

# Study On People's Well-Being After Job Loss Owing to Covid-19

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## Abstract

The corona virus pandemic has affected the world terribly. This essentially elaborates the fact that the corona virus pandemic has not only affected the lives of people in general but has also severely affected their mental health. This research presents the relevance of job loss and the ways it has affected people during the dark times of the corona virus pandemic. The paper also presents data that has been thematically split on the basis of demographics. Research showcases the various demographics that have been psychologically affected due to the loss of jobs because of the pandemic. In addition to this, the paper also expresses the variety of ways that people have undertaken in order to cope with the stress and anguish of losing a job during the pandemic and to evidently take care of their mental health.

**Keywords:** Well-being, Job Loss, COVID-19, Mental Health, Delhi.

## 1. INTRODUCTION

### 1.1 Background of the study

The corona virus pandemic has been an extremely recent and significant event in the history of mankind. Since November of 2019, the virus has infected countless number of people and has taken innumerable lives. In order to prevent the onset of the virus, businesses all around the world had to come up with new ways of coping within the changing global economy (Venkatesh, 2020). As a result of this, many companies had to cut down their work force so as to remain afloat in the COVID-19 stricken market (Crayne, 2020). This has enabled a number of people to abruptly lose their jobs and hence undergo a

severe bout of emotional as well as mental stress.

In regard to Delhi, the state has seen a massive decline in jobs since the pandemic. As per the (table 1 about here), 20 per cent of the population of the state have had their work hours reduced while 17 per cent have experienced a decline in wages. In addition to this, 6 per cent of the working population in Delhi has also faced the issue of taking unpaid leaves while 7 per cent have actually lost their jobs and 5 per cent have been forced to take paid leaves.

According to the Center for Monitoring Indian Economy (CMIE), the COVID-19 Pandemic crisis has caused a jump in Delhi's joblessness rate to 45.6 percent in May 2021, up from

around 17 percent before the pandemic began in mid-March. Ali and Kamraju (2020) given some suggestion in their study, that the governments major goal in terms of employment policy should be to increase job opportunities and labour productivity. The government should pursue a policy that provides work for everyone. It is critical to enhance production in the agricultural and industrial sectors in order to increase employment. As a result, it will encourage the development of small and cottage industries. To reduce unemployment, it is critical to decentralize industrial output. There will be fewer job prospects in underdeveloped areas if industrial operations are centred in one location. The majority of people work for themselves. They work in cattle, trade, and cottage and small-scale industry, among other things. Financial assistance, raw resources, and expert preparation should be provided to such individuals. Self -employment is also one of the solutions to unemployment.

### **1.2 Problem Statement**

The problem statement of the research study is that the corona virus pandemic has not only affected people's work lives but has also caused a significant amount of stress in regard to their mental health. This mainly lays emphasis on the fact that the problem arises because COVID-19 has not only affected the work life of the people in the world but has also enabled them to look for and apply coping mechanisms to deal with the stress of losing a job. According to Mohan and Lone (2021), during COVID-19, people worked longer hours to avoid losing their jobs. Overworking has a significant impact on professionals' personal lives, mental health, and physical health, as evidenced by the increasing number of physiological and psychological difficulties that modern professionals have developed in recent years. Furthermore, work addiction must be addressed with appropriate interventions because it has a negative impact on the physiological and psychological well-being of professionals. According to Joseph (2021), an effective and comprehensive plan to develop well-paying, secure jobs is urgently needed, not only to address the crises of high open unemployment and underemployment, but also to enhance worker earnings and boost consumption levels.

### **1.3 Rationale**

The problem statement of the research study can be resolved through the conduction of this study of research. This also brings to light the fact that the problem statement has been discovered through the current incidents that have taken place in the world. The research project is conducted so as to assess the problem statement in detail and come up with relevant understanding about the topic.

### **1.4 Research and Objectives**

The main aim of the study of research is to primarily assess the impact of job loss among people due to the corona virus pandemic. In addition to this, the study of research will also assess the various coping mechanisms that people undertake on the basis of their personality so as to deal with the loss of their jobs due to the corona virus pandemic.

The objectives of this study of research are as follows:

- To assess the impact of job loss during the corona virus pandemic on person living in Delhi.
- To assess the impact of job loss during corona virus pandemic on psychological wellbeing based on demographic factors.
- To assess the coping mechanisms on the basis of personality among people who have lost their jobs due to the corona virus pandemic

## **2. RESEARCH METHODOLOGY**

### **2.1 Research Philosophy**

Research philosophy usually presents an in-depth analysis of the research study. It also contributes to expanding the content of the research study. There are mainly three types of research philosophy. These include positivism, interpretivism and realism. Positivism mainly lays emphasis on the logical notions of the study as it criticizes them. This research study implemented positivism in order to conduct the research.

### **2.2 Research Design**

Research design lays emphasis on the way the research study is constructed so that it makes sense. This study of research, analytical research design will be implemented so as to evaluate the logical aspects as well as discover

accurate reasons that back the findings of the study.

### **2.3 Data Collection**

This primarily focuses on the methods through which the data for the research study can be collected. There are effectively two modes of data collection. These are primary and secondary. Primary data collection involves firsthand collection of data through methods such as survey, interviews, and questionnaires. Secondary modes of data collection on the other hand refers to the collection of data through referring to prior work on the same topic published by other authors. For this research study, a primary method of data collection is used. The data is collected using structured questionnaire prepared based on psychological wellbeing factors. It should be further noted that considering the COVID-19 pandemic situation data have not been collected physically. Rather, questionnaires were prepared using Google Form and were circulated to the respondents over emails.

### **2.4 Sampling and Sample Size**

Sampling mainly refers to the selection of a group of people from a larger population in order to collect data. For this study of research, a sample of 108 people has been chosen by communicating to people on social networking sites directly and thereby identified unemployed people. For selection of the respondents stratified random sampling method has been used because this study requires people who got unemployed after outbreak of COVID-19 pandemic (Nguyen et al., 2021). The questionnaires have been forwarded to only those who are the unemployed at the time of conducting the survey. It should be noted that the 18 psychological wellbeing questions have been used in the questionnaire covering 6 factors (Autonomy, The Environmental Mastery, The Personal Growth, The Positive Relations with Others, The Purpose in Life, and The Self-Acceptance) developed by Ryff et al (2007) that help in measuring psychological wellbeing.

### **2.5 Data Analysis**

Data analysis essentially lays emphasis on the method implemented for analysing and assessing the data that has been collected from

the sample population. There are primarily two types of data analysis. These are quantitative and qualitative methods of data analysis. Quantitative analysis refers to the usage of numeric, charts and graphs to make comparisons within the data. On the other hand, qualitative analysis lays emphasis on the thematic representations prevalent in the research study. Conducting this research study, primary method of data analysis has been used. The collected data is then compiled using MS Excel. Then the string values are coded based on the scale points of psychological wellbeing factors. After data compilation, the questions are arranged based on scale points using reverse scale point calculations. It should be noted that for each factor there were 3 questions. In order to convert the response values to a single factor value respective values of related questions are added. Later on, using pivot tables the scale score of each factor have been plotted based on age, gender, education, marital status, and accommodation.

### **2.6 Ethical Considerations**

This essentially brings to light the various ways the research can ensure that they conduct the research study ethically. In order to ensure that, the researcher must make sure of the fact that all aspects of the study maintain a strict ethical and moral code. Firstly, since the data is collected through primary method, the researcher ensured that they have taken consent from every participant within the sample. This lays reference to the fact that the researcher ensured that every participant of the questionnaire has given consent forms that state their willingness to take part in the research study. Secondly, the researcher strives to keep the identities of the participants anonymous. This is imperative in order to ensure that the data is analysed ethically without any bias. Thirdly, the researcher ensured that every participant is aware of the purpose of the research study. This also includes ensuring that the participants have the freedom to quit the research should they feel any form of discomfort. Finally, the researcher also made sure that every participant gives an authorization that allows the research study to publish the collected data. Therefore, it can be said that by making sure that the above requirements are met, the researcher has

succeeded in ethically conducting this study which will eventually elevate its validity.

### 3. RESULTS

This chapter elaborates about the results of the analysis of data that has been collected through a primary survey. Data analysis of 108 responses has been done using MS Excel. Firstly, the questionnaire has been prepared using 18 items psychological wellbeing. After data collection, the data is compiled using MS Excel. The responses are further coded and calculated using sub-scale and reverse scale measures of psychological wellbeing based on the psychological factors. After, coding and calculation, the results are then plotted using the pie charts and line charts with the help of pivot table in Excel. The results are discussed in the following paragraphs.

In accordance with the results gathered from the questionnaire,

The mean, standard deviation, skewness, and kurtosis of all six subscales of the 18-item psychological wellbeing scale are reported in (table 2 about here). The response to the questionnaire has been collected from 108 respondents at random from the group of unemployed people. It is found that out of 108 respondents (graph 1 about here) percentage of female are 53.70% and the percentage of male are 46.30%. Based on the received responses, data analysis has been done that provided the results discussed below.

Delhi is state where both male and female are significantly contributing to the job market. Consequently, after outbreak of COVID-19 pandemic people belonging to both the genders got unemployed (graph 2: gender about here). After getting unemployed it is found that autonomy factor of the unemployed got affected. Autonomy is the factor that measures the confidence of a person. From the analysis it is found that autonomy is higher in case of female than compared to male. Therefore, it can be said that confidence of male and female got affected differently after job loss.

Again, if environmental mastery is considered then it is found that scale score of females is greater than in case of male. Environmental mastery measures the psychological state that where a person feels in control of his or her

life. Therefore, higher scale score in environmental mastery indicates better psychological wellbeing just like autonomy. Hence, in case of unemployed people in Delhi it is found that environmental mastery score is higher in case of unemployed females compared to males indicates better psychological wellbeing of females.

Personal growth is another aspect that measures psychological wellbeing of a person. It measures the challenge taking attitude of a person and his or her tendency to experience new things and view about the world. If the score is high then it adds positive impact on psychological wellbeing. From the study on 108 people on Delhi, it is found that for female's personal growth score is higher than male.

Furthermore, it is found from the analysis that scale score of males in case of positive relations with others is higher compared to females. Positive relations with others measure the tendency of a person to meet with others and willingness to spend time with others. Higher scale score of the factor better will be the psychological wellbeing. The findings indicate that male tend to meet more people compared to females in Delhi after job loss.

From (graph 2, gender about here), it can be observed that the scale score related to purpose in life is higher in case of females compared to males in Delhi. In order to measure focus towards life goals and ambitions, purpose of life factor is use. After unemployment due to COVID-19, the purpose of life score is found to be lower in case of males. It indicates males became less focussed towards ambitions and goals after getting unemployed due to COVID-19.

Finally, from (graph 2, gender about here), it can be observed that the scale score of self – acceptance is higher in case of males compared to females. It is used for measuring the satisfaction level a person gains from his or her achievements. Higher the scale score of self – acceptance, better will be psychological wellbeing. After unemployment caused due to COVID-19, the self – acceptance of females got much more adversely affected.

After outbreak of COVID-19, people from age groups lost their job and thus it is necessary to understand how people from all age groups

(graph 3: age about here) are affected from the unemployment situation caused due to the pandemic. Before further discussion of result, it should be noted that the respondents who are between 21 to 30 years of age has been grouped as Young. On the other hand, the respondents belonging to 41 years to 50 years of age group have been categorized as Middle Age. Finally, respondents belonging to above 50 years age group have been considered as Older Age. From the perspective of autonomy, it is found that most affected groups are the one who belongs to the age middle age and the least affected are the young ones. The older people got affected adversely but are less severe than the middle age ones.

Furthermore, from (graph 3: age about here), it is found that when environmental mastery is measured for the unemployed people after COVID-19 in Delhi, results showed that it is the middle-aged people who scored the least. Both young and older have been in more control of their life than the middle age ones. It should be noted that, older age groups score highest in terms of environmental mastery. Thus, it can be said that older age groups are least affected due to unemployment in terms of environmental mastery.

When the case of personal growth factor is considered then it is found that middle age scale score is again the lowest. The second lowest scale score has been recorded for young people whereas the older age group has the highest scale score in the considered category. Therefore, unemployment due to COVID-19 affected adversely the challenge taking ability of middle-aged persons the most. Therefore, it can be said that age could play a vital role in psychological wellbeing of a person.

Positive relationship with others scale score from (graph 3: age about here) showed that the score of older age person is the highest and for middle age it is lowest. It means that after job loss due to COVID-19, middle aged persons reduced their communication with others the most and are less likely to feel positive while in a meet. Young got affected as well but the case is better as per middle age group of people but is worse than older age.

After consideration of purpose in life factor of psychological wellbeing it is found that the scale score for the factor in case of middle-

aged person is the lowest and highest for the young. Additionally, it is found that for older age and middle age the scores of the factor are lowest among all the psychological wellbeing factors. Therefore, it can be said that middle age and older age persons are felt much deviated from their purpose of life.

Finally, for self – acceptance it is found that unemployed belonging to middle age group is the most affected as their scale score of the factor is the lowest. On the other hand, it is found that, the score of young categories is highest among the age groups. Rather, among all psychological wellbeing factors self – acceptance is the least affected for factor for the young age group people. However, for older age people it is quite low when other psychological wellbeing factors are considered.

Education level is an indicator of employability of a person and along with that it is considered as one of the indicators of skill level. Therefore, it is justified to consider the education level of a person while considering his or her psychological wellbeing. It is found (graph 4: education about here) that for autonomy factor, the scale score of post university graduate is the lowest and that of masters is the highest. It is further, found that for the persons with secondary school qualification autonomy scale score is the second lowest. Persons having diploma are less deprived in terms of autonomy compared to secondary school.

Further, it is found from (graph 4: education about here) that the in case of environmental mastery the scale score is highest in case of secondary school and lowest in case university graduate. In case of masters and diploma the scores are close to each other.

In case of, personal growth it is found that persons with secondary school are at the poorest condition of psychological wellbeing because their scale score is the lowest. However, the condition of personal growth is more or less similar in case of masters and university graduates. However, the score of diploma qualified persons is bit lower than masters.

When positive relations with others is considered then it is found that secondary school has the highest score, and the university

graduates have the lowest. On other hand, it is found that the scale score for positive relations with others in case of diploma and masters are more or less the same.

Considering purpose in life factor, it is found that the scale score is the lowest for secondary school. However, it is found that score for masters and diploma are comparatively better than other two categories. Additionally, it is found that due to unemployment it is one of the most adversely affected factors.

Finally (graph 4: education about here), it is found that self – acceptance factor of psychological wellbeing of persons with secondary school is least affected by unemployment compared to other education groups. It should be further noted that, the psychological wellbeing in terms of self – acceptance the condition of masters and university graduate are same. On the other hand, the condition of diploma holder unemployed people is better than masters and university graduate.

From (graph 5: marital status about here), it is found that scale score of all the psychological wellbeing measuring factors is different for married and single persons who got unemployed in Delhi after COVID-19 pandemic. Therefore, it can be said that marital status plays a crucial role in case of psychological wellbeing. It is found that scale score of married persons is lower than single persons in case of purpose of life, positive relations with others and autonomy. On the other hand, scale scores of personal growths, self – acceptance and environmental mastery are higher in case married person compared to single persons. Therefore, it can be said that unemployment as different impact on psychological wellbeing factors on persons with different marital status.

In Delhi, people come from different states to work. Many people stay with relatives and many rent homes in order to continue their job. On the other hand, the natives of Delhi stay with their family (graph 6: accommodation about here). It is found from the study that the persons who have lost their job during the COVID-19 pandemic in Delhi got affected psychologically. However, the impacts are different for people having different accommodation status. From (graph 6:

accommodation about here), it is found that unemployed persons in Delhi who stay in their family home have higher scale score for self – acceptance, purpose in life and environmental mastery compared to the unemployed persons who stay with relatives and in rented homes. Again, personal growth and autonomy scale scores are higher in case of persons living with relatives compared to person living in family and rented homes. Further, in case of personal growth it is found that the scale score is higher for person living in rented homes compared to the persons living with relatives and in family homes. However, if values of all the psychological wellbeing factors are considered, then it can be said that persons living in family homes are in less stressed situation than in other two cases.

#### 4. DISCUSSION

The results clearly state that COVID-19 has severely affected people's mental health. It is also imperative to note that irrespective of the pandemic, people often struggle with the various traits of their personality that helps them cope with everyday life (Lawson, Pile and Simon, 2020). This means that job loss is a triggering instance for people irrespective of the global pandemic. However, in light of recent events, it is imperative to note that one of the key sources of people's struggle include their isolation (Dang and Nguyen, 2021). This lays reference to the fact that people struggle all the more with losing jobs as they have to deal with it alone due to the lockdown restrictions.

In terms of challenges, job loss creates a variety of different challenges for people. However, during a pandemic, the stakes are even higher (Posel, Oyenubi and Kollamparambil, 2021). This essentially brings to light the fact that people not only face the risk of not being able to sustain themselves financially but also face the mental trauma of being incompetent and incapable that they must deal with along due to the lockdown restrictions set by countries around the world. In addition to this, another major challenge for people who lost their jobs during the pandemic includes the risk of having to make a considerable dent in their savings so that they can continue to pay for the necessities (Borjas and Cassidy, 2020). All these responsibilities along with the heavy feeling of isolation and

the triggering elements of one's personality traits, drive people to find a variety of different ways to cope with the situation.

From the results of the study, it is found that psychological wellbeing of unemployed people in Delhi has been affected greatly due to unemployment caused due to COVID-19 pandemic. It should be noted that if the psychological wellbeing for each factor scale score would have been 21 or close to it. However, it has been found that in case of unemployed people in Delhi the mean scale score has not exceeded 15 points in any of the factors considered. Rather, it is found that the mean values in most of the cases are around 12. In many cases, the values are close to 10. Therefore, it can be said that psychological wellbeing of respondents is not good. Therefore, based on this finding it can be said that the persons who got unemployed during the pandemic in Delhi got adversely affect psychologically.

Furthermore, in specific it is found that the impact on psychological wellbeing due to jobs loss is different for different people categorized based on gender, age, education, marital status, and accommodation. The results show that female respondents are more impacted psychologically compared to males. Therefore, it can be said that not every person is in a same psychological situation. Thus, based on gender coping up strategy should be formulated. Additionally, it is found that after the rise in unemployment rate in Delhi the middle-aged persons that is belonging to 41 years to 51 years old are the most affected psychologically. In addition to that, it is found that irrespective of educational background all the persons were deprived of psychological wellbeing and case of persons with secondary education has been the worst. Again, it is found that overall psychological wellbeing deprivations are similar in case of both married and single persons. Finally, it is found those people who are staying with their relatives or in a rented house are more psychologically impacted after they got unemployed. Hence, based on the above findings the coping strategies have been suggested in the following paragraphs.

This primarily brings forth the fact that in order to deal with the job loss, people have had to come up with various coping strategies

(Coibion, Gorodnichenko and Weber, 2020). These include creating a budget, having a plan of action, learning to develop personal skills, meditating diligently, and seeking advice when necessary. In terms of creating a budget, this strategy essentially enables the individual to cope with their monthly expenditure and also helps them to spend responsibly till they find a new job during such trying times (Woolhandler and Himmelstein, 2021). On the other hand, having a plan of action mainly refers to the fact that the individual must develop a plan of action that helps them come up with the next step in their career. This includes checking the industry they belong in, researching their line of work and the prevalent opportunities in light of the global pandemic. In regard to learning and developing their skill set, one of the most popular coping strategies have been personal growth (Montenovo et al., 2020). This mainly lays reference to the fact that people have strived to cope with their unemployment by using the time to learn new skills and develop and hone old ones. This not only contributes to them having a wider range of skills when they re-enter the job market but also helps them cope by creating a sense of discipline and structure within their lives (Hu, 2020). Meditating diligently goes hand in hand with this schedule. This essentially brings forth the fact that meditation acts as a form of introspection and enables the individual to introspect the ways they behave and react in such trying times. This introspection not only helps them assess but also allows them to cope successfully with the stress of the situation (Saenz and Sparks, 2020). Finally, since one of the most common drawbacks of the pandemic is the isolation, individuals as a coping strategy have turned to connecting with loved ones through online mediums. In such a morbid situation where not only have they lost their jobs but also live in a world that is in complete disarray, seeking comfort in modern ways from their loved ones have helped them cope with the stress and essentially gain strength and encouragement to continue on with their journey (Galandra et al., 2020). Thus, it can be said that the pandemic has heightened the level of problems faced by those who have lost their jobs during this time. In addition to this, it is also imperative to note that on the basis of the results derived from the data, it is evident that the pandemic not only

triggered an array of job loss among the people of Delhi but also critically affected the psychological wellbeing of these people. This has proven as the collected data evidently showcases the fact that people who have lost their jobs due to the corona virus pandemic have been psychologically affected on the basis of their demographic such as education, marital status, accommodation, gender etc

### **5. STRENGTH AND LIMITATION**

The research project has a variety of strengths. These mainly lay emphasis on the fact that the purpose of the research project succeeds because of its strengths. These strengths include, use of widely accepted measure of psychological wellbeing, considering factors that could influence the psychology of person, focus study, and use of firsthand collected data (von Watcher, 2020). Further, validity and the reliability added robustness to the study. The validity of the research is mainly determined by the ethical nature of its content. This mainly elucidates the fact that since the data has been collected ethically the reliability of the research study has elevated significantly. On the other hand, the relevance of the topic also acts as a strength factor. This is because not only is the topic relevant to the current times but also because it sheds light upon a very relevant and common problem that has occurred during the pandemic. The online data collection process has saved a lot of money in terms of printing cost but also enabled the research to collect data from a fairly vast sample at an extremely time effective way.

In terms of limitation, despite having a number of strengths, the research study also consists of a few limitations. These essentially include having a time constraint, a smaller sample size and the limited access to different sources that could have helped to make the study stronger. Time constraint essentially lays emphasis on the fact that the research study limits itself from an in-depth form of research as it would take up a lot of time. In addition to this, a smaller sample, the sample size for this research study is 108 participants, however, the research had a better scope of being well evaluated had the sample size been even more widespread.

### **6. CONCLUSION**

Thus, to conclude, it can be said that job loss has been a key reason behind low well-being. However, the loss of employment during the troublesome times of a pandemic has elevated the risk of hopelessness among the people of the world. The above study of research not only sheds light on the issues that loss of employment has caused upon people but has also brought forth the various coping strategies that people have implemented in order to deal with the duress they're under. This also lays reference to the fact that the research study elaborates the various strategies undertaken by people so as to cope with the mental as well as emotional fallout that is triggered by the loss of employment. The above paper also presents the results of a questionnaire that has been filled by a sample of 108 participants ranging from the age group of 21 years to 61 years and above. The study successfully showed how unemployed persons in Delhi deprived of their psychological wellbeing based on their demographic and factors such as gender, education, marital status, age, and accommodation. It is found from the study that male, middle aged, living in rented house or with relatives having qualification till secondary level are the persons who are most deprived psychologically after getting unemployed during COVID-19 pandemic in Delhi. This sheds light on the personality of individuals in regard to how they see themselves and usually cope with various situations in their lives. This was important as it helps the researcher present a contrast between the way people deal with stress without a pandemic as compared to how they cope with their stressful situations in light of the global pandemic. Furthermore, the research study also presents a deep understanding of the results that help understand the reasons behind wellbeing and also elaborate on the reasons behind the coping mechanisms used by people so as to deal with it and take care of their mental health in such trying times. Finally, the paper presents the strengths and limitations of the study of research that helps in assessing the various strength factors of the research as opposed to its limitations. Additionally, the paper also presents the practical implications and suggestions for future research in light of this study of research that helps in assessing the potential of this research study and hence



contributes to its elevated reliability and validity.

## 7. PRACTICAL IMPLICATIONS AND SUGGESTIONS FOR FUTURE RESEARCH

This mainly refers to the practical aspect and potential of the study of research. In regard to this study of research, the practical implications essentially belong to the relevance of the study (Panchal et al., 2020). This lays reference to the fact that the research is practical as it discusses a current topic and sheds light on how people currently in Delhi are facing unemployment challenges that impacts the psychological wellbeing of the respondents of the study (Killgore et al., 2021). This also brings forth the fact that the research succeeds in its purpose as it presents a variety of different methods that can be implemented by people so as to deal with the stress of losing a job (Sobieralski, 2020). This also suggests that the research study is evidently practical as it allows the researcher to present applicable ways of coping with stress during such trying times.

In regard to future research, this study of research covers the vast topic of job loss and the various coping strategies implemented by people in order to deal with that loss (Gassman, Ananat and Fitz, 2020). This also presents the potential for further research in regard to the effectiveness of each strategy. In addition to this, this study of research also presents the opportunity for researchers to look into the relevance of job loss and the various merits and demerits it brings with itself (Furceri et al., 2020). Moreover, the study of research also presents the vast opportunity for researchers to conduct an in-depth assessment of the topic by conducting all-round research with the help of a vast sample and both primary as well as secondary modes of research. Furthermore, this research study also sheds light on the necessity and value of mental health and hence creates ample opportunity for different forms of future research in the importance of mental wellbeing in light of the global pandemic that has taken the world by storm (Carli, 2020).

## 8. KEY POINTS

The fact that people have issues even more when they lose their jobs since they are left to

deal with this every day as a result of the lockdown constraints.

First, this elucidates an individual's personality in terms of how they see themselves and cope with different situations in their lives. This is significant because it allows the researcher to show a contrast between how people handle situations in the absence of a pandemic and how they deal with stressful events in the aftermath of a worldwide pandemic.

The findings of the study illustrate, males in their middle years, living in rented accommodation with just a secondary education are the people who suffer the most psychologically after losing their jobs during the COVID-19 pandemic in Delhi.

Finally, the study provides a thorough analysis of the findings, which aids in deciphering the causes of happiness. Also, explain the reasons for people's coping techniques in order to deal with it and maintain their mental wellbeing in such tough circumstances.

## 9. CONFLICT OF INTEREST

The study was conducted solely for academic purposes, with no economic purpose in mind. This study has no financial or other incentives attached to it, and it was carried out solely for the study objectives.

## 10. FUNDING STATEMENT

There was no funding received for this study from any revenue source in the public, private, or non-profit sectors.

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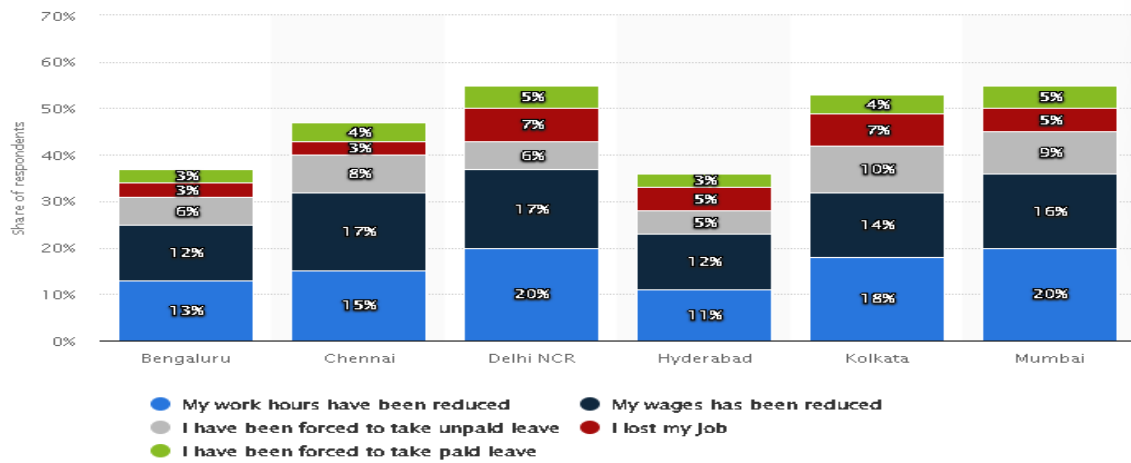
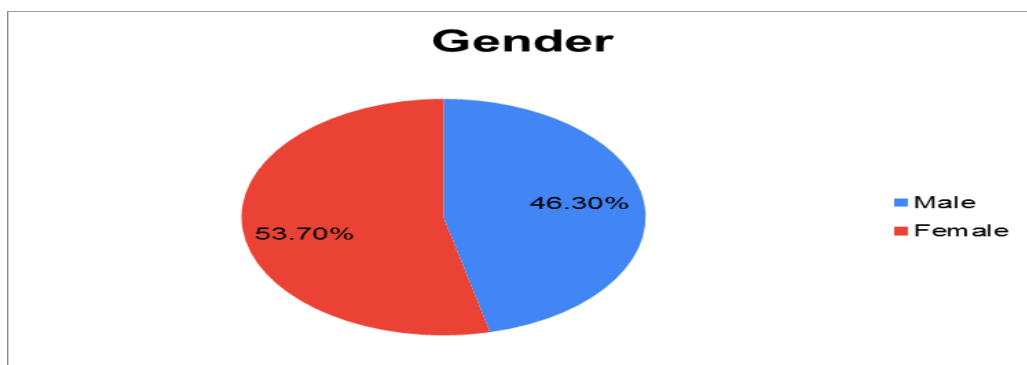


Table 1, Source: Statista

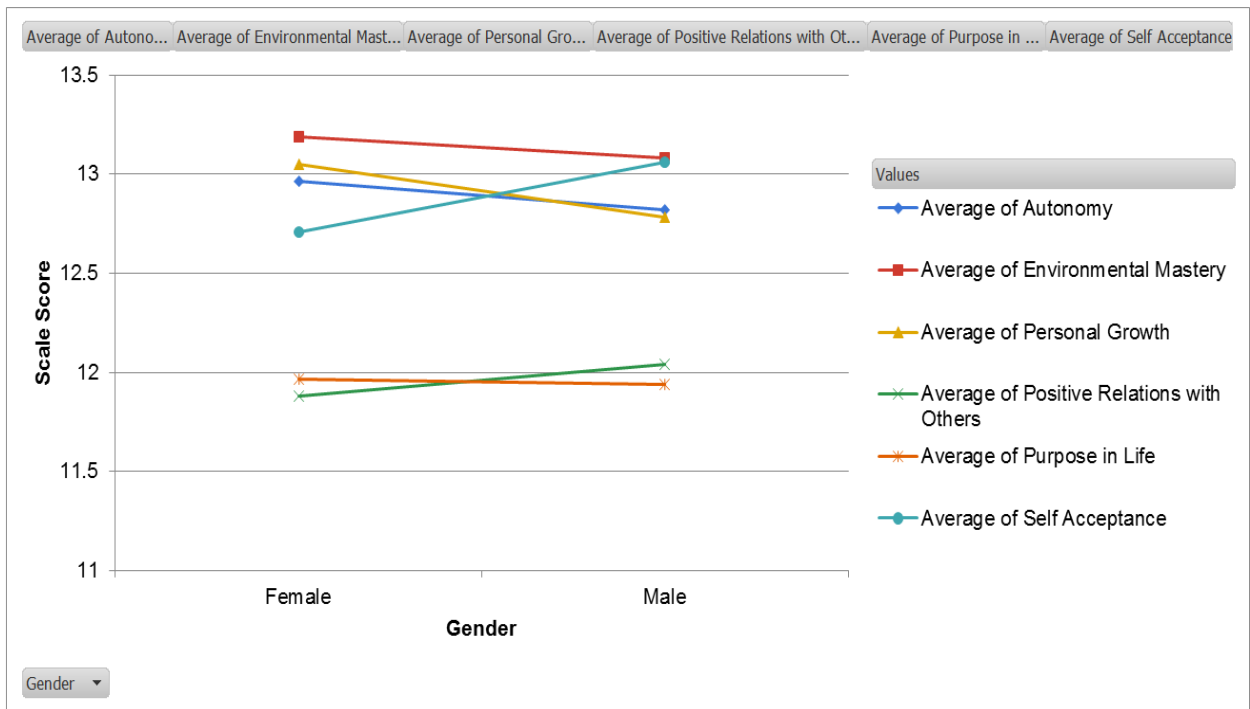
Descriptive Statistics of the subscales

Items	Item Mean	Item SD	Univariate Skewness	Univariate Kurtosis
Autonomy	12.89	3.09	-0.64	-0.24
Environmental Mastery	13.13	2.95	-0.20	-0.23
Personal Growth	12.92	3.07	-0.57	0.44
Positive Relations with Others	11.93	2.99	0.07	-0.33
Purpose in Life	11.95	3.32	0.21	-0.60
Self-Acceptance	12.87	3.17	-0.18	-0.73

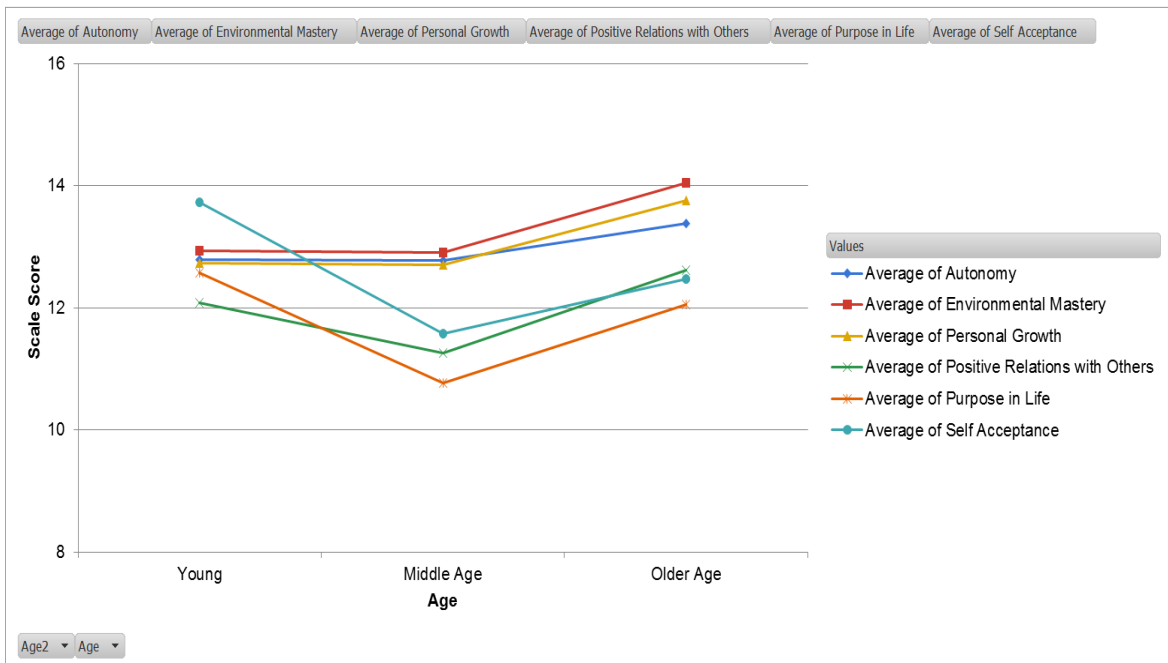
Table 2



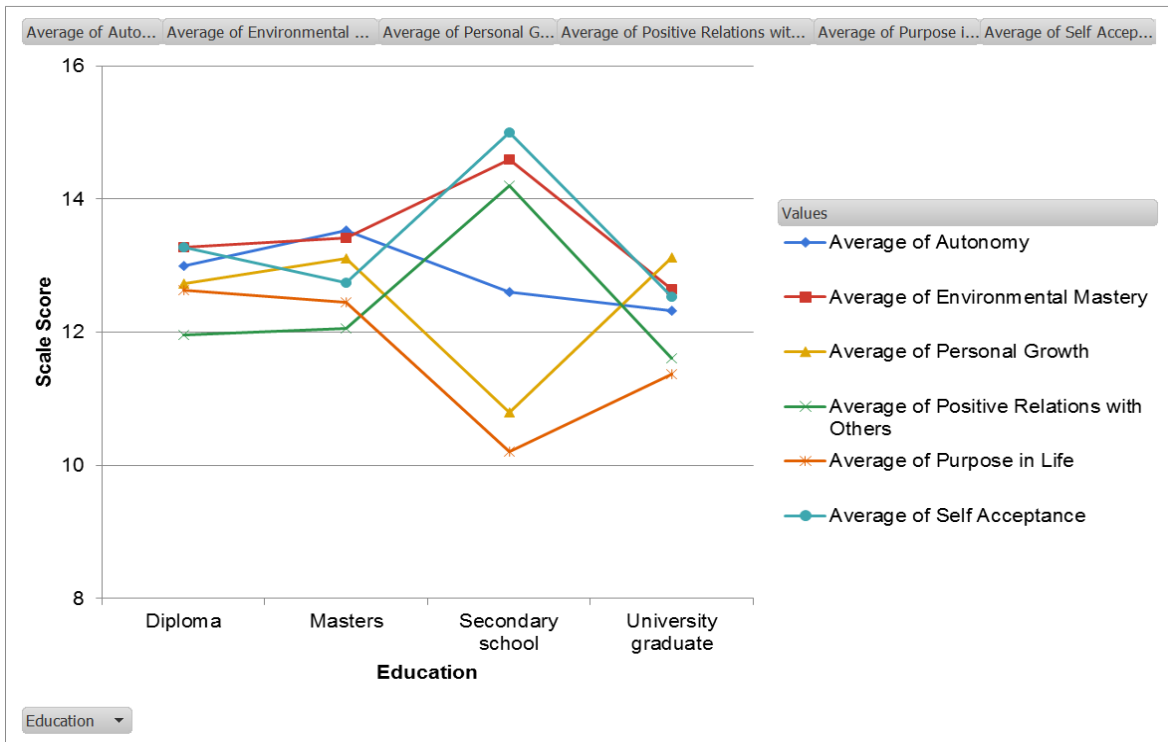
**Graph 1**



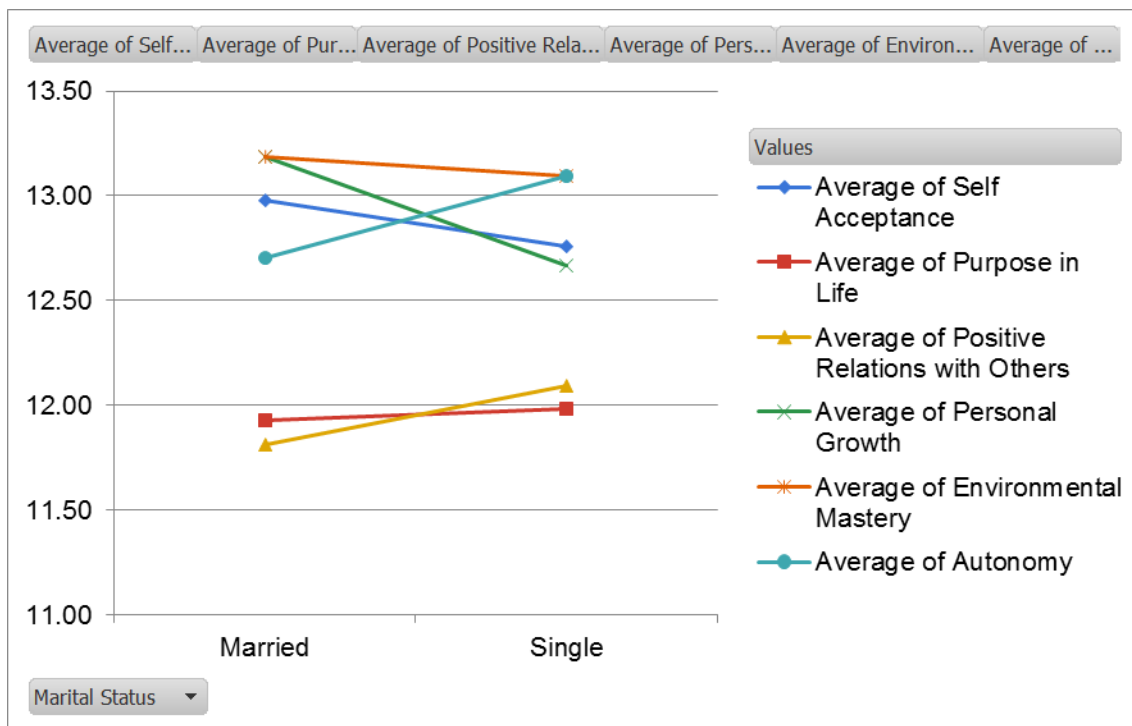
**Graph 2: Gender**



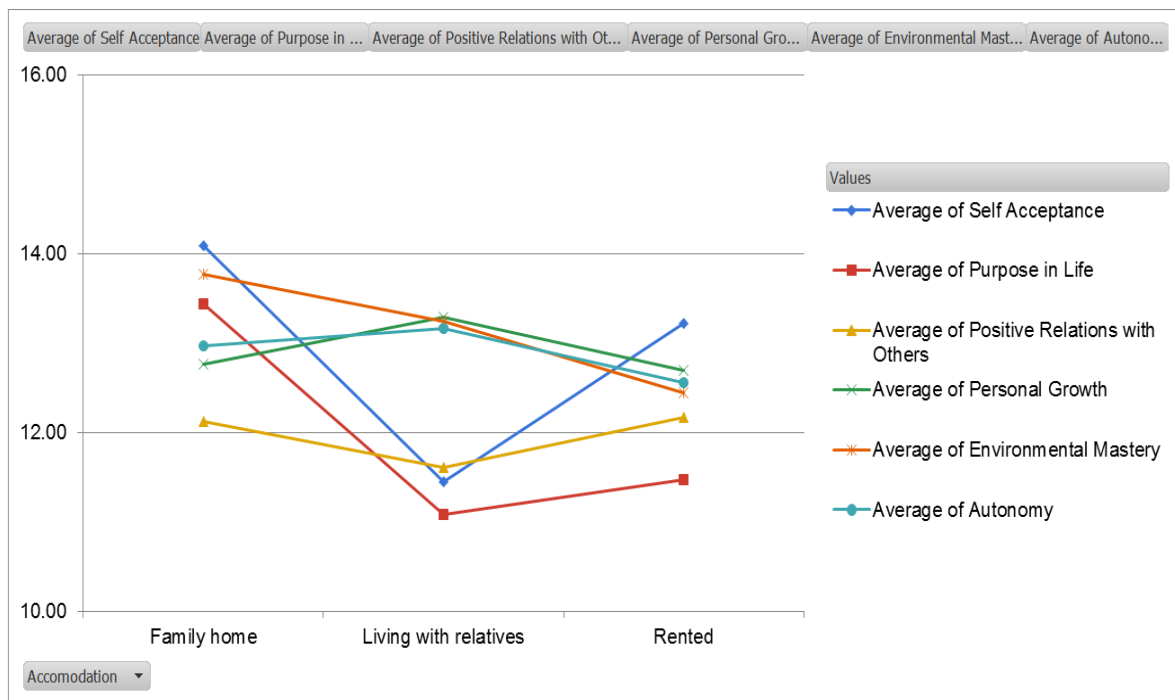
**Graph 3: Age**



**Graph 4: Education**



**Graph 5: Marital Status**



**Graph 6: Accommodation**