

# The long-term effects of unemployment on a person



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Unemployment is a condition that affects a large number of persons at some point in their life. The contributing factors are wide and varied. While it is inevitable in some cases, for others it is an unexpected change of events. Long-term unemployment affects each person differently. This essay will focus on three effects of long-term unemployment. For the majority of persons the long-term effects are in the form of financial setbacks, strained family relationships and psychological effect.

One of the immediate effects of long-term unemployment is felt in the person's financial capabilities. Spending is reduced to buying basic items because of the uncertainty of getting a new job. Apart from cutting back on buying certain items the individual may also suffer some personal loss. Especially during this global recession a significant number of persons have lost their homes to foreclosure. It is likely that they may also suffer other financial loss. It is difficult to keep up with car payment, for example. In large families where the recently unemployed is the sole breadwinner the financial effect is more chronic. This can affect the lifestyle of everyone including children. Normal situations such as schooling, entertainment and extracurricular activities can be disrupted. Research has shown that long-term unemployment is experienced more among older as well as blue-collar workers. Many persons in these two categories sometimes do not have enough savings to sustain themselves during the jobless period. In the case of the older worker many of them have to use money from their retirement funds.

Another effect of long-term unemployment is strained family relations. The sudden loss of unemployment puts a burden on other members of the family. It causes separation and broken relationships in many families that <https://assignbuster.com/the-long-term-effects-of-unemployment-on-a-person/>

were already on the verge of break-ups. It takes time for both the unemployed and other family members to adapt to the new situation and status. Although they may realize that it is an uncontrollable situation it is difficult to accept the reality of it. Some persons have reported that they have lost contact with friends during their period of unemployment. The inability to socialize with persons due to lack of extra cash can be a factor. Some persons may have to borrow money from family and friends and the inability to repay these loans can destroy friendships and other relationships. Long-term unemployment can also have rippling effect on other aspects of the family such as the health of the children. In many cases the children become victims of the strained relations and important aspects such as their health may be compromised. When there is no major source of income regular medical visits such as going to the dentist may be neglected. While the financial loss and the effect on family relationships may be more of an immediate effect of long-term unemployment these two results can lead to psychological effects. Many persons are unable to cope with the situation and have to seek professional help. It is likely that psychological effects will take the form of conditions such as depression, mood swings, irritability, the desire to be left alone and in some cases the person may turn to drugs to take their mind off the current situation. Some persons also experience difficulty in sleeping. Feeling worthless, loss of self-esteem and self-confidence are also some of the psychological effects. In more severe cases some persons lose hope in finding jobs, and develop further emotional and psychological problems that may make them unemployable.

The effects of long-term unemployment are felt in different areas of the person's life. As mentioned in the previous paragraphs its effects can be <https://assignbuster.com/the-long-term-effects-of-unemployment-on-a-person/>

damaging because it impacts those areas that are very important and necessary. With its effect on the person's financial capabilities, family relations, and psychological conditions it is worthwhile for each person to make proper preparations although it does not necessarily mean that these preparations will cushion these long-term effects.

Taylor, Paul, et al. The Impact of Long-term Unemployment. Pew Research Center, July 2010. Web. 16 December 2010.