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**The Psychological Impact of the 2007-2009 Recession on
Underemployed People in Bangalore, India**

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Introduction

The Psychological Impact of the 2007-2009 Recession on Underemployed People in Bangalore, India Introduction It is said that good mental health has a crucial influence on employability and other related factors. Underemployment can cause stress, which ultimately can impact physiological health and negatively affect mental health, including depression, anxiety, and lower self-esteem. Underemployment refers to those workers who are highly skilled but working in low-paying or low-skilled jobs (CHEN J., 2021). During the times of recession,, which includes unemployment, underemployment as a major consequence that impacts well being of an individual. Many resort to taking up jobs that are low-paying or low-skilled jobs rather than being unemployed. During the great recession of 2007-09, many consequences are noted not just in the field of employment but also in people's social lives, mental states, etc. Economic crisis is inevitable in a country and the impact is not just on the economics of people's lives but also on their health. The psychological impact has been something that has gone under the blanket. Recent research has tried uncovering this blanket as the importance of mental health has been growing. A recession is one of the worst economic crises that can arise in a country. An

economy usually grows for 6/10 years and goes into a recession for 6 months or 2 years (this is a pattern observed so far); an economic recession is a decline in the country's GDP growth for more than 2 quarters in a particular year. Companies become bankrupt, millions of them lose their jobs, economic activity falls, and consumer spending falls, these are some traits of recession. So far, the world has faced 12 recessions, of which 2007-2009 is considered as a period of the Great Recession

The economic crisis, in general, leads to many negative consequences,, especially mental health and well-being of the population. Often governments adopt policy measures to tackle mental health issues. For example, providing family support programs, etc. however, on a global , many of these policies are not thoughtful enough to help the target populations. This paper will seek to understand the psychological impact of the recession of 2007-09 in particular on the general population. It will delineate the policies that can be adopted to protect the psychological state of people. The impact of a recession may not appear to be very direct,, but it does accelerate pre-existing trends toward long-term scarring on psychological well-being.

Objectives

To understand the depth of psychological impact of to recession on the underemployed people of Bangalore during 2007-09. To propose plans for addressing the negative effects of the recession. To ascertain the discrete causes of the psychological distress among the underemployed people of Bangalore during the recession of 2007-09.

Statement of the problem

Did the recession period of 2007-2009 impact the mental health of underemployed people of Bangalore?

Review of Literature

Recession and its impact

The recession has several effects on people's lives through rising unemployment, fall in incomes, increased uncertainty about future jobs, etc. Health effects caused by recession tend to vary across nations and generations; some groups are more vulnerable than the rest, people with poor health are hit hardest even if the recession has impacted everyone, and young workers and low-income families are vulnerable too (Joyce and Xu, 2020), research does indicate that some individuals are more resilient to shocks than others, people with pre-existing mental health issues are more vulnerable at times like these. The adverse impact of recessions on mental health is clearly documented by considering the mortality rates from suicide etc., done across many studies (World Health Organization, 2011). Recessions do show a significant and persistent impact on the health of people. Janke estimates the impact of economic shocks as persistent and long-term, like the crisis of 2008 is said to have powerful adverse effects on chronic health, with prolonged effects being for mental health conditions. Although it may appear too early to speak about the relationship between a recession and a rise in mental health issues, there does exist solid evidence that confirms a strong relationship between the two. This paper will bring together not just an economic understanding but also a psychological and sociological perspective. This paper seeks to answer the questions regarding the relationship between mental health issues and recession on underemployed people in the years 2007-09 and the policy framework for psychological well-being

Policy intervention

Policymakers play a pivotal role in times of recession as life gets disrupted; they can support by moderating mechanisms on financial, psychological coping, and acculturation with the help of health workers in early diagnoses of mental health issues. Usually,, health care faces cutbacks at the time of recession, but policymakers should instead focus on investing even more 5 in social protection measures at times like this. The governments of nations can plan some active labor programs, family support programs, regulation of the marketing of alcoholic beverages, restrictions on their availability and taxation, debt relief programs, health care support, and provision of quality and equitable access to primary care for those people at risk of mental health problems, these may help reduce the impact of the recession on the people's well being.

Mental health outcome of the recession

Recent ecological studies give proof of a strong correlation between unemployment rates and suicidal behavior. Studies also demonstrate that people who are laid out during recessions are more vulnerable to health issues. For instance, during the Japanese economic crisis, unemployed people were twice as likely to report poor health than controls (Kondo.,1986). In several other studies, unemployment was linked to suicidal behavior. A Canadian case-control study found that unemployed individuals have a significantly increased risk of parasuicidal behavior than their matched controls. (Newman.,2007). In another cross-national study, unemployed populations were found to have a substantial risk for suicidal ideation and suicide attempts. (Borges.,2010). An Australian study reveals that unemployed males commit suicide

more than employed men and women. (Milner.,2014), similarly, Spanish research confirms the correlation of unemployment to suicidal ideation to be very strong. (Miret.,2014). Longitudinal research shows that economic stress leads to deterioration in children's mental health and impacts their families, changes in family relations, parenting quality, etc. also worsen the impact on the children. (Solantus.,2004)

In general, the evidence does state that the impact of the recession on mental health is 6 prevalent. Previous epidemiological data show changes in health status before and after a recession to be consistently negative with the mental states. The impacts of recessions on mental well-being may extend beyond the direct effect of just feeling powerlessness, increased workload, unemployment, increased job insecurity, suicide, etc. This paper will remain unique by focusing on the underemployed population of Bangalore, india, and the general psychological states rather than recognizing one particular section of the people or one specific mental health issue

Research Methodology

Data Collection

Qualitative research involves analyzing non-numerical data. The proposed study follows a qualitative research approach, involving the use of primary sources and secondary sources of data collection. The primary source will involve the administration of a questionnaire to our target respondents and the secondary data will be collected through journals, newspaper articles, and other reliable sources of information.

The sampling method will be a random sampling of the target population from the statistical frame of governmental and non-governmental reports of Bangalore.

Data analysis

The analysis of the primary and secondary data will be done using a qualitative analytical tool called OpenCode. As most reports have concentrated on the unemployed, children, and other such factors, less research has focused on underemployed people in the city of Bangalore, India. Hence this research paper will analyze the underemployed cases in Bangalore that existed in 2007, 2008, and 2009.

Significance of the study

The study results will throw light on the state of underemployed people and their mental health during the time of recession. The underemployment of people is an under-addressed topic as it is, this paper will seek to make people aware of the underemployed people and the challenges they face during the time of a financial recession in their employment, physical, and psychological well-being. It will also help in framing policies addressing the state of underemployed people and providing strategies and aid to help them improve their mental functioning. It cannot be said with certainty that recessions will never occur in the future and that there never will be underemployed people, as history already suggests the occurrence of both these concepts, this paper can help in the future with new policy intervention suggestions that become very important in addressing the state of underemployed people

Limitations

The main limitation of this paper is the geographical context which makes the research results not applicable to be generalized. The other limitation is the time frame of the occurrence

of the recession which is in the year 2007 and this research which is 2021, there exists a huge gap between the two events for it to be very accurately addressed. This study may not be very reliable as accurate information is difficult to obtain because it will include recall of emotions which may seem to be difficult.

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