



INVESTIGATION OF THE PSYCHO-EMOTIONAL STATE OF THE UNEMPLOYED IN UZBEKISTAN

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Annotation

This article examines disorders in the psycho-emotional states of the unemployed, historical-analytical approaches to the unemployment problem, trends, structural features of unemployment, functional structures of the mental states of the unemployed and means of self-management. Also, the psycho-emotional conditions of the unemployed between 18-60 years of age in Uzbekistan have been studied through an empirical questionnaire developed by the author and analyzed according to the final result, as well as a scientific-practical proposal on the issue that asked for a solution has been developed.

Keywords: unemployment, labor market, employment, psycho-emotional state, survey, depression, stress, crime

Introduction

It is known from world practice that any country attaches great importance to increasing the level of employment in order to ensure economic growth. It also tries to implement measures to prevent socio-economic consequences that may occur in the society by reducing the level of unemployment.

During the pandemic, unemployment in Uzbekistan was 11.5%, in 2019 this figure was 1335.3 thousand people (9.0%), and the number of economically active population was 14876.4 thousand people, this indicator was 75 percent, of which 13,541,100 people (68.3%) were employed in the economy, and the unemployment rate had an increasing trend. It was determined that the majority of the unemployed were young people aged 18-30 [1]. In connection with this issue, President Shavkat Mirziyoyev's Address to the Oliy Majlis dated January 25, 2020 also gave proposals and orders to develop the economy and reduce the number of unemployed [2]. As a result, it was decided to develop measures to increase the number of workplaces.

It is worth noting that if a person is not provided with a job for a long time, if a situation of unemployment occurs, it leads to a violation of his psycho-emotional state. Depression, stress, anxiety, restlessness, nervousness, depression, carelessness, hopelessness, lack of confidence, increased anger, decreased perception, decreased memory, inhibition of attention, loss of thinking occur. The occurrence of such





psychological conditions in people is dangerous for oneself, for others, and above all for society.

Moreover, such psycho-emotional disturbances in the unemployed lead to an increase in the number of crimes, offenses, thefts, suicides, and divorces in families. The results of the research conducted by foreign scientists on the psycho-emotional state of the unemployed show that the state of unemployment among people is dangerous for the society, and it is revealed that the resulting socio-economic damages are expensive for certain sectors and representatives of the society. Studies have shown that unemployment is particularly severe among men. As a result of their consumption of alcohol in large quantities, car accidents, crimes, murders, suicides, assaults on honor and other crimes increase.

Summarizing the above opinions, we can say that our research work based on the development of tasks for the prevention of social and economic problems that may arise from the disruption of the psycho-emotional conditions of the unemployed in society, is of particular importance due to the fact that it is dedicated to the current topic.

Literature Review

Since the topic of research is a new topic for Uzbekistan, we have witnessed that research in this direction has not been carried out in our country .

Therefore, in the study of the present topic, we mostly referred to the scientific research works of American and European scientists.

Michael Borrero 's dissertation entitled " Psychological and Emotional Impact of Unemployment" [3], Washington and Lee University professor Arthur H. Goldsmith's article entitled "The Psychological Impact of Unemployment and Joblessness" [4], Murphy G. and Athanasou J.A.'s articles "The effect of unemployment on mental health" [5], Robert L.Jin's "The impact of unemployment on health: A review of the evidence" served as an important source [6] . In these literatures, disorders in the psycho-emotional states of the unemployed, the problem of unemployment, functional structures of mental states in the unemployed and self-management tools, situations related to waiting in the unemployed, conducting an empirical survey in the study of the psycho-emotional states of the unemployed youth ways were considered important, and the experiences necessary for our work were acquired from these research works. "Psychological Distress During Unemployment and Beyond: Social Support and Material Deprivation Among Youth" by European scientists Professor Thoroddur Bjarnason of the University of Albania and Professor Thordis J. Sigurdardottir of the University of Iceland in Six Northern European Countries





articles were studied [7]. Also from Israeli scientists "Unemployment and Psychological Distress among" by Netta Achdut and Tehila Refaeli Young People during the COVID-19 Pandemic: Scientific works of Psychological Resources and Risk Factors" were also studied [8].

Methods

Research methods of analysis and synthesis, comparison, deduction and abstraction were widely used. In particular, with the help of the analysis method, various international organizations and scientists were asked to study the definitions of the psycho-emotional state of the unemployed, which issues should be paid more attention to when forming an empirical question, and what is the most likely to be expected from this issue, and it is used in the analysis of situations that may occur while ignoring factors that are less likely. In this regard, K. Izard proposed the self-assessment method (1976) representing basic emotional states, the Spielberg-Hanin questionnaire, which determines the individual's anxiety, the Stung scale, which assesses depression, and the methodology and diagnostics of well-being, activity and mood.

We will be able to draw important theoretical conclusions through the method of deduction. The method of abstraction helped us to focus on the analysis of the main factors, assuming that there are no secondary factors affecting the psycho-emotional state of the unemployed.

Results and Discussion

The study is dedicated to the investigate of the psycho-emotional state of the unemployed in Uzbekistan demanding empirical research, we used the survey method of scientific research to achieve this goal. This survey includes 22 questions, including, if we briefly touch on the content of the questions, demographic, social, mental, work status, public behavior of the participants in the survey research is conducted on the basis of their answers to questions such as their culture and status, participation in social networks, knowledge of the work of government agencies, their approach to assessing the situation, and their attitude to the development of human capital. Respondents between the ages of 18 and 60, who are currently unemployed or previously unemployed, but who are currently employed, took part in this survey based on the sampling method from 12 regions of the Republic of Uzbekistan, the city of Tashkent and the Republic of Karakalpakstan. And their total numbers are 160.





These numbers are considered sufficient to conduct a survey, which is one of the methods of scientific research, and do not negatively affect the quality of the results of our survey.

Continuing our research, referring to the data in Table 1, the results on the demographic status of the respondents are presented, and these demographic data are important in assessing the quality of the survey.

Table 1 Statistical analysis describing the demographic characteristics of the survey participants

Variables		Number of participants	Number of participants in percentage
Sex	Male	105	65.6
	A woman	55	34.4
Education level	High	122	76.3
	Medium-special	30	18.8
	Medium	7	4.4
	Unfinished medium	1	0.6
Age	50 to 60 years old	1	0.6
	40 to 49 years old	11	6.9
	30 to 39 years old	41	25.6
	25 to 30 years old	66	41.3
	20 to 24 years old	36	22.5
	18 to 20 years old	5	3.1
Marital status	Not married	50	31.3
	Married	95	59.4
	Divorced/single parent	15	9.4

If we focus on the data of Table 1, 105 of the respondents, 65.6 percent of whom are men, and the share of women in this dictionary is 34.4 percent. As for the distribution of the participants of the survey according to the level of education, the respondents with higher education make up the largest part and cover 122 participants, which means that their share in this survey is 76.3 percent. In the next place are young people with secondary-special education, they make up 18.8 percent and the least participation are representatives with secondary education.

If we pay attention to the age of the respondents, the largest number of survey participants are in the age range of 25-30, their share is 41.3 percent, followed by respondents aged 30-39, 25.6 percent, 20-24-year-olds accounted for 22.5% and 18-20-year-olds for 3.1%. According to the purpose of the research, the questionnaire was planned to cover mainly unemployed youth, and we can see from the data of this table that this purpose was successfully realized.



Table 2 Survey respondents' employment status, job search rate, and Statistical analysis of opinions about the employment assistance center

Variables		Number of participants	Number of participants in percentage
Employment status of participants	Yes, I am officially employed	78	49.7
	Yes, I am informally employed	14	8.9
	No, I'm not busy	53	33.8
	I am officially unemployed	12	7.6
Level of job search using social networks (internet, various social sites).	Yes	100	62.5
	No	57	35.6
	I do not use the Internet	3	1.9
Respondents' opinions about the employment assistance center	Yes, great	3	1.9
	Yes, medium	5	3.1
	Yes, satisfactory	6	3.7
	Yes, you are not satisfied	20	12.5
	Yes, it doesn't work at all	24	15
	No, I did not apply	97	60.6
	I don't know that such a center exists	5	3.1
How long respondents have been unemployed or currently employed but previously unemployed	since 1 month	17	10.6
	since 6 months	5	3.1
	since 1 year	5	3.1
	For a long time	17	10.6
	1 month	33	20.6
	6 months	19	11.9
	1 year	26	16.3
	Long time	38	23.8

In the next phase of our research, we will analyze the opinions of the respondents about the employment status, the level of job searches and the employment assistance center. This information is presented in Table 2. At this stage, we included the participants' work status, level of job search using social networks (internet, various social sites), opinions about the employment assistance center, how long they have been unemployed or currently have a job, but we analyze their answers about how long they were unemployed before. According to the results of the survey, the largest number of respondents, 49.7 percent, answered yes, they are officially employed. However, as explained before participating in the survey, they were told to determine the answers based on the situations they observed when they were currently working but were unemployed and chose the appropriate answers accordingly. In the next place are the respondents who chose the answer "I am not employed" with 33.8



percent of answers, followed by those who answered "I am informally employed" by 8.9 percent and "I am officially unemployed" by 7.6 percent.

The opinions of the respondents about the republican employment assistance center are unfortunately very negative, 60.6% answered no, I did not apply, 15% or 24% answered yes, it does not work at all, and 12.5% answered yes, unsatisfactory.

At this point, we should mention that the world practice shows that the proper organization of the use of modern technologies, which is a link of the digital economy, in working with the unemployed is not only the right solution to unemployment. In addition to finding, it is also important in preventing problems that may lead to negative consequences in the future.

But unfortunately, according to the opinions of the respondents, the application platform of the employment assistance center in Uzbekistan does not work satisfactorily, or they have doubts that this center will provide the right solution for the unemployed, or according to what they heard from the transporters, they applied to this center they don't want to do it and evaluate the activity of this center as unsatisfactory.

According to the answer about how long the unemployed have been unemployed, the largest part of the respondents answered that it has been longer than 1 month.

Also, currently working, but according to the answers of those who were unemployed before, the largest share chose the answer that they were unemployed for a month, and for a long time, they chose the answer that they were unemployed for more than a year.

Based on the results of the survey, the statistical analysis of the participants' opinions about the employment status, the level of job searches and the employment assistance center was covered in the questionnaire created by us. According to him, if you are unemployed, family support is on your shoulders, will there be conflicts in your family (when you are unemployed)? We have also included the question asked in our questionnaire, because if an unemployed person does not have enough money to satisfy and provide for his daily needs, then it is natural that various conflicts will arise in the family as a result of the shortage, as a result of which the increase in the number of divorces in the family, first of all, it is clear that there will be disturbances in the psyche of our future children, who are brought up in an unhealthy environment, for this reason, we included this question in our questionnaire. The number of our survey participants is 160, of which 36.2% have no participants, 35% of our respondents say that conflicts sometimes arise, 8.8% of our participants stated that there are frequent conflicts and family fights.





9% of the survey participants stated that "I feel despair" when I am unemployed, it seems that despair is considered as the highest level of disorder in psychology, it creates a passive action of a person in relation to activity, and 9% stated that stress occurs. It seems that this is a very big problem, because when we say stress, it is a process of mental tension, extreme nervousness, and stress is considered by some of our psychologists to be a positive process, because stress occurs in every unemployed person, and some people act for their goals as a result of stress. they can do, and in some cases, stress has a negative meaning, and it should not become distress.

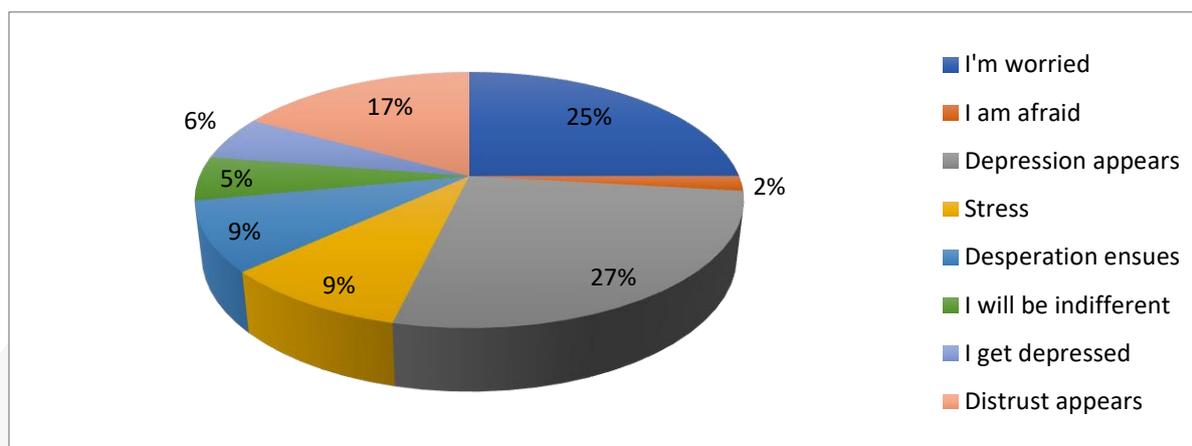


Figure 1. Answers of the participants of the survey to the question about the first changes in your state of mind if you become unemployed

6% of our participants stated that they suffer from depression, it is worth noting that depression is the most common pathology, because a depressed person is always in a low and depressed mood, looks pessimistically at the present and the future, and such people are also dangerous for society. 5% of our respondents said that they would be indifferent. Apathy occurs as a result of depression, an apathetic person loses the positive activities he has, imagines himself as unnecessary in society.

Among the questions in our questionnaire, do you develop yourself (professionally, mentally, physically) when you are unemployed? 96 of our 160 participants said yes, I will work on myself, and 26 of our participants said no, I am not in the mood. 25 of our participants stated that they should think about it, while the remaining 13 of our respondents who participated in the survey were unemployed, they should improve their professional, mental, physical knowledge, skills and abilities. they defined that they don't have it, that is, no, they don't want it.



Conclusion

The number of people who need employment in Uzbekistan in 2021 is 1,529,200 established, the largest number of unemployed people were in the city of Tashkent. The unemployment rate in Uzbekistan in January-September 2021 was 9.4%, which decreased by 1.7% compared to the same period last year, and by 0.4% compared to January-June. The total number of people in need of work is 1.4 million, unemployment rate among the economically active population is 9.4%. Unemployment rate among 16-30 year olds was 14.9%, unemployment rate among women was 12.8%.

As a result of the surveys conducted among the unemployed in Uzbekistan, it can be seen that the majority of the unemployed are young people between the ages of 18 and 30. According to the survey, the city of Tashkent is in first place with 50% of the unemployment rate. stood up (by questionnaire).

160 participated in our survey 41.3 percent of our respondents were young people between the ages of 25 and 30.

In order to prevent various problems that may arise as a result of unemployment, after analyzing the results of our survey, we developed the following definitions:

- organization of unemployed, mainly unemployed youth society or clubs;
 - organization of various courses, classes, events, master-classes, seminar-trainings in order to teach entrepreneurial skills to the unemployed in order to make them self-employed;
 - organization of various quota jobs for employment of unemployed youth;
- unemployed in the labor market are young people, and preventing all kinds of psychological problems that may arise in them, to determine the professions that are in high demand in the labor market, professions with high prospects for training in specialties, the profession of the unemployed - the goal is to increase the number of short-term vocational training courses, vocational schools and their financing, as well as to establish modern centers for vocational training, retraining and upgrading of skills of unemployed youth on the basis of vocational schools is appropriate.
- the procedure for recruiting young professionals should be changed. Today, many employers make high demands on specialists who have graduated from the university, most organizations do not feel the need to use youth labor, and as a result, many young people are unemployed. Taking this into account, it is intended to relax the recruitment criteria and establish a flexible work schedule for them. Because, making high demands on the graduates, trying to get them to cool down from their profession, quit their job and look for another job, during this period of time, various depressions



and dissatisfaction will arise in their psyche and supported in order to prevent various problems that may arise in the psyche of the unemployed .

Based on the conclusions presented in this article, our prospective work on the remaining issues continues and will be presented in our future articles.

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