

The Hidden Challenge of Unemployment on Family Units in the North East India

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Abstract

The facts regarding the prevalence and impact of unemployment on families are examined in this essay. Wives make up a sizable portion of the unemployed even though their unemployment rate is relatively low (in 1998, they accounted for 36.2% of all unemployed adult). For single parents, unemployment is a significant problem. As a result, almost one-third of parents of dependent children experience unemployment. The unemployment rate of families is also examined. Unemployment-affected families frequently endure difficulty and suffering, damaged relationships, poorer health (though the reasons aren't always clear), and stress from housing. Unemployment may also have a detrimental effect on children's development and employment opportunities. A few policy issues are discussed, including the need to preserve the living circumstances of unemployed families and the implementation of several initiatives aimed at reducing the unemployment rate. They also talk about shared responsibilities and the trend toward low-paying erratic jobs.

Keywords: Unemployment, Family, Society, Relationships.

1. Introduction

The ability of the family system to function normally and maintain homeostasis is impacted by the stressor event of unemployment. Stress can be caused by a variety of factors, such as the loss of the family's social standing, the scarcity of material goods resulting from a financial setback, or the death of an unemployed family member. The system is strained throughout the entire job search process. When the family is viewed as a social system, with each member functioning as a subsystem that both influences and is influenced by other subsystem members, the repercussions of unemployment become evident. It is thought that the family system preserves the homeostasis, or equilibrium, necessary for its survival. Disequilibrium occurs when a system encounters abrupt stressor events, like unemployment. It is not only the unemployed who are impacted by loss or alteration in family obligations. The breakdown of social ties within and beyond a family is a sign that certain families are having difficulties. Based on data from the Periodic Labour Force Survey 2021-2022, the unemployment rate in most northeastern states was greater than the 4.8 percent national average. Despite having the capacity, the motivation, and the will to create a fantastic life for themselves, people in the North East appear to face

even more obstacles than the general populace when it comes to creating a happy and meaningful existence.

Numerous interrelated problems, such as the strains resulting from population growth, flaws in the educational system, and a dearth of work possibilities, are at the heart of the issue. The COVID-19 epidemic has made this issue worse. Many Northeasterners were left with nothing after the pandemic. The unemployment rate has increased drastically during this time. Many issues and challenges of unemployment were brought up to the government, and many steps were taken by the government to mitigate the unemployment in the northeastern region. However, the main impacts of unemployment, which are on family units, have been neglected. The difficulties that families encounter as a result of unemployment will be examined in this essay.

2. Challenges of Unemployment on family Units in Northeast reason

2.1 Financial strain

Financial stress is experienced by families that are unable to meet their current and future financial responsibilities. "Financial stress" is the psychological or physiological problems brought on by not having enough money to save money at the end of each month, pay critical bills, or make ends meet. Families can suffer greatly from financial difficulties, particularly when there is uncertainty about finances. Many families lose their jobs, houses, automobiles, retirement accounts, possessions, savings, health insurance, and more during difficult economic times. Families may occasionally find it difficult to meet their fundamental requirements. It may be necessary for mothers who wish to raise their children at home to sell cherished items or start looking for work right once. Dads without jobs feel inadequate and regret not being the family's principal breadwinner. Since other families are going through the same thing, men and women with kids could feel forced to move back in with their parents until they can start over. Going from having "something," even modest riches, to having "nothing" is terrible. Uncontrollable events force spouses, parents, kids, and wives to deal with the agony of losing everything and the fear that they won't be able to go on, which has a significant impact on individuals, families, and marriages.

2.2 Psychological and physical cost

Family members who are unemployed experience both financial and emotional hardship. Due to this hardship they end up having psychological and physical stress. Some of the common problem faced by the individuals or the family members due to stress are: anxiety, depression, post-traumatic stress, severe grief, alcohol or drug abuse, nightmares, panic, overwhelming levels of stress, confusion, feelings of detachment, feeling surreal, over- or under-eating, inability to sleep (or excess sleep), diarrhea, nausea, upset stomach, and other physical and mental symptoms of stress and depression.

2.3 Relational strain

Families could disintegrate or grow more distant from one another. For example, kids may move in with friends or family, marriages may collapse due to stress, or there may be underlying animosity or other negative emotions. Teens may act out, suffer academically, be bullied by their peers, have low self-esteem, and have behavioral problems. Anger can sometimes cause parents to lash out at their children. Children may react with negative feelings and behaviors. It is critical to comprehend and manage these

constraints, particularly in the North East where social ties are strong and the extended family is an integral part of daily life.

2.4 Policy implications

Targeted policy initiatives are needed to address the particular difficulties that families in the North East encounter as a result of unemployment. In order to address the hidden hurdles and promote long-term resilience, government initiatives, community activities, and chances for skill development within the area may be essential. Numerous programs have been developed by the government to reduce unemployment, however they do not reach the unemployed families in the northeast. Even so, it is inappropriate for them even if it does reach. As a result, they were unable to put the policies into operation or apply them to address the hidden problem that the families in the North East faced. Because there was no one to explain government policy to some of the less educated households in the Northeast, they were unable to read, comprehend, and apply it and as a result, they continue to be unemployed and experience issues inside the family.

2.5 Educational barriers

An unemployed family faces obstacles to schooling, particularly in the Northeast. Due to the rising costs of education brought about by technological advancements, impoverished families in the northeast were unable to send their kids to reputable schools where they might further their education. They continue to be content with the village's minimal education, which leaves them without the skills necessary for job. Sometimes, in order to support their families and themselves, children are forced to work for whatever pay they can after completing their tenth grade education. Many students' parents' unemployment prevented them from pursuing further education or realizing their goals. They occasionally fled the house in order to support themselves.

3. The Capitalist Economy

The macroeconomic locations of labor and production, commerce, and consumption of goods and services, both nationally and increasingly globally, have an impact on the well-being and financial stress of families. The impact of related legislative measures is also present. Laws limiting labor's capacity to negotiate collectively, for instance, changed how labor was paid for its output, which in turn led to a fall in wages, a reduction in union membership, and an increase in inequality. Family wages gradually decreased as a result of these government actions, and the price of goods and services went up. Families were consequently compelled to incur debt in order to make ends meet. Therefore, the status of the economy and the policies backed by the government have a major impact on the financial stress and well-being of families.

Families have an impact on the local and regional economies in addition to the macroeconomic climate. In addition to their financial burden, families' general well-being is influenced by the opportunities and resources that are accessible in different economic settings. One kind of resource or opportunity that may have an impact on a family's well-being and degree of financial stress is financial services. A growing body of evidence highlights the significance of financial services to regional economies. For example, depending on the availability, lack, or equitable distribution of financial services, families might use a range of tools and chances to boost income, get credit, accumulate wealth, and handle financial difficulties. In addition, the concentration and availability of costly, inferior financial services,

such as payday lenders, jeopardize families' overall well-being and, in some situations, lead to financial hardship. Reduced credit scores and financial stress are linked to an increase in the use and concentration of more costly, lower-quality financial services. Economic settings are significant since resources and opportunity differ greatly amongst communities. Because racism and classism create such a strong sense of spatial separation, families' financial situations differ widely. This explains the differences in their financial well-being and stress levels. For example, the practice of "redlining" served to institutionalize racial and economic disparities in the built environment. The word "redlining" refers to a set of intentional, self-reinforcing acts that banks, real estate brokers, lenders, and the government employ to reject poor financial risk borrowers mortgage loans. The Home Owners Loan Corporation (HOLC) stated that neighborhoods that were "redlined" as unsafe were largely Black and Brown communities, whereas communities that were "greenlined" as primarily White had a special economic worth. Black and Brown consumers were excluded from the mortgage market and were unable to take advantage of the advantages of homeownership through home equity because banks and lenders refused to make new loans in redlined regions.

4. Policy recommendations

Unemployment insurance and the Temporary Assistance for Needy Families program would be a great source of services, including therapy sessions, for families with small children. Raising these allowances may mitigate the effects of income loss for families in certain areas that are eligible for higher benefits. As part of government programs for the unemployed, social workers may provide psychological treatment to help stabilize families with small children.

States may loosen their requirements in order to provide families with young children with unemployment insurance. Individuals who are seeking employment on a part-time basis, for example, may also qualify.

5. MFT help the client and family

A marital and family therapist (MFT) can be of assistance to you, a loved one, and the family. MFTs are trained to understand complex problems, especially those resulting from external social factors like unfavorable economic circumstances. They deal with issues in relationships and between parents and children in addition to personal difficulties. The social or familial elements that might be causing the symptoms of depression or anxiety might be addressed by an MFT. They can provide you doable and effective ways to make sure your children are shielded from the harshest effects of financial hardship.

Family therapy integrates all points of view and resources to create positive and helpful changes in a shared vision. MFTs are adamant that working with and treating the entire family has the ability to foster healing. All family members are usually affected in different ways, even though it may seem like one family member is suffering the most.

MFTs may assist families in reestablishing trust, improving communication, feeling more content, and creating wholesome, wholesome bonds.

Married couples counseling and couples therapy: People who manage each other well throughout hard times financially do better than those who fight and blame each other for problems. Money disputes will occasionally arise, but how they are handled will determine whether the partnership succeeds or fails. Couples counseling can help partners or spouses communicate safely and effectively. Couples counseling can help partners support, care for, and help each other through difficult times.

Parenting and family therapy. Strong parent-child bonds and effective parenting techniques significantly shield kids from the detrimental effects of family financial stress. Children can benefit greatly from family therapy that places a strong emphasis on parenting and the bonds that exist between parents and children. When parents and clinicians work together, they can lessen the use of harsh, punitive, arbitrary, and coercive parenting techniques like slaps, threats, and disparaging remarks and more frequently use positive parenting strategies that are compassionate, understanding, and child-centered—like reason and the suspension of privileges.

According to a study, enhanced parent-child relationships, simpler and more satisfying parenting, and parents' feelings of competence and achievement are all beneficial to everyone. Consequently, when parents are content, kids'. Themes that are commonly addressed in therapy include grieving loss, overcoming denial or unreasonable expectations, money symbolism and meaning, rebuilding trust, emotion regulation and couples skill development, stress management, money management, job search skills, parenting skills, and the wellbeing of children.

6. Conclusion

Adding family labor and economic indicators to the official statistics would be one approach to update or change them and raise awareness of the problem. Along with representative sampling of Northeastern homes and the responsibilities played by female and male heads of family, studies on the consequences of unemployment on children and adolescents should also be conducted. The effects of unemployment on families are not necessarily uniform, as the family stress theory illustrates. Compared to other families, some just cope with stress and the breakdown of relationships. The family's previous level of functioning and flexibility will largely determine how it responds to the changes brought about by unemployment. Families are impacted by unemployment in two ways: directly and indirectly. Because of their lowered feeling of self-worth and having to take on the position of provider for their family, which has an indirect impact on the family, the unemployed worker feels ashamed and resentful. One of the secondary causes of family disintegration is often unemployment. Families are directly impacted by unemployment because it can result in changes to finances, social status, and even relocation in search of jobs. Unfortunately, the episode that follows makes loneliness and social disengagement worse at the worst time. It is challenging for educators, school counselors, and mental health professionals to handle the effects of unemployment on families, and it surely affects society, the economy, and educational institutions.

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