

## REVIEW OF RESEARCH

### ASPIRATION AND SUCCESS- THE CO-WALKED PATH WITH FAMILY AND FRIENDS



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#### **Abstract :**

The present study was conducted on “Aspiration and Success- The co-walked path with family and friends” to find out the type of social support gained by the Educated Unemployed Youth (EUY) .The present study was conducted on 150 Educated Unemployed Youth (EUY) of an age group 23-27 years from different coaching institute of district Ghaziabad. Standardized tools was used i.e. Perceived Social Support (PSS) Scale developed by Mary E. Procidano and Kenneth Heller (1983). The result divided in three parts- i) social support by the society, ii) social support by the friends, and iii) social support by the family. Result shows i) majority of the respondents gained more social support by the society, ii) majority of the respondents gained more social support by the friends, and iii) majority of the respondents gained more social support by the family.

**Keywords:** family and friends ,Aspiration and Success ,Aspiration and Success-

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### INTRODUCTION

Unemployment and social support are two words which affects the individuals. The standard definition of unemployment according to ILO (International Labour Organization) includes all persons over the age limit determined for the measurement of economically active population who were: 1) during the reference period without a job, 2) during that period at all times available for work, 3) actively looked for a job (undertook certain steps to getting a job) (Mrnjavac, 1996).

Employment plays a fundamental role in any society. People are often determined (and they often see themselves) by what they do in their life. Sociological and economic studies indicate that employment is not only the most important indicator of the position of people in each country, but it is also essential for creating a sense, income, social stability and the quality of life and participation in society (Jahoda, 1982). Employment is called “the glue that holds our society together” (Smith, 1987).

Long-term unemployment causes the decline of living standard, and for many people impoverishment, which in turn has two effects – it limits job seeking resources and prevents participation in social activities. Limited resources and increased social isolation separate people from the necessary information and connections and thus hinder re-employment. In this way, a devastating spiral of social decay continues (Gallie, 1999). On the other hand work is consider to be the best form of social protection, and the reasons are clear: a working man is likely to be economically independent and socially involved.

Long-term unemployment is particularly dangerous for health. It destroys personal abilities and possibilities, not only material but also social and mental. Also, the effects of unemployment on health accumulate over time. Long-term unemployment undoubtedly to a greater or lesser extent impacts social exclusion.

Social support is an important factor in the processes of impact of stressful events on health, because quality interpersonal relationships may protect a person from the dangerous consequences of stress (Heller, Swindle & Dusenbury, 1986). There are many studies on the importance of social support with unemployed people. McKee-Ryan et al., (2005) in their meta-analysis highlight that the lack of social support has negative effects on physical and psychological health of the unemployed, and is especially associated with more frequent development of psychosomatic symptoms, stress and depression. They point out that social support in general and supports in job seeking are the predictors of re-employment. Adequate social support can increase the perception of an unemployed person in the sense that striving to find a job is worth doing. In the meta-analysis, the authors cite researches that show that the level of social support reduces with the duration of unemployment. They also emphasize that a longer period of unemployment is largely associated with decreased psychological well-being.

Jackson (1999) finds that unemployed people receive less social support from employed people and students. Economic hardships of the unemployed may indirectly increase stress by gradually “corroding” the structures of social support and increasing the perception of relative deprivation (Bjarnason & Sigurdardottir, 2003). At the same time other life stressors, except unemployment, also deplete coping resources as well as social support. Some previous studies have confirmed the finding that unemployed persons who have a partner who supports them have a better relationship, less severe problems and they do not use coping strategies so often (Walsh & Jackson, 1995).

As for gender differences, unemployed women have poorer relationships, they have more severe problems, and lack of partner’s support has a greater impact on them. Furthermore, researches show that unemployed women are significantly more affected by stress than women who work or are housewives, but that the support of friends and family significantly reduces such differences with psychological stress (Bjarnason & Sigurdardottir, 2003). Social support provides the most important and significant environmental resources. It is defined as a mutual network of caring that enables one to cope with stress better. Social support from friends and family plays an important role in almost every aspect of stress and coping. In addition, social support refers to: having a group of family and friends who provide strong social attachments; being able to exchange helpful resources among family and friends; and the feeling of having supportive relationship and behaviors (Hobfoll & Vaux, 1993). Social support helps individuals to cope with stress (Holtzman, Newth, & Delongis, 2004).

### Objective

- i. To study perceived social support among Educated Unemployed Youth (EUY)
- ii. To study perceived social support of friend among Educated Unemployed Youth (EUY)
- iii. To study perceived social support of family among Educated Unemployed Youth (EUY)

### Methodology

Research methodology is a way to systematically solve the research problem. It may be understood as a science of studying how research is done scientifically. The methodology has been presented in the following headings-

### Locale of the study-

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The study was based in Ghaziabad. In 2011, Ghaziabad had population of 4,681,645 of which male and female were 2,488,834 and 2,192,811 respectively. Average literacy rate of Ghaziabad in 2011 were 78.07%. Gender wise, male and female literacy were 85.42% and 69.79% respectively (census 2011).

Sample technique and Method used- Purposive sampling was used in the research. In this sampling the researcher purposively chooses persons who, in his judgement about some appropriate characteristics required of the sample members, are thought to be relevant to the research topic and are easily available to him. Survey method was used to examine the research. It is the method which involves a systematic and comprehensive study of a particular community, organization, group etc., with a view to the analysis of social problem and the presentation of recommendations for its solution.

### Sample size and distribution-

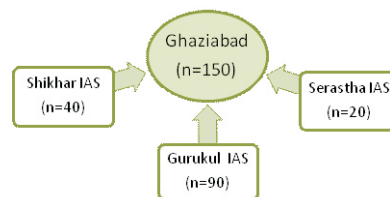
The sample size was 150 educated unemployed young adults, who have completed their graduation or post graduation and they searching a job (at least 2 year and their age become 23-27 year old) but they cannot getting it and take a coaching classes of civil service.

The researcher randomly selected three coaching institutes from Ghaziabad i.e. Shresth Ias, Shikhar IAS and Gurukul

The total sample size 150 from Ghaziabad. In Ghaziabad, 40 respondents from Shikhar IAS, 90 respondents from Gurukul IAS and 20 respondents from Sherstha IAS was chosen in civil service coaching institute.

All the mentioned coaching institutes provide civil services aspirants with proper guidance and meaningful exposure for the civil services examination.

### Coaching wise distribution of samples



**Tools used in the study-** Perceived Social Support (PSS) Scale by Mary E. Procidano and Kenneth Heller (1983)

### Description

The PSS-Fr and PSS-Fa are two 20 item instruments designed to measure the degree one perceives his/her needs for support as fulfilled by friends and family. Social Support varies between friends and family in that one's network of friends is comparatively less long-term than the family network and requires more social competence in maintenance than is demanded of one's family network. In part, this difference is because people assume the family network is their birthright. The items of the instruments presented here were developed from a pool of 84 items and were selected by magnitude of items to total correlations. Factors analysis suggests the instruments each measure a single domain.

### Scoring

The PSS-Fr and PSS-Fa are scored "yes," "no" and "don't know" ("don't know" is scored 0 on both scales). On the PSS-Fr an answer of "no" is scored +1 for items 2,6,7,15,18 and 20. For the remaining items "yes" is scored +1. For the PSS-Fa, answer of "no" to items 3, 4, 16, 19, and 20 are scored +1, and for all other items a "yes" answer is scored +1. Scale scores are the total of item scores and range from 0 to 20 for the PSS-Fr and the PSS-Fa. Higher scores reflect more perceived social support.

### Reliability

The PSS has excellent internal consistency, with an alpha of .90. The test-retest coefficient of stability over a one-month period was .83. The reliability data are based on the original 20-items PS before the items were anchored for

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separate perceived support from friends and family. Alpha for the final PSS-Fr ranged from .88 to .91 and .84 to .90 for the PSS-Fr.

### Validity

Both the PSS-Fr and PSS-Fa have good concurrent validity. Scores are correlated with psychological distress and social competence. Both measures were associated with psychological symptoms. Scores on the PSS-Fr were predicted by length of time one was a member of one’s social network and the degree of reciprocity in the relationship. Scores on the PSS-Fa were predicted by intangible and tangible support from family members. Correlations also were noted with the California Personality Inventory and interpersonal dependency. Subjects categorized as high and low in perceived support differed in the verbal disclosure which supports the instruments’ known- group validity. Clinical and non clinical samples also differed on both measures.

### List of aspects

Sr. No.	Aspects/Areas	Question no.
1	Social Support	<b>Friend-</b> 1,2,3,4,5,6,7,8,9,10 <b>Family-</b> 1,2,3,4,5,6,7,8,9,10

### Data Collection

- 1.The researcher took the permission from the head of the coaching institute of Ghaziabad.
- 2.The tools i.e. perceived social support scale were distributed to the educated unemployed young adults who are willing to participate in research belonging to the coaching from Ghaziabad and after completion the questionnaire was collected back from the educated unemployed young adults.
- 3.All the important and necessary instructions were given to all the respondents before filling the performa.

### Delimitation

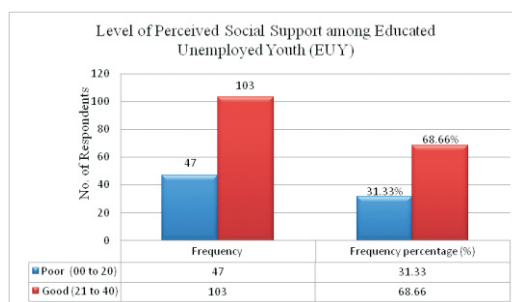
- i. The study will be delimited to Ghaziabad.
- ii. The study will be delimited to the respondents of 23-27 years who taking these classes after their graduation or post graduation.

### Result and Discussion

The finding of present study is the light of the specific objectives of the study which is describe below-  
**Section A-** Analysis the status of Perceived Social Support, General Self-Efficacy and Mental Health of Educated Unemployed Youth (EUY)

**Table 1 Frequency and Percentage distribution of Perceived Social Support of EUY**

Level	Range of Score	Frequency	Frequency percentage (%)
Poor	00-20	47	31.33
Good	21-40	103	68.66



The result of table 1 revealed that the majority of respondents (68.66%) indicated high social support because



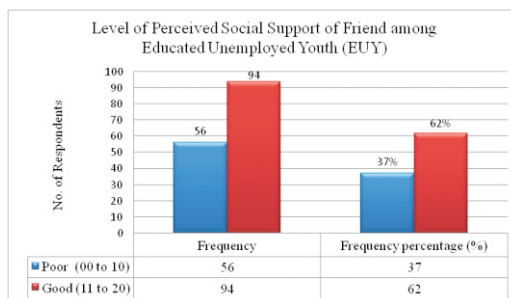
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they gained more support with society and the minority of the respondents (31.33%) indicated low social support because they gained less support.

**Section B-** Analysis the status of perceived social support of friend among or for Educated Unemployed Youth (EUY)

**Table 2** Frequency and Percentage distribution of perceived social support of friends among Educated Unemployed Youth (EUY)

Level	Range of Score	Frequency	Frequency percentage (%)
Poor	00-10	56	37
Good	10-20	94	62

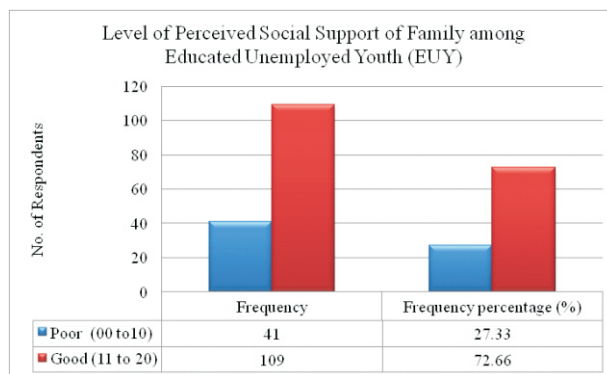


The result of table 2 revealed that the majority of respondents (62%) indicated high social support because their friends helping to solve problem, give ideas how to do things, etc. and the minority of the respondents (37%) indicated low social support because they feel uncomfortable when they confide in friends, as compare to respondents people are more closer to their friends, etc.

**Section C-** Analysis the status of perceived social support of family among Educated Unemployed Youth (EUY)

**Table 3** Frequency and Percentage distribution of perceived social support of family among Educated Unemployed Youth (EUY)

Level	Range of Score	Frequency	Frequency percentage (%)
Poor	00-10	41	27.33
Good	10-20	109	72.66



The result of table 3 revealed that the majority of respondents (72.66%) indicated high social support because they gained moral support with their family, family member listen what they think, etc. and the minority of the respondents (27.33%) indicated low social support because respondent are not much closer to their family member, they thought their family were much different, etc.

**Summary and Conclusion**

Unemployment is a very common problem which effect the individual life, personality, their relation with

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family, friend, relative and soon. Unemployed people search a lot of jobs but they cannot find suitable job according to their talent or skill. Due to this failure they feel loneliness, helpless, worthless, they become isolate, uncomfortable feel during get-to-gather, etc. When they receive concern, attention, attachment, etc. with their family and friend their confidence level increase. So, social support is very important for every human being especially for unemployed persons during searching jobs.

This study indicated that family and friend supports are very important. Their support reduces their tension, stress, negative thought, etc. Their supports give strength, to face the problem in difficult situations during that phase, increase their self-belief, increases their motivation power, etc.

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