

"UNEMPLOYMENT BLUES": THE POTENTIAL SKILLS, LEVEL OF
DEPRESSION AND PSYCHOLOGICAL WELL-BEING
OF SELECTED UNEMPLOYED RESIDENTS IN
DAS MARINAS CITY, CAVITE

THESIS

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DASMARIÑAS CITY, CAVITE**

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ABSTRACT

BAÑAGA, JUSTINE ROI C., BOTE, CAMILLE JOY P., and LORENZANA, CHRISTIAN M. “Unemployment Blues”: The Potential Skills, Level of Depression and Psychological Well-being of Selected Unemployed Residents in Dasmariñas City, Cavite. Undergraduate Thesis. Bachelor of Science in Psychology. Cavite State University, Indang, Cavite. May 2017. Adviser: Armi Grace B. Desigaño.

The study was conducted in Dasmariñas City, Cavite from January to March 2017 to determine the relationship between the potential skills, level of depression and psychological well-being of the selected unemployed residents in Dasmariñas City, Cavite, specifically it aimed to: 1. identify potential skills of participants in terms of realistic, investigative, artistic, social, enterprising and conventional skills; 2. assess the level of depression; 3. measure the level of psychological well-being in terms of autonomy, environmental mastery, personal growth, positive relations with others, purpose in life and self-acceptance; and 4. determine the significant relationship between the potential skill and level of depression, significant relationship between potential skill and level of psychological well-being; and level of depression and level of psychological well-being of the unemployed participants.

The participants of the study were the unemployed residents from place who graduated four-year degree courses that are actively searching for a job in any forms of job seeking strategies with an ages ranging from 19 to 24 years old who had been employed for six months or more and had been unemployed recently for at least six months.

The researchers applied the descriptive-correlation method. The validated research instruments that were used are the Holland's Aptitude Test (RIASEC), Zung Self-Rating Depression Scale and Ryff's Psychological Well-being Scale.

Finding revealed that the participants had a higher level of potential skills. Moreover, their depression was found at mild level while they have a high level of psychological well-being. Furthermore, most of the participants' potential skills determined under the category of social skills with the mean score of 4.12 and a standard deviation of 1.380. Finally, it was found that potential skills, level of depression and level of psychological well-being have a significant relationship.

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INTRODUCTION

“It’s a recession when your neighbor loses his job; it’s a depression when you lose your own.”

-Harry S. Truman (The Rational Optimist, 2013)

High levels of unemployment have been a major social problem across many developed countries since the early 1970’s. Having a work provides the fundamental means to an individual’s livelihood and the absence of work has been correlated to numerous problems for the individuals, families, communities and society as a whole. Being unemployed for long periods of time can possibly have a negative impact on a job outlook. Furthermore, the anticipation and the actuality of job loss were known to produce many different emotional reactions. These reactions vary from simple stress to severe depression and actual suicide (Borrero, 2014).