

Coping with being laid off

Psychology



The paper "Coping with Being Laid Off" is a good example of a psychology research paper. The ebb and flow of today's unstable economy affect countless people from all walks of life. Many people are loss work or have their income cut by a reduction in work, which causes people to face difficult decisions concerning how they will maintain their lifestyle, especially when involving families. Many concerns may go through one's mind like how their wife children will be affected by this job loss and what is the best course of action to improve the situation. What is important is that the person remains objective and considers how each choice will impact the family. One of the primary things according to experts is not panic at the prospect of losing a job (Andriotis and Scherzer). The most common response to this scenario may be frustration and resentment toward the whole situation but these feelings, although natural, serve little benefit. Knowing the need to provide for a family there are few options available to remedy this problem. One could be moving to a new area with hopes of finding a new job in a similar industry or attending school to increase qualifications in the hopes of finding work in a new profession. Both have benefits and drawbacks that must be weighed carefully to make the right decision for the entire family. Several measures can be taken to limit the effect of being laid off like promptly filing for unemployment and adjusting the household budget so that it better reflects the current income (Hakala). These are things people can do to as temporary measures but what they also need to come up with long-term solutions to their unemployment status. Going to a new city for work entails a huge commitment for the entire family as children must attend a new school and the family must make new social networks in this new area. Asking children, especially adolescences to start over in a new place leaving <https://assignbuster.com/coping-with-being-laid-off/>

behind all they know is asking almost too much of a person who may not be mature enough to fully grasp the situation. Returning to school is another option but this also limits income potential as maintaining an education and career is a tall order for anyone. Understanding why the economic downturn affected careers in the industry goes a long way in making the right decision. Was the layoff simply a result of the bad economy or is the industry been suffering for a while, and in a new area is there a better chance of job stability. While working in one industry for 25 years is an accomplishment and equates to valuable experience if the work that is done is unstable or has little to no growth potential considering a change via an education may be the best option. Of course, this choice is made after examining the job market in the area to assess if there is potential for careers in other industries because if the whole community is experiencing a recession than obtaining an education and moving to a new location may both become necessary. In conclusion, the criterion a person uses to make an important decision like this one in a family unit is whatever provides the family the best outcome. If moving to find more work is option knowing that in other areas there are stable career opportunities at companies that would value years of experience then even in the face of social upheaval this may be the best choice. However, if this job loss seems like a sign of things to come then improving one's standing with an education may be the only logical course of action. The choices people make reflect the lives people lead and a family for better or worse will always impact our decisions.