

## Research Question: Is The Unemployment of The Mentally Ill Leading to Negative Impacts in Different Communities?

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### Abstract

*The way mental health (CDC, 2021) and unemployment carry out is hand in hand. The key influence on employability is good mental health, searching for a job and remaining in that job. In contrast, people working and finding a job is stressful and can take a toll on one's mental health so mental health professionals don't encourage it. Since Covid 19 the rise of unemployment in many countries has increased mostly due to the fact that People's well being has been affected by the recent Global crisis; the pandemic therefore they weren't able to perform their respective jobs to standard. I have chosen this topic because I am passionate about mental health.*

**Keywords:** Psychology.

### Methodology

Primary research: It is first hand research or research you collect by yourself. I chose for my primary research to conduct an online survey.

Secondary research: It is second hand research in which you use existing data. I chose for my secondary research to refer to articles and websites.

### Causes

There are many causes for unemployment (Team, 2022) especially for the mentally ill. Insufficiency of schooling or tutoring. Mental illness may begin to exert influence on adolescents and Adults, especially since quarantine. It's in this period of their life in which they have to finish high school or postsecondary education, which is vital for job opportunities. Another consequence could be systemic issues such as the transfer of government assistance (welfare) to wage work. Rules around disability benefits can make it harder to do paid work without receiving assistance. Another one is stigma and discrimination stigma (Staff, 2017) may be one of the biggest problems for the mentally ill I've seen during my research.

### Consequences

The consequences are drastic. In a study of people living with schizophrenia (Contributors, 2022), finishing high school was the biggest obstacle to their future employment. Finding a job may threaten or remove some of their help and it can infect fringe benefits like obtaining cheaper medical care and affordable metro. People may no longer have the same income and could sense like they are being "punished" for finding a job. Employers may be resistant to employ them. They may doubt their own abilities. These kinds of low levels of confidence can put on immensely to the already existing barriers in employment. Stigma is a very preminent effect. More than half of people with disorders don't receive help usually for a number of reasons e.g. fear of losing their jobs. Excluding the mentally ill from job opportunities when their applying is discriminatory behaviour. Specifically, Americans, it is a violation of their rights in the disability act (Labour, 2022) Which is the right to work.

### Perspectives

*National perspective:*

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In Pakistan since the country has much bigger problems less significant problems like mental health are basically invisible. It is categorized as “taboo” and is stigmatized. The supernatural forces of witchcraft (Lewis, not specified), possession, and black magic are often linked to mental problems. families regularly conceal mental illness to keep their loved ones away from harm. It has been said that Pakistan has one of the worst mental health indicators. About 40% of the Pakistani population suffer from common mental health disorders and some research suggests that it is even higher. Pakistan's perspective on mental illness which is taking on the factor of the population being 97% Muslims (Wikipedia, 2022) is that it is a curse or punishment from God and may regard seeing psychiatric services as weak.

#### *Local perspective:*

For my local perspective, I prepared a survey with around ten questions and the people who answered it remained anonymous in order for it to be more accurate I needed people's actual answers on the given questions. Initially I received 51 responses but I only did analytics on 40 of them because 40 was more than enough. 92% of respondents said they knew someone who has/is struggling with their mental health while 8% said they didn't. In answering the question of the prevailing stigma surrounding mental illness 33% think it is justifiable while 15% say it's somewhat correct and 51% said they didn't. When the question came about what the government should do about unemployment 0% responded saying that they shouldn't do anything, while 38% said they should provide welfare (specified, Welfare) until they reach a stable income and 60% of respondents said that the government should fund job creation opportunities and 5% said to cut back on specialization (Kenton, 2022) Then the question came about if their mental health was worse at quarantine. 65% replied with yes while 35% replied with no. 85% agreed that their mental health affected their academic/work performance while 15% answered no. An overwhelming 90% answered yes to Pakistan needing to shed more light on mental illness while 10% answered that it was not as pressing as other issues. A shocking 50-50 resulted in the question whether or not unemployment was one of the biggest problems a mentally ill person can face. 50% answered yes when they were asked if they knew someone who was unemployed or not while 22% replied they didn't and 28% of people replied they did but they didn't know them. 13% of respondents said that they were diagnosed with a mental illness while 24% replied they were self diagnosed and 63% replied they weren't and lastly 78% of respondents said that the unemployment of the mentally ill was bad and agreed they should do something about it, while 22% of them said that they can't find a job because it's too difficult for them to work and 5% said they need to find a job.

#### *Global perspective*

Japan: People with mental illness living in Japan receive a high stigma-related point of view against them which is high compared to other developed countries. Japan has the most psychiatric (Liu, What is Psychiatry, 2023) beds in the world. Japan can financially cover essential living costs, shelter costs, mandatory education and talent training expenses, physical well-being insurance and funerals all through their public assistance programmes. To register, citizens should check their claim through their own region specifically the government aid office absolute at their geographical location and they usually give an answer during a two-week duration

Australia: Meanwhile the Australian Government's Better Access initiative (Government, 2023) permits civilians to see licensed medical practitioners like psychotherapists etc furthermore they have that effort financed by Medicare to some degree. People who are diagnosed with an actual mental illness and have a standard health plan thanks to their mental health care provider can have Medicare cover up to 10 normal therapy sessions and 10 other types of therapy such as group therapy sessions per every 12 months. The unemployment in Australia is generally low and has gotten lower since August 1947.

## **Course of Action**

In order to reduce the amount of mentally ill people being unemployed these actions should be taken;

1. Making sure that the rights of the mentally ill in the workplace are being recognised and accommodated accordingly (those rights include changeable break and work schedules to allow therapy appointments to take place. particular rotation assignments. Permission to work from home etc)
2. Obtaining social welfare benefits (Wilson, 2021) for seriously mentally ill people when they're unemployed for example; Securing social stability for disability, insurance, additional protected income, government assistance to families with financially dependent children etc.
3. To support better mental health, we should Design employment programmes with specialized interventions for people dealing with mental health problems. Public Employment Programmes (PEPs) are activated from the government and should be funded publicly through investment programs that make effective pursuits and that straightforwardly create employment opportunities rather than the extension of civil services and instead with a focus on labour work.
4. Focusing on adequate standard work and not to mention skills training (sometimes include going to vocational schools) to recognise primary obstacles of unemployment such as easy requirement standards)

### **Evaluation of sources:**

I used a variety of interesting and informative sources for my report;

A source that was very significant to my research for this individual report was my survey. I had conducted a survey for my primary research requirement and I had found some very interesting answers that helped me get a raw and in-depth understanding of my research question. Specifically, was the fact that 24% replied they were self diagnosed with a mental illness. This was surprising to me due to the fact that I had a close-minded thought about it.

On completing my primary research and came across a website which was the "Taiwanese journal of psychiatry" they were doing a background study about Japanese mental health, by Naotaka Shinfuku M.D Ph. D. I learned about how Japan had an already worse situation of mental health in itself post quarantine and has worsened after the pandemic since Japan had already had record level rates of suicide. It has advanced the attention on active maintenance for mental health and wellness initiatives that have been taken into action by the Japanese government.

Another website that I came across, when I was doing my causes and consequences, was the "American psychiatric association" reviewed by physician Jeffrey Borenstein M.D in August of 2020 about stigma. It gave me intensive knowledge about the negative attitude towards the mentally ill and having a proper trusted source with references reviewed and fact-checked by an actual doctor was comforting to me. The website was fact based and gave me a closer look at stigma and what types of stigmas were there. It showed me how stigma was a serious cause giving out disastrous consequences, like how it was one of the reasons employers would not hire mentally ill people. It showed me what people would go through in great lengths just because of stigma.

### **Conclusion**

To conclude, the rate of mentally ill people being unemployed is high and contributes to negative effects in the community, making it less efficient and lazy. At times they indirectly go hand in hand, people who are mentally ill are/likely to become unemployed while mentally stable people who are unemployed develop or are more likely to develop mental illnesses. Before writing and researching this topic I already knew that it was harder for mentally ill people to find and keep a job, but then realised that many other factors are included in it and how society plays against them. To answer the question about stigma i think a quote from lemony snicket is suitable to answer; "Just because you don't understand it doesn't mean it isn't so."

### Personal reflection:

I personally discern that I have grown a fair amount and since have increased my empathy for people struggling with mental illness. Researching about my topic taught me to have more intellectual pursuits. My mind has opened to how an array of people who are different from mine live. It has made me recognise that unemployment can happen to anyone, especially since the pandemic.

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