dependency, prevailing poverty and prostitution were pointed out as major effects of graduate unemployment in a study conducted on causes of educated youth unemployment and its socio-economic effect in Addis Ababa (Arat-kilo, Mexico, and Legehar). Other researchers across the world support the above findings by stating various areas of enquiries on the issue (Shanka, 2016; Nayak, 2014; Pettersson, 2012).

The researcher believed that it is important to study the impact rate of depression, anxiety, self-esteem, and alcohol users in unemployed graduates in Yeka sub city even if the result of the above researchers shows that unemployed graduates experience those psychosocial problems. Those findings were not representative mainly due to research design and the use of very small sample size. It is also essential to study if there is a relation between variables mentioned and duration of unemployment. Therefore, the study focused on exploring the impact of depression, anxiety, self-esteem, and alcohol users of unemployed graduates and their relationship with selected independent variables.

1.3 Objectives of the study

1.3.1 General Objective

The main objective of the study was to assess the impact of depression, anxiety, self-esteem, and alcohol users among unemployed graduates of colleges and universities.

1.3.2 Specific Objectives

- To examine the level of depression, anxiety, self-esteem, and alcohol users experienced by unemployed graduates.
- To examine the relationship duration of unemployment has with depression, anxiety, self-esteem, and alcohol users
- To examine if there is significant gender difference in the level of depression, anxiety, self-esteem, and alcohol users.

1.4 Significance of the study

The findings of this paper give better understanding on the impact of mentioned problems of unemployed graduates and show unemployed graduates' self-esteem. It gives spot for social psychologists to intervene on psychological and social problems raised from being graduate unemployed. It also provides responsible government sectors like Ministry of women, children and Social security, and Micro and Small Enterprise Agency with information on the current psychosocial problems of graduate unemployed youth on Yeka sub city. The finding of this paper will be supportive as additional literature for further researches.

1.5 Delimitation of the study

This research was conducted in Yeka Sub-city of Addis Ababa City Administration. It was selected by its convenience in terms of geographical location for the researcher. The study focuses on unemployed graduates of Colleges and Universities whose age ranges between 19 – 29, whose level of education is Bachelor degree, and whose duration of being unemployed ranges from 1 month – 3 years. The finding of this study was generalized only to the area of the study.

1.6 Limitation of the study

Due to the fact that the study deals with personal issues and feelings, obtaining frank response was difficult and social desirability bias might have its impact on the findings of the study. The other limitation was there might be unemployed individuals who were not recorded on the sub city's list of graduate unemployment. Those individuals cannot be included on the study.

1.7 Operational Definition

- Depression – the existence and prevalence of depression is determined by Beck Depression Inventory- II (BDI II) scale that consists 21 items and scale ranges from 0-10 normal, 11-16 mildly depressed, 17-30 moderately depressed, 31-40 severely depressed and above 40 extreme depressed. A persistent score of 17 or above indicates the need for treatment intervention (Beck et al, 1996).

- Anxiety – refers to feeling of fear which is developed by expecting worse might happen on the next day. BAI was used to interpret anxiety score obtained from respondents. Total scores from 0-7 points are considered to reflect a minimal level of anxiety; scores of 8-15 indicate mild anxiety; scores of 16-25 indicate moderate anxiety; and scores of 26-63 indicate severe anxiety. A persistent score of 26 or above indicates the need for treatment intervention (Beck et al, 1988).
- Alcohol users – refers to youths who drink alcoholic beverages containing alcohol volume above 10% or more than two beers per day. Item responses on CAGE questions are scored 0 for NO and 1 for YES answers, with a higher score being an indication of alcohol problems. A total score of two or greater is considered clinically significant.
- Self-esteem- is related to attitude or judgment towards oneself in case of relationships with friends and families. Rosenberg’s self-esteem scale was used to measure the self-esteem level of respondents. According to the scale, Scores between 15 and 25 are within the moderate range; scores below 15 suggest low self-esteem. For question items 1, 2, 4, 6, and 7, scoring was assigned as Strongly agree =3, Agree=2, Disagree=1, Strongly disagree=0. For the remaining items 3,5,8,9 and 10, the alternatives are reversed in valence.
- Unemployed Graduates- was categorized as an individual whose age ranges between 19-29, who graduated in Bachelor degree of University, and who has 1 month -36 months duration of being unemployed or who never secured any hiring jobs since their graduation.

Chapter Two

Review of Related Literature

2.1 Overview of Unemployment and youth unemployment

This chapter includes references to journals, articles, books, important websites, policies, strategies, and related works done by various researchers about graduate unemployment, the psychosocial problems of graduate youth unemployment, and its prevalence rate of depression, anxiety, self-esteem, alcohol users are assessed and discussed.

Work is crucial to most of our lives, not merely as a way of subsisting in the world, but also to view and identify ourselves, as well as to our feeling of self-worth. Being unemployed is painful and most of us would know, either directly or via individuals we know, that being unemployed while you are youth is terrible. (Association of Chief Executive of Voluntary Organizations (ACEVO), 2011).

Unemployment is affected by a variety of causes. First of all, the number of people who are looking for a job, followed by the country's strategy aimed at providing its residents with jobs, and finally, the degree of education and skills of the jobless. (Blackburn,1988).

As a result, the International Labor Organization (ILO) estimates nearly 75 million youth throughout the world are unemployed. This number has risen by more than 4 million till 2008-9 financial crisis, and the medium-term viewpoint is worsening. In 2012, the global youth unemployment rate was 12.7% and ILO predicts this will grow to 12.9% by 2017. According to ILO,2012 feedback, the magnitude of the youth employment dilemma has increasingly permeated people's consciousness over the previous decade, enhancing the issue's visibility for governments and policymakers (ILO,2012)

2.2 Overview of graduate youth unemployment in Addis Ababa

As per Otobo (2012) (quoted in Stephen & Dickson, 2015) he categories graduate unemployment into 2: these are 1. Graduates who never worked since graduation, and 2. Graduates who used to work but who have lost their jobs, are seeking re-entry into the market (Stephen and Dickson, 2015). This study considers those graduates who have not secured any jobs since they graduated.

The report of the Central Statistics Agency (CSA) (2013) shows the unemployment rate for youth with a higher education has scaled from 2% in 1999 to 7.5% in 2013. According to the report of CSA (2016), the number of youth educated and certified at diploma level three and bachelor degree levels who are jobless accounts for 12% of overall urban unemployment and 17% of the total urban youth unemployment.

According to CSA (2013), the unemployment rate for youth with secondary education is the highest among all levels of education attainments on the other hand, over the last three years it has declined for both sexes. The report indicates that this is because of an increase on job opportunities, particularly labor-intensive jobs in the formal and informal sectors. For youth with a certificate level of education, the unemployment rate is generally the second highest in the group followed by college diploma holders. Unemployment rates for people with a college diploma and university degree have been rising in the last three years (CSA, 2013). As UN (2005) reported the current skilled labor supply surpasses the available employment opportunities in many countries.

Broussar and Tekelesilassie (2012) exposed that educated unemployment in Ethiopia is an outcome of the imbalance growth between the labor market demands that require skilled labor and the rise of youth educational attainments. Furthermore, educated youth have lesser time to be integrated into the labor market, compared to less educated ones who begin their transition to work at an earlier age and have had more exposure to the labor market (Broussar &Tekelesilassie, 2012).

According to Bureau of Labor and social affair (BoLSA) 2014 report, in 2014/15, the number of unemployment rate in Addis Ababa was 228,664 individuals. 67,867 (29.68%) of the unemployed individuals were male and the rest 160,797 (70.32%) were female. From the above number, the largest number 29,510 (12.91%) was covered by Kolfe keranio sub city following yeka Sub city 29,104 (12.73%). The least number of unemployment was on Ledeta sub city 13,996 (6.12%) following Kirkos sub city 15,123 (6.61%). In the same year, from the total number of unemployment, 166,970 of the population (73.02%) was on the age between 18 – 35 years. Whereas 34,556 (15.11%) of unemployed individuals puts on Technique and Vocational Education Training (TVET) and Degree level of education. In this year, large number of individuals 170,293 (74.48%) educational level ranges from grade 1 -12 (BoLSA, 2014).

In the budget year 2015/16, the total number of unemployment was not clearly identified. There was a variation of data. But BoLSA allocate budget and make a survey study of the population of graduate unemployed. According to BoLSA (2015/16) graduate unemployed statistical bulletin, the number of graduate unemployed was 20,875. 10,545 were male graduate unemployed and the rest 10,330 were female graduates. The largest distribution of unemployed graduates stood on Kolfe Keranio sub city (17.05%) then Yeka sub city with 12.43%. The least number of unemployed graduate laid on Arada sub city (6.18%) following Kirkos sub city with 6.96%. In the same year, 93.32% of the total graduate unemployed individual's age ranges between 18 – 35 years old (BoLSA, 2016).

In 2017, the total number of unemployed individuals were 68,335. Out of this 38,852 of the individuals were male and 36,105 were female. On the same year, Kolfe Keranio sub city took 13,878 of the population with 6545 males and 7333 females. Then Yeka sub city follows by 9,526 unemployed populations. 4680 were male and 4846 were female. The least number of unemployed were found on Kirkos sub city with 2488 male and 2401 female. Ledeta sub city follow Kirkos by 2411 male and 2484 female number of unemployed individuals (BOLSA, 2017). In 2021/22, there were 11,151 individuals were registered as unemployed on Yeka sub city. 5007 are males and the rest 6144 are females (Labor and skill office & Micro and small enterprise, 2022).

2.3 Graduate youth unemployment in Yeka Sub city

According to Yeka Enterprise development and industry office in 2021/22, by integrating with labor dispatch office, there are 11,151 individuals registered on one center service as an unemployed without any selection criteria which means, any one coming to center as unemployed individual will be recorded. Yeka sub city is one of the large number that unemployment exists. In 2021/22, the number of graduate unemployed (TVET – Master's degree) on Yeka sub city was 3649. Out of this 2555 were males and 1452 were females (Yeka Enterprise development and skill office [EDI], 2022). This shows that 3649 unemployed individuals on Yeka has either profession or skill to work if they get job opportunities. In this research, youth is categorized as the age range 19 – 29. Graduate unemployed is categorized as Bachelor degree graduate only. According to the above category, the number of youth graduate unemployment in Yeka sub city was 1830 having 958 males and 872 females (EDI, 2022).

2.4 Problems experienced by graduate youth unemployment

Youth unemployment impacts on the individuals in a diverse way psychologically, socially, economically, and their political well-being. Those who remain unemployed for a longer period will face more challenges. They would be psychologically discouraged if they continued trying to secure job and failed to achieve (Devi, 2015). According to the research Devi (2015) conducted, he indicated that the more the youth's strive for the fulfillment of their need and continues to fail achieving the desired result creates tension and anxiety in their mind. Such type of constant failure drove them frustrated out of their recurrent and constant failure to get appointment/ engagement. The constant failure of unemployed graduates has broken down their self-confidence (as cited by Bezabih, 2014). Furthermore, a study of Amissah and Nyarko (2017) showed that the length of unemployment predicts more psychological distress than the mere one. This implies that not only unemployment worries but the duration of becoming unemployed would matter as well (as cited by Lencha, 2017). Therefore, the undesirable consequences of being unemployed increases with the duration of unemployment.

Economic issues and financial limits of unemployed youth may explain their poor mental health in terms of poorer self-esteem and increased levels of depression and suicide (Amissah & Nyarko, 2017). After graduation, youths feel a moral obligation to physically, intellectually, and financially care for their parents; if they are unable to do so, Devi (2015) reports that the youth experience a loss of self-confidence, become pessimistic, and lose their sense of purpose. They gradually put negative sentiments in their thoughts due to a lack of self-confidence and self-esteem (Nyarko, 2017). To escape from their melancholy, loneliness, and mental stress, most jobless youth fall in addictions such as chewing khat, smoking cigarettes, and consuming alcoholic beverages (Gebretsadik, 2016). According to Adebayo (2013), the aggravation and despair that plague the unemployed on a daily basis offers a fertile foundation for crime to develop.

In terms of detachment, unemployed youth are detached from friends and society as well as missing certain familial benefits. Nebil (2010) mentioned that Society's attitude of unemployed youth is frequently not to recognize them as an important future resource of the country (as cited by Adebayo, 2013). Some member of the society view unemployed youth as a criminals and irresponsible individuals with little worth (Adebayo, 2013).

Moller (1991) revealed that social stigma link with unemployment arises from the idea that the unemployed are unable or unwilling to use their spare time to the best advantage of the person and society (as cited by Adebayo, 2013). As a result, according to Stephen and Dickson (2015) a lack of social contact lead to low self-esteem, mental stress and as a result, a lack of responsibility. Shanka (2016) discovered that unemployed youth are concerned when they see old classmates who graduates together but are now working in white-collar employment. On the other hand, unemployed graduates feel secured when they spend time with fellow unemployed people around (Shanka, 2016).

According to Nayak (2014) finding in Socio-economic situation of youth in Gondar town, Azezo Demaza Kebele in Ethiopia, 78% of all respondents waste their time by chewing chat, smoking cigarette, drinking alcoholics. According to the finding more than ½ respondents (52%) had health difficulty as a result of unemployment. 74% of the respondents rely on their parents and relatives (Nayak, 2014).

According to Shanka (2016) findings, unemployed youth waste their time, specially the majority of male participants by going to small cafeterias and drinking tea/coffee with low price, going to video houses to watch films; going to small shops and cracking jokes with shopkeepers; sit down with shoe shiner on the side of the streets; going to their friends working on small business and sitting or standing with them; playing games like table tennis and football which is located near to the road and pools. Their situation is worsening day by day as they become permanent unemployment and they are befuddled with their life choice. It is said that during focus group discussion, several participants state that their first experience with unemployment after graduation resulted in uncertainty, shamefulness, depression, and moral degradation (Shanka, 2016).

Shanka (2016) stated that majority of the respondents mentioned that family, relatives, neighbors and friends reduce the value they previously assigned to unemployed graduate youths when they used to be learning. They remarked that while schooling there is only a hope of earning a good job and that the future is unknown. However, after being unemployed for an extended period of time, their prior position and optimism vanished, and their employed friends were unwilling to spend time with them. Peoples in their community treat them as unsuccessful person and refuse to respect them. Kieselbach (2003) (as referenced by Majumder, 2013) unemployment has an

impact on the overall integration of youths into society. Low qualification, risky financial situation, little or insufficient institutional help and little or no help from social environment all lead to social exclusion.

Okafor (2008) discovered that under-employment has a number of unimaginable consequences. Graduate youths are forced to choose occupations that do not match with their skills, experiences and professionals; an extended period of such situation mitigate the youth's confidence and ambitious, raise stress feeling and thus reduce life span and good health (Okafor, 2008).

2.4.1 Psychological problems of graduate unemployed youth

Unemployment has less psychological consequence if they have strong future career prospects or if one has more moral support from the nearby. Those who have a working spouse are more likely to feel less pressured and more satisfied with their main job activity, income and leisure. Family and social interactions can also help in relieving their stress and anxiety. For many people, work is an important source of social interaction. As a result, the family and social conditions of unemployed individuals have an influence on their happiness and health implications. This is some evidence that social isolation is harmful whereas family and social support improves satisfaction and mental health (Berkman & Glass, 2000).

Prolong state of unemployment has been linked to a variety of psychological disorders, including depression, low self-esteem, anxiety, and negative thoughts: insomnia, fatigue and lethargy. to manifest in various psychological conditions such as depression, low self-esteem, anxiety, and negative thoughts; insomnia, fatigue and lethargy. According to Weahy (1999), being unemployed doubles a person's chance of having severe depressive episode, and being unemployed leads to alcohol users and an increased suicide rate (Dickson,2015).

Timothy (1999) submitted that unemployment leaves graduates with feelings of worthlessness, deteriorated self-identity, decreased motivation and increased stress levels.

2.4.2 Social problems of graduate unemployed youth

According to Oxford Dictionary of Sociology (2009), "a crime is held to be an offence, which goes beyond the personal and into the public sphere, breaking prohibitory rules or laws, to which legitimate punishments or sanctions are attached, and which requires the intervention of a public

authority... for crime to be known as such, it must come to the notice of, and be processed through, an administrative system or enforcement agency. According to Oxford Dictionary of Sociology (2009), “a crime is held to be an offence, which goes beyond the personal and into the public sphere, breaking prohibitory rules or laws, to which legitimate punishments or sanctions are attached, and which requires the intervention of a public authority for crime to be known as such, it must come to the notice of, and be processed through, an administrative system or enforcement agency (Adebayo, 2013).

Nayak’s 2014, finding shows that 78 per cent of total respondents pass their time by chewing chat smoking cigarette, drinking alcoholic beverages, and other related activities (Nayak, 2014). The adverse consequences of unemployment are obvious and have links to economic disadvantages. This has also been connected in some discussion to higher crime rates, especially amongst young graduates (Dickson, 2015). On a social level, graduate unemployment causes a greater reliance on government assistance. This increases economic stress on social/ welfare programmes (Dickson, 2015).

According Dickson 2015, graduate youths may commit crime while unemployed. He mentioned that in Nigeria, many jobless girls who take to sex work complain having no other job as reason of engaging in prostitution. Some male graduates also who are caught in one offence and another also blame it on joblessness.

Mike (2011) submitted that crime rates, especially for property offences are higher during periods of unemployment than of employment. This suggests that holding constant other variables, graduate youths commit more crimes while unemployed (Mike, 2011).

2.5 Prevalence rate of depression, anxiety, self-esteem, and alcohol users among graduate unemployed

Different scholars have stated that graduate youths suffer from depression, anxiety, low self-esteem and high prevalence for alcohol users. According to Lencha’s finding that the more the long- runs the unemployment status, the more the youth suffer from stress and depression. As of the youth are constantly in stress and depression, they are exposed to psychological problems (Lencha,2017) A study done on the nature of Youth unemployment in Kazanchis shows that unemployed youth in Kazanchis faces more difficult challenges than just economic ones. It

includes social and psychological impacts. The lack of income joined by increased social isolation and psychological pressure is further worsening their living condition. Accordingly, depression, inferiority complex and low self-esteem are common among unemployed youth. As the result, they resort to practicing a substance abuse addiction which in turn has a crippling effect (Bezabeh, 2014). Lack of income for their basic need, inferiority feeling, psychological effect and drug addicted mentioned as a major effect on educated youth as a result of unemployment (Gebretsadik, 2016).

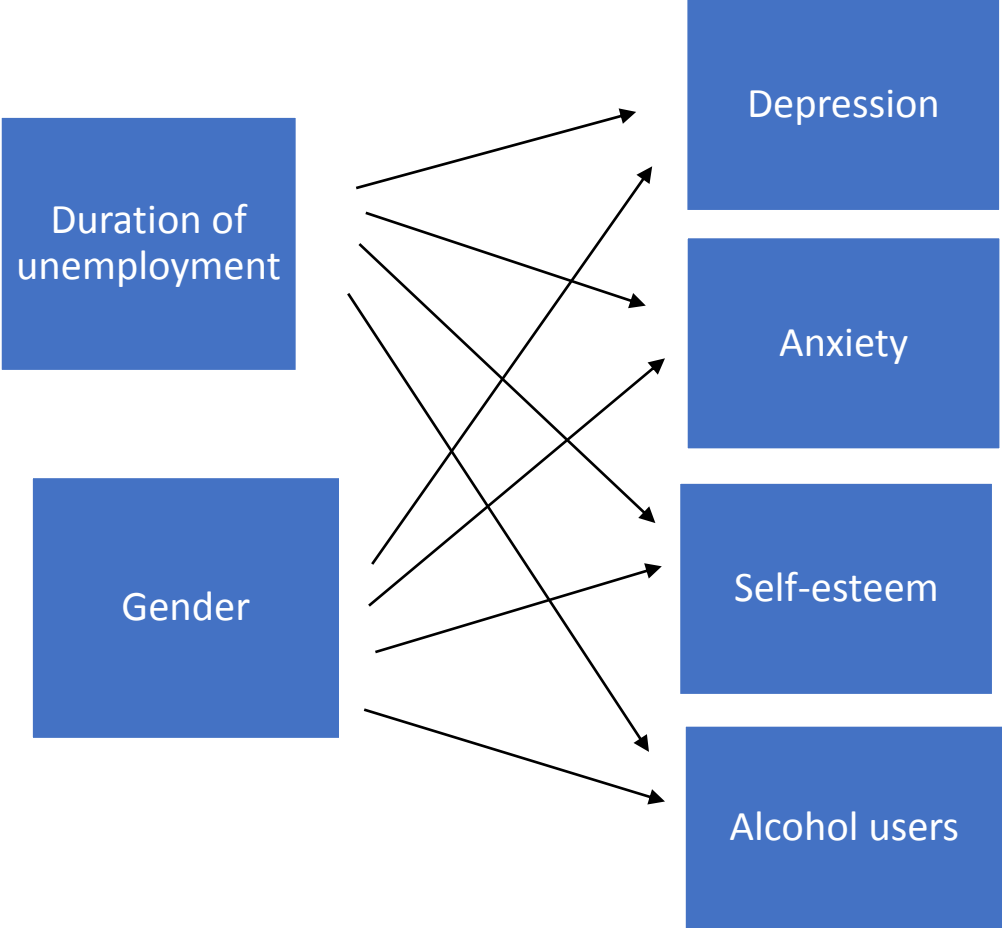
A research done by Orth et al,2008 stated 3model of relation between self-esteem and depression. The vulnerability model states that low self-esteem is a risk factor for future depression. The underlying assumption of the vulnerability model is that self-esteem, like other personality traits, is a diathesis exerting causal influence in the onset and maintenance of depression. It is a critical causal factor that renders certain individuals more vulnerable to develop depression. The scar model, in contrast to the vulnerability model, states that low self-esteem, like other correlates of depression such as negative attributional style, might be a consequence of depression rather than a causal factor. It postulates that episodes of depression leave scars in the self-esteem system even after the remittance of a depression episode. The common factor model is a statistical model that assumes that self-esteem and depression share a common underlying factor. This model posits that the relationship between self-esteem and depression can be explained by a single latent variable that accounts for the covariance between the two constructs. The common factor model is one of several models that have been proposed to explain the relationship between self-esteem and depression.

2.6 Conceptual frame work of the study

In this study there is an independent variable, duration of unemployment and gender, and dependent variable which is depression, anxiety, self-esteem, and alcohol users. Unemployed Graduates are referred to individuals whose age ranges between 19-29, who graduated in Bachelor degree of Universities, and who has 1 month -3 years, duration of being unemployed or who never secured any hiring jobs since their graduation. Depression refers to feeling of downheartedness which comes from being unemployed. Anxiety refers to feeling of fear which is developed by expecting worse might happen on the next day. Alcohol use refers to youths who drink alcoholic beverage containing alcohol volume above 10% or more than two beers per day.

Self-esteem is related to attitude or judgment towards oneself in-case of relationship with friends and families.

Figure 1. Conceptual framework of the study



Chapter Three

Research Methodology

3.1 Research Design

This research used a descriptive and explanatory design which aimed to assess the impact of depression, anxiety, self-esteem and alcohol users towards graduate unemployed youth in Yeka sub city. The core reason for using descriptive design was to accurately and systematically describe the study population. It is useful to identify the prevalence rate of depression, anxiety, self-esteem and alcohol users on graduate unemployed and to identify the effect of duration of unemployment on graduates. The other reason was a large number of sample size. It was important to generalize the findings to the study area and develop a detailed view of the problem.

3.2 Study Area

The study was conducted in one of the sub-cities of Addis Ababa, Yeka sub city. The sub-city is located in northeastern suburb of Addis Ababa. It borders with the districts of Gullele, Arada, Kirkos and Bole. Its geographical coordinates are 9⁰ 23' 0" North, 38⁰ 44' 0" East. It has 12 woredas which extends from "Frensaye Legaseyon to CMC"

3.3 Population of the study

The target population of the study graduate unemployed youths in Yeka sub city whose age ranges 19-29, whose level of education ranges is Bachelor Degree of Universities and whose duration of being unemployed ranges from 1 month -3 years. The total populations of unemployed individuals who resides on Yeka sub city in the year 2021/22 are 11,151. From the total number, 5007 are males and the rest 6144 are females. The target population of this study according to the mentioned category is 1830, 958 are males and 872 are females. Yeka sub city has 12 weredas. The distribution of unemployed graduate youth is reported as follows.

Table 1. Population of graduates unemployed youth in Yeka sub city

Woreda's on the sub-city	01	02	03	04	05	06	07	08	09	10	11	12	Sum
No of unemployed graduates	205	52	216	153	125	79	90	61	54	289	232	274	1830

3.4 Sample and Sampling Technique

Since the focus of the study is on graduate unemployed youth, the sampling frame from which the actual samples drawn is the above data of the population. The researcher determined the sample size of the respondents based on Yemane Taro's statistical formula. $n = \frac{N}{1 + N(e)^2}$

$$\begin{aligned}
 &= \frac{1830}{1 + 1830(0.05)^2} \\
 &= \frac{1830}{5.575} \\
 n &= 328.25 \approx 328
 \end{aligned}$$

Therefore, the total number of respondents for this study is 328. The selection of the respondents was made from each wereda through stratified random sampling methods. This sampling method was used because samples were selected by age range, the level of education, and duration of unemployment. From the total unemployed population of the selected sub-city, target population (1830) was selected by subgrouping the population based on their age range (19- 29), level of graduation (BA degree only), and their duration of unemployment i.e from 1month to 3years. Samples were taken from the target population.

The sample distribution of unemployed graduate youth is reported as follows. The samples were assigned from each woreda's proportional to the sample size.

Table 2. The number of graduated unemployed youth selected from each woreda for the sample

Woreda's on the sub-city	01	02	03	04	05	06	07	08	09	10	11	12	Sum
No of unemployed graduates	37	9	39	28	22	14	16	11	10	52	42	48	328

3.5 Data Collection Method

Based on the objectives of the research and reviewed literature, a questionnaire was adopted for collecting relevant and adequate information. The questionnaires were adopted by other researchers from Addis Ababa University.

Beck Depression Inventory-II (BDI-II) was used to measure the depression level of unemployed graduates. It was adopted by Yelemwork Gasha (2015) for partial fulfilment of her master's thesis. The Beck Anxiety Inventory (BAI) was used to measure the anxiety level of unemployed graduates. It has been adopted by Wubshet Tesfaye for partial fulfilment of master's thesis. Rosenberg's self-esteem scale was adopted by Simegn Markos (2017G.C.) from Addis Ababa University, School of Psychology. Alcohol consumption measuring tool was adopted from CAGE questionnaire which was adopted by T.A Tegegn's paperwork on the prevalence of alcohol drinking behavior in public university (2013G.C). The instruments were adapted by the mentioned scholars and used for different aspects of psychological subjects. Crombach's alpha coefficient was used by the above scholars to measure the reliability of BDI-II, BAI, Rosenberg's self-esteem and CAGE and its psychometric characteristics yielded 0.87, 0.85, 0.70, and 0.82 respectively.

The other way of collecting data was through reviewing secondary source of data such as booklets, reference materials (published books and unpublished documents) and browsing internets on graduate unemployed youth.

As the researcher gathered information from Enterprise development and skill office and Labor and skill office officials (EDI & LSO), there is an office known as "one center" placed at

woredas for registering unemployed individuals on each woreda. Therefore, the data were collected from 12 wereda's of Yeka Sub city one center service offices. The data were collected by 12 oriented one center employees of LSO to administer questionnaires as per the category of the research. One center employee was chosen since their primary duty is to register unemployed people. Other possible alternatives such as entrepreneurship trainings and meetings held on LSO were used to collect data from graduate unemployed who fulfill the criteria of the study.

Data collection was undertaken after permission is obtained from the respondents. Study participants were asked for verbal consent before providing any information. The objective of the study was explained to participants and asked to give information only after giving their verbal consent. Although data was obtained from 328 respondents, only 291 questionnaires were correctly completed and 37 questionnaires were omitted because they were incomplete.

3.6 Scoring Procedure

The Beck Depression Inventory (BDI) is a self-reported questionnaire that measures the severity of depression symptoms. BDI-II consisted of 21 items. Each with four possible responses. The responses are scored on a scale of 0 to 3, with higher scores indicating more severe depressive symptoms. To score the BDI, the score of each 21 questions need to be added. Total score of 0-10 was considered as normal, 11-16 as a mild mood disturbance, 17-30 moderate depression, and 31-40 and above 40 were leveled as severe and extreme depression respectively. A persistent score of 17 or above indicates the need for treatment intervention (Beck et al, 1996). BAI was used to interpret anxiety score obtained from respondents. It consisted of 21 items. Each scale containing four responses ranging from 0 to 3. The score of each questions need to be added for each respondent. Total scores from 0-7 points are considered to reflect a minimal level of anxiety; scores of 8-15 indicate mild anxiety; scores of 16-25 reflect moderate anxiety; and scores of 26-63 indicate severe anxiety. A persistent score of 26 or above indicates the need for treatment intervention (Beck et al, 1988). Rosenberg's self – esteem scale was used to measure the self-esteem level of respondents. It consisted of 10 items. Total score ranges from 0-30. Each respondents total score was added to identify the self-esteem level of a respondent. According to the scale, Scores between 15 and 25 are within normal range; scores below 15 suggest low self-esteem. For question items 1, 2, 4, 6, and 7, scoring was assigned as Strongly agree =3,

Agree=2, Disagree=1, Strongly disagree=0. For the remaining items 3,5,8,9 and 10, the alternatives are reversed in valence.

Item responses on CAGE questions are scored 0 for NO and 1 for YES answers, with a higher score being an indication of alcohol problems. A total score of two or greater is considered clinically significant.

3.7 Data Analysis

In this research, quantitative method of analysis was applied. Quantitative data is generated from questionnaire. It was analyzed using SPSS software version 20, and the data in descriptive form. Frequency and percent were used to see the demographic profile of respondents and general pattern of depression, anxiety, self-esteem, and alcohol users of the respondents. Independent sample t-test was used to see if there was a difference in gender with dependent variables. MANOVA was calculated to identify the levels of depression, anxiety, self-esteem and alcohol users across duration of unemployment.

3.8 Ethical Considerations

The researcher received a permission to conduct this research from Yeka Sub-city LSO and ED officials. Full information gave to participants on the purpose of the research and those who are willing to participate enrolled as respondents. Confidentiality of the information obtained from participate was maintained strictly. The analysis and writing procedure was free from labelling and deception. The researcher also respects exclusive rights of various authors in the subject matter and has not used their work without proper citations.

Chapter Four

Results and Discussion

4.1 Results

The major purpose of the present study was to examine the impact of depression, anxiety, self-esteem, and alcohol users in graduate unemployed youth. This chapter presents the major findings of the study. From the analysis of the quantitative data, the findings are presented under the following themes.

- (1) Demographic characteristics of study participants,
- (2) Prevalence of depression, anxiety, self-esteem, and alcohol users in graduate unemployed youth
- (3) Duration of unemployment and depression, anxiety, and self-esteem
- (4) Sex and level of depression, anxiety, self-esteem, and alcohol users in graduate unemployed youth

4.1.1 Demographic Characteristics of Study Participants

The demographic profile of 291 study participants was summarized in table 3 below including 6 characteristics and its respective frequency, and percentage. The finding is also explained below.

Table 3. Summary of the demographic characteristics of respondents

Characteristics	Categories	frequency	Percent	Characteristics	Categories	Frequency	Percent	Characteristics	Categories	frequency	Percent	
Sex	Male	134	46.00%	Field of study	Engineering	115	39.50%	Year of graduation	2014E.C	37	12.70%	
	Female	157	54.00%		Health science	12	4.10%		2013E.C	141	48.50%	
	Total	291	100.00%		Computational science	17	5.80%		2012E.C	113	38.80%	
			Other natural science		14	4.80%	Total		291	100%		
Age	21-23	60	20.60%		Social science	79	27.10%	Duration of unemployment	Less than 1 year	37	12.70%	
	24-26	160	55.00%		Law	9	3.10%		1yr& M – 1 year 11month	141	48.50%	
	27-29	71	24.00%		College of Business and Economics	45	15.50%		2yr&1M – 3 year	113	38.80%	
	Total	291	100%		Total	291	100%		Total	291	100%	
Marital status	Single	280	96.20%									
	Married	11	3.80%									
	Total	291	100%									

Among 291 respondents, 134 (46%) were males and the rest 157 (54%) were females. The data reveals that 60 (20.6%) of the respondents have ages that range between 21-23, 160 (55%) respondents' ages range between 24-26, and the remaining 71 (24%) respondents' ages range between 27-29. Regarding the marital status of the respondents, the analysis shows that 280 (96.2%) of the respondents were single and 11 (3.8%) were married. The analysis of data on the field of study yields that 45 (15.5%) of the respondents graduated from College of Business and Economics. The majority of the respondents (115, 39.5%) studied engineering and the next higher proportion of the respondents (79, 27.1%) studied different fields in the area of social sciences such as Social Work, Psychology, Sociology, Journalism and Communication, and Language Studies. Furthermore, 12 (4.1%) of the respondents studied fields related to health science, 17 (5.8%) respondents studied computational science, 14 (4.8%) studied different fields in the area of natural science, and the rest 9 (3.1%) of the respondents studied law. Regarding the year of graduation of the respondents, the finding shows that 37 (12.7%) of the respondents graduated in 2014E.C. The majority of the respondents (141, 48.5%) graduated in 2013E.C. whereas the remaining 113 (38.8%) of the respondents graduated in 2012E.C. The study data indicates that 113(38.8%) respondents have been unemployed for two years and one month to three years. Most of the respondents 141 (48.5%) have been unemployed for a period ranging from one year and one month to two years. The remaining 37 (12.7%) respondents have an average length of unemployment that is less than one year.

4.1.2 Prevalence rate and level of depression, anxiety, self-esteem, and alcohol users in graduate unemployed youth

This section explains the level of depression, anxiety, self-esteem, and alcohol intake in graduate unemployed youth and its prevalence rate.

4.1.2.1 Depression level of unemployed graduate youth

Among the respondents, 140 (48.1%) of graduate unemployed youths showed severe depression, 28 (9.6%) had an extreme level of depression, 69 (23.7%) of respondents had moderate depression, and 32 (11%) of respondents had mild depression. The rest 22 (7.6%) of the respondents found to have normal depression level. Therefore 168 (57.7%) of study participants had a severe or extreme level of depression.

4.1.2.2. Anxiety level of unemployed graduate youth

People may experience anxiety without being aware that they are in anxious state. Beck's Anxiety Inventory scale categorizes anxiety in four levels. This study reveals that low level of anxiety was seen on 13 (4.5%) respondents, 160 (55%) of them were on mild and moderate level of anxiety and the rest 118 (40.5%) of the respondents show severe anxiety level. The prevalence rate of anxiety for study participant is 40.5%.

4.1.2.3 Self-esteem level of participants

Analysis of the data on self-esteem level reveals that participants had a high degree of self-esteem. According to Rosenberg's self-esteem scale, the majority of respondents 77% had moderate self-esteem level. Whereas low level of self-esteem was seen in 23% of the respondents. This finding seems counterintuitive to the finding of depression and anxiety. However, the researcher believes there might be phenomena which need further research such as coping mechanisms to maintain a positive self-image, social desirability and self-presentation, having extraversion personality traits or narcissistic personality.

4.1.2.4. Alcohol intake level of participants

Regarding alcohol consumption level of participants, finding of the study indicates that out of 291 participants, 65 (22.3%) participants do not consume alcoholic beverages while the remaining 226 (77.7%) participants were alcohol consumers. According to CAGE questionnaire, all alcohol user participants are considered as clinically significant alcohol consumers. Therefore, there was high prevalence of alcohol consumption on study participants.

Table 4. Summary on the level of research variables

Research variable	Response category	Frequency	Percentage
Depression	Extreme	140	48.10%
	Severe	28	9.60%
	Moderate	69	23.70%
	Mild	32	11%
	Normal	22	7.60%
	Total	291	100.00%
Anxiety	Low	13	4.50%
	Mild	38	13.10%
	Moderate	122	41.90%

	Severe	118	40.50%
	Total	291	100.00%
Self-esteem	low	67	23.41%
	Moderate	224	77.59%
	Total	291	100.00%
Alcohol consumers	alcohol users	226	78.32%
	Non-alcoholic	65	22.68%
	Total	291	100.00%

4.1.3 Difference between sexes on level of depression, anxiety, self-esteem, and alcohol users in graduate unemployed youth and descriptive statistics

This section explores the finding of sex differences on the level of depression, anxiety, self-esteem and alcohol users of graduate unemployed youth. It also discussed the descriptive statistics of the mentioned variables.

4.1.3.1 Descriptive statistics of depression, anxiety, self-esteem, and alcohol consumption

The result of descriptive statistics indicates that the mean and standard deviation of depression were 28.71 and 10.86, respectively. The mean and standard deviation of anxiety were 22.99 and 8.50, respectively. The mean and standard deviation of self-esteem were 15.43 and 1.45, respectively. The sample size for alcohol users was 226 since 65 participants were not alcohol consumers, and the mean and standard deviation were 6.64 and 1.04, respectively.

4.1.3.2 Difference between sexes on level of depression, anxiety, self-esteem, and alcohol users The mean difference was analyzed between males and females on depression, anxiety, self-esteem, and alcohol users and the results are summarized below. Table 3 describes the t-test analysis, including the t-value, df, p-value, and confidence interval (CI).

Table 5. Independent sample t-test

Variables	Gender	N	Mean	SD	T	Df	P
depression	Male	134	29.626	11.386	1.33	289	0.184
	Female	157	27.929	10.354			
anxiety	Male	134	23.664	8.959	1.23	289	0.217
	Female	157	22.427	8.081			
self esteem	Male	134	15.366	1.438	-0.81	289	0.421
	Female	157	15.503	1.462			
alcohol users	Male	105	6.562	1.082	-1.12	224	0.262
	Female	121	6.719	1.018			

As shown in Table 5, the p-value for depression is 0.184, anxiety 0.217, self-esteem 0.421, and alcohol users 0.262 where all are greater than 0.05. Therefore, there is no statistically significant mean difference between males and females on depression, anxiety, self-esteem, and alcohol intake.

4.1.4 The effect of duration of unemployment on depression, anxiety, self-esteem, and alcohol consumption of graduate unemployed youth

In this section, MANOVA analysis was applied to explore the effect of duration of unemployment on the mentioned variables. Since the total number of alcohol consumers was 226 out of the total sample 291, the statistical analysis was applied accordingly. Below table 4 explains the mean and SD of depression, anxiety, self-esteem, and alcohol users towards their duration of unemployment.

Table 6. Descriptive statistics of dependent variables (n=226)

Dependent Variable	Duration of Unemployment (IV)	Mean	SD	N
Depression	1month - 1yr	8.65	8.51	26
	1yr,1Mon - 2yrs	28.11	6.97	109
	2yr,1Mon - 3yrs	35.79	6.16	91
	Total	28.96	10.65	226
Anxiety	1month - 1yr	8.88	7.28	26
	1yr,1Mon - 2yrs	22.08	5.70	109
	2yr,1Mon - 3yrs	28.86	5.98	91
	Total	23.29	8.55	226
Self-esteem	1month - 1yr	15.15	1.12	26
	1yr,1Mon - 2yrs	15.52	1.34	109
	2yr,1Mon - 3yrs	15.51	1.59	91
	Total	15.47	1.43	226
Alcohol Consumption	1month - 1yr	6.42	.98	26
	1yr,1Mon - 2yrs	6.69	1.02	109
	2yr,1Mon - 3yrs	6.66	1.09	91
	Total	6.65	1.05	226

Table 6 shows the descriptive statistics of 226 respondents. As mentioned above, the number of alcohol consumers were 226 and MANOVA analysis was run for these respondents.

Table 7. MANOVA test

Effect		Value	F	Hypothesis df	Error df	Sig.	Partial Eta Squared
Intercept	Pillai's Trace	.991	623.686 ^b	4	220	.000	.991
	Wilks' Lambda	.009	623.686 ^b	4	220	.000	.991
	Hotelling's Trace	113.285	623.686 ^b	4	220	.000	.991
	Roy's Largest Root	113.285	623.686 ^b	4	220	.000	.991
Unemployment Duration	Pillai's Trace	.630	25.412	8	442	.000	.315
	Wilks' Lambda	.381	34.081 ^b	8	440	.000	.383
	Hotelling's Trace	1.594	43.627	8	438	.000	.443
	Roy's Largest Root	1.575	87.012 ^c	4	221	.000	.612

a. Design: Intercept + Unemployment.Duration

b. Exact statistic

c. The statistic is an upper bound on F that yields a lower bound on the significance level.

From the finding of Table 7, We reject the null hypothesis and conclude that *there was a statistically significant difference in depression, anxiety, self-esteem and alcohol users based on the length of becoming unemployed*, $F(8, 440) = 34.08$, $p < .0005$; Wilk's $\Lambda = 0.381$, partial $\eta^2 = .38$. having $p < .005$.

4.2 Discussion

This section attempts to relate the result of the analyses with the research questions and to discuss the prevalence rate of depression, anxiety, self-esteem, and alcohol users of graduate unemployed participants in relation to various other related research findings.

4.2.1 The prevalence of depression, anxiety, self-esteem, and alcohol users

The study reveals that more than half of the participants are exposed to severe depression. Data indicates that most of the participants have pessimism feelings, loss of interest, and guilty feelings. The prevalence rate for depression was out of all study participants, 58% had a depressive disorder.

People experience anxiety symptoms without being conscious that they are in anxious state but they manifest differently depending on the unsettled scenarios. The finding of the study provides information regarding the anxious state of unemployed graduates, with 40.5% experiencing severe anxiety. Most participants were found on a borderline to anxiousness. The findings of this study show that most participants did not encounter self-esteem problem. Regarding to alcohol users, 78% of participants were alcohol users as per the classification made by the study measuring scale. This finding is similar with the finding of Lencha, (2014). According to his finding, unemployed graduates suffer from depression and stress. His finding also indicates that the youths were exposed to addictions. The study of Bezabeh's (2014) confirmed that his respondents experience depression, inferiority complex and low self-esteem. As Paue and Moser (2009), most unemployed youth attempted to escape their depression, loneliness, and mental stress by utilizing addictive substances and various alcoholic beverages. Lencha's finding (2017) shows youth indulge in addiction to escape from depression caused by their unemployment. The more the idle time they have, the more they need to engaged on something to pass the time and doors to addiction is constantly wide.

Davi (2015) stated that the constant efforts for fulfillment of graduate unemployed youth need and continuous failure to achieve the desired results create tension and anxiety in their mind. Lencha's finding also state that graduates were eagerly searching for white-collar jobs during

immediately post-graduation months. They hoped securing jobs after graduation without distress. Despite the fact that they repeatedly made effort, things became still unsuccessful. The repeatedly rejections and hopelessness put them in the state of discouragement. The finding of Lencha (2017) study indicated that long run unemployment situations put the youth in psychologically distressed circumstances such as depression, stress, anxiety, hopelessness and perceive oneself as worthless. In prior study of Kieselbach & Traiser (N.D, p.6) similar findings were also observed on such issues. The more unemployment gets longer; the youth suffer more with stress and depression. When the youth are repeatedly depressed in high level, they are exposed to critical psychological problems. Having negative attitudes towards themselves have bigger impact to accelerate the problems.

4.2.2 Gender difference on level of depression, anxiety, self-esteem and Alcohol users

Finding of the study reveals that there was no difference between male and female on the feeling of depression, anxiety, self-esteem, and alcohol intake level of respondents. The finding related to gender difference on the level of anxiety is the same as the finding reported by Hucaj and Rexhepi (2022) on the level of anxiety among unemployed graduates. These authors reported no difference in anxiety levels between unemployed men and women.

According to an article made by Margart E. & David D. on Gender difference in the effect of unemployment on psychological distress, it states that neither gender nor marital status affect psychological distress occurred by unemployment. There was no gender difference on married men and married women or single men. The article expected that mothers, in general, and specifically unemployed mothers, who reported worries concerning their children would be more distressed than fathers. While child-rearing worries were related to psychological distress, they were related for both the mothers and the fathers and for the employed as well as the unemployed. The finding showed that when controlling the relationship between unemployment and psychological distress would be reduced for men but not for women. Generally, the article concludes that there is no consistent difference in the impact of unemployment on men's and women's psychological distress. However, the findings suggest that when role configurations for

men and women are similar, there are few gender differences in psychological distress and the same factors affect psychological distress for men and women.

4.2.3 Effect of Duration of unemployment on depression, anxiety, Self-esteem and Alcohol users

A number of studies conducted in different countries have found that youth who are unable to find work after graduation have a variety of psychological issues. The analysis of this study shows the duration of the unemployment period has an effect on the level of depression as well as the level of anxiety. However, it has less effect on self-esteem. This finding is consistent with previous finds of Lencha (2017), who described how, due to the long-term circumstances of unemployment, they became less motivated to apply for job vacancies compared to their previous determination and suffered psychologically, socially, and economically as a result of their unemployment status. After graduating, youth aggressively search for a job. This motivation decreases after several trials. When the duration of unemployment increases, youths are more likely to be depressed and anxious. Similarly, the finding of Lencha (2017) reveals that the longer the youths are unemployed, the more they suffer from stress and depression. Because of the long term circumstance, individuals have become less motivated to apply for advertised jobs than they were previously (Lencha, 2017). He also mentioned in his findings “Unless the graduate youth do not secure jobs for the long run, the knowledge and skills they acquired become deteriorated. It puts the youth’s circumstances from bad to worse”. Thomas et al. (2015) proved in their paper that the longer duration unemployment stays, graduates’ knowledge and skills become out of date. In supporting the research findings, Devi (2015) stated that the constant efforts to fulfill graduate unemployed youth's needs and continuous failure to achieve the desired results create tension and anxiety in their mind. Bezabih (2017) mentioned in his finding that as a result of duration of unemployment, graduate unemployed resort to practice a substance abuse addiction which in turns has a crippling effect. The finding of Juan R. et al (2004) mentioned that Unemployment duration shows a small negative effect on individual well-being, suggesting that unemployment has lasting and aggravating effects that contradict the theory of adaptation.

Chapter Five

Conclusion and Recommendation

5.1 Conclusion

The study was executed to explore the impact rate of depression, anxiety, self-esteem and alcohol users among graduate unemployed youth and to examine the effect of duration of unemployment on depression, anxiety, self-esteem, and alcohol users. It also explores the sex difference in levels of depression, anxiety, and self-esteem. The target populations were BA/BSC degree graduates whose age range is 19-29, whose duration of unemployment ranges from 1 month to 3 years, and who live in Yeka sub-city. The sample was selected through stratified random sampling from 12 woredas of the sub-city. The researcher used a quantitative research method and adopted questionnaires from different scholars.

The research participants were diverse in terms of gender, age, topic of study, and length of unemployed. Nonetheless, they are affected by unemployment on a daily basis. Unemployment among recent graduates has become a major issue in Ethiopia. According to the Ministry of Labor and Skill study, this is due to an increase in the number of young people who are unable to find work following graduation. As a result, investigating this challenge broadens empirical evidence to examine the issue from multiple perspective. The researcher derives the following conclusions based on the study's objectives and discussion of the findings.

The result of the study reveals that graduate unemployed youth suffer from depression. The majority of participants lay on severe level of depression. This implies that graduate youths will not be productive and competent enough in the labor market. There is no gender difference in depression level among participants.

Everyone has anxiety at some point of their lives. The finding from this study reveals near to half of the respondents (40%) had severe anxiety feeling. Only 20% lay in a healthy anxious state and the remaining are on borderline to severe anxiety. There is no gender difference regarding anxiety level.

According to the findings, the majority of participants had a normal level of self-esteem implying that the prevalence rate of unemployed graduates experiencing poor self-esteem is low. The researcher believes this finding requires additional investigation since it seems contradictory to the finding of depression and anxiety. There is no gender difference regarding the respondent's self-esteem level.

The research reveals that 28% of the participants don't consume alcoholic beverages. For the purpose of this study, alcohol users is defined as consuming an alcoholic beverage with an alcohol content greater than 10% or a person consuming two beers with a 5% alcohol content per day. All alcohol consumer respondents are categorized as clinically significant alcohol consumers as per CAGE questionnaire scale and there was no gender difference among alcohol consumers.

The finding on the effect of duration of unemployment reveals there was statistically significant difference on duration of unemployment period and depression, anxiety, self-esteem and alcohol users.

5.2 Recommendations

The researcher proposed the following recommendations based on the study findings:

- According to the finding of the study, the majority of respondents had normal self-esteem level which contradicted the finding of depression level. The researcher believes there might be phenomena which need further research such as coping mechanisms to maintain a positive self-image, social desirability and self-presentation, having extraversion personality traits or narcissistic personality and recommend psychologist to further investigate on the research area.
- According to MoE figures, hundreds of thousands of people have just graduated and entered the labor market. On the contrary, in some fields of study, like engineering, the labor market has more supply than needed. Such skill mismatch forced youth to struggle in their lives because of lack of access to job. As a result, fixing the skill gap must be the government's top priority.

- Researcher recommend that the government should provide graduate youths with free service opportunities at public organizations. It will have an influence by allowing youth to practice in their professions. In addition, the knowledge and skill obtained in universities/colleges would erode as the youth remain unemployed for extended length of time.
- Youth are one part of the vulnerable populations. According to this finding, the youth become depressed, anxious and develop alcohol users. As long as graduate unemployment persists, depression and anxiety will be seen on youths. The country will lose productive young manpower. Psychologists and social workers can intervene by utilizing motivational and technical training on strength-based perspectives, entrepreneurship, problem-solving ability and psychological coping mechanisms. Psychologists/social workers can also work on raising awareness among families and the community about the current state of unemployment.
- The steps of entrepreneur in MSEs should be systematic, free from nepotism and corruption. There shall be no favoritism based on political affiliation or ethnicity of MSE officer's or ruling party. Job seekers should compete on their performance. They should consider entrepreneurship (before graduating) rather than being employed by various organizations, because "white collar jobs" cannot accommodate all graduates.
- There are few studies in Ethiopia that focus solely on the psychological difficulties of graduate youth unemployment. This study is generalized for a single sub city due to number of samples. Further research should be conducted using a diverse variety of samples from other sub-cities in order to generalize the findings to the city; Addis Ababa. As a result, this study may be another document to evaluate.

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Appendix I

My name is Bethelhem Tarekegn. I am a student of Addis Ababa University, College of Education and Behavioral Studies, School of Psychology. I am currently studying social psychology in Masters of Arts program. This questionnaire is prepared for the partial fulfillment of my masters of art degree in social psychology. It is prepared to explore the prevalence of depression, anxiety, self- esteem, and alcohol users of graduate unemployed youths. This questionnaire includes 65sections. The first section asks about your demographic profile. The second section measures the depression level. The third section measures anxiety. The forth section measures self-esteem and the fifth section deals with alcohol users. I want to assure you that all the information you provide will be kept confidential and your anonymity will be secured. This means that your responses are by no means passed to a third party and any information I include in my report does not identify you as the participant. I would like to mention that there are no correct or wrong answers for the following statements. You are requested to simply reflect your feelings. I would also like to thank you for giving me your precious time in advance.

Section 1. Demographic profile

1. Age _____
2. Sex _____
3. Marital status _____
4. Level of Education _____
5. Field of study _____
6. Year of graduation _____
7. Duration of Unemployment _____

Section 2. Depression Measuring Tools

Below there are 21 items which measure depression level of an individual. Choose the right alternative which represent your feelings from the given and circle the number.

No.	Phrases	Alternatives
1.	Sadness	0. I don't feel sad 1. I feel sad much time 2. I am sad all the time 3. I am so sad and unhappy that I cannot stand it much of the time
2.	Pessimism	0. I am not discouraged about the future 1. I feel more discouraged about the future 2. I do not expect things to work out for me 3. I feel my future is hopeless and will only get worse
3.	Past failure	0. I do not feel like a failure 1. I feel I have failed more than I should have 2. When I see the past, everything I o is failed 3. I feel I am a total failure as a person
4.	Loss of pleasure	0. I get as much pleasure as I ever did from the things I enjoy 1. I do not enjoy things the way I used to 2. I get very little pleasure from the things I used to enjoy 3. I cannot get any pleasure from the things I used to enjoy
5.	Guilty feelings	0. I do not feel particularly guilty 1. I feel guilty over many things I have 2. I feel quite guilty most of the time 3. I feel guilty all of the time
6.	Punishment feeling	0. I don't feel I am being punished 1. I feel I may be punished 2. I expect to be punished 3. I feel I am being punished

7.	Self dis-like	<ul style="list-style-type: none"> 0. I feel the same about myself 1. I have lost confidence in myself 2. I am disappointed in myself 3. I dislike myself
8.	Self – criticalness	<ul style="list-style-type: none"> 0. I do not criticize or blame myself more than usual 1. I am more critical of myself than used to be 2. I criticize myself for all my faults 3. I blame myself for everything bad that happens
9.	Suicidal thoughts or wishes	<ul style="list-style-type: none"> 0. I do not have any thought of killing myself 1. I have thought of killing myself, but I would not carry them out 2. I would like to kill myself 3. I would like to kill myself if I had the chance
10.	Crying	<ul style="list-style-type: none"> 0. I do not cry any more than used to 1. I cry more now than I used to 2. I cry over every little thing 3. I feel like crying, but I cannot
11.	Agitation	<ul style="list-style-type: none"> 0. I am no more restless or would up than usual 1. I feel more restless or would up than usual 2. I am so restless or agitated that is hard to stay still 3. I am so restless or agitated that I have to keep moving or doing something
12.	Loss of interest	<ul style="list-style-type: none"> 0. I have not lost interest in other people or activities 1. I am less interested in other people than before 2. I have lost most of my interest in other people 3. It is hard to get interested in anything
13.	Indecisiveness	<ul style="list-style-type: none"> 0. I make decisions about as well as I ever could 1. I find it more difficult to make decision than usual 2. I have much greater difficulty in making decisions than I used to 3. I have trouble making any decision
14.	Worthlessness	<ul style="list-style-type: none"> 0. I do not feel I am worthless 1. I don't consider myself as worthwhile and useful as I used to 2. I feel more worthless as compared to other peoples 3. I feel utterly worthless
15.	Loss of energy	<ul style="list-style-type: none"> 0. I have as much energy as ever 1. I have less energy than I used to have 2. I do not have enough energy to do very much 3. I do not have enough energy to do thing
16.	Changes in sleep pattern	<ul style="list-style-type: none"> 0. I have not experienced any change in my sleeping pattern 1. I sleep somewhat more than usual 2. I sleep somewhat less than usual 3. I sleep a lot more than usual
17.	Irritability	<ul style="list-style-type: none"> 0. I am no more irritable than usual 1. I am more irritable than usual 2. I am much more irritable than usual

		3. I am irritable all the time
18.	Changes in appetite	0. I have not experience any change in my appetite 1. My appetite is somewhat less than usual 2. My appetite is somewhat greater than usual 3. I crave food all the time
19.	Concentration difficulty	0. I can concentrate as well as ever 1. I cannot concentrate as well as usual 2. It is hard to keep my mind on anything for very long 3. I find I can't concentrate on anything than
20.	Tiredness or fatigue	0. I am no more tired or fatigued than usual 1. I get more tired more easily than usual 2. I am too tired to do a lot of the thing I used to do 3. I am too tired to do most of the things I used to do
21.	Loss of interest in sex	0. I have not noticed any recent change in my interest in sex 1. I am less interested in sex than I used to do 2. I am much less interest in sex 3. I have lost interest in sex completely.

Section 3. Anxiety Measuring Tools

Below there are 21 items which measure anxiety level of an individual. Choose the right alternative which represent your feelings from the given and make "X" sign in the box.

0- Not at all

2- Moderately – it wasn't pleasant at times

1- Mildly, but it didn't bother me much

3- Severely – it bothered me a lot

No.	Statements	0	1	2	3
1	Numbness or tingling				
2	Feeling hot				
3	Wobbliness in legs				
4	Unable to relax				
5	Fear of worst happening				
6	Dizzy or lightheaded				
7	Heart pounding / racing				
8	Unsteady				
9	Terrified or afraid				
10	Nervous				

11	Feeling of choking				
12	Hands trembling				
13	Shaky / unsteady				
14	Fear of losing control				
15	Difficulty in breathing				
16	Fear of dying				
17	Scared				
18	Indigestion				
19	Faint / lightheaded				
20	Face flushed				
21	Hot / cold sweats				

Section 4. Self - Esteem Measuring Tools

Choose the right alternative which represent your feelings from the given and make “X” sign in the box.

SA- stands for strongly agree

D- stands for Disagree

A- stands for agree

SD- stands for strongly Disagree

No.	Statement	SA	A	D	SD
	When I am unemployed....				
1.	On the whole, I am satisfied with myself.				
2.	At times, I think I am no good at all.				
3.	I feel that I have a number of good qualities.				
4.	I am able to do things as well as most other people.				
5.	I feel I do not have much to be proud of.				
6.	I certainly feel useless at times.				

7.	I feel that I'm a person of worth, at least on an equal plane with others.				
8.	I wish I could have more respect for myself.				
9.	All in all, I am inclined to feel that I am a failure.				
10.	I take a positive attitude toward myself				

Section 5. Alcohol Intake Measuring Tools

The scale is designed to measure the alcohol consumption of unemployed graduate youth.

Choose the right alternative which represent yourself from the given and make "X" sign in the box.

No	Question	Never	1-2 times a week	3-4 times a week	5 or more times a week
1	How often do you have a drink containing alcohol? *If your answer is Never for the 1 st question, please do not respond for the following questions				
	Question	Yes		No	
2	Have you ever felt you should cut down on your drinking?				
3	Have people annoyed you by criticizing your drinking?				
4	Have you ever felt bad or guilty about your drinking?				
5	Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover (eye-opener)?				

Appendix II

ስሜ ቤተልሄም ታረቀኝ ይባላል። በአዲስ አበባ ዩኒቨርሲቲ የትምህርትና ስነባህሪ ዲፓርትመንት የschool of psychology የማስተርስ ተማሪ ነኝ። ይህ መጠይቅ ለመመረቂያ ፅሁፌ የተዘጋጀ ሲሆን ጥናታዊ ፅሁፉ የተዘጋጀው የምሩቅ ስራ ፈላጊዎች ማህበራዊና ስነ ልቦናዊ ችግሮች ለማጥናት ነው። በዚህ መሰረት በጥናቱ ላይ የሚካተቱት ማህበራዊና ስነልቦናዊ ችግሮች መካከል ድብርት፣ ፍርሃት፣ ለራስ ያለን ግምት፣ እና አልኮል መጠጥ አጠቃቀም ናቸው። ይህ መጠይቅ 5 ክፍሎች አሉት። የመጀመሪያው ክፍል የስራ ፈላጊውን መረጃ ይጠይቃል። ሁለተኛው ክፍል የስራ ፈላጊውን የድብርት መጠን ይለካል። ሶስተኛው ክፍል የፍርሃት መጠን ይለካል። አራተኛው ክፍል ለራስ ያለንን ግምት ይለካል። የመጨረሻው ክፍል ለአልኮል መጠጥ ተጠቃሚዎች ሲሆን የአልኮል መጠጥ አጠቃቀምን ይለካል። በዚህ መጠይቅ ላይ የሚካተቱት የእርሶ መረጃና መልሶች ሚስጥራዊነታቸው የተጠበቀና ከዚህ ጥናት ውጪ ለሌላ አገልግሎት እንደማይውል ላረጋግጥ እወዳለሁ። ከዚህ በታች የተዘረዘሩት ጥያቄዎች ትክክለኛ መልስ የላቸውም። የእርሶን ስሜት የሚገልፀው ላይ ምልክት ያድርጉ። ውድ ጊዜዎትን ሰውተው ይህን መጠይቅ ስለሚሞሉ በቅድሚያ አመሰግናለሁ።

ክፍል 1. የተጠያቂው መረጃ

1. ጾታ _____
2. ስድሜ _____
3. የጋብቻ ሁኔታ _____
4. የትምህርት ደረጃ _____
5. ያጠኑት የትምህርት ዘርፍ _____
6. የተመረቁበት ዓመት (በኢ.ት.ዮ. ስቆሳጠር) _____
7. በስራ ስሞንት የቆዩበት ጊዜ _____

ክፍል 2. የድብርት መጠንን መስኪያ

ከዚህ በታች የተዘረዘሩት የሰነድ ሰው የድብርት መጠን የሚሰኩ 21 ሀረጎች ተቀምጠዋል። በኔ ምናት መሰረት እነዚህን ሀረጎች የምረቀቅ ስራ ፈሳሪዎችን የድብርት መጠን ስመሰካት ተጠቅሞበታለሁ። ከተጠቀሱት ምርጫዎች ውስጥ የእርሶን ስሜት የሚገልጸውን በመምረጥ ተራ ቁጥረ ሳይ ያክብቡ።

ተ.ቁ	ሀረጎች	ምርጫዎች
22.	የሀዘን ስሜት	<ol style="list-style-type: none"> 4. ሀዘን ስደማኝም 5. ብዙ ጊዜ የሀዘን ስሜት ደሰማኛለሁ 6. ሁሌም የሀዘን ስሜት ደሰማኛለሁ 7. በየጊዜው መቋቋም በማሰባሰብ መጠን ከፍተኛ ሀዘን ወይም ደስተኛ ያስመሰገን ስሜት ደሰማኛለሁ
23.	ጨለምተኝነት (መጥፎ ነገር ይመጣል ብሎ ማሰብ)	<ol style="list-style-type: none"> 4. በወደፊት ሕይወቴ ተስፋ ስለቆርጥም 5. ከበፊቱ በስሁኑ ወቅት ነገሮች ስኔ ስደሳኩልኝም ብዬ ስምናስሁ 6. ነገሮች ስኔ ደሳኩልኛለሁ ብዬ ስሳስብም 7. የወደፊት ህይወቴ ተስፋ ቢስ የሆነና ከዚህም የሚብስ እንደሚሆን ደሰማኛለሁ
24.	የነገሮች ስለመሳካት	<ol style="list-style-type: none"> 4. ከዚህ በፊት ነገሮች እንደሰተሳኩልኝ ስሳምንም 5. ማድረግ ከነበረብኝ በሳይ ነገሮች ስለተሳኩልኝም 6. ወደኋላ በተመሰከትኩ ጊዜ ስብዛኞቼ ነገሮች ስለተሳኩልኝም 7. ሰው እንደመሆኔ ሙሉ በሙሉ ነገሮች ስለተሳኩልኝም
25.	የደስታ ማጣት	<ol style="list-style-type: none"> 4. ከዚህ በፊት እንደምደሰተው ስሁንም ደስተኛ ነኝ 5. ከዚህ በፊት እንደምደሰተው ስሁን ስለደሰትም 6. ከዚህ በፊት በምደሰትባቸው ነገሮች ስሁን ሞቂት ደስታ ብቻ ነው የማግኘጥ 7. ከዚህ በፊት በምደሰትባቸው ነገሮች ስሁን ደስታ ስሳገኝም
26.	የጥፋተኝነት ስሜት	<ol style="list-style-type: none"> 4. የጥፋተኝነት ስሜት ስደሰማኝም 5. ከዚህ በፊት ባደረኳቸው ወይም ወደፊት ማድረግ ካሰብኝ ነገሮች ሳይ ጥፋተኝነት ደሰማኛለሁ 6. በስብዛኛው ጊዜ የጥፋተኝነት ስሜት ደሰማኛለሁ 7. ሁልጊዜ የጥፋተኝነት ስሜት ደሰማኛለሁ

27.	ራሱን የመቀጣት ስሜት	<ul style="list-style-type: none"> 4. የተቀጣሪ መሆኑ ስደሰማኝም 5. የተቀጣሪ ሲሆን ደኝሳሰ ብዬ ስሰባሰሁ 6. እንደምቀጣ ስሰባሰሁ 7. እየተቀጣሪ መሆኔ ደሰማኝሰ
28.	ራሱን መሞላት	<ul style="list-style-type: none"> 4. ስስራሴ እንደደገፍ ደሰማኝሰ 5. በራሴ መተማመን ኝድሰሁ 6. በራሴ ተበላጭኛሰሁ 7. ራሴን ጠሰኛሰሁ
29.	ራስ ሳይ ስቃዊር ማውጣት	<ul style="list-style-type: none"> 4. ከበሬቱ በተስየ ራሴ ሳይ ስቃዊር ወደም የሞቱትን ስሜት ስደሰማኝም 5. ከበሬት በበስጠ ሁኔታ ስገመግማሰሁ 6. ስብዛኛው ጊዜ በሞቶ ራሴን ስወቅሳሰሁ 7. ማንኛውም መሞጫ ነገር ሲከሰት ራሴን ስወቅሳሰሁ
30.	ራሴን የማሞቅት ሀሳብ (ፍሳሽ)	<ul style="list-style-type: none"> 4. ራሴን የማሞቅት ምም ሀሳብ የሰኝም 5. ራሴን ስማሞቅት ስሰባሰሁ ግን ሳደርገው ስሰኛሰም 6. ራሴን ስማሞቅት ስፈሰጋሰሁ 7. እድሉን ባገኝ ራሴን ስጠፍሰሁ
31.	የማስቀስ ፍሳሽ	<ul style="list-style-type: none"> 4. ከዚህ በፊት ከማስቀሰው በሳይ ስሳስቀስም 5. ከዚህ በፊት ከማስቀሰው በሳይ ስስቅሳሰሁ 6. በተናገሻ ነገር ስስቅሳሰሁ 7. ስስቅስ ስስቅስ ደሰኛሰ ግን ስሳስቀስም
32.	መቅነሞነሞ	<ul style="list-style-type: none"> 4. ከዚህ በፊት ከነበረው በተስየ መሰኩ ስስቅነጠነሞም 5. ከዚህ በፊት በተስየ የመቅነሞነሞ ስሜት ደሰማኝሰ 6. እንደ ቦታ ስመቀመሞ በሚደደግት ሁኔታ የመቅነሞነሞ ስሜት ደሰማኝሰ 7. በጣም ከመቅነሞነጤ የተነሳ መንቀሳቀስ ወደም የሆነ ነገር መስራት ስሰብኝ
33.	የፍሳሽ ማጣት	<ul style="list-style-type: none"> 4. በሴሎች ሰዎች ድርጊቶች ሳይ ፍሳሽ ስሳጣሁም 5. በሴሎች ሰዎች ወደም ነገሮች ሳይ ከዚህ በፊት ከነበረው የተወሰነ ፍሳሽ ስሞኛሰሁ 6. በሴሎች ሰዎች ወደም ነገሮች ሳይ ስብዛኛውን ፍሳሹን ስሞኛሰሁ 7. በማንኛውም ነገር ሳይ ፍሳሽ ማጣት ስዳጋች ሆኖብኛሰ
34.	ውሳኔ ስስጠት	<ul style="list-style-type: none"> 4. ከዚህ በፊት ከነበረው በተመሳሳይ ሁኔታ ውሳኔ ስሰጣሰሁ 5. ከዚህ በፊት ከነበረው በበስጠ ውሳኔ ስመስጠት ስኛገራሰሁ 6. ከዚህ በፊት ከነበረው በተስየ መሰኩ ውሳኔ ስመስጠት በከፍተኛ ሁኔታ ስኛገራሰሁ 7. ማንኛውም ነገር ሳይ ውሳኔ ስመስጠት በከፍተኛ ሁኔታ ስኛገራሰሁ
35.	የተፈሳሽነት ስጦት	<ul style="list-style-type: none"> 4. እንደበሬቱ ተፈሳሽ መሆኔ ደሰማኝሰ 5. ከዚህ በፊት እንደነበረው ተፈሳሽ መሆኔን ስሳስብም 6. ከሴሎች ሰዎች ጋር ራሴን ሳነጻፅር ያሰመፈሰግ ስሜት ደሰማኝሰ 7. በብዛት እንደማሰፈሰግ ደሰማኝሰ
36.	ጉሰበት (ስቅም) ማጣት	<ul style="list-style-type: none"> 4. ከዚህ በፊት በነበረው በተመጣጣኝ ሁኔታ ስቅም ስሰኝ 5. ከዚህ በፊት ከነበረው ባነሰ ሁኔታ ስቅም ስሰኝ

		6. ሁሉን ነገር ሰማክኖውን ተፈሳጊው ስቀም የሰኝም 7. ማንኛውንም ነገር ሰማድረግ ስቀም የሰኝም
37.	የስንቅሰፍ ስርዓት መሰዋወጥ	4. የመተኛት ሂደት ስውጥ ስብጠት 5. ከዚህ በፊት ከነበረው በላይ ስተኛሰሁ 6. ከዚህ በፊት ከነበረው ባንሰ ሁኔታ ስተኛሰሁ 7. ከዚህ በፊት ከነበረው ስጅግ በበሰጠ ሁኔታ ስተኛሰሁ
38.	የግሰፈኝነት ስሜት	4. ከዚህ በፊት ከነበረው በበሰጠ ሁኔታ ግሰፈተኛ ስደደሰሁም 5. ከዚህ በፊት ከነበረው በላይ ግሰፈኛ ነኝ 6. ከዚህ በፊት ከነበረው በላይ በጣም ግሰፈተኛ ነኝ 7. በማንኛውም ሰዓት ግሰፈተኛ ነኝ
39.	የምግብ ፍሳሽ መስወጥ	4. የምግብ ፍሳሽ ሳይ ምንም ስደነት ስውጥ ስብጠት 5. የምግብ ሳሽ ከበፊት የቀነሰ ነው 6. የምግብ ፍሳሽ ከበፊት የጨመረ ነው 7. በማንኛውም ጊዜ ምግብ ስፈሰጋሰሁ
40.	የትኩረት ችግር	4. ከበፊት ስኩረት ትኩረት ስሰኝ 5. ከበፊት በተመጣጣኝ ሁኔታ ትኩረት የሰኝም 6. ስረዥም ጊዜ ስሰምጭጭን በስንድ ቦታ መሰብሰብ ያስቸግራል 7. በማንኛውም ነገር ሳይ ትኩረት መስጠት ስዳግቸኛል
41.	የድካም ስሜት	4. ከበፊት በተሰየ መሰከ የድካም ስሜት ስደሰማኝም 5. ከበፊት በተሰየ መሰከ የድካም ስሜት ደሰማኛል 6. ከዚህ በፊት የማደርጋቸውን ነገሮች ሰማድረግ የድካም ስሜት ደሰማኛል 7. ከዚህ በፊት የማደርጋቸውን ስብዛኛውን ነገሮች ሰማድረግ የድካም ስሜት ደሰማኛል
42.	ሰውሲብ ፍሳሽ ማጣት	4. በወሲብ ሳይ የፍሳሽ ስውጥን በቀርብ ጊዜ ስስተመሰከትኩም 5. ከዚህ በፊት ከነበረው ባንሰ ሁኔታ የወሲብ ፍሳሽ ስሰኝ 6. በስሁኑ ወቅት በወሲብ ሳይ ስጅግ ስኖላ ፍሳሽ ስሰኝ 7. በስሁኑ ሰዓት ምን የወሲብ ፍሳሽ የሰኝም

ክፍል 3. የጭንቀት መጠንን መስኪያ

ከዚህ በታች የአንድን ሰው የጭንቀት መጠን የሚሰኩ 21 ሀረጎች ተቀምጠዋል። እነዚህን ሀረጎች የምረቀ ስራ ፈሳጊዎችን የጭንቀት መጠን ስመስካት ተጠቅሜበታለሁ። ከተጠቀሱት ምርጫዎች ውስጥ በትክክል የእርሶን ስሜት የሚገልጸውን በመምረጥ የ X ምልክት ያስቀምጡ።

- 0- በፍጹም አይሰማኝም
- 1- አስፎ አስፎ ይሰማኛል

- 2- አብዛኛውን ጊዜ ይሰማኛል
- 3- በጣም ይሰማኛል

ተ.ቁ	ሀረጎች	0	1	2	3
1	የመደንዘዝ ስሜት				
2	የመሞቅ ስሜት				
3	እግሮቼ ደንቀጠቀጣሁ				
4	ዘና ማስተ ያቅተኛል				
5	መኖሪያ ሃይል ይፈጠራል የሚል ፍርሃት				
6	የተጫጫን ስሜት				
7	የሰብ በፍጥነት መምታት				
8	የመቅበዝበዝ ስሜት				
9	የመብረክረክ ስሜት (ከፍተኛ የፍርሃት ስሜት)				
10	የመበሳጨት/የመደናገጥ/የመረበሽ ስሜት				
11	የመታፈን ስሜት				
12	የእጃች መንቀጥቀጥ				
13	የሰውነት መንቀጥቀጥ				
14	ከቀጥጥር ውጪ እሆናለሁ የሚል ፍርሃት				
15	ስመተንፎስ መቸገር				
16	እሞታለሁ የሚል ፍርሃት				
17	መፍራት				
18	የምግብ አስመፎጨት/ አስመንሸራሽር				
19	ራስን መሳት/ መዝሰፍሰፍ				
20	የፊት በደም መቅሳት (በፍርሃት ምክንያት)				
21	መቅ/ቀዝቃዛ ሳብ ማሳብ				

ክፍል 4 ስራዎችን ግምት መስጠት

ከዚህ በታች ያሉት 10 ሀረጎች እንደ ሰው ስራዎች ያሉትን ግምት የሚሰኩ ናቸው። እነዚህን ሀረጎች የምረቀቅ ስራ ፈሳሪዎችን ስራሳቸው ያሳቸውን ግምት ለመስካት ተጠቅሞበታሰቡ። ከተጠቀሱት ምርጫዎች ውስጥ በትክክል የእርሶን ስሜት የሚገልጸውን በመምረጥ የ X ምልክት ያስቀምጡ።

በ.አስ - በጣም አስማማሰሁን ይገልጻል

አስ - አስማማምን ይገልጻል

አስ - አስማማሰሁን ይገልጻል

በ.አስ - በጣም አስማማምን ይገልጻል

	ሀረጎች	በ.አስ	አስ	አስ	በ.አስ
ተ.ቁ	ስራ ስም በመሆኑ.....				
11.	በአጠቃላይ በራሴ ስራዎች(አደራሰብ)				
12.	በዚህ ጊዜ ጥሩ እንዳልሆንኩ ይሰማኛል				
13.	የተሰደደ አደጋ ጥሩ ችሎታዎች እንዳሉኝ ይሰማኛል				
14.	ሰው እንደ አብዛኛው ሰዎች የተሰደደ ተግባራትን ማከናወን አቅጣጫ አለኝ				
15.	ሰው የምትሰጡት ነገር እንደሌለ ይሰማኛል				
16.	በአሁኑ ጊዜ ምንም እንደማልጠቅም ይሰማኛል				
17.	በደንሰ በደንሰ ክሌሎች ሰዎች እኩል ዋጋ እንዳለኝ ይሰማኛል				
18.	ሰራሴ የተሻለ ክብር ቢኖረኝ አመኛለሁ				
19.	ሙሉ በሙሉ ስራዬ መሠረት (ደስመሳካት) ይሰማኛል				
20.	ሰራ ራሴ ስዎንታዊ አመለካከት አለኝ				

ክፍል 5. የአስኮል መጠጥ ስጦታቸውን መሰከድ

እነዚህ ጥያቄዎች የሚረቀ ስራ ፈሳሪዎችን የአስኮል መጠጥ ስጦታቸውን ለመሰከት ተጠቅሞበታሰቡ። ከተጠቀሱት ምርጫዎች ውስጥ በተክክል እርሶን የሚገኘውን በመምረጥ የ X ምልክት ያስቀምጡ።

ተ.ቁ	ጥያቄዎች	ጠጥቶች አሳውቅም	በላምንት 1-2 ጊዜ	በላምንት 3-4 ጊዜ	በላምንት 5 ጊዜና ከዛ በላይ
1	የአስኮል ደዘት ያሰው መጠጥ በምን ያህል ጊዜ ይጠቀማሉ? * ለ1ኛው ጥያቄ መሰረት ስለጠቀምም ከሆነ ከዚህ በታች ያሉትን ጥያቄዎች ይዘሰሱ				
	ጥያቄዎች	አዎ	አይደለም		
2	መጠጣት ማቆም እንዳስቦት አስበው ያውቃሉ?				
3	መጠጣትን በመንቀፍ ሰዎች ያውኮቷል?				
4	በመጠጣት ምክንያት የጥፋተኝነት ወይም መጥፎ ስሜት ይሰማዎታል?				
5	ጠዋት ነገሮችን ለመነቃቃት መጠጣት ያስፈልገታል?				