

**UNEMPLOYMENT AND WELLBEING AMONG
GRADUATES OF HUNZA VALLEY**



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Abstract

Unemployment is the state of joblessness which affects the individual with mental and social problems. It paves way to other challenges and barriers. As we compare Pakistan with the other countries Pakistan is unemployment is not less to the mark among other countries. It affects the not the individual but even society and country too. When unable to employ themselves the poor psychological, emotional, and physical health occurs. Lack of job opportunities have increased the bad effects on wellbeing in Pakistan. Framework of Jahoda theory of latent functions of employment suits with the current findings and situation of graduates who are unemployed. Therefore, a quantitative study was conducted in Hunza Valley. The vital purpose of this research was to figure out the unemployment and wellbeing of graduates in Hunza Valley. A sample was of 120 respondents and tools used are structured closed questionnaire. SPSS was used for analyzing the data. Findings illustrate that due to unavailability of jobs and suitable training majority of respondents suffer and feel loss of confidence, stress, anxiety, depression, experience frustration, feel inferior and Oftenly give up from every situation and remain hopeless. Conclusively, unemployment paves way to badly affect the wellbeing of graduates in Hunza Valley and alternate hypothesis is approved as unemployment badly affect the wellbeing of graduates and null hypothesis is rejected.

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CHAPTER NO. 1
INTRODUCTION

Unemployment is the state of joblessness which affects the individual with mental and social problems. If an individual is unable to earn money, to meet the expectations of family peers and community or lives in a state of depression being unable to earn even for himself, certain condition happens due to joblessness and unemployment. It affects the wellbeing of an individual in a sense that due to unemployment an individual suffers and lose his state of satisfaction and happiness and face several issues. This is the problem of every community and nation but the severity, conditions, challenges and level is not same in every area.

Someone who is unemployed for a week and he is not employed but he looks for work even to be a temporary employ can be called as unemployment. It mostly happens due to the mismatch between the market demands and the capabilities and potentials of an individual. That person is willing to be in job for even twenty-four hours when he becomes employed in job market (William, Triest and Sederberg 2017).

“Wellbeing can be defined as a general term which is used to describe the situation of a person or a group in the context of psychological, economic, spiritual and social. If there is high level of well-being in a person or a group, it is considered as positive experience or them. Similarly, low level of well-being can be associated with the negative experience (Sfeatcu et al. 2014).

Unemployment is major issue of Pakistan which paves way to other challenges too. Unemployment is very high in Pakistan because the available resources are wasted and this create hurdles and miserable conditions. In Pakistan who is willing to do a job or has ability to do job but still unable to seek and get a proper job opportunity and remain unemployed. Country’s population is adding to the pool of unemployed as the unemployment increases. Hundreds and thousands of graduates, master’s

degree holders and even the people of every subject are being wasted because of the employment system of Pakistan.

This research paper discussed the concept of unemployment and its concerns with the well-being of the graduates in Hunza valley. The study concerned is named as unemployment and wellbeing of the graduates of Hunza valley. Unemployment is a serious problem of Pakistan and it is similar in other countries too. Especially the unemployment among the youth is an issue faced globally because educated unemployed face many social and emotional problems as compare to the uneducated unemployed.

According to Hussainat et al. (2012) “Unemployment is the most serious problem which disturbs the stability of individual to the nations and even the countries, but its severity is not the same in all the communities. Unemployment is a concept which identifies that the person has desire for work and he is capable of it but cannot meet it due to the shortage and lack of job opportunities. Unemployment can be defined as unable to earn money as a disable, as a female, being engaged in study and other relevant things.” The main issue is that the educated and capable youth are unemployed which is a huge lose for all nations because youth is considered as the prosperity of future and health of the country is identified by the unemployment rate that to which extent the nation is suffered by this serious issue. The decline can be seen in the context of the behavior and wellbeing in the social and psychological context. Because it affects the emotional and psychological well-being and social well-being.

According to the Pakistan Bureau of Statistics (2018), unemployment rate was 5.9% in 2014-2015 and the unemployment rate for Pakistan youth of age 15-19 was 10.1% and in 2017 to 18 it increased to 0.3%. Unemployment among youth of age 20-24 increased by 0.6% from 115 to 11.6%. So, the

rate of unemployed youth in Pakistan is continuously increasing with the passage of time

Furthermore, unemployment becomes barrier in the way of youngsters from gaining job experience and from the future employability and the potential for earning. Short term unemployment is not that much impact on the lives of young people but the long term unemployment leads to the miserable condition in their lives because they seek the failure and consider themselves of no use and waste. 15 to 24 young age people are to be employed as likely as the adult group of 25 years old and this all is in the result of the great recession in 2000 which left the impacts of how soon the youngsters are capable of doing their first job (ILO 2019).

The impacts on wellbeing due to frustration and depression that caused by unemployment. It effects the wellbeing of an individual socially and emotionally and psychologists were of the view that joblessness and the problems occurs in the wellbeing are interconnected. The unemployed people who are educated face mere frustration and emotional health affects due to long term unemployment, so the social and psychological wellbeing are badly affect (Goldsmith and Diette 2012).

1.1 Statement Of The Problem/ Research Question

Unemployment has affected the well-being of the world both socially and psychologically and economically. People are unable to meet the expectations after the completion of education and despite of desire to do a job they cannot enjoy a permanent and suitable job according to their educational level. Unemployment in the educated individuals is seriously affecting the well-being of graduates and they are compelled to do the small level job or remain unemployed and suffer from the psychological and social issues and instability of social and psychological aspect occurs there. Infact this all happen due to the lack of employment opportunities but the literacy rate is 100% in the area. The researcher wants to analyze the social

problem of unemployment in postgraduates across hunza valley which mainly effects the social and psychological wellbeing of postgraduates at there because of limited employment opportunities.

1.2 Research Question

What are those factors which affected the wellbeing of graduates? Is there any important role of unemployment.

1.3 Objectives Of The Study

The main objectives of this study are:

1. To highlight the impacts of unemployment on the well-being of graduates
2. To figure out the experience of graduates after unemployment
3. To investigate the challenges faced by them being unemployed

1.4 Significance Of The Study

Unemployment has damaged Pakistan and other countries worldwide and it badly affect the educated youth. This is the sociological analysis of the wellbeing dealing with the unemployment in this way the research provides the experiences and the opinions of the educated graduates. This piece of study provides you the problems and the challenges faced by the unemployed and what are the hindrances and their root cause that are faced by the graduates. This study provides the qualities needed to be employed. This way the theoretical knowledge is provided in this study.

CHAPTER NO. 2
REVIEW OF LITERATURE

Unemployment becomes barrier in the way of youngsters from gaining job experience and from the future employability and the potential for earning. The current rate of unemployment rate is 6.9% in October and it was 14.7 due to the unemployment due to pandemic. Short term unemployment is not that much impact on the lives of young people, but the long-term unemployment leads to the miserable condition in their lives because they seek the failure and consider themselves of no use and waste. 15 to 24 young age people are to be employed as likely as the adult group of 25 years old and this all is in the result of the great recession in 2000 which left the impacts of how soon the youngsters are capable of doing their first job This leads to their limited work experience due to the earlier jobs and it becomes against them when they attempt to compete for the jobs of entry level (ILO 2019).

As Eisenberg and Lazarfeld (1938) has also the similar opinion about the impacts on wellbeing due to frustration and depression that caused by unemployment. It suffers the wellbeing of an individual socially and emotionally and psychologists were of the view that joblessness and the problems occurs in the wellbeing are interconnected. The unemployed people who are educated face mere frustration and emotional health affects due to long term unemployment, so the social and psychological wellbeing are badly affect (Goldsmith and Diette 2012).

It is identified that there is insufficient incline in the employment and labor market is due the educational issues which can be dropouts and unable to seek education and other relevant problems which comes in the way of educational enrollment and it becomes a challenging for youth. Young people are facing the various social challenges like leaving of schools in early age, discouragement by the surroundings, and not able to make themselves skillful according to the market demand which leads to the unemployment and reduce the future chances in labor market (ILO 2016).

As most of the young people do not consider the jobs according to them, some fail to employ themselves, some do not know about how to apply the jobs and from where they should hunt, some of them cannot continue jobs due to family responsibilities and personal disability or illness and some people are disheartened that the jobs are not available which suits them and unemployment is prevailing due to other various reasons (ILO 2019).

Moreover, relationship between unemployment and frustration is that at some point the relation between unemployment and frustration is opposite because during the decline people who have jobs still control on the frustration and aggression for not losing their job. Youngsters across the world are suffered from too many issues like insufficient education and training and they have to settle in the jobs of informal type due to the shortage of opportunities. The current challenges are giving the clue that the generations coming later will enjoy the improvement in socio economic. A survey identifies that 46% of youngsters between the age of 18 to 22 are expecting that as compare to their grandfathers they have very few and limited opportunities for the fulfillment of their career (Fischer 2008).

2.1 Personal And Societal Effects Of Unemployment

When the employes fail to seek or secure a job than it not only effects the graduates themselves but on the society level and country level too. Personal effects When graduates unable to employ themselves then the poor psychological, emotional, and physical health will occur (Graham and Mlatsheni 2015).

It identifies that unemployment impacts the mental health and financial crisis. Those graduates who are from the poor backgrounds comes to the pressure for securing the employment for the sake of their families' social standard. If they fail to secure than the bitter experiences and other effects can be seen in the unemployed graduates than that of the graduates from rich

families. Long term unemployment and the bad experiences of the labor market increase in risk of the behavior of graduates and other youngsters (Graham and Mlatsheni 2015)

Low sense of social support appears, and unemployment not only affect the individual's personal life, but it affects the families, community and countries in broad (Witte et al. 2012).

When graduates are unable to seek a job in labor market it leads the families and community towards the poverty due to the student loan debts taken for the completion of their studies (Lehlola 2017).

2.2 Perceived Job Insecurities

Perceived job insecurity is a phenomenon which is subjective, and it concerns with the unwilling job loss of the person in future. Perceived job insecurity has effects on the psychological and self-health related issues. Additionally, perceived jobs insecurity relates to psychological poor health. (Oluwajodu et al. 2015) and (Witte et al. 2012).

Similarly, research found about the insecurity of perceived jobs decreases the satisfaction from job and the commitments with other permanent job workers but the permanent employs do not. Similarly, the insecurity, frustration and other issues which affect the well-being of a person can be seen at higher extent in the permanent employs, but perceived job insecurity cannot be seen likewise in the people of temporary employment (Oettel, Sverke and witte 2005).

2.3 Unemployment Around The Globe

Worldwide unemployment is affecting 67.6 million of men and women of young age and it affects the 13.6% of the working people. In Africa and Arab states youth unemployment is highest and it is about 2.2 and 1.7 times at global rate moreover these two regions are to be having very high

unemployment rate as compared to the whole world since 1991 and it is said that structural barriers become hurdle in the way of employment. There was the less probability of facing unemployment in Saharan Africa and northern America, but despite of that 9% unemployment was faced in 2019. It was projected the unemployment rate of youth globally by rise of points 0.1percent in 2020 and 2021 too. In all the sub regions and worldwide the gender gap in the unemployment rate of youth is very small in fact, the unemployment rate of young women is lower than that of men. Nevertheless the two sub regions of northern Africa and the Arab states the large gender gaps in the participation rate of youth is exhibited which leads to limit the access of young female to the employments and the general perceptions are made and which influence on women because of the job nature for them (ILO 2011).

However despite of every difference the unemployment of both the men and women is the cause of problem in both regions but as the participation of female youth is lower and the male youth are employed in the majority in the whole world that is the reason that women unemployment is higher. Moreover Worldwide one in three youngsters and about 429 million of them are employed and gain valuable skills and experiences but most of them are doing the poor quality jobs in the compulsion for survival because there are limited opportunities to progress for career development and to attain the future goals. Infact youngsters across the world are suffered from too many issues like insufficient education and training and they have to settle in the jobs of informal type due to the shortage of opportunities. The current challenges are giving the clue that the generations coming later will enjoy the improvement in socio economic. A survey identifies that 46% of youngsters between the age of 18 to 22 are expecting that as compare to their grandfathers they have very few and limited opportunities tor the fulfillment of their career. Inequality is prevailing to the extent and most of the country"s inequality in wages for the youngsters is higher than that of

adults as the jobs the youngsters are doing are not stable and heterogeneous more (ILO 2016).

When the world recession was started in 2008 it was announced by the office of international labor that the unemployment is globally reached on its peak worldwide and more than 200 million people and the 7% of the worker force were in search of jobs in 2009 infact the whole world experienced this issue at very severe level and it badly affected the economies as well. Economy rises the employment rise too because it hires more labor and produce more goods and services but when it declines the unemployment arises and the problems occur (Griep et al. 2015).

According to unemployment is the cause of social and psychological problems for the single ones and the problems which are frustration, depressed vibes, nervousness and anxiety. Social problems also occur along with the psychological problems in which social interactions, gatherings and other community involvements becomes very difficult for an unemployed (Al Dabu 1989).

2.4 In Developed Countries

Mulderig (2013) argues that there is mismatch between the skills and the employment in the Arab world and even more educated people have the insecurity issues of job. In Morocco in 2004 the unemployment rate of young people of the age 15-24 was 7.7% for the workers who were without diploma, 28.1% were having secondary school degree and 61.2% were having the university diploma in Jordan 53% of the unemployed youth were degree holders. It leads to the highest number of frustration and other psychological problems because according to them they think that the more education they get the good and permanent job they receive but in reality this never happens at all and it becomes a lie for Arab youth.

Likewise, another research Assad, Binzel and Gadallah (2010) figure out that as a result of these problems youth in Arab were in the informal sectors and they had to face the consequences of long and short term both. As the jobs of informal sectors are not enjoyable and they seek little satisfaction and they face frustration to the extent and other relevant problems are faced due to the unemployment. The study was done in the Sweden in which 81 unemployed were studied which were under the age of 25 and findings shows the crystal clear relationship between the unemployment and frustration and mental ill health of young people. Its results show that those youngsters who are having poor finances face more frustration and anxiety about their future as compared to those of youngsters with good finances.

On the other hand report about the unemployment in south Africa that the physical impacts of unemployment is not limited to the headaches, lack of energy, sleep problems but moreover psychological effects are also include in it like stress, loneliness, anxiety, isolation, suicidal thoughts and other relevant issues resulting from frustration (Graham and Mlatsheni 2015).

A study in Jordan about unemployment Outum (1991) and Witte et al. (2012) tried to study the unemployment after war in (1948) he tried to find out the psychological and the functional impacts of the unemployment by using the self –esteem measurement and the discipline measurement. His sample contained (554) males and females. There were two categories one categories was of unemployed and other category was employed but they were not satisfied with their jobs. The findings were that those who were comfortless from their jobs showed the psychologically less comfort. For males the unemployment was worse for the males, but females considered unsatisfied jobs as worse than unemployment. Social and psychological impact was clear in the lives of both unemployed female and male.

The findings were suggested that the UK recovered from the recession of labor market with the salaries and at graduate level jobs 68% were employed. Similarly, the US economy was dropped during the recession and the unemployment rate increased from 5% to 9% and that time was great recession and the unemployment remained for year and an estimate indicates that half unemployed people were out of the work for almost two years.

The report ILO global employment trends 2011 illustrates that unemployment and underemployment both are the serious problems in the Arab world. Middle East and North Africa both are the two regions which have worst rate of unemployment in the year 2010 especially in youth (ILO 2012).

Youth unemployment has also the economic shortcomings. Long term of the unemployment among the graduates with the qualification of university lead to the wages of future for them and also it affects the stability of the country high rates of the unemployment leads to the inequality in economic senses The US economy was dropped during the recession and the unemployment rate increased from 5% to 9% and that time was great recession and the unemployment remained for half year and an estimate indicates that half unemployed people were out of the work for almost two years (Witte et al. 2012).

2.5 In Developing Countries

Unemployment is a very serious problem which impacts socially and economically worldwide. In the developing countries it is increasing day by day. There are 16 million of unemployed young in Arab. According to the Davos conference there are 16 million of unemployed youngsters in the communities of Arab and that was expected to increase to 80 million of youth in 2013. Unemployment creates such kind of situations which makes the individual unable to meet even the basic needs and due to this reason, he harms himself and even it is also harmful for community too.

Unemployment blocks all the ways for an individual and his dreams do not come true. Young men spend their whole energy and money to become a high professional and to make their future bright but in the search of work they wander here and there in minor work to avoid being free. Due to the unemployment and the increasing poverty when an individual becomes unable to do something to make himself independent and bear the expenses of family than that type of individuals even commit suicide due to failure to seek his dreams and due to the ignorance from the communities and most of those individuals in the search of job immigrate to abroad (Hussainat, Qasim and Ghanimat 2012).

Furthermore, suicide rate was 38.9 number of suicides among 100,000 of the population in 2004. And up till now no effort had made for the unemployment and the frustration and ill health in Lithuania. The main area of this study is to evaluate the relation between unemployment and frustration and well-being in Lithuania (Stankunas et al. 2016).

Unemployment in educated youth is a serious problem which leads to the unrest, tension and the activities against the law in India and it focuses on the educated unemployment. It was found that skill training and other related situation is not enough in India and the demand and supply is not in accordance which leads to educated unemployment and that leads to frustration, tension and anxiety related problems. Among 275 million youth, 8 million or more than that are unemployed youth and 20% are having regular salary job but half of them are self-employed. Finally, it is clear that unemployment among the educated youth is very problematic issue in India and it has regional link with the states like Bengal, Jammu and Kashmir, Orissa and Assam which are having higher unemployed youth if we compared it to the nation's average. Education of the graduate and postgraduate is highly declined which entails the cost to the society and state. Educated unemployment of youth is a very serious loss to nation as India is a developing country in which the things are scarce to

spend on even the basic needs, but this type of loss is not acceptable. It is a financial loss for the individuals to be unemployed as their parents invest on them by expecting the return from them therefore when they come out of educational institutions, they do not find the job which leads to the frustration in them (Rajarshi and Mukherjee 2013).

A research in Bhutan there is mismatch between the skills of the individuals and the job market even the qualified jobseekers have not the required skills according to the market (Kinga 2005). On the other hand, young people are looking for the jobs and private sector employees give preference to the experienced ones. Employers do not want the fresh ones with no skills and without experience (Wangmo and Deki 2012).

2.6 In Underdeveloped Countries

In Pakistan and other nations unemployment is a chronic issue. According to the report figure out the number of unemployed that the labor force who are unemployed are 199.4 million and it was noted that 1.1 million were increased till the 2017. Pakistan is also facing the same situation the number of unemployed individuals reached from 3.58 to 3.62 million in one year additionally it also mentioned that the unemployment can be seen in higher number or age 20 to 30 (Labour Force Survey 2016).

A study done in India and it figure out that Indian youth is not remarkable and only 40% of the youth ad secondary and higher secondary level of education whereas only 8% have graduate degree and the training of postgraduate and almost more than 17% were the illiterate (Rajarshi and Mukherjee 2013).

The first-time job seekers in Bahawalpur who were educated. Their study was to find out the relation of their age training, educational level and the time duration in which they were unemployed than it was identified that the

degree holders or postgraduates face high duration of being unemployed than others (Khan and Yousaf 2013).

According to the degree holder unemployed bound themselves to their homes after completion of their study due to the frustration and the pressure of surrounding and society. An individual become more frustrated by the surroundings because the joblessness is considered as the weakness of an individual and it is a very big challenge for unemployed (Ietkemann 2002). The anxiety, stressfulness and frustration are due to the family expectations and the expectations of an individual himself which do not fulfill due to the prevailing unemployment and emotional hurt to individuals (Saleem and Hussain 2018).

2.7 In Context Of Pakistani Society

Similarly, the unemployment dynamics of educated and uneducated youth are well documented and vary significantly. The former is more crucial in developing countries. Traced the determinant of unemployment of first-time educated job seekers in Bahawalpur Pakistan. They studied the relation of education level, training gender, age, marital status on the duration of being unemployed. Professional degree holders were found to face a greater duration of unemployment than their counterparts (Khan and Yousaf 2013).

In their investigation of unemployment costs in Khyber Pakhtunkhwa province of Pakistan found that prolonged duration of unemployment increases the intensity of economic and social problems associated with it (Gul et al. 2012).

It was traced that first-time job seekers in Bahawalpur who were educated. Their study was to find out the relation of their age training, educational level and the time duration in which they were unemployed than it was

identified that the degree holders or postgraduates face high duration of being unemployed than others (Khan and Yousaf 2013).

Assumptions

1. Graduates might be not to choose to be employed with high quality jobs because of demand constraints.
2. Graduates should be able to choose either unemployed or employed with low quality job.
3. People looking for work will either need to be given access to a higher level of training and skill development, or they'll need to be given better opportunities for entrepreneurship.

CHAPTER NO. 3
THEORETICAL FRAMEWORK

3.1 Jahoda Theory Of Latent Functions Of Employment

Marie Jahoda was an Austrian psychologist. She born in 1902 and died in 2001. She focused on not paying attention to mental health and wellbeing. In her studies on unemployment she found that unemployed people are unhappy because they have no qualities. In 1958 she developed the theory of ideal mental health through her work. Jahoda identified five categories which she said were vital to feelings of well-being.

These were time structure social contact, collective effort or purpose, social identity or status and regular activity.

Jahoda proposed five latent benefits of employment. Despite her belief that time structure was the more important from other four benefits, she also argued that the five benefits were relatively equal in terms of their positive contribution to psychological wellbeing with negative contribution to psychological wellbeing. But, in order to meet that purpose, the employer has to apply certain time experiences, aims, goals, and other relevant things on everybody in the surrounding. These are not considered because they are not instituted with a view of other people what it means for the personal experiences. The time experience, or the profit purpose of the enterprise, or the mistreatment that some supervisors give to those whom are under them that are often very negative experiences for the individual. Only when this taken for granted satisfaction of a need to have a time structure disappears without any action of individual by his own and it does have the question of how to structure the time become a conscious and deliberate problem (Jahoda 1982).

Time structure, and the loss of its benefit was experienced a heavy psychological burden on individual. A number of researchers have reported that unemployed people have less structured and purposeful time use than

the employed time structure is related to psychological wellbeing. (Jackson 1999) lower levels of structured was linked to purposeful time use to lower levels of self-esteem, more depression, frustration and higher levels of psychological distress (Ullah 1990).

Social contact has been identified to have positive effects on psychological wellbeing of an individual and depression (Haworth and Ducker 1991). An unemployed sample with high levels of social contact had greater and better wellbeing to those unemployed who had lower social contacts. Social support from a close social circle of family and peers impact negatively on wellbeing resulting from unemployment (Hammer 1993).

According to Evans and Haworth (1991) also significantly correlated status with wellbeing independent of activity. Reported that status in free time had a strong relationship with psychological wellbeing. . This confirms the usefulness of the approach (deprived latency model) is explaining the negative psychological experiences of the youth.

3.2 Application of Theory

According to researcher graduates from hunza valley where employment opportunities are so much restricted and limited. Therefore, those unemployed graduates may lack these aspects of being an employed person i.e. Time structure, Social contact, Status and activity

Researcher argues that lack of these aspects causes of distress unemployed often experience.

As Merton called these aspects the latent functions of employment as a product of employment and researcher have tried to explain these aspects of Jahoda theory through considering her own social problems in hunza valley which are described below:

As Jahoda explained that experience of time mainly shaped through social institutions of the society such as school and employment.

As graduates of hunza valley are experiencing limited job opportunities for a longer period of time people of hunza especially graduates are in need of clear time structure and always trying to fulfill their days with planned activities. The lack of such a structure hinders a person's well-being.

Jahoda explained that days stretch long when there is nothing that has to be done; boredom and waste of time become the rule (Jahoda 1982).

Researcher tried to explain that adults from hunza valley are very much competent and consistent in their work. When their need or purpose of individual their meaning in life is deprived. They are starting to feel a sense of purposelessness resulting in a distress.

Researcher described that those graduates feel a sense of purposelessness and having no time structure in their life generate a need for regularly shared experiences and contact with outside their nuclear family because these social contact provide more information more opportunities for judgments and rational appraisal other humans with their own different jobless opinion and way of life but when their need to enlarging their social horizon is not fulfilled. It affects their mental health or well-being.

Furthermore, the social status of person mainly resulting from the value system from the society in which they live, that is the essential from the construction of one's identity, but researcher examined a situation of feeling minor and valueless in their area of research (Hunza).

Researcher tried to explain their situation with an example of a manual worker as compared to jobless man who see himself with no value and

status in the society. In this way unemployed graduates often experience their situation in Hunza.

Being inactive or do nothing to satisfy their need to earn their living affected their psychological and social wellbeing in the society. An unemployed lost himself in level of activity because being part of society every person set his aim and live his or her life accordingly. When a person lost his way of acting to accomplish that aim, they become deprived their meaning of life and face a feeling of distress in society and shift their aim towards the available opportunity if he gains.

Conclusively, these five latent functions are supposed to correspond to basic needs of graduates in Hunza valley which are lacking therefore dissatisfaction of these needs is expected to exert strong effects on psychological and social well-being of graduates in Hunza.

3.3 Propositions

1. Being inactive or do nothing to satisfy the need to earn the living affect the social and psychological wellbeing of youngsters.
2. When purpose and meaning of life deprives it paves way to distress in an individual
3. Low social status leads to create a situation of value lessness and feelings of inferiority.

3.4 Hypothesis

H₁: unemployment badly affects social and psychological wellbeing of graduates of Hunza Valley.

H₀: unemployment did not affect social and psychological wellbeing of graduates of Hunza Valley.

CHAPTER NO. 4
CONCEPTUALIZATION AND OPERATIONALIZATION

4.1 Conceptualization

Conceptualization can be known as informative science that includes that formation of precise, clear and concise concepts about something or given the clear-cut definition or concepts about an idea. Researcher conceptualize its variable under the followings:

4.1.1 Unemployment

According to (OECD) Organization for economic corporation and development “An individual who is available at work for the reference period and who is above the specific age and still not self-employed and nor employed. Unemployment can be measured by the unemployment rate which is identified the number of unemployed people.” An individual is compelled to do a job physically, but he is not self-employed, and we can guess the unemployment rate by observing the number of people who are not employed and live the life of joblessness.

“Unemployment is the most serious problem which disturbs the stability of individual to the nations and even the countries, but its severity is not the same in all the communities. Unemployment is a concept which identifies that the person has desire for work, and he is capable of it but cannot meet it due to the shortage and lack of job opportunities. Unemployment can be defined as unable to earn money as a disable, as a female, being engaged in study and other relevant things (Hussainat et al. 2012).” unemployment is a phenomena which represents those people who wish to be employed or to seek job but they are unable to earn money due to so many reasons like being female, lack of job opportunities and other similar reasons which leads to the disturbance for whole nations worldwide but the conditions whether miserable and severe or they are light it vary in accordance with community and nations.

4.1.2 Wellbeing

“Wellbeing can be defined as a general term which is used to describe the situation of a person or a group in the context of psychological, economic, spiritual and social. If there is high level of well-being in a person or a group, it is considered as positive experience or them. Similarly, low level of well-being can be associated with the negative experience (Sfeatcu et al 2014). Wellbeing can be called as the stability and satisfaction level of a person and it describes the social, psychological, economic and spiritual satisfaction and condition. Whether his satisfaction level is stable, or his wellbeing is badly affected which is a negative outcome.

Researcher mainly deal with wellbeing of graduates of Hunza Valley. Which is described below:

“Wellbeing can be defined as the factors affecting the individual and the experiences he goes through in his life. Which can be related to health, social relations, and psychological problems and so on. Wellbeing recognize the different aspects of our life and capabilities as being an individual. How we feel about our own life and about the surroundings and sense of purpose. Certain psychological needs are necessary for an individual it tells us how long we go through the positive emotions, sense of purpose and pleasure and negative emotions such as depression, anxiety, frustration and relevant several emotions (Tony 1994).

Wellbeing can be conceptualized broadly, and it can be linked very closely to an individual’s location and functioning in society, with attention being paid to their personal, social and other relationships with surroundings. Wellbeing is not only a state of individual bodies but of bodies in societal level and surroundings too and it includes more than physical and mental health and includes sense of satisfaction, personal fulfilment and calmness which is much more than health (Peter 2007).

Manderson (2005) indicated that wellbeing can be defined as physical, Economic, Social, Development and activity. Emotional, Psychological, Life satisfaction in the context of specific satisfaction and Engaging in activities and work. Dimensions exist include life experience of an individual but most importantly comparison of that circumstances with social norms and values of an individual. The wellbeing is a determinant of health but obviously the end result of it wellbeing is specifically linked with mental or psychological conditions and social conditions too. Although the concept is a much broader and Findings identify that the individuals with better wellbeing, have a better state of health. Subjective and objective wellbeing are the dimensions which tells us about the health and the quality of life of an individual it totally links with the mental health and stability of an individual that to which extent he is comfortable and relaxed mentally.

Wellbeing is used as a bad term used in the youth research. Wellbeing is a multidimensional concept; young people consider that wellbeing is affected by the individual factors like state of relationships. Social, economic, psychological, spiritual or medical attention or the term used to describe the inner satisfaction and happiness of an individual is known as wellbeing (Lisa, Geldens and Paula 2007).

Wellbeing is used to mention and elaborate the happiness and the inner satisfaction level of an individual in context of social, economic, psychological and health related things.

4.2 Operationalization

Operationalization can be defined as a process of strictly define variables into measureable factors in context to research. Researcher operationalized its variables under the following;

4.2.1 Unemployment

Unemployment can be defined as term that include individuals who are employable or willing to be employed but unable to find a job. Furthermore, these individuals are the part of workforce or pool of people who are available to do work effectively but does not have any job. It also includes people who are not actively seeking for the job activity, but they want job. Researcher emphasis on the postgraduate's students who are actively seeking for job opportunity but unable to find any for longer period of time and remained jobless or unemployed. In the area of research, unemployment rate is high due to low availability of job opportunities. The reasons behind no job opportunity are limited number of employment sectors, and there is no single industry. In addition, there are limited number of business opportunities. Therefore, pool of the people migrates at national and international level in order to seek job. However, most of the people rely upon govt. sectors such as education and tourism.

4.2.2 Wellbeing

Wellbeing can be defined as the state of stability of individual in social, mental and psychological context. A person with good scores of wellbeing must have good social, mental and psychological health. Wellbeing constitute its four pillars like relax, eat, move and sleep. Those people with good mental and psychological wellbeing lived a happy life, concentrate on things, and stay connected with others. In the area of research, wellbeing of graduates defined as a state of being happy in life in all social, psychological and economic context. Those graduates linked their wellbeing by job with decent salary package. Their psychological, mental and social health affected by having no job or remained unemployed and doing the job of low-level leads to the affect social context like being uncomfortable, loneliness and psychological issues. Family expectations towards the graduates of their home leads to the psychological disorders like frustration and other related problems.

CHAPTER NO. 5
RESEARCH METHODOLOGY

Research Design

The design of this research is quantitative it helped the researcher to demonstrate the statistical results. The nature of the quantitative research is easily described able for the data gathered from respondents. The researcher used survey method and data was collected through the structured questionnaire.

5.1 Universe

This research was conducted in Hunza Valley. The data was collected from the graduates who have knowledge and experience of the unemployment. Because graduates face the unemployment issues to the extent after the completion of degree. It becomes an expectation from them not to be jobless after graduation, but joblessness hits the wellbeing of the graduates.

5.2 Unit Of Analysis

The target population of the research was respondents of the area of Hunza Valley, especially the people from the age of 22 to 30. The targeted population were almost graduating and onwards. Family and community expect the graduates to be at least employed but researcher wanted to know the situation of graduates.

5.3 Sample Size

It was difficult for the researcher to collect the data from whole population of Hunza because it is a wide place so that is why the researcher have chosen the technique of non-random sampling. In this research, the researcher chose 120 respondents for the purpose of sampling from the area of Hunza valley. Who represent all the graduates of Hunza Valley.

5.4 Tools For Data Collection

The researcher used a structured, close ended questionnaire. It was consisting of demographic profile and tables of variables. The data was

collected on the basis of given questions. The English language was used for the construction of questionnaire.

5.5 Tools For Data Analysis

The statistical package for social sciences (SPSS) was used for data analysis. The researcher used this scientific approach, the real and to the point result after the completion of some statistical tests. Which were included frequencies, chi square and cross tabulation.

5.6 Techniques For Data Analysis

The researcher used frequencies, cross tabulation and chi-square tests to check the relativity and relation of the data. Frequency was mentioning the satisfaction level of graduates, hypothesis tests are used for the hypothesis test and cross tabulation to check the relationship of variables.

5.7 Ethical Concern

The maintenance of ethical concerns is essential. When the researcher was conducting research, she distributed questionnaire on the will of respondents and do not compelled them so any of the respondents was not gone under irritation. Researcher maintained all the given information of the respondents confidential and used it only for the research purpose.

5.8 Opportunities and limitations of the Study

The researcher studied the area (Hunza Valley) well before starting the research and she was having the well knowledge about the Hunza Valley. So, it was an easy opportunity for researcher to collect the data from the respondents. There was no any restriction or limitation and everyone had equally contribute in data collection.

CHAPTER NO. 6

RESULTS

6.1 Descriptive analysis

Table 6.1.1 Demographic profile of respondents.

Gender	Frequency	Percent
Male	67	55.8
Female	53	44.2
Total	120	100.0
Age	Frequency	Percent
22-24	68	56.6
25-27	45	37.5
28 onwards	7	5.9
Total	120	100.0
Qualification	Frequency	Percent
Bachelors	21	17.5
Masters	99	70.0
if ,other (please specify)	15	12.5
Total	120	100.0
Reason for Higher Degree	Frequency	Percent
job unavailability	79	65.8
delay in marriage	18	15.0
if other (please specify)	23	19.2
Total	120	100.0
Marital Status	Frequency	Percent
single/never married	99	82.5
married/living together	17	14.2
Separated	2	1.7
if other (please specify)table	2	1.7
Total	120	100.0
Source of Income	Frequency	Percent
dependent on family	85	70.8
small business	6	5.0
Scholarship	6	5.0
free lancing	6	5.0
if other (please specify)	17	14.2
Total	120	100.0

Table explains majority of the respondents were male with the percentage of 55.8% while on the other hand, there was a significant number of females with the percentage of 44.2%. Majority of the respondents are male because male respondents were regarded essential in terms of unemployment and well-being. Unemployment effects the wellbeing of the male severely as compared to female because male is the responsible for whole family and their unemployment is not good for whole community even. That is why data was collected from the majority of the male respondents to figure out the extent of effects on male graduates

Researcher collected the data from 120 respondents. Which includes majority respondents having frequency and percentage of 68 and 56.6% of age group 22-24 to know their perception of unemployment and the wellbeing, frequency and percentage of 45 and 37.5% respondents were belong to group age of 25-27. While the respondents of the age 28 onwards were lesser as compared to the both age groups with the frequency and percentage of 7 and 5.9%. As the respondents are mostly from 22-24 because this is the age group which is very suffering category regarding unemployment because they are the fresh graduates and find no job even with the qualification of degree. To know their condition researcher have selected more of them in collecting data. Second category is from 25-27 and they are in lesser percentage because they seek any job till 27 age and they do not remain unemployed and jobless and 28 onwards people are even lesser because they do not face the effects of joblessness after many years of being graduate they seek trainings and become experienced and able to do a job.

Above table exhibits the level of schooling of the respondents. Maximum number of respondents were belonging to masters with the frequency and percentage of 99 and 70.0% graduates and frequency and percentage of 21 and 17.5% were undergraduates. Majority of the data is taken from

graduates because graduates face the problems regarding to unemployment to the extent in general. Graduates are of main interest because researcher wanted to know their situation and condition after unemployment despite of being a degree holder. Data was collected from mostly postgraduates because the joblessness becomes very serious issue for them and under graduates have very few chances of the suffering from joblessness

Majority of the respondents with frequency and percentage of 79 and 65.8% were of the opinion that the job unavailability is the main reason for the higher education. Because there is scarcity of jobs in Hunza Valley, so the students usually go for higher education due to unavailability of jobs in their area. On the other hand frequency and percentage of 18 and 15.0% respondents' reason was the delay in marriage due to which they go for higher education while the rest of 19.2% and frequency 23 have the different opinions to accomplish their aim, due to their craze for higher education and to gain more and more knowledge, to become a fruitful member for society, to be a social worker and to work for the welfare of community and other relevant reasons. The above findings show that there is unavailability of jobs which is a very miserable issue and due to which graduates go for higher education to become capable for job. Delay in marriage itself is the reason of unemployment and job is necessary to take the responsibility of whole family so some of the respondents go for higher education due to delay in marriage and to become able to do a job for bearing the family finances.

Majority of the respondent with the frequency and percentage of 99 and 82.5% were single while frequency and percentage of 17 and 14.2% were married and were living together, frequency and percentage of 2 and 1.7% were living separately. Because due to the unavailability of the job an individual becomes unable to be married and they marry when they seek a job to become able to fulfill the responsibilities and manage the findings of themselves and whole family. Generally, a job is considered essential for marriage and joblessness leads the graduates to remain single till they find a

job to bear the financial needs of their families. Those who are married have the standard of living and their family is able to bear the finances of them too.

Respondents with the frequency and percentage of 85 and 70.8% were dependent on their families due to the job unavailability. Frequency and percentage of 6 and 5.0% have the small businesses and the same percent of respondents were free lancing and some had the scholarships for the fulfillment of their necessities. Because of the lack of employment opportunities, highest number of respondents were totally dependent on their families. It is a very burden for families to give education for 16 years and then they have to do even after the degree. Some of them go for small business to be independent. This is a very serious issue of hunza valley. Some of the respondents were in the jobs of short term and below their level in compulsion due to job unavailability. The jobs like private teaching, small business, and other small level jobs are available which are always below the level of a graduate and if they seek such jobs they are compelled to do. Even students of MPhil remain dependent on their families in the area otherwise they have to move towards down areas for job.

Table 6.1.2 Challenges related to find a job

Category	Frequency	Percent
Yes	77	64.2
No	43	35.8
Total	120	100.0

Table 6.7 explains about the challenges faced by the respondents to find a job. majority of the respondents with frequency and percentage of 77 and 64.2% perceived that yes, it is challenging to face a job because every individual face the challenges and difficulties regarding job due to lack of jobs. While frequency and percentage of 43 and 35.8% were of the view that they have to face no challenges but still he highest number of respondents

were agree with the facing of the challenges. Because it is a genuine issue in hunza valley that fresh graduates cannot find jobs and they have to face so many challenges due to unemployment. Those who are not facing challenges have no family issues regarding finances and easily their demands are fulfilled, and they do not think it is a challenging issue for others who expect themselves to be employed after becoming graduates but it real they do not.

Table 6.1.3 Job opportunity after completing graduation

Category	Frequency	Percent
Yes	55	45.8
No	65	54.2
Total	120	100.0

The table 6.8 shows the majority of the respondents with frequency and percentage of 65 and 54.2% were of the view that they cannot have a job opportunity after completion of masters because jobs are rare and the access is limited but frequency and percentage of 55 and 45.8% were of the view that they can seek but only in the short term and low wage jobs under their qualification. Because the jobs are scarce and all the graduates cannot get a job after becoming graduates but those who are in the yes category are teaching in schools, running the small business of their family, and those who are doing job away from their village i.e. in down areas for the sake of jobs and seek the jobs at contract basis and for short term.

Table 6.1.4 Information Technology Skills

Category	Frequency	Percent
Agree	62	51.7
Disagree	5	4.2
Don't Know	6	5.0
Strongly Agree	46	38.3
Strongly Disagree	1	.8
Total	120	100.0

The above table exhibits that majority of the respondents having frequency and percentage of 62 and 51.7% were agree that the information technology skills are very useful to find a job, a person must be having skills of information technology. On the other hand, frequency and percentage of 46 and 38.3% of respondents were strongly agree that the information technology is most useful to find a job. Such respondents have idea of the utility of information technology skills. Frequency and percentage of 5 and 4.2% disagree, frequency and percentage of 1 and .8% strongly disagree while frequency and percentage of 6 and 5.0% do not know. Those who were disagree do not consider information skills useful for finding a job and little of them have no idea.

Table 6.1.5 Scientific or technical education

Category	Frequency	Percent
Agree	61	50.8
Disagree	8	6.7
Don't Know	11	9.2
Strongly Agree	38	31.7
Strongly Disagree	2	1.7
Total	120	100.0

This table shows the majority of the respondents with the frequency and percentage of 61 and 50.8% were agree, frequency and percentage of 38 and 31.7% of the respondents were strongly agree with the statement because scientific or technical education is beneficial for the graduates to find a job and only academic education is not enough. Frequency and percentage of 8 and 6.7% disagree, frequency and percentage of 2 and 1.7% strongly disagree and the rest of frequency and percentage 11 and 9.2% do not know about. Because in their opinion scientific and technical education is not necessary for job and only academic education is enough for them.

Table 6.1.6 Command in English Language

Category	Frequency	Percent
Agree	41	34.2
Disagree	6	5.0
Don't Know	12	10.0
Strongly Agree	56	46.7
Strongly Disagree	5	4.2
Total	120	100.0

The table explains that the majority of the respondents with frequency and percentage of 56 and 46.7% were strongly agree and frequency and percentage of 41 and 34.2% were agree. Because English play a central role in every field of life likewise it is beneficial and also essential for job finding in accordance to respondents. On the other hand, frequency and percentage of 6 and 5.0% were disagree and frequency and percentage of 5 and 4.2% were strongly disagree. Because they think that command in English is not that most useful for the job. While the frequency and percentage of 12 and 10.0% have no idea whether English language is essential for job or not. Most significant percentage of respondents are strongly agreeing and agree with the statement.

Table 6.1.7 Communication skills

Category	Frequency	Percent
Agree	45	37.5
Disagree	8	6.7
Don't Know	15	12.5
Strongly Agree	45	37.5
Strongly Disagree	7	5.8
Total	120	100.0

Table explains that the majority of the respondents with frequency and percentage of 45 and 37.5% were agree and the same number of respondents were strongly agreeing with the statement because they found communication skills useful for an individual to find a job. On contrary, with the frequency and percentage of 8 and 6.7% were disagree and

frequency and percentage of 7 and 5.8% were strongly disagree while frequency and percentage of 15 and 12.5% had no opinion about the statement. most of the respondents were in the favor of English language as essential for job because English is necessary in every field of life and it is the base for everything but those who disagree are in lesser number and they think it is not.

Table 6.1.8 Quality Education

Category	Frequency	Percent
Agree	49	40.8
Disagree	6	5.0
Don't Know	7	5.8
Strongly Agree	53	44.2
Strongly Disagree	5	4.2
Total	120	100.0

This table figure out 6.13 whether the quality of education is useful for finding a job. The highest number or majority of the respondents (44.2%) were strongly agree and 40.8% were agree and according to their perception quality of education matters a lot in the job seeking while 5.0 were disagree and 4.2% were strongly disagree but 5.8% were having no opinion about the statement. Because quality education leads to high quality job too that is why the majority of the respondents were agree and strongly agree. Those who were disagree do not consider quality education as important.

Table 6.1.9 Ambition

Category	Frequency	Percent
Agree	51	42.5
Disagree	10	8.3
Don't Know	17	14.2
Strongly Agree	41	34.2
Strongly Disagree	1	.8
Total	120	100.0

The above table shows that majority of the respondents are agree with the frequency and percentage of 51 and 42.5% and 34.2% of the graduates were

strongly agree and their perception was in the favor of ambition that aim is essential to find a good job. While 8.3% were disagree and .8% were strongly disagree, 14.2% had no opinion regarding ambition. Because ambition is a gateway and an individual must decide about his destination. This paves way to easily achieve the goals and seeking a job. Those who disagree compromise with the given opportunities and do not have the ambition and a goal to achieve.

Table 6.1.10 Having completed and appropriate training course

Category	Frequency	Percent
Agree	48	40.0
Disagree	15	12.5
Don't Know	17	14.2
Strongly Agree	34	28.3
Strongly Disagree	6	5.0
Total	120	100.0

The above table 6.15 figure out whether the appropriate training course is necessary. The significant number of respondents (40.0%) were agree with it and 28.3% were strongly agree and they were of the opinion that having completed an apprenticeship or an appropriate training course is included in the qualities of finding good job but on the other hand 12.5% disagree, 5.0% strongly disagree and 14.2% had no opinion about the given statement. because to find a good job it is necessary to have an appropriate training course is needed. Requirements of the jobs include trained individual to perform according to his trained skills and that is essential for finding a job and that is why majority of the respondents were in the category of agree and strongly agree. Those who disagree do not consider training courses important

Table 6.1.11 Teamwork skills

Category	Frequency	Percent
Agree	49	40.8
Disagree	11	9.2
Don't Know	10	8.3
Strongly Agree	45	37.5
Strongly Disagree	5	4.2
Total	120	100.0

This table 6.16 shows the majority of the respondents with 40.8% were agree and 37.5% were strongly agree that there must be teamwork skills in the individual to have a job because all the jobs are mostly based on team work so a graduate must be eligible of this. On contrary 9.2% were disagree and 4.2% were strongly disagree. 8.3% of the respondents do not had any opinion about teamwork skills. Because teamwork skills can make an individual successful by interacting with his surrounded people to fulfill the tasks in every field. That is why one must be having teamwork skills for finding a job. Due to these reasons majority of the respondents are in favor. Those who contradict it do not perceive teamwork skills as essential.

Table 6.1.12 Relevant knowledge

Category	Frequency	Percent
Satisfied	40	33.3
highly satisfied	30	25.0
Dissatisfied	30	25.0
highly dissatisfied	8	6.7
Neutral	12	10.0
Total	120	100.0

This table 6.17 figure out that majority of the respondents with 33.3% were satisfied 25.0% were highly satisfied because according to their opinion irrelevant knowledge is an obstacle to find a job because the knowledge and job requirement must be fulfilled to find a job otherwise they cannot find the job in accordance with their degree or specialization. 25.0% were

dissatisfied, 6.7% were highly dissatisfied and 10.0% were neutral about this. Because irrelevant knowledge in accordance with the job becomes an obstacle for individual to find a job. An individual left behind who have not relevant knowledge regarding any job which is available. On the contrary who are in dissatisfied category do not count irrelevant knowledge as obstacle and they will walk with the given opportunity and can adjust with that.

Table 6.1.13 Unsuitable vocational education

Category	Frequency	Percent
Satisfied	33	27.5
highly satisfied	37	30.8
Dissatisfied	27	22.5
highly dissatisfied	8	6.7
Neutral	15	12.5
Total	120	100.0

The table explains that majority of the respondents with percentage of 30.8% were highly satisfied and 27.5% were satisfied that unsuitable vocational education is obstacle to find a good job. On the other hand, 22.5% were dissatisfied and 6.7% were highly dissatisfied. 12.5% were totally neutral regarding this statement. Vocational Education helps people in the better performance in their jobs because they acquire a great learning experience. Working professionals get a chance to sharpen their skills while making money but if it do not suits the job requirement than it seems very great hindrance for individual that is why majority of the respondents were agree and strongly agree but the disagree category was not considering it as an obstacle for them but those were lesser in number.

Table 6.1.14 Mismatch between education and job requirements

Category	Frequency	Percent
Satisfied	51	42.5

highly satisfied	37	30.8
Dissatisfied	10	8.3
highly dissatisfied	10	8.3
Neutral	12	10.0
Total	120	100.0

The above table explains that most of the respondents having percentage of 42.5% respondents were satisfied and 30.8% were highly satisfied that the mismatch between education and the job requirements is a barrier in the way of finding a good job because an individual cannot fulfill the requirements due to the mismatch between them. While 8.3% of the respondents dissatisfied, the same number of respondents highly dissatisfied and 10.0% were neutral about the given statement. Because an individual can perform well in his job when his education and qualification is according to the requirements of job but if they mismatch it is a huge barrier to find a job. it becomes difficult for individual to be employed in a job that is why respondents are in agree and strongly agree category in majority. Other category of them do not consider it as hindrance and they can cope with that and some of them were opinion less regarding the mismatch.

Table 6.1.15 No work experience

Category	Frequency	Percent
Satisfied	50	41.7
highly satisfied	31	25.8
Dissatisfied	20	16.7
highly dissatisfied	5	4.2
Neutral	14	11.7
Total	120	100.0

This table explains that the out of 120 respondents most of the respondents having percentage of 41.7% were satisfied and 25.8% were highly satisfied with the statement that no work experience leads to a difficulty for individual to find a good job. 16.7% dissatisfied and 4.2% highly dissatisfied while 11.7% were neutral about the given statement. it shows that work experience matters a lot for most of the respondents because every

job requirement includes the more experience of an individual to be employed and if he is fresh graduate and do not have experience than it becomes big obstacle for him. Those who are in another category i-e disagree and strongly disagree do not consider it as obstacle because experience do not matter for them. Neutral respondents have no opinion because they have not faced such obstacle and have no idea about that.

Table 6.1.16 Not enough jobs available

Category	Frequency	Percent
Satisfied	38	31.7
highly satisfied	52	43.3
Dissatisfied	13	10.8
highly dissatisfied	5	4.2
Neutral	12	10.0
Total	120	100.0

The table explains that most of the respondents having percentage of 43.3% were highly satisfied and 31.7% were satisfied that there is the unavailability of job which is a very great obstacle for graduates because the jobs are scarce in accordance with their number. Out of 120 respondents 10.8% were dissatisfied, 4.2 were highly dissatisfied and 10.0 were neutral regarding the given statement. Job scarcity exist in the area which is indicated by the majority of the respondents. They are prey to this obstacle because the number of fresh graduates does not meet the number of jobs which leads to the joblessness of the graduates despite of their qualification. Those who are dissatisfied consider a low level of private job and teaching as job availability, but dissatisfied category is low. Those who are neutral have no idea regarding the job unavailability as an obstacle or not.

Table 6.1.17 Gender discrimination

Category	Frequency	Percent
Satisfied	20	16.7
highly satisfied	17	14.2

Dissatisfied	38	31.7
highly dissatisfied	15	12.5
Neutral	30	25.0
Total	120	100.0

The above table shows that the majority of the respondents (32.7%) dissatisfied and 12.5% highly dissatisfied that there is not any gender discrimination which hinders to get a good job. while 16.7% were satisfied and 14.2% were highly satisfied but 25.0% were neutral and they had no idea about the gender discrimination as an obstacle or not. Majority of the respondents mention that it does not exist there because women are also having equal rights and opportunities there and discrimination on the basis of gender cannot be seen in the job market. Those who are satisfy may experience gender discrimination in some institutes due to which they are in its favor and neutral ones do not have experience it and are nor in favor and against both.

Table 6.1.18 Nepotism

Category	Frequency	Percent
Satisfied	29	24.2
highly satisfied	25	20.8
Dissatisfied	28	23.3
highly dissatisfied	10	8.3
Neutral	28	23.3
Total	120	100.0

The above table exhibits that most of the respondents having percentage of 24.2% were satisfied and 20.8% were highly satisfied which shows that there is nepotism occurs as an obstacle in the Hunza Valley. On the other hand, 23.3% were dissatisfied and 8.3% were highly dissatisfied while 23.3% were neutral. Nepotism is a practice to give jobs to relatives, friends and favoring them which is a serious issue in the way of seeking a job according to the majority respondents. Which is responsible for snatching

the rights of deserving. Those who do not consider it obstacle do not have experienced it ever and are mentioning that it do not exist. Those who are neutral are not completely sure about nepotism as obstacle to find a job.

Table 6.1.19 Discriminatory prejudices

Category	Frequency	Percent
Satisfied	30	25.0
highly satisfied	22	18.3
Dissatisfied	28	23.3
highly dissatisfied	18	15.0
Neutral	22	18.3
Total	120	100.0

The above table explains that the 25% of the respondents were satisfied and 18.3% were highly satisfied that the discriminatory prejudices on the basis of disability, religion, race and appearance can be seen in the way of finding job in Hunza. 23.3% were dissatisfied and 15.0% were highly dissatisfied while rest of the 18.3% were neutral. Majority of the respondents mention that here is the problem of discriminatory prejudices regarding disability, religion, race and appearance in the way of securing job because Hunza is comprised of different people and discriminatory prejudices can be seen in the form of disability, religion and other relevant things. The one in authority prefer those of his own religion and reject them for being disabled. Those who dissatisfy because they do not have seen such issue as a barrier in finding a job and neutral ones have no idea whether it is an obstacle in the way of job or not.

Table 6.1.20 Low wages in available jobs

Category	Frequency	Percent
Satisfied	52	43.3
highly satisfied	23	19.2
Dissatisfied	19	15.8
highly dissatisfied	11	9.2
Neutral	15	12.5
Total	120	100.0

The above table shows that out of 120 respondents 43.3% were satisfied and 19.2% were highly satisfied which shows that the jobs available to the graduates of hunza are totally of low wages. On the contrary 15.8% were

dissatisfied and 9.2 % were highly dissatisfied while the 12.5% were neutral. It shows that the stated problem exists there. Because majority are mentioning it. They are compelled to do the jobs of low wages which are available because they cannot get job in accordance with their degree and qualification which is a great hindrance. Those who do not consider it obstacle are those who consider it as opportunity against the complete joblessness and they think that something is better than nothing. Neutral are those who are neither in favor nor in against having no idea and are blank.

Table 6.1.21 Feeling inferiority

Category	Frequency	Percent
Oftenly	69	57.5
Rarely	19	15.8
Don't know	15	12.5
Sometimes	15	12.5
Never	2	1.7
Total	120	100.0

The above table explains that the majority of the respondents having percentage of 57.5% were of the opinion that Oftenly unemployed have inferiority complex and they feel inferiority complex as compared to others in the community. 15.8% think that rarely they feel and 12.5% did not know about given statement. 12.5% gave the opinion of the sometimes and 1.7% disagree the given statement. majority are of the opinion that yes oftenly an individual feels the inferiority complex because one can degrade himself in the community for not being employed even after masters qualification. They face distress and consider themselves inferior as compared to others in their community. Those who are in the category of rarely and sometimes are because unemployment is almost the issue for all and some of the people do not feel the things and take it normal that is why rarely and sometimes, they feel in any event or situation. Only few are in never category because they may have the capability to not feel or degrade themselves and take everything in a positive way.

Table 6.1.22 Feeling of frustration

Category	Frequency	Percent
Oftenly	57	47.5
Rarely	21	17.5
Don't know	16	13.3
Sometimes	20	16.7
Never	6	5.0
Total	120	100.0

The above table figure out that the majority of the respondents having percentage of 47.5% opinion is that the feeling of frustration happens to the unemployed graduates and they have to face such issue. 17.5% think that it rarely happens to individuals, 16.7% think that sometimes it happens 5.0% think that it never while the 13.3% do not know and have no idea about the given statement. Frustration is the cause of unemployment and oftenly unemployed feel frustration because he only thinks about his unemployment and it becomes his weak point. Those who feel rarely and sometimes because they do not bother themselves and their minds regularly due to unemployment. Some of them do not know whether it happens or not and lesser number of them do not ever felt frustration. Majority are in favor and it exists.

Table 6.1.23 Feeling shy

Category	Frequency	Percent
Oftenly	39	32.5
Rarely	31	25.8
Do not know	21	17.5
Sometimes	23	19.2
Never	6	5.0
Total	120	100.0

The above table exhibits that according to most of the respondents having 32.5% Oftenly feel shy in the community as being unemployed even after becoming graduate , 25.8% stated rarely, 17.5% have no opinion, 19.2%

stated sometimes and 5.0% stated never for the feeling shy of a graduate. The majority feel shy because they think that it is embarrassing for them to remain unemployed even after becoming degree holder of masters and feeling of shyness prevails there. Rarely and sometimes do they feel when they encounter with the employed person and joblessness compel them to feel shy. Those who do not know have not experience it yet and lesser number have never felt shy because there may be only unemployed in their surroundings so due to the same situation of all they do not feel shy.

Table 6.1.24 Hypocrisy and show off

Category	Frequency	Percent
Oftenly	41	34.2
Rarely	19	15.8
Don't know	35	29.2
Sometimes	15	12.5
Never	10	8.3
Total	120	100.0

The above table shows that majority of respondents with 34.2% opinion is that oftenly the they acquire habits like hypocrisy and show off because they have to act differently in the community, but their inner condition does not match to how they act. 15.8% think that it rarely happens, 12.5% think that sometimes it happens 8.3% think that it never happens while the 29.2% do not know and have no idea. Hypocrisy and show off is the habit which is oftenly used to escape from the people and not even show them the inner condition. They show that they do not care whether they are unemployed but deep inside they are totally disturbed, and they seem like unpredictable to others in their surrounding and community. Who are in rarely and sometimes category do not oftenly acquire it but sometimes maybe they show off or become hypocrites Infront of their competitors to make them not feel and guess their inner condition.

Table 6.1.25 Showing carelessness to their community

Category	Frequency	Percent
Oftenly	25	20.8
Rarely	34	28.3
Don't know	27	22.5
Sometimes	26	21.7
Never	8	6.7
Total	120	100.0

The above table 6.30 figure out that majority of 28.3% were of the opinion that it rarely happens, the 20.8% opinion is Oftenly as the unemployed graduate show carelessness to his community due to disturbance in his life because of unemployment. 21.7% were of the opinion that sometimes it happens 6.7% mention that it never happens while the 22.5% do not know and have no idea about the given statement. In general community is a place where feelings are shared, and care must be given to it. In the context of Hunza valley majority respondents rarely not oftenly show carelessness to the community when they become more frustrated. Because people of the community have us feelings and sense of attention and care for all, so it happens rarely, sometimes and not at all.

Table 6.1.26 Unemployed feel lazy with no desire to work

Category	Frequency	Percent
Oftenly	47	39.2
Rarely	23	19.2
Donot know	17	14.2
Sometimes	22	18.3
Never	11	9.2
Total	120	100.0

The above table shows that most of the respondents with percentage of 39.2% perception is Oftenly as the unemployed graduates feel lazy and they

have no desire to work. They feel lazy and cannot do any work properly in their lives. 19.2% opinion that it rarely happens, 18.3% perception is that sometimes it happens 9.2% opinion is that it never happens while the 14.2% do not know and have no idea about the given statement. Laziness is key to failure and unemployed frustrated graduates oftenly feel lazy and cannot work even they do not wish to work, and they remain procrastinators and it is caused by the mental health problems happen due to unemployment of an individual. It happens rarely and sometimes when an individual overthinks about the unemployment and it leads to such problem and some of them do not even consider it and do not dominate on themselves who are in never category.

Table 6.1.27 Give up from every situation

Category	Frequency	Percent
Oftenly	76	63.3
Rarely	19	15.8
Do not know	9	7.5
Sometimes	10	8.3
Never	6	5.0
Total	120	100.0

The above table mentions that the unemployed graduates Most of the respondents having percentage 63.3% opinion is Oftenly as the unemployed graduates give up from every situation and cannot face. 15.8% think that it rarely happens that they give up from every situation and cannot cope with the situation., 8.3% perception is that sometimes it happens 5.0% perceive that it never happens while the 7.5% do not know and have no idea about the given statement.it shows that the graduates give up from every situation and they cannot do anything completely. In general, life make us feel that despite of our hard work which we are doing life make us feel that we are doing nothing it leads to give up from every situation even before its

completion. As it happens oftenly in the respondents in the result of frustration happened by joblessness and give up from every difficult situation occurs in them.

Table 6.1.28 Feel a loss of self confidence

Category	Frequency	Percent
Oftenly	64	53.3
Rarely	20	16.7
Don't know	12	10.0
Sometimes	20	16.7
Never	4	3.3
Total	120	100.0

The above table highlights that majority of the respondents 53.3% perception is Oftenly as the behavior of unemployed graduates“ changes after frustration and they feel a loss of self-confidence. 16.7% perceived that it rarely happens, 16.7% perceived that sometimes it happens 3.3% perceived that it never happens while the 10.0% do not know and have no idea about the given statement whether the unemployed loss confidence or not. Majority perception is that oftenly unemployed feel a loss of self-confidence and they feel bad about themselves and consider themselves unlovable and awkward due to the frustration.

Table 6.1.29 Engage in other negative behavior

Category	Frequency	Percent
Oftenly	50	41.7
Rarely	21	17.5
Donot know	26	21.7
Sometimes	16	13.3
Never	7	5.8
Total	120	100.0

The above table shows that majority of the respondents with 41.7% perception is Oftenly which is the highest number of respondents whose perception is that the unemployed graduates engage in the negative behaviors oftenly after the frustration caused by unemployment. 17.5% perceive that it rarely happens, 13.3% perceive that sometimes it happens 5.8% perceive that it never happens while the 21.7% do not know and have no idea about the given statement. Due to the unemployment and frustration they engage in other negative behaviors which are antisocial and not acceptable by community and it cause harm to the wellbeing and image. Sometimes and rarely it happens too in accordance with the situations and some never have experienced ever.

Table 6.1.30 Feel sad and uncertain

Category	Frequency	Percent
Oftenly	61	50.8
Rarely	19	15.8
Do not know	15	12.5
Sometimes	18	15.0
Never	7	5.8
Total	120	100.0

The above table shows that most of the respondents with 50.8% were of the opinion that Oftenly the unemployed graduates feel sad and uncertain being unemployed. 15.8% perceived that it rarely happens, 15.0% think that sometimes it happens 5.8% perceived that it never happens while the 12.5% do not know and have no idea about the given statement whether the unemployed graduates feel sad and uncertain or not. Most of the respondents perceive that oftenly it happens because they feel unsure and uncertain due to the unemployment and frustration. In general, it is the nature that we become sad and uncertain for the undecided, unknown and doubtful things happen to us. Likewise, they also feel such feeling due to joblessness.

Table 6.1.31 Experiences stress

Category	Frequency	Percent
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Oftenly	60	50.0
Rarely	26	21.7
Do not know	13	10.8
Sometimes	13	10.8
Never	8	6.7
Total	120	100.0

The above table shows that most of the respondents with 50.0% perceive that Oftenly the unemployed graduates experience stress. It means that a graduate experience stress after being unemployed and frustrated. 21.7% perceive that it rarely happens, 10.8% perceive that sometimes it happens 6.7% perception is that it never happens while the 10.8% do not know and have no idea about the given statement. Generally stress can be experienced by the environment, body and thoughts it is a normal thing but respondents oftenly experience stress due to being unemployed and become stress full persons some of them rarely and sometimes feel the experience of stress some of them do not know whether stress occurs in the behavior of unemployed or not. Lesser number of them do not dominate stress on them.

Table 6.1.32 Depressed and anxious

Category	Frequency	Percent
Oftenly	61	50.8
Rarely	25	20.8
Do not know	15	12.5
Sometimes	13	10.8
Never	6	5.0
Total	120	100.0

The above table exhibits that majority of the respondents 50.8% chosen the category of Oftenly the unemployed graduates experience depression and anxiety. Being unemployed results in depression and anxiety among the graduates of Hunza Valley. 20.8% think that it rarely happens, 10.8% think that sometimes it happens 5.0% think that it never happens while the 12.5% do not know and have no idea. Majority oftenly feel depressed and anxious due to unemployment because being unemployed make them feel frustrated

and nervous and that certain things also include feeling of fear, worry, restlessness and unease among the individuals. This all happens due to their mental disturbance resulting from being unemployed.

Table 6.1.33 Hopelessness

Category	Frequency	Percent
Oftenly	50	41.7
Rarely	19	15.8
Don't know	17	14.2
Sometimes	27	22.5
Never	7	5.8
Total	120	100.0

The above table 6.38 figure out that most of the respondents 41.7% were of the opinion that Oftenly the unemployed feel hopelessness about themselves and their future, 15.8% perceive that it rarely happens, 22.5% perceive that sometimes it happens 5.8% perceive that it never happens while the 14.2% do not know and have no idea about the given statement whether the unemployed graduates experience hopelessness or not. Unemployed graduates experience hopelessness because being unemployment even after degree qualification itself is a hopelessness so their behavior of optimism changes towards hopelessness after unemployment.

6.2 Crosstabulation Tests

Table 34.2.1 Crosstabulation between gender and job opportunity

Gender/Sex		Did you find any job opportunity after completing graduation		Total
		Yes	No	
Male		34	33	67
		50.7%	49.3%	100.0%

	Female	21	32	53
		39.6%	60.4%	100.0%
Total		55	65	120
		45.8%	54.2%	100.0%

The above table demonstrates that the majority of the respondents are male and there is also a significant number of female. Majority of the male respondents with percentage of $67/120*100=50.7\%$ were in the yes category for the job opportunity after completing graduation while on the other hand $53/120*100= 60.4\%$ female respondents were in the favor of no about the question of finding job after being graduate. Overall table exhibits that out of 120 respondents majority of the respondents 60.4% of female have no opportunity after being graduate, female do not find job as compared to that of men. In general, it is considered that male can find a job which may be not is given to the male for most of the available jobs which male have shown their small level jobs as the source of income and that is why female are in majority being unemployed. Researcher have chosen gender with whether graduates find job after being graduate for Crosstabulation because she wanted to find out whether male are more suffered being unemployed or female. As it is shown that majority of female are not seeking opportunity for seeking jobs.

Table 35.2.2 Crosstabulation Between Schooling and Frustration

When you got frustrated due to unemployment, which of the following changes occurs in your behavior	What is the highest level of schooling that you have completed?			Total
	Bachelors	Masters	If other (please specify)	
give up from every situation	14 18.4%	55 72.4%	7 9.2%	76 100.0%
feel a loss of self confidence	10 15.6%	46 71.9%	8 12.5%	64 100.0%
engage in other negative behavior	12 24.0%	32 64.0%	6 12.0%	50 100.0%
Feel sad and uncertain	12 19.7%	39 63.9%	10 16.4%	61 100.0%
Experiences stress	12 20.0%	41 68.3%	7 11.7%	60 100.0%
Depressed and anxious	15 24.6%	35 57.4%	11 18.0%	61 100.0%
Hopelessness	8 16.0%	32 64.0%	10 20.0%	50 100.0%
Total	18	71	13	120

The above table 6.40 exhibits that majority of the respondents are graduates who have completed 16 years of education. $76/120*100=72.4\%$ of postgraduates give up from every situation. $64/120*100=71.9\%$ postgraduates feel a loss of self-confidence. $50/120*100=64.0\%$ of postgraduates engage in other negative behaviors which results from the unemployment. $61/120*100=63.9\%$ postgraduates respondents feel sad and uncertain due to unemployment and frustration. $60/120*100=68.3\%$ postgraduates experience stress because of unemployment their behavior changes and stress occur, $61/120*100=57.4\%$ postgraduates become

depressed and anxious due to unemployment and frustration and $50/120 \times 100 = 64.0\%$ of the postgraduates feel hopelessness in every situation because of the effects of unemployment. Researcher used the changing behavior and effects of unemployment and the level of schooling of graduates to figure out whether they face unemployment due to lack of education or which category of the respondents is suffering from the effects of unemployment. Majority of the respondents are degree holders and have done masters who go through the frustration and behavior changes, stress, anxiety, depression and hopelessness and easily give up from every situation rather than tackle it. This fact prove here that literacy rate is higher despite of 100% literacy in Hunza, majority of graduates category suffer the most. Graduates hardly and effort fully complete their degree but still being unemployed leads to such psychological distresses in them. According to the above findings graduates are the unemployment stricken in the Hunza valley.

Table 36.2.3 Crosstabulation between Age and unemployment affects

Age	Unemployment affects the social and psychological wellbeing of graduates?					Total
	Satisfied	Highly satisfied	Don't Know	Dissatisfied	Highly dissatisfied	
20-25	14	46	5	2	1	68
	20.6%	67.6%	7.4%	2.9%	1.5%	100.0%
26-30	8	33	2	0	2	45
	17.8%	73.3%	4.4%	0.0%	4.4%	100.0%
Onward	1	4	1	0	1	7
	14.3%	57.1%	14.3%	0.0%	14.3%	100.0%
Total	23	83	8	2	4	120
	19.2%	69.2%	6.7%	1.7%	3.3%	100.0%

The above table shows that $68/120*100=67.6\%$ of the respondents belonging to the age category 20-25 are in highly satisfied option because they face the unemployment impacts on their wellbeing, $45/120*100=73.3\%$ of respondents age group of 26-30 also lie in the category of highly satisfy for the effects of unemployment on their wellbeing while $7/120*100=57.1\%$ of the respondents of 30 onwards face the impacts of unemployment on their social and psychological wellbeing. As it is crystal clear that age category of 26-30 with highest percentage of 73.3% are suffering the most from the impacts of unemployment on their social and psychological wellbeing. Because this is the age in which one have to make his career for his upcoming future and they need job for the survival in their families in better way but if their expectations do not come true and do not find a proper job such type of unemployment affect their personal life badly and their wellbeing remain disturbed socially and psychologically both. In general, it is very miserable condition for graduates to remain unemployed for such long even after hard work and sacrifices to complete their education by expecting to be employed in good and permanent job but when its contradiction happens to them it disturbs their lives.

Table 37.2.4 Between wellbeing and unemployment

An unemployed may face sort of distress and such problems	Unemployment affects the social and psychological wellbeing of graduates?					Total
	Satisfied	Highly satisfied	Don't Know	Dissatisfied	Highly dissatisfied	
Feeling inferior in community	12	48	6	2	1	69
	17.4%	69.6%	8.7%	2.9%	1.4%	100.0%
Feeling of frustration	9	42	1	2	1	57
	15.8%	73.7%	5.3%	3.5%	1.8%	100.0%
Feeling shy	8	28	0	0	0	39
	20.5%	71.8%	5.1%	0.0%	2.6%	100.0%
hypocrisy and show off	9	29	1	0	2	41
	22.0%	70.7%	2.4%	0.0%	4.9%	100.0%
Show carelessness to Community	5	16	1	0	2	25
	20.0%	64.0%	12.0%	0.0%	4.0%	100.0%
Unemployed feel lazy no desire to work	10	35	1	2	1	47
	21.3%	74.5%	0.0%	2.1%	2.1%	100.0%
Total	28	72	10	4	6	120

The above table shows that $69/120*100=69.6\%$ of the respondents feel inferiority complex in community by comparing with others, $57/120*100=73.7\%$ of the respondents highly satisfied feel frustration being jobless, $39/120*100=71.8\%$ of the respondents are in highly satisfy category with the statement that they feel shy, $41/120*100=70.7\%$ respondents were in the category of highly satisfied for the statement of acquiring psychological habits like hypocrisy and show off to hide their real condition, $25/120*100=64.0\%$ of the respondents chose the category of highly satisfied for showing carelessness to their community and $47/120*100=74.5\%$ respondents have given highly satisfied option as they feel lazy and have no desire to work. The above findings show that the respondents oftenly go through the distress and problems and majority of them fed up with the condition of being jobless and they have no desire to work and remain lazy

with full of frustration. Researcher have chosen this Crosstabulation to find out whether the unemployment affect the wellbeing of graduates or not.

According to the Crosstabulation it is proved that there is a significant relation between unemployment and the effects on wellbeing of the graduates of Hunza valley because they face different psychological distresses and social affects can be seen to the extent among them and its reason is unemployment which paves way to such problems and issues for the graduates who are degree holders and have qualification to be employed but their expectations do not come true due to the scarcity of job opportunities and its unavailability which leads to the distresses and negative change in social behavior in community too.

CHAPTER NO. 7
DISCUSSION and CONCLUSION

7.1 Discussion

The current study examined the circumstances which graduates face in Hunza Valley where there is no prior study available on such topic. The current research found that social and psychological wellbeing of graduates is totally disturbed due to unemployment. The main aim of this research was to investigate the challenges and hurdles faced due to the unemployment and the main effects on wellbeing of the graduates and to explain how the unemployment affects the wellbeing of graduates of Hunza valley. The study can be compared to the literature review while focusing on challenges and hurdles and the state of mental illness in the context of perceptions and experiences of the respondents. Previous research states that unemployment leads to the bad impacts of an individual in the context of economy and financial issues related to income and satisfaction and dissatisfaction of life due to the difficulties and challenges faced by them but current study aimed to find out the effects of unemployment on social and psychological wellbeing of graduates.

According to the findings of Al Dabu (1989), unemployment is the cause of social and psychological problems for the youth and the problems which are frustration, depressed vibes, nervousness, and feelings of inferiority, low self-esteem and anxiety. Social problems also occur along with the psychological problems in which social interactions, gatherings and other community involvements become very difficult for an unemployed. As it is stated in the context of Hunza Valley graduates have the unavailability of jobs and literacy rate is higher in the area, but jobs are limited to them. Furthermore, only few of them have permanent jobs and rest all face the personal and societal problems in the result of unemployment and some of them go for small scale jobs like private school teaching and other relevant jobs. Pakistan is a country where unemployment is a very serious issue for all the educated unemployed and they face the problems in the community and family and at personal level related to their psychological wellbeing. Result

of current findings show that the majority of the respondents were agree with the social and psychological impacts of unemployment on the graduates. The major concern of current study was to find out the significant challenges, obstacles and impacts of unemployment affecting the graduates' wellbeing socially and psychologically.

Witte, Rothmann and Jackson (2012) report about the unemployment in south Africa that the physical impacts of unemployment is not limited to the headaches, lack of energy, sleep problems but moreover psychological effects are also include in it like stress, loneliness, anxiety, isolation, suicidal thoughts and other relevant issues resulting from frustration (Graham and Mlatsheni 2015). The findings of current research figure out that majority of the respondents are unemployed who face distress and frustration which leads to the engagement in negative behavior, experience stress and anxiety, feel a loss of self-confidence, easily give up from every situation and cannot cope with the situation. Such issues happen to the unemployed individual of Hunza valley.

ILO (2019) identified that there is insufficient incline in the employment and labor market is due the educational issues which can be dropouts and unable to seek education and other relevant problems which comes in the way of educational enrollment and it becomes a challenging for youth. Young people are facing the various social challenges like leaving of schools in early age, discouragement by the surroundings, and not able to make themselves skillful according to the market demand which leads to the unemployment and reduce the future chances in labor market, while on the contrary the findings of current research totally negate it because the majority of the respondents were degree holders with the qualification of masters and onwards which shows that there are highly educated people who suffer from unemployment and unemployment affects the wellbeing of

graduates and create hurdles in the way of their social and psychological wellbeing.

According to Hussainat, Qasim and Ghanimat (2012) findings about Arab identifies that due to the unemployment and the increasing poverty when an individual becomes unable to do something to make himself independent and bear the expenses of family than that type of individuals even commit suicide due to failure to seek his dreams and due to the ignorance from the communities and most of those individuals in the search of job immigrate to abroad. But on contrary the current findings totally are in contradiction because the majority of the respondents have master's degree and onwards which proof that poverty does not exist there. Infact poor person cannot access the education and majority of the respondents still depend on their families for their finances. They have the distress and frustration, but they do not commit suicide due to this because the meaning of their life does not become meaningless for them to that extent to lose their lives.

As the framework of the theory latent deprivation model of Marie Jahoda (1958) match with the current findings that there is the issue of joblessness which leads to affect psychological wellbeing and social wellbeing. Theory also explains well about the situation of unemployed graduates who suffer from various obstacles and challenges in the way of seeking their desires and fulfillment of their expectations. Current findings also show that there are unmistakable consequences for social, or psychological wellbeing of graduate which are resulting from joblessness. These consequences badly affect their lives.

Furthermore, current study has the main objectives which includes to figure out the impacts of unemployment and the experience after being unemployed in Pakistani society. The findings emphasis that there is significant relation between unemployment and wellbeing because it has negative and bad impacts on social and psychological wellbeing of the

graduates. The experiences can be seen negative as the majority respondents experience the anxiety, depression and stress and their life becomes uncertain and hopelessness prevails, and they cannot focus on any task completely and give up from every situation and becomes totally restless in their lives. Their lives become meaningless for them and they face such mental, physical and emotional distress.

7.2 Conclusion

Unemployment is one of the serious issue which is affecting the people in different ways and it is very serious issue. It is increasing the hardships of common people and unemployment is increasing day by day rather than a decrease in it. That is why research is aimed to figure out the impacts of unemployment on wellbeing and to figure out the challenges and hurdles faced by graduates. Additionally, it aims to know the social and psychological affects by taking advantage of detailed data from Hunza Valley, a survey was conducted on a specified group to statistically identify effects of unemployment on socio-psychological wellbeing the respondents of research. When the graduates remain unemployed even after completion of masters it leads to the effects of social and psychological wellbeing. Graduates become unable to meet the expectation of themselves and especially their parents who invest in them and they become disappointed. The expectations of family, peers and community turn into disappointments which badly affect the wellbeing of a graduate because it becomes very unbearable for graduates to remain unemployed after university qualification. The study highlights the impacts of unemployment on the wellbeing of majority of the graduates which include, hopelessness, show carelessness to the community, anxiety, depression, low self-esteem, inferiority complex. Discomfort, frustration, low confidence level and lack of satisfaction. Majority of respondents show the higher level of problems in the way of finding a job and they mentally becomes depressed due to the unemployment. The determinations and dreams of the graduates ruin and

they cannot fulfill their ambition due to the unavailability of jobs and if they rarely find then mismatch could be seen in the requirements of job and the education of graduates. Unemployment has become a very serious problem among the youth in Pakistan in general. All the youth having unemployment have the mental illness, emotional and psychological and social and psychological effects on their wellbeing from every aspect.

Conclusively, the present study is first of its kind to have exhibited a comprehensive approach in studying unemployment effects on wellbeing among the graduates of hunza valley.

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ANNEXURE

**UNEMPLOYMENT and THE WELL-BEING AMONG GRADUATES
OF HUNZA VALLEY.**

INFORMED CONSENT

I am Arifa Ali student of MSc. Sociology at Quaid-I-Azam University, Islamabad. This questionnaire is designed to accomplish the necessary data. In this research, Unemployment and well-being among graduates is being measured through the given questionnaire. The information obtained will be used only for academic purpose. I assure you the anonymity of your identity.

Demographic Information

- 1) Gender/Sex
 - a) Male b) Female
- 2) Age _____
- 3) What is the highest level of schooling that you have completed?
 - a) Bachelors b) Masters c) If other (please specify) _____
- 4) Reasons for Higher Degree
 - a) Job Unavailability b) Delay in Marriage c) If other (please specify) _____
- 5) Subject _____
- 6) Marital Status
 - a) Single/Never Married b) Married/ Living together
 - c) Separated
 - d) Divorced e) If other (please specify) _____

- 7) Source of Income
- a) Dependent on family
 - b) Small Business
 - c) Scholarship
 - d) Free lancing
 - e) If other (please specify) _____

- 8) Family Income
- a) Under 20,000
 - b) 21,000-40,000
 - c) 41,000-60,000
 - d) Above 60,000.

- 9) Source of family income
- a) Business
 - b) Part time job
 - c) Govt job
 - d) If other (please specify) _____

10) Do you face any challenges related to find a job?

- a) Yes
- b) No

11) Did you find any job opportunity after completing graduation?

- a) Yes
- b) No

12) In your opinion, a person needs at least what level of education/ training to get a decent job these days?

- a) Vocational education
- b) Graduation
- c) Post-graduate studies
- d) Other

13) Which of the following qualities do you think is the most useful in finding a good job?

S/NO	Qualities	Agree	Disagree	Don't Know	Strongly Agree	Strongly Disagree
1	Information technology skills					
2.	Scientific or Technical education					
3.	Command of English language					
4.	Communication skills Knowledge of the business world					
5.	Quality education					
6.	Ambition					
7.	Having completed an apprenticeship or an appropriate training course					
9.	Teamwork skills					

14) What has been the main obstacle in finding a good job?

S.n	Statement	Satisfied	Highly satisfied	Dissatisfied	Highly dissatisfied	neutral

1.	Irrelevant knowledge					
2.	Unsuitable vocational education					
3.	Mismatch between education and job requirements					
4.	No work experience					
5.	Not enough jobs available					
6.	Gender discrimination					
7.	Nepotism					
8.	Discriminatory prejudices on the basis of disability, religion, race, appearance, etc.					
9.	Low wages in available jobs					
10.	No suitable training opportunities					

15) Does unemployment affect the social and psychological wellbeing of graduate?

Satisfied	Highly satisfied	Dissatisfied	Highly dissatisfied	Neutral

16) An unemployed person may face some sort of psychological distress that leads to following psychological problems. Mark the each problem according to your opinion.

S.No	Psychological problems	Oftenly	Rarely	Don't Know	Sometimes	Never
1.	Feeling inferior in the community comparing with the employees					
2.	Feeling of frustration					
3.	Feeling shy					
4.	Acquiring psychological habits as hypocrisy and showing off					
5.	Showing carelessness to their community					
6.	Unemployed people feel lazy with no desire to work					

17).When you got frustrated due to unemployment, which of the following of the changes occurs in your behavior.

S.No	Factors	Oftenly	Rarely	Don't Know	Sometimes	Never
1.	Give up from every situation					
3.	Feel a loss of selfconfidence					
4.	Engage in other negative behaviors					
5.	Feel sad and uncertain					
6.	Experience stress					
7.	Depressed or anxious					
8.	Hopelessness					