

EMPLOYMENT CRISIS AND STRESS MANAGEMENT**Prof. Rajashri Yadav Sawant***Assistant Professor, B.D.Kale mahavidyalaya, Ghodegaon, E-mail: rajashrisawant1185@gmail.com***Abstract:**

The unexpected occurrence of the covid-19 outbreak has undeniably disrupted the normally of life. Stress has become an important concern since the covid-19 outbreak this descriptive correlational online survey administered in aug2020 utilized the covid-2019 perceived stress scale (covid19pss-10) to assess the covid-19 perceived stress among employed female experienced significantly higher covid19 stress compared to male A negative correlation was noted between self-rated health and covid-19 stress while positive correlation was found between perceive risk of getting covid-19 infection and covid19 stress This study could be used as a baseline for future research to assess the impact of covid-19.

Key words: Covid-19 Unemployment, Stress Management, Mental Health.

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Research methodology:

The research is a literature based study investigating the current issue parallels we also relied on secondary data from various journals, authentic web sides & internet.

Objectives:

1. To study effect on employment during covid-19
2. To study how to stress management during covid-19
3. TO study effects of covid19 on mental health

Introduction:

The unexpected occurrence of the covid-19 outbreak has undeniably disrupted the normally of life stress has become an important concern since the covid-19 outbreak This descriptive correlation on line survey administered in aug2020 utilized the covid-19 perceived stress scale to assess the covid-19

It is well documented that the covid-19 pandemic has resulted in large increase in unemployment in many citrus the country lost their jobs from February to April 2020 following the lock down and the wide scale suspension of economic activity this loss of employment had significant implication for people access to economic resources and it may also be an important reason for why elevated depressive symptoms were reported among adults during the first months of the pandemic.

It is increasingly being recognized that the health costs of covid-19 are too limited to physical health but include the effects of the pandemic on the individuals mental or psychological wellbeing.

This study explores how job loss affects people mental health using longitudinal micro data collected after the introduction of covid-19 lockdown.

Picture of lockdown-Indian Scenario:

On 24 Mar 2020 the government of India ordered a national wide lockdown for 21 days a preventive measure against the spread of virus among more than 1.34 billion population of the sub-continent This lock down safety restrictions imposed by the state ensure all services such as drinking water, electricity, medical policy, fire internet and other administrative sector that have direct impact on sustenance of public life This is line with countries facing the pandemic and finding lockdown as the only relevant prescription to combat the virus spread among the civilians however the country wide lockdown though is the only safety measure to be adopted without question at the moment but the effect for developing economy such as India is intimidating as nations economy is sinking and employment in both organized and unorganized sectors are going haywire with international labour organization predicting the loss of more 40 crore job in India alone and more than 200 crore job loss globally. During the great depression which began in 1929 GDP plunged 50% from \$105 billion in 1929 to \$57 billion in 1932 one reason for GDP drop was deflation between 1929 & 1932 and average level of prices fell 30% nobody can predict the economic contraction to be caused by covid-19 and its rippling effect on global employment sector glodman such predicted covid-19 would cut us GDP by 34% in the second quarter of 2020 This is a natural disaster there nothing in the great depression that is analogous to what we're experiencing now the great depression caused exceptionally high levels of joblessness.

Indian occupational structure is so diverse and the base of the pyramid is so broad that it crumbles unclear the overwhelming population of fellow citizens below the poverty line the latest report published by periodic labour force survey paints a gloomy picture. Over 2017-18 fy about 52% of rural households while regular wages earners accounted for 12.7% The urban picture demonstrates 32.4%, 11.8% and 41.4% figures for the above three parameters we are reminded in our rural development lectures that urban poverty is more cancerous than rural poverty and India's current lock down phase combined with covid -19 threats reclaims this fact.

On the other hand extending the lockdown would call for great economic depression and massive unemployment scenario with job losses and job cut both in organized as well as unorganized sector.

We make and break governments this is not a time to either socialize or politicize we need to play our own safe role while supporting our co civilians with basic supports like food drinking water and medical attention covid-19 knows no geographical boundaries no caste creed color or religion It knows no economic or political strata or social boundaries but impacts everyone on this planet There for we must combat this crisis to gather and play our individual leadership roles in guiding communities not only in this crucial public health emergency situation but also incoming out of the closet of economic depression

Impact of covid-19 on employment in India:

Undoubtedly the covid-19 pandemic in India has very severely impacted, tether negatively the employment figure of India since early 2020 we have seen so many scenarios since march 2020 like corona infection in huge number corona testing containment zone, safe home quarantine, mask, sanitizer, rushing of ambulance haltering sheltering of the health personnel i.e. doctor nurses paramedical staff other. Support staff police personnel and most shocking helpless deaths side by side we have also seen another type of scenarios like lockdown in industrial units a beetling of the job loser labourers with hungry children women. Elderly family members carrying belongings heading towards their native villages those who were lucky to get any public transport used it but millions of hapless migrant labourers including their families took to the street for their native place. In India picture were not only about unemployment but have raised several questions which our welfare state could not answer several state government have been completed to

clamp lockdown around April this year in different modes and schedules to contain the on rushing pandemic almost the commercial establishment. Industrial units, transport system, school, colleges even Government offices except emergency services have come under lockdown Though good result have started coming in due to these lockdowns on the other hand the industries have started bleeding.

Indian Economy the unemployment rate will be around 127 at the end of may 2021 which translates in to loss of job by 1 crore people during the period due to the 2 nd wave of corona pandemic He also said that income of 97% households have declined since the outbreak of the pandemic last year The unemployment rate stand at 12.4% Urban 15% and rural 11.2% on 3rd June 2021.

The manufacturing and engineering sector have largely been affected by the lockdown during the 2nd wave Though the automotive and FMCG sectors in tier 2 cities have performed poorly the recruitment situation in IT, Outsource, Technology, E-Commerce, Pharma and Healthcare sector in metro and tier-1 cities have started showing some improvements.

Stress Management:

Stress Management is wide spectrum of techniques and psychotherapies aimed at controlling a persons level of stress especially chronic stress usually for the purpose of and For the motive of improving every day Functioning

Stress management is defined as the tools strategies or techniques that reduce stress and reduce the negative impacts stress has on your mental or physical well being variety of techniques can be used to manage stress these include mental emotional and behavioural strategies when stress management is used regularly and in response to stressful life events we can optimize our well being.

Stress is mental tension caused by demanding taxing or burden some circumstances stress doesn't just affect our mental state and mood it affects our physical health as well.

Stress management consists of making changes to your life you are in constant stressful situation preventing stress by practicing self-care and relaxation and managing your response to stressful situation when they do occur Before we move on to stress management techniques it important to note that not all stress is bad stress is actually a survival response when our body thinks that it is in danger that is why our sympathetic nervous system kicks in and makes our heart rate increase and gives us burst of the energy hormone adrenaline so that we can deal with whatever situation is being thrown at us This is also called our flight or fight response.

The problem is when we deal with constant stress and worry or when we don't know how to properly manage a stressful situation that's why stress management is tremendously important for our health quality of life and relationships.

Types of Stress:

- 1) **Acute Stress:** This type throws you off balance momentarily this is come on quickly often unexpectedly and doesn't last too long but shake you up bait and requires response like an argument with someone in your life.
- 2) **chronic stress:** chronic stress is occur an regular basis This type of stress may leave you feeling clarinet and can lead to burnout if it's not effectively managed following habit can help you better manage stress cultivation supportive relationships exercising regularly listening to music, maintaining a healthy diet, meditating regularly.
- 3) **Emotional Stress:** The pain of emotional stress can hit harder than some other type of stress here are some way to manage emotional stress cat music aid you, practice mindfulness, talked to a friend Tank to a therapist write in a journal.

4) Burnout: Burnout is the result of the prolonged chronic stress of situations that leave people feeling a lack of control in their lives certain conditions of a job can create a greater risk of burnout including not only high level of demand but also unclear expectations lack of recognition for achievements and high level of risk of negative consequences when mistakes are made following strategies can help you to come back from state of burnout.

Get more enjoyment out of your current job indulge in hobbies make your week ends count maintain a sense of humour Take some time off

Covid-19 and mental health:

It is important to learn self-care strategies and get the care you need to help you cope

Self-Care Strategies

Self-care strategies are good for you mental and physical health and can help you take charge of your life take care of body and mind and connect with others to benefit your mental health.

A. Take Care of your body be mindful about your physical healths:

1. Get enough sleep
2. Participate in regular physical activity
3. Eat healthy
4. Avoid tobacco, alcohol and drugs
5. Limit screen time
6. Relax and recharge

B. Take care of your mind:

1. Reduce stress triggers
2. Keep your regular routine.
3. Limit exposure to news media
4. Stay busy
5. Focus on positive thoughts
6. Use your moral compass or spiritual life for support
7. Set priorities.

C. Connect with other:

Build support and strengthen relationship

1. Make connections
2. Do something for others
3. Support a family member or friend

You can expect your current strong feeling to face when the pandemic is over but stress won't disappear from your life when the health crisis of covid-19 ends. Continue these self-care practices to take care of your mental health and increase your ability to cope with life's on going challenge

Conclusion:

The economic fallout of the covid-19 pandemic resulted in unprecedented job losses which impaired mental wellbeing significantly. Health policy response to the crisis there fore needs to focus on both physical and mental Health interventions.

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