



A Study on Depression among Educatedunemployed Youth in District Anantnag of Jammu and Kashmir State

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Abstract:

Depression is a common mental disorder that presents with depressed mood and loss of interest. It affects important mental and social functions which leads an unemployed youth in depression. Depression affects 3–15% of the general population; 0.4–5% of cases are severe. It affects mainly adults, women, unemployed youth and low-income groups. In young people, the prevalence of depression is 0.3% in preschool children; 2% in schoolchildren; and 4–8% in educated unemployed youths. Studies have found that the relationship between unemployment and depression over and over again fall short to launch the course of freelance effect. This paper examines educational unemployment in Jammu and Kashmir with a focus on cause, consequences and remedies to curb the menace viz; depression and unemployment. It is our endeavour through this paper to highlight the main weaknesses of our J&K state responsible for chronic educated unemployment. In addition to this, the present paper will focus on how depression becomes a cause of unemployment. The present research paper will also focus on the depression among unemployed youth mostly in the state of Jammu and Kashmir. It is examined that those who are less qualified viz. Undergraduate or below but know the three R's are better placed in terms of earnings than those who get higher education like Ph.D and so on. The educated unemployment rate among respondent's in the District Anantnag of J&K state at the moment in time of data collection was not openly related to depression nevertheless appear in a roundabout way with psychological depression by means of unemployment. Suggestions and remedies for this study for future research shall be discussed.

Keywords: *Depression, Educated Unemployed, youth, Jammu and Kashmir*

1. Introduction

Everyone experiences unhappiness at some point throughout their lives. Most often these feelings are a result of changes due to various events such as unemployment, illness, the loss of family member. The painful thoughts and feelings that accompany these events are usually appropriately needed and temporary can even present an opportunity for personal growth. However when these feelings continue and impair as routine, it may be an indication of depression. However, for many people that feeling of depressiveness continues for months, years or even for lifetime. The word Depression is defined by the oxford university as “A mental condition characterised by severe feelings of helplessness and inadequacy typically accompanied by a lack of energy and interest in life.” Most of the masses declare that depression is a temporary feeling of sadness. So, scores of people lately shout “I am Depressed, “effortlessly meet them when they feel sad. Feeling sad is normal for all and sundry since people can go through events in life that dissatisfies them. However, feeling blue does not mean that you are actually suffering from depression. In recent times most people who are unaware of depression result pay less attention to it. However depression is actually a disease like cancer .People believe that disease is a condition that occurred from virus, germs or by being a host for parasites. However the latest definition for disease in dictionary is “A condition of the living animal or plant body or one of its

parts that impairs normal functioning: sickness, malady.”Depression is a disease that affects people both physically as well as mentally. In physical terms a person can suffer Insomnia oversleeping, fatigue and many other symptoms, and in mental ways, the person can feel guilty, constant sadness, many mistakes, slowed mind and depending on how the patient reacts to these symptoms, It can also affect social part of health. However, people that feeling of depressiveness continue for months, years or even for lifetime. Even though depression is a dreadful disease, and have to be taken seriously since it can even lead someone to death.

According to world health organisation (WHO). “Depressive disorders are the fourth leading health problem in the world .Major depressive disorder is estimated by the second disabling disease of mankind in 2020.Depression imposes itself not only on adults but it takes its toll on unemployed youths as well. It would seem logical that mood disorders and depressive disorders in particular would have a strong inverse relationship to socio economic status.”Relative position in the socio economic structure should be reflected in self -esteem, a component of close correlate of Dysphoria, dissatisfied life or mental discomfort finally become a cause for depression, the cardinal symptoms of depressive disorder among adults, youths, adolescents etcetera. Thus socio economic status is the base line for the mental health of educated unemployed youths. They need to be socially and economically adjusted. The person having personality disorder like depression fails to behave in socially approved ways because they lack either the motivation or the skills necessary to do so. Personality disorders are distinguished from neurosis and psychosis in that they are more often long standing patterns of maladaptive behaviour rather than reactions to conflict and stress, including among the personality disorders are alcoholism, drug dependence , sexual deviations , anxiety, schizophrenia, depression and many more. Depression is serious health problem that can affect people of all ages, including adults and educated unemployed youths. It is generally defined as a persistent experience of sad or irritable mood as well as Anhedonia, core clinical feature of depression or a loss of ability to experience pleasure in nearly all activities; it also includes a range of other symptoms. Major depressive disorders, often called as clinical depression , it is more than just feeling down or having a shocking wrench , school phobia, panic attacks, substance abuse, or even suicide.

2. Natural History of Depression among Educated Unemployed Youths

Depression usually starts in early adulthood, with likely recurrences. It affects women more than men, and highly educated unemployed youth are also at high risk. A small proportion of patients will experience psychotic symptoms. The duration of an untreated crises ranges from nine months to several years. Approximately eight of ten people experiencing an initial episode of major depressive disorder will go on to have at least one additional episode during their life time. Approximately 10 to 15 per cent will have a subsequent manic episode, at which point the patient is then reclassified as having a bipolar disorder.The nature of depression is such that affected persons are unlikely to realise that they are depressed and are therefore unlikely to seek help for themselves. They are also less capable of appropriately taking their treatment as directed by health care professionals. In all chronic conditions the concurrence of depression highly affects the quality of care provided by patients themselves and received by others.

3. What is unemployment?

The factor a number of masses not having a job (**OXFORD DICTIONARY**)“Unemployment is the problem which the workers who are capable of working or willing to work do not get employed, which gives them income or means of livelihood.”**ACC. TO NSSO,** unemployment rate is the percentage of the labour force that is without work. $\text{Unemployment rate} = \frac{\text{unemployed workers}}{\text{total labour force}} \times 100$. Accordingly, beginning with the 27th round (1972-1973) 5 year survey were being conducted by NSSO to collect employment-unemployment database on all the three approaches of-

(i)UPS,(USUAL PRINCIPAL STATUS)

(ii)CWS(CURRENTLY WEEK STATUS) and

(iii)CDS(CURRENTLY DAILY STATUS)

These estimates suffer from a few limitations.

First, studies conducted at the national mostly employ only (UPS) criterion for educated and secondly they lack accuracy as they collect data regarding educated unemployment from secondary sources viz, from employment exchanges which as discussed does not possess wider importance as for as Jammu and Kashmir State is concerned. The present study assumes importance because the whole data is collected through primary studies and unemployment rate is measured by employing all the three criteria's adopted by National Sample Surveys. The unemployment is annoyance for any native soil .No state can develop unless its labour force is engaged in gainful employment. Educated Unemployment are one of the fiery concern that people has been facing since a stretched magnitude has increased day by day. There are wide inter-state variations regarding magnitude of unemployment particularly in J&K state. Though J&K State figures at the lowest level, yet the actual figure is far from reality due to declining importance of employment exchanges of the state for providing data regarding for educated unemployed youths. At one fell swoop employment structure in the state demonstrates skewed distribution biased towards tertiary sectors. In this study an attempt has been made to examine the rates and causes of educated unemployment youths in some areas of District Anantnag of the jammu and Kashmir state.

4. Depression among Unemployed Youth in Jammu And Kashmir State

Jammu and Kashmir is the state widely known as the paradise on earth. The state is bestowed with beauty of snow-clad mountains, rich forests, fresh water springs and rivers, besides distinct cultural ethos. However, the trend in the development of J&K state is regrettably not cheering. Undoubtedly the most powerful devil in this state is unemployment. During the planning period unemployment in absolute terms has increased. The main objective of our economic policies, right from the First Five Year Plan has been the provision of gainful employment opportunities. Every plan ends up with a huge accumulation of unemployed youths. That is, at the end of each five year plan period, the state has more unemployment ratio than at the beginning. Therefore, jobs were not created in adequate number. The Youth, particularly the unemployed educated of J&K state are the nastiest sufferers of depression. The flawed educational system, need of entrepreneurship culture in J&K state and the divergence in skills between those demanded by employers and those acquired in institutions are the main causes of unemployment facing the youth of J&K state. Life is very hard-hitting for the J&K highly educated unemployed youths. Whatever be the schemes or contract, the labour has to compromise on various front. They have to backhand in every step- be it grant, loan stipend or assistance for self-employment. Unemployed, underemployment and lack of measures coerce them to come across short- cuts. They migrate to the cities and sometimes endeavour luck in paltry or serious crime for immediate change. Depressed by joblessness, unemployed educated youth take place in noxious substances to overcome stress and fretfulness. However, not much action has been initiated to implement the objective of removing or even alleviating unemployment among the youth. Since the researchers, policy planners, professionals or economists while framing policies and solutions regarding unemployment focus the issue mostly at the state level. This is the main reason why the need for present study is felt which is undertaken to study the depression level of educated unemployed youth in J&K state An attempt has to be made in the present study, to study the phenomena of educated unemployment youth in district Anantnag of J&K state at the micro level, taking the five areas of this district J&K collectively as a case study. It is indicated that unemployment affects a man not only physically and psychologically, but also cause a sharp decline among them that cost of human values. **Dumont (1997)** has reported that joblessness is sensitively related to depression, mental illness, crime alcoholism and suicide. Further, migration, divorce, late marriage and child abuse, resulting in personal and financial pathology, are some other repercussions of unemployment. **Platt (1985) Henkel (1985, 1987)** has also arrived at a similar conclusion. **Hagen (1983). Liem and Reymond (1984) and Oddy et al. (1984)** have found that prolonged unemployment commonly generates a serious threat to the physical and emotional wellbeing of those who experience it. **Strom (2003)** also suggested that unemployed

individuals and their families are exposed to many adverse events and circumstances. **Rozada and Menendez (2006)** found that unemployment accounts for a large part of the increase in income inequality and poverty. Unemployment brings a shock and carries with it a range of stressors (psychological, social and economic) which adversely affects our well-being. (**Jackson and Warr 1984**). **Rawal (2006)** also analyzed that wage labourers particularly women faced extremely high level of unemployment – as employment in agriculture was limited and new forms of labor hiring contracts had emerged under conditions of high unemployment which resulted low earnings of manual workers and greater gender disparities. Thus, it appears that unemployment especially of educated youth is a snag in adjustment in different spheres of life.

5. Objectives

The objectives of the study are:

1. To examine the rate of educated unemployed youth's in district Anantnag of J&K state.
2. To evaluate the main causes responsible for the unemployment in the study area.
3. To study the depression level of educated unemployed youth in district Anantnag of J&K state.

6. Hypotheses

The hypotheses of the study are:

1. There is significant relationship between unemployment and Depression.
2. There is insignificant difference among educated unemployment males and females.
3. There is significant difference among depressed youths of males and females.

7. Methodology

Study is based both on primary and secondary sources. The researcher gathered, computed and codified the data in order to find out the unemployment rate in Anantnag District of Jammu and Kashmir state and work on study area is based on primary source. Present study has been undertaken to assess the configuration of unemployment therefore, district Anantnag of Jammu and Kashmir state has been selected purposely as:

- (a) Almost 79% of population of the state are towns and
- (b) The Anantnag district has the highest literacy rate i.e. (76.17%) compared to other four districts of the Jammu and Kashmir state. As per the data collected from offices, there are ten Tehsils in District Anantnag of Jammu And Kashmir State.

8. Results and Discussion

Mainly the people of District Anantnag are engaged in primary (agriculture) and tertiary (services) activities. As per the data collected from District Statistics and Evaluation office Anantnag, Anantnag city is one of the district of Jammu and Kashmir state. There are six Tehsils followed by 342 villages as per census India 2011-2019. Anantnag district have total of 69,445 literates of which 38,802 are males while 30,643 are females, hence total literacy rate is 69.49%. Since the present study has been under taken to assess the depression among highly educated unemployed youth in J&K state among population of district Anantnag, therefore a two stage survey was conducted. In the first stage, approximately 50% sample i.e. five towns/Tehsils of Anantnag district were selected through purposive sampling and snowball sampling respectively. The total number of households in Anantnag city are 1, 53,640 approximately (5, 59,767 males and 5, 18,925 females). total literates are 69,445 of which 38,802 are males while 30,643 are females and total depression rate among educated unemployed in five areas of district Anantnag of J&K state is 58.5%. of which 32% are males and 90.6% are females. In Bijbehara there are 3,098 households with a total population of 22,789 (12,057 males and 10,732 females) respectively and the literacy rate is 75.12% which is higher than the state average of around 67.16% (83.44% males, 65.96 % females). Depression rate among educated employed youth is 62% of which 34% are males and 45.5% are females. In Dooru- verinag, one of the town of Anantnag district, a twin town, there are 3,590 households with a total population of 20,281

(12,567 males & 10,401 females) respectively and the literacy rate of Dooru-verinag is 72.05% higher than state average of 67.16% (80.77% males and 61.64% females respectively). The literacy rate of verinag is 66% which is higher than the national average of 59.5% (70% males and 46% females) and total depression rate among educated employed youth is 47.2%, of which 26% are males and 36.7% are females. In Mattan municipal city of Anantnag district, there are 1,384 households with a total population of 9,246.5 (101 males and 4,145 females) respectively. The literacy rate of Mattan is 73.33% which is higher than the state average of 67.16% (82.77% males and 61.38% females) and total depression rate among educated employed youth is 43% of which 77.6% are males and 46% are females respectively. And in Pahalgam, a well-known tourist place of District Anantnag of Jammu and Kashmir state has 966 households, with total population of 1,19,884 (62,190 males and 57,694 females) which is 19.35% of total population. The Literacy rate of Pahalgam city is 64.87% lower than state average of 67.16% (80.57% Males and 40.01% females) and the total depression rate among educated employment youth is 89% of which 92.4% are males and 78% are females respectively. After selection of sample, a door to door survey viz; census of these five towns of Anantnag district of Jammu And Kashmir State was conducted to collect and complete information. During this survey, all relevant information was gathered from various households. Since it is not practically possible for an individual researcher to conduct census of whole district, therefore, sampling method was also used for present study. Further in order to avoid a bias and to give due courage to whole study area, second stage survey with a large size of sample become mandatory. A 50% sample i.e. 5 towns out of 10 villages namely Anantnag, Bijbehara, Dooru-verinag, Mattan and Pahalgam respectively. After selection of sample, again 50% household in each town was conducted through questionnaire. (Beck's Depression Inventory) to examine depression rate among unemployment youths. In this stage survey of 50% households in each area was conducted to collect correct and complete data. During the survey, all relevant information was gathered from 50% households. The main objective of this survey was to find out exact number of educated unemployed youth of population who is suffering from a dreadful disease known as depression. Sequentially, data is collected from different types of respondents was analysed, classified and tabulated for making further analysis in consonance with the objectives of the study.

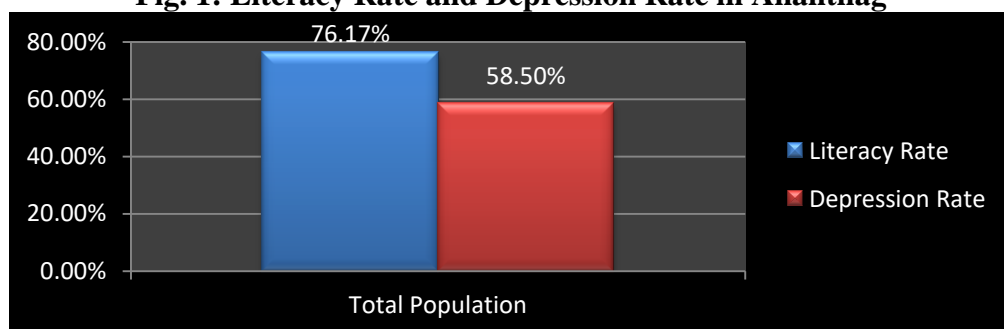
Data analysis was conducted in some areas of district Anantnag of J&K state. The Researcher conducted descriptive analysis on respondent characteristics using frequencies, means, SD and 95% CI. Data were then weighted to account for the sampling design and for the over-representation of population in the sample, and prevalence estimates were calculated for probable, literacy rate, depression rate and unemployment status, identifying evidence of association with study outcomes depression and unemployment.

Table 1: Literacy Rate and Depression Rate in Anantnag

Perticulers	Population	Literacy Rate	Depression Rate
Total Population	153640	76.17%	58.5%
Males	559767	82.44%	32%
Females	518,925	69.49%	90.06%

Source: census 2011-2019. Beck's Depression inventory scale (2002).

Fig. 1: Literacy Rate and Depression Rate in Anantnag



From the table 1& fig.1, it is shown that in Anantnag there is overall literacy rate of 76.17% (82.44% for males and 69.49% for females) which is much higher than the literacy rate of the state of around 67.16%. It is evident from the table that there is a depression rate of 58% among unemployed youth in Anantnag. Table further stresses that there is a highest 90.06% unemployed females having depression which is the major concern to highlight and address at the point of time.

Table 2: Literacy Rate and Depression Rate in Bijbehara

Perticulers	Population	Literacy Rate	Depression Rate
Total Population	22,789	75.12%	62%
Males	12,057	83.44%	34%
Females	10,732	65.9%	45.5%

Source: Population census 2011-2019. Beck's Depression inventory scale(2002).

Fig.2: Literacy Rate and Depression Rate in Bijbehara

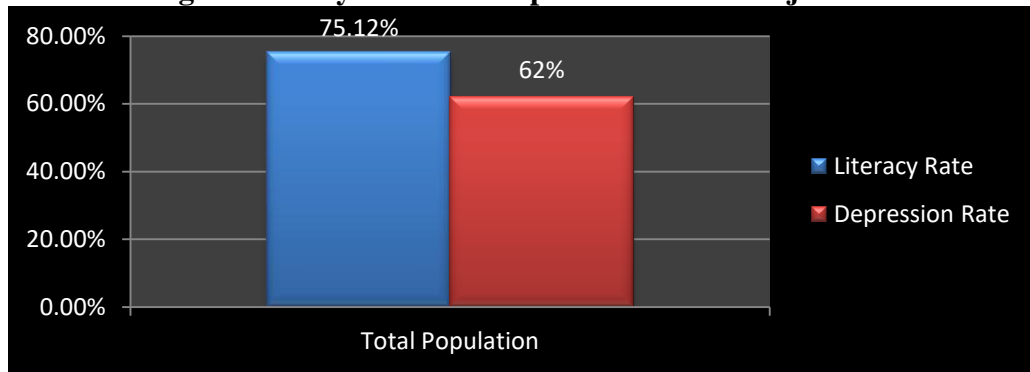


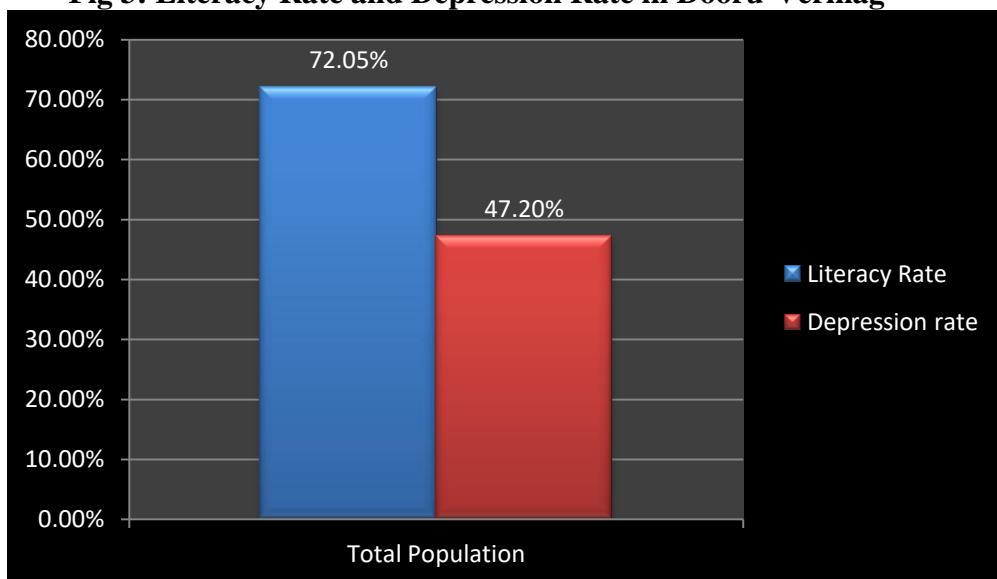
Table 2 & fig.2 shows the depression level and literacy rate among unemployed youth in Bijbehara. From the table it is evident that there is 75.12% literacy rate in bijbehara which is higher than the state average of around 67.16%. As far as depression rate is concerned 62% unemployed youth are depressed in the block.

Table 3: Literacy Rate and Depression Rate in Dooru-Verinag

Perticulers	Population	Literacy Rate	Depression Rate
Total Population	20,281	72.05% & 66%	47.2%
Males	12567	80.77% & 70%	26%
Females	10,401	61.64% & 46%	36.7%

Source: Population census 2011-2019 Beck's Depression inventory scale(2002)

Fig 3: Literacy Rate and Depression Rate in Dooru-Verinag



From the table 3& fig.3, it is shown that in Dooru-Verinag there is overall literacy rate of 72.05% & 66% (80.77% & 70% for males and 61.64% & only 46% for females) which is again higher than the literacy rate of the state of around 67.16%. It is further evident from the table that there is a depression rate of 47.2% among unemployed youth in Dooru-Verinag in which 26% depression rate is for males and again highest percentage of 36.7% depression rate is among females which is again a source of concern for the authorities.

Table 4: Literacy Rate and Depression Rate in Mattan

Perticulers	Population	Literacy Rate	Depression Rate
Total Population	9246.5	73.33 %	43%
Males	101	82.77%	77.6%
Females	4,145	61.38%	46%

Source: Population census 2011-2019 Beck’s Depression inventory scale (2002)

Fig.4: Literacy Rate and Depression Rate in Mattan

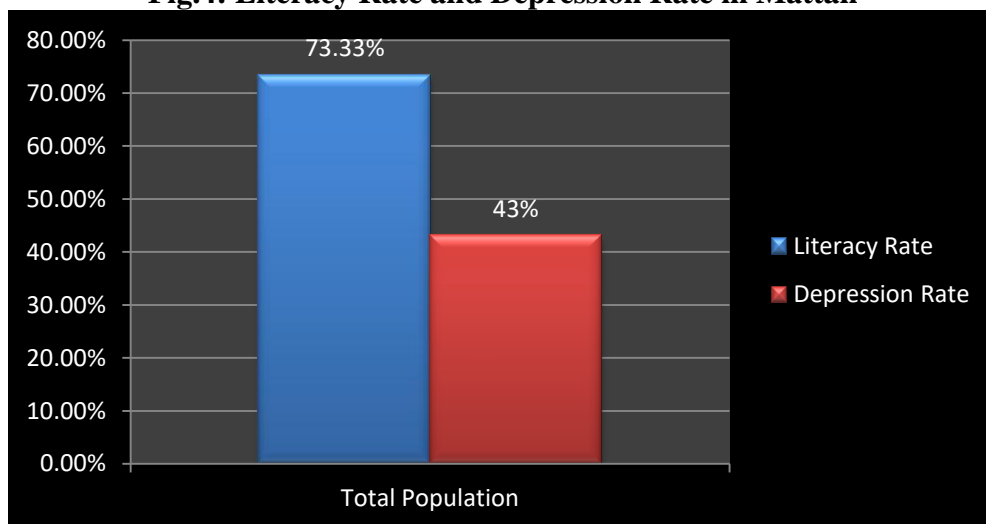


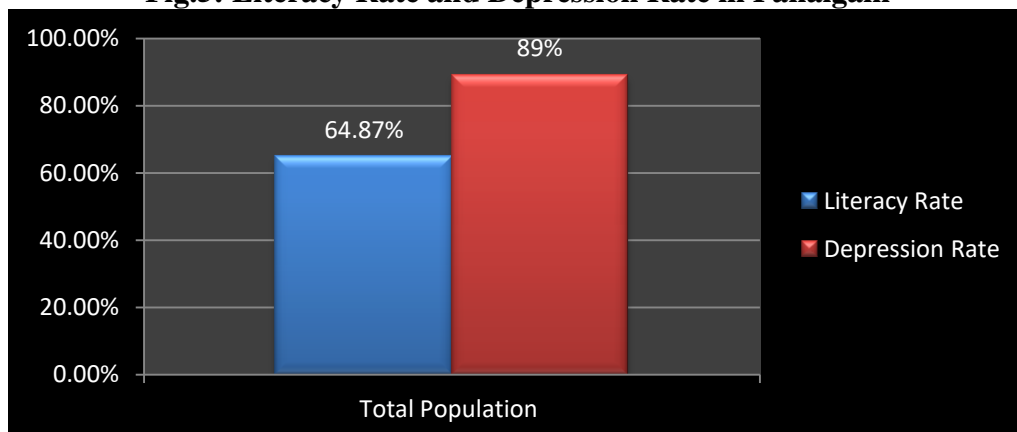
Table 4& fig.4 shows the literacy rate and depression level among unemployed youth in Mattan area. From the table it is shown that there is 73.33% literacy rate in Mattan which is again higher than the state average of around 67.16%. As far as depression rate is concerned overall 43% (77.6% in males and 46% in females) unemployed youth are depressed in the block. Table further highlights that in Mattan there is a high percentage (77.6%) unemployed males having depression.

Table 5: Literacy Rate and Depression Rate in Pahalgam

Perticulers	Population	Literacy Rate	Depression Rate
Total Population	1,19884	64.87 %	89%
Males	62,190	80.57%	92.4%
Females	57,694	40.01%	78%

Source: Population census 2011-2019 Beck’s Depression inventory scale (2002)

Fig.5: Literacy Rate and Depression Rate in Pahalgam



From the table 5& fig.5, it is clear that in Pahalgam there is overall literacy rate of 64.87% (80.57% for males and only 40.01% for females) which is less than the literacy rate of the state of around 67.16%. It is further evident from the table that there is a depression rate of 89% among unemployed youth in Pahalgam in which 78% unemployed females are depressed and a high percentage 92.4% of unemployed males are depressed in the area which is gain a threat towards the society.

9. Conclusion

Owing to inadequate employment opportunities offered for job seeker youth in the District Anantnag of J&K State, the number of job seeker youth has been increasing with every passing year. The number of job seeker youth registered in various District Employment & Counselling Centres of the J&K State is 6.01 lac ending September, 2011. The result recommended that current educated unemployment youth's prominence is notably bracket together with depressive symptoms among highly uneducated unemployed youths. The study revealed that depression due to unemployment significantly depicted that unemployment is a curse of joblessness and pressing problem which the youths of J&K state are facing. The main problem of unemployment is growing population. Due to weak or no private sector, the educated unemployed youth of the state have cloned themselves only towards government sector which is already disguised and seems to have reached a point of saturation in terms of absorption of educated manpower. On the one hand, there is a large army of secondary school leavers, graduates, post graduates and ph.d holders who are unemployed for long duration and on the other hand, most of the educated youth because of conflict situation of the jammu and Kashmir state state are reluctant to move outside state for opportunities, and better jobs thereby putting pressure to already paralyzed economic activity of the state.. The Government at central, state, local level and the civil society should take effective steps in collaboration with one another to solve the problem of widespread unemployment in the Jammu and Kashmir state and make full utilization of idle resources and idle manpower for better and prosperous future of the state.

10. Remedial Measures

- Consecutively to undertake the problem of employment status of Anantnag district of jammu and Kashmir state, the first and foremost essential and pre-requisite condition is that the concerned department should have acceptable, accurate and reliable data regarding magnitude of employment pattern. Now the question arises where and how to get this correct information. The only option is the employment exchange boards and other offices but these boards and offices do not have exact figures about the magnitude. It is due to dearth of data and non-availability of reliable information that one has to take on different methods to try to find information through primary as well as secondary sources.
- Education should be given in such a way that should directly related to job search and particularly focus should be on vocational education right from secondary to university level ,For this scheme of education stress will be reduced among educated youths so that depressed rate will be under control.
- Educated youths should be encouraged more and more by giving subsidy up to 50% on loans to start MMSE's which have huge scope in J&K. unemployed youth will be given chance for self employment by giving one time cash cheque as loan so that they will stand their own business without any interruption of paperwork.
- For employment services tourism sector should be reinforcement to boost direct and indirect employment.
- In jammu and Kashmir employment is need of the hour ,our educated youths have got high degree but least employment chance .we all know that how important it is for material gains nowadays. We
- Need to make our young brains understand how to earn money using money and financial literacy is important to achieve this. In fact it can help our state to produce entrepreneurs who can boost the industrial as well as private sector. . Our educated youth have high degrees but the fact is that

our education system is at a halt fine for producing clerks and gives only hypothetical knowledge far from practical principles of life. Our educated unemployed youth are running after government jobs but they don't realize that with government jobs they can only get meagre income hardly make their both ends meet. which can neither create material goods nor can expel to big thinking or knowledge creation and innovations .If we observe the royals in the world you will scarcely spot any government employee there, all are business men with great financial knowledge.

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