

## ANXIETY OF UNEMPLOYMENT BEFORE THE GRADUATION: RESEARCH ON UNIVERSITY STUDENTS IN THE AVIATION DEPARTMENTS

Savaş S. ATEŞ<sup>1</sup>

### ABSTRACT

Rapid population growth leads to faster and more intense participation of Turkey's young labor force fields. For this reason, employment and education become a privileged position in national policies. University is seen as the most important step taken for the future of the individual. The rate of higher education students' increases year by year.

In Turkey, the high unemployment rate is low and that of the trained workforce after graduation employment prospects of young people studying at university leads to the inability to find work life concerns. Young university graduates are more affected by the unemployment problem. In the studies carried out on the subject, it was observed that anxiety symptoms of university students with an average age of 18-25 were very high. Various studies conducted with university students indicate that problems such as depression, anxiety, anger, irritability, restlessness in interpersonal relationships, and obsessive-compulsive characteristics are intensively revealed.

According to Turkstat, Turkey trained on the idea that creates difficulties in terms of the convenience of not finding a job can be reached. Many university graduates are forced to work in a field other than their original professions due to lack of employment.

The research was conducted to measure unemployment anxiety of students and graduates of universities providing aviation education. of aviation-related training that includes students and graduates of universities in Turkey. In this study, the data collection method was investigated by questionnaire and there are two sections which include sociometric questions about demographic characteristics and unemployment anxiety. Turkey in aviation-related training and that university students were sent a questionnaire to the graduates were asked to reply by mail. 2767 students were reached. As a result of the survey conducted within the scope of the research, descriptive data analysis method was used with SPSS.

**Keywords:** Aviation Students, Unemployment, Unemployment Anxiety, University

**JEL Codes:** L93 - Air Transportation, R41-Transportation, L98 Government Policy

---

<sup>1</sup> Dr. Öğr. Üyesi, Eskişehir Teknik Üniversitesi Havacılık ve Uzay Bilimleri Fakültesi, ssates@eskisehir.edu.tr

## INTRODUCTION

Anxiety; is defined as a feeling of tension, which is caused by sadness, anxious thought, taste and the thought that something bad will happen (Demir, 2016). Anxiety is a universal feeling and experience that an individual experience during certain periods of his life. In general, this reaction of the individual to situations where he feels bad expresses feelings of anxiety, uncertainty, confusion, fear, pessimism and hopelessness for the future, thus causing the individual to fail in life (Deveci, Çalmaz, & Açıık, 2012). Anxiety is divided into different types according to the way they are seen in individuals. Individuals may experience anxiety in the face of some instant events of interest to them while they are under the influence of that event, and sometimes they may be in a constant state of anxiety arising from their inner lives throughout their lives (Saraç, 2015).

The aim of this study is to determine whether university students experience unemployment anxiety and to explain the sub-dimensions that cause unemployment anxiety. Psychological negative effects of unemployment anxiety such as stress symptoms, state-trait anxiety, and sub-dimensions causing unemployment anxiety were examined. In the first part of the study, anxiety and stress literature were investigated and unemployment in Turkey and the world by taking college students evaluated. In the second part, a questionnaire analysis was conducted to measure the unemployment anxiety of students studying in aviation departments.

The research data collection form consists of two sections. In the first part prepared by the researchers, socio-metric questions, and regarding the unemployment anxiety about demographic characteristics in the second part, were asked.

## LITERATURE REVIEW AND THEORETICAL FRAMEWORK

The beginning of the economic crisis is considered as a risk in health in a double dimension. On the one hand, it is related to the state of well-being and, on the other hand, it is related to the workings of the health system itself (Abal, et al. 2018). Unemployment represents one of the possible significant losses which is a problem concerning many surveys with biological, psychological, social, and cultural approaches (Bordea, Manea and Pellegrini 2017). There is evidence to support a link between unemployment and lower levels of psychological well-being, but debate continues as to whether unemployment results in psychological morbidity, or whether the association is due to those who are more vulnerable to mental illness becoming unemployed (Montgomery, et al. 1999). The most frequent result in these situations is the higher level of anxiety, depression, and somatic symptoms (Abal, et al. 2018).

Unemployment often leads to anxiety and depression (Smári, et al. 2002). The university students feel the anxiety future stress according to facing with unemployment.

Education is to raise awareness, to develop the higher mental abilities and adapt to changing environmental conditions (Subrahmanian 2005). Appropriate learning environments need to be established in order to continuously acquire the knowledge, skills and behaviors required for education. In the last 50 years, compulsory education has extended. Education is an important factor in employing the labor force and increasing labor productivity. Education is important first and foremost as the thread that gives form to the fabric of society. It provides the basis for individual development, both affective and cognitive (OECD 2015). Compared with European countries, Turkey has a young population. According to the 2010 Human Development Report, the average education period of our adult population is 6.5 years, which is well behind the developed countries. the proportion of the adult population has tertiary education in Turkey is 13% (Kavak 2011). This is an important factor in increasing the demand for entry to universities. In order to meet this demand, the number of universities and the quota of departments are increased (Aydinkal, et al. 2012).

**Table-1:** 15-25 Youth in Statistics, 2018

Year	Turkey	Male	Female
2005	19,9	19,5	20,5
2006	19,1	18,3	20,6
2007	20,0	19,6	20,8
2008	20,5	20,1	21,2
2009	25,3	25,4	25,0
2010	21,7	21,0	23,0
2011	18,4	17,1	20,7
2012	17,5	16,3	19,9
2013	18,7	17,0	21,9
2014 <sup>(1)</sup>	17,9	16,6	20,4
2015 <sup>(1)</sup>	18,5	16,5	22,2
2016 <sup>(1)</sup>	19,6	17,4	23,7
2017 <sup>(1)</sup>	20,8	17,8	26,1
2018 <sup>(1)</sup>	20,3	17,6	25,3

TurkStat, Youth in Statistics, 2018 (1) Series are not comparable with the previous years due to the new arrangements made since 2014.  
Source: (TurkStat 2019)

However, the education process increases the number of qualified people, the idea of having a profession causes pressure on the students studying at the university (Dursun and Aytay 2009). Because, one of the most important problems of the labor market is the mismatch between the qualifications demanded by the labor market and the qualifications offered by the education system. It is important to have multiple skills in the employment of professionals with professional occupations (Kellevezir and Çakır 2018). In theory, it is suggested that university graduates haven't employment problems, and also they have career opportunities. In addition, it is believing that they are able to

introduce the professions faster and earn more with higher wages. It is known that university degree is a prerequisite for some jobs, however, unemployment rates are high among university students (Erikli ve Bayat 2019). Because of the low rate of employment opportunities of the higher educated workforce, young people of anxiety not being able to find a job after graduation is very high in Turkey. It was found that there was a relationship between the students' departments of university and anxiety about not being able to find a job (Akgün 2019).

### RESEARCH METHOD

This research has been conducted to measure the anxiety of university students providing aviation education before graduation. In the research, the information obtained from the survey results and the results obtained were evaluated and recommendations were made. This research includes students and graduates of universities in Turkey that aviation-related training. In this research, a questionnaire was used and consists of two sections and 30 questions. The first part prepared by the researchers was asked as 18 of the demographic characteristics and the second part consisted of socio-metric questions regarding the unemployment anxiety which consisted of 10 questions. It was formed by getting ideas from the questions in the survey and organizing the students according to the education they received. This research, which for Turkey in aviation-related training and university students were sent a questionnaire to the graduates were asked to reply by mail. 2767 students completed the questionnaire. The findings of the study were analyzed with SPSS 15.

### FINDINGS

38.2% (1021 students) of the students participating in the research are studying in Ground Services, 27.9% (746 students) in Cabin Services department, 33.9% (906 students) in Maintenance Services department. 67.3% (1863 students) of the participants were male and 32.5% (780 students) were female (Table 2).

**Table-2 Gender**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	1863	67,3	67,3	67,3
	Female	904	32,7	32,7	100,0
	Total	2767	100,0	100,0	

27.2% of the participants (754 students) were 21 years old, 20.6% (569 students) 22 years old, 19.9% (550 students) 20 years old, 12% (331 students) 23 years old, 10.2% (282 students) 24 and older, 9% (249 students) 19 years old, 1.2% (32 students) 18 years old.

**Table-2** Age

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 18	32	1,2	1,2	1,2
19	249	9,0	9,0	10,2
20	550	19,9	19,9	30,0
21	754	27,2	27,2	57,3
22	569	20,6	20,6	77,8
23	331	12,0	12,0	89,8
24 & older	282	10,2	10,2	100,0
Total	2767	100,0	100,0	

95.3% (2637 students) of the participants stated that they came to the department willingly and 4.7% (130 students) said they did not want to come to the department.

The Cronbach's alpha values for each subscale of the models 0.387.

**Table-3** Reliability Statistics

Cronbach's Alpha	N of Items
,387	10

The Cronbach's alpha values for each subscale of the models 0.387 (Table 3).

**Table-4** Acceptance to job offers, lower than the capabilities

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	1538	55,6	55,6	55,6
No	1229	44,4	44,4	100,0
Total	2767	100,0	100,0	

While 55,6% (1,538 students) agreed to work when they found a job below their vocational training and skills, 44,4% (1,229 students) did not agree. 94.7% of the participants (2,621 students) refused to work in uninsured, on the other hand, 5.3% (146 students) accepted to work in uninsured conditions (Table 4).

**Table-5** Worrying about not enough income to live

N	Valid	2767
	Mean	2,70

25.2% of the participants (698 students) thought that if they did not find a job after graduation, they would not have enough income to live, 12.6% (348 students) did not think they would have enough income to survive (Table 6). Mean of the answers of participants is 2.7.

**Table-6** Worrying about not enough income to live

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly agree	698	25,2	25,2	25,2
Somewhat agree	448	16,2	16,2	41,4
Neither agree nor disagree	965	34,9	34,9	76,3
Somewhat disagree	308	11,1	11,1	87,4
Strongly disagree	348	12,6	12,6	100,0
Total	2767	100,0	100,0	

**Table-7** Loss of reputation against family and friends

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly agree	529	19,1	19,1	19,1
Somewhat agree	354	12,8	12,8	31,9
Neither agree nor disagree	589	21,3	21,3	53,2
Somewhat disagree	331	12,0	12,0	65,2
Strongly disagree	964	34,8	34,8	100,0
Total	2767	100,0	100,0	

19.1% of the participants (529 students) thought that if they could not find a job, they would lose their reputation towards their family and friends, while 34.4% (827 students) did not think that they would lose their reputation if they could not find a job (Table 7). Mean of the answers of participants is 3.31.

While 19.7% of the participants (544 students) thought that their self-confidence would be lost if they could not find a job, 32.9% (909 students) did not think that their self-confidence would be lost.

**Table-8** Keep of faith finding a job

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly agree	1070	38,7	38,7	38,7
Somewhat agree	450	16,3	16,3	54,9
Neither agree nor disagree	687	24,8	24,8	79,8
Somewhat disagree	303	11,0	11,0	90,7
Strongly disagree	257	9,3	9,3	100,0
Total	2767	100,0	100,0	

38.7% (1070 students) of the participants think that they will maintain their belief that they keep of faith finding the job. On the other hand, 9.3% (257 students) do not think that they will maintain their belief that they will find job (Table 8). Mean of the answers of participants is 2.36.

**Table-9** Hard to tell others my unemployment

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	1042	37,7	37,7	37,7
	Somewhat agree	408	14,7	14,7	52,4
	Neither agree nor disagree	558	20,2	20,2	72,6
	Somewhat disagree	233	8,4	8,4	81,0
	Strongly disagree	526	19,0	19,0	100,0
	Total	2767	100,0	100,0	

The mean of the answers 37.7% (1042 students) thought it would be difficult to tell others that unemployed, while 19 % (526 students) did not think it would be difficult to tell (Table 9).

**Table-10** Looking an alternative as starting own business

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	686	24,8	24,8	24,8
	Somewhat agree	402	14,5	14,5	39,3
	Neither agree nor disagree	832	30,1	30,1	69,4
	Somewhat disagree	375	13,6	13,6	82,9
	Strongly disagree	472	17,1	17,1	100,0
	Total	2767	100,0	100,0	

While 24.8% of the participants (686 students) are thinking of looking for alternative solutions such as starting their own business, 17.1% of them (472 students) do not think of looking for alternative solutions (Table 10). Mean of the answers of participants is 2.84.

While 18.3% of the participants (507 students) were worried that they would feeling as defective, 31.8% (880 students) were not. Mean of the answers of participants is 3.26 contributing to feeling as defective.

**Table-11** Blaming country conditions instead of myself

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	1057	38,2	38,2	38,2
	Somewhat agree	483	17,5	17,5	55,7
	Neither agree nor disagree	777	28,1	28,1	83,7
	Somewhat disagree	214	7,7	7,7	91,5
	Strongly disagree	236	8,5	8,5	100,0
	Total	2767	100,0	100,0	

38.2% (1057 students) of the respondents said that the reason for not being able to find a job was not because of themselves but because of country conditions. 8.5% (236 students) think that the reason for not being able to find a job is self-directed (Table 11). Mean of the answers of participants is 2.31.

**Table-12** Doing development activities, if prolonged find a job

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	1043	37,7	37,7
	Somewhat agree	638	23,1	60,8
	Neither agree nor disagree	725	26,2	87,0
	Somewhat disagree	176	6,4	93,3
	Strongly disagree	185	6,7	100,0
	Total	2767	100,0	100,0

19.8% of the participants (548 students) are considering to spend the process of being unemployed by dealing with many activities that they cannot do when they start work. 12.9% (357 students) do not intend to spend this process with activities they cannot do when they start work. Mean of the answers of participants is 2.8.

**Table-13** Have to work other field, if prolonged find a job

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly agree	1285	46,4	46,4
	Somewhat agree	595	21,5	67,9
	Neither agree nor disagree	600	21,7	89,6
	Somewhat disagree	148	5,3	95,0
	Strongly disagree	139	5,0	100,0
	Total	2767	100,0	100,0

46.4% of the respondents (1,185 students) stated that they were planning to do temporary work to cover their expenses even though they were not related to their profession during their unemployed period. 5% of the respondents (130 students) do not consider doing temporary work to cover their expenses even though they are not related to their profession during the period of unemployment.

## CONCLUSION and DISCUSSIONS

The widespread unemployment among young labor force in Turkey leads to increased anxiety and hopelessness in the university students. Unemployment is considered a defect that is incompetent or embarrassing. The problem of employment of university graduates arises. This situation increases the number of unemployed graduates. Therefore, students in a faculty are worried about finding a job after graduation.

It possible to perform a rigorous examination of recent and accumulated unemployment as risk factors for the subsequent onset of symptoms of depression and anxiety study examined the correlation



between university students' unemployment stress and affecting factors including physical symptoms, mental health, and self-esteem.

Despite the increasing number of individuals receiving university education, employment opportunities are decrease. In fact, it is commonplace to come across young people who cannot find work for a few years after graduation. Underlying this is the fact that university graduates will be settled in a job for the first time, cannot find a job that suits their qualifications and that they do not like the salary of the workplace. The most important factor that causes university students to experience psychological effects such as anxiety, stress and depression is that they see the future uncertain in terms of finding a job. high levels of unemployment among university graduates in Turkey further increased this anxiety and uncertainty. The difference of the literature review, this study is focused on aviation related departments.

Unemployment anxiety level questionnaire and demographic information form were used as data collection tools. In the results, this study was attended by students studying in aviation related departments and a total of 2,767 students studying in aviation related departments participated in this study.

\*This research result presented in Entrepreneurship & Social Sciences Congress (EMI-2019), 29-30 November 2019

\*\* This research was supported by the Scientific Research Project No. 1709F499 of Eskişehir Technical University.

## REFERENCES

Abal, Yolanda Navarro, José Antonio Climent Rodríguez, María José López, and Juan Gómez Salgado. "Psychological Coping with Job Loss. Empirical Study to Contribute to the Development of Unemployed People." *Int. J. Environ. Res. Public Health* 15, no. 8 (2018): 1-11.

Akgün, Mehtap. *Türkiye'de Genç İşsizlik Sorunu ve Bu Sorunun Çözümüne Yönelik İstihdam Politikaları*. İktisat Anabilim Dalı Uluslararası İktisat ve Finans Yükseklikisans Tezi, İstanbul: T.C. Maltepe Üniversitesi Sosyal Bilimler Enstitüsü, 2019.

Aydıncal, Mehmet, Mustafa Bilgin, Fatih Şanöz, and Doğan Demirci. *İstihdam Odaklı Mesleki Eğitim için Sektörel Talep Araştırması: Çorum İli Uygulaması*. T.C. Kalkınma Bakanlığı ve Orta Karadeniz Kalkınma Ajansı Projesi, Çorum: T.C. Hitit Üniversitesi, 2012.

Bordea, Elena Nicoleta, Mihnea Manea, and Angelo Pellegrini. "Unemployment and Coping With Stress, Anxiety, And Depression." *Czech Journal of Social Sciences Business and Economics*, 2017: 6-14.

Demir, Bekir. *Yapısal Eşitlik Modeli ile Öğrencilerin İş Bulma Kaygılarına Yönelik Ölçek Ölçek Geliştirme: Cumhuriyet Üniversitesi İİBF'de Bir Uygulama*. Sivas: Cumhuriyet Üniversitesi Sosyal Bilimler Enstitüsü Yüksek Lisans tezi, 2016.

Deveci, Süleyman Erhan, Ayşe Çalmaz, and Yasemin Açık. "Doğu Anadolu'da yeni açılan bir üniversitenin öğrencilerinde kaygı düzeylerinin sağlık, sosyal ve demografik faktörler ile ilişkisi." *Dicle Tıp Dergisi*, 2012: 189-196.

Dursun, Salih, and Serpil Aytaç. "Üniversite Öğrencileri Arasında İşsizlik Kaygısı." *Uludağ Üniversitesi İktisadi ve İdari Bilimler Fakültesi Dergisi* XXVIII, no. 1 (2009): 71-84.

Erikli, Süheyla, ve Bülent Bayat. «Educated Long-Term Unemployment Young's Education And Working Life Expectation : Instance Of The Ankara.» *Sosyal Politika Çalışmaları Dergisi* 19, no. 43 (2019): 298-331.

Kavak, Yüksel. "Overview of Higher Education in Turkey and Future Directions." *Journal of Higher Education and Science*, 2011: 55-58.

Kellevezir, Işıl, and Özlem Çakır. "Labor Market Information System: A New Model Suggestion For Turkey." *Labor Market Information System: A New Model Suggestion For Turkey* 9, no. 2 (2018): 1-23.

Montgomery, Scott M, Derek G Cook, Mel J Bartley, and Michael EJ Wadsworth. "Unemployment pre-dates symptoms of depression and anxiety resulting in medical consultation in young men." *International Journal of Epidemiology* (International Epidemiological Association) 28 (1999): 95-100.

OECD. *Education at a Glance Interim Report: Update of Employment and Educational Attainment Indicators*. OECD, 2015.

Saraç, Turan. *Ahi Evran Üniversitesi Son Sınıf Öğrencilerinin Gelecek Kaygısı ve Umutsuzluklarının İncelenmesi*. Kırşehir : Ahi Evran Üniversitesi Fen Bilimleri Fakültesi, 2015.

Smári, Jakob, Elvar Arason, Hafsteinn Hafsteinsson, and Snorri Ingimarsson. "Unemployment, coping and psychological distress." *Scandinavian Journal of Psychology* 38 (2002): 151-156.

Subrahmanian, Ramya. «Gender equalityin education: Definitions and measurements.» *International Journal of Educational Development* 25 (2005): 395-407.