

Long-Term Unemployment and Its Influence on the Emergence of Suicidal Thoughts

Slimi Sassia¹, Khemnou Dounia², Mimouni Kahina³

Mouloud Mammeri University, Tizi-Ouzou ,Algeria

*Correspondence E: Mail : Sassia.Slimi@Ummto.Dz

Received: 15/03/ 2023; Accepted: 20/08/ 2023; Published: 11/09/2023

Abstract

This study, titled "Long-term Unemployment and its Influence on the Emergence of Suicidal Ideation," addresses a sensitive issue within Algerian society, delving into the intricate relationship between extended joblessness and the onset of suicidal thoughts. The research is grounded in a sample of thirty individuals, with an average age of 27, all of whom have grappled with suicidal ideation. In the context of Algerian culture, where suicide remains a taboo subject, our sociological approach has facilitated an objective analysis. The findings lay bare a prevailing sense of isolation among individuals enduring long-term unemployment, primarily stemming from their reluctance to communicate with family members due to the fear of societal judgment. Half of the sample has never tasted the world of work, compounding the tribulations of unemployment. Moreover, pervasive low self-esteem prevails, with a significant majority expressing profound life dissatisfaction. The conclusions lend credence to our research hypotheses: prolonged unemployment engenders social isolation, psychological distress, and the harboring of suicidal thoughts. Heightened awareness of these issues and the implementation of preventive measures and support mechanisms for this vulnerable demographic are imperative to mitigate the risk of suicide.

Keywords: Long-term unemployment - Suicidal ideation - Social isolation - Mental health - Suicide prevention.

Tob Regul Sci. [™] 2023 ;9(1):5270 - 5289

DOI: doi.org/10.18001/TRS.9.1.366

Introduction

Suicide, when it occurs, is a tragedy that generates distress and guilt among loved ones. They often wonder if they could have prevented this drama. In more distant relationships, it generally evokes incomprehension, discomfort, and unease. Although suicide can never be explained by a single cause, certain specific factors, such as low self-esteem, a lack of validation, negative judgments, or social exclusion, can play a triggering role. These characteristics are frequently observed among long-term unemployed individuals.

The labor market is now at the forefront of concerns for politicians, economists, and society as a whole. Despite numerous initiatives and comprehensive theories aiming to solve this problem,

the results often remain disheartening. This situation is particularly worrisome among the youth, who are the most affected. It presents a contemporary issue to which we sought to respond through this study. Our objective was to understand if there is a connection between suicidal ideation and the situation of long-term unemployment.

Sociology, as a science studying human social life, groups, and societies, focuses on our behavior as social beings. With its interdisciplinary nature and quantitative methods, it enables the exploration of groups and the results is of this issue on society. That is why our research takes a sociological approach to study long-term unemployed individuals in Tizi-Ouzou, with a particular emphasis on those who have previously experienced or currently have suicidal ideation.

I. Theoretical Framework

I.1. Motivations for Choosing the Theme

The research stems from the growing concern regarding the consequences of unemployment, particularly among long-term unemployed individuals, and its potential link to the emergence of suicidal ideation. This study focuses on the situation in Algeria, specifically in the wilaya of Tizi-Ouzou, where persistent unemployment has become a significant challenge despite the industrial growth in the region.

The choice to focus on long-term unemployed individuals, whether educated or not, is driven by the fact that this social group is often neglected by public policies, despite its increasing number. The objective of this research is to understand the characteristics of this population and explore the reasons why some individuals remain unemployed for over a year after leaving university, which can subject them to growing difficulties in their daily lives.

We are also interested in factors that may contribute to the emergence of suicidal ideation within this population, including social isolation and the breakdown of familial ties. This study aims to shed light on these issues and raise awareness about the importance of considering the needs of long-term unemployed individuals in employment policies. By doing so, we hope to contribute to a better understanding of the challenges faced by this vulnerable group and advocate for the implementation of support measures that address their unique circumstances.

I.2. Research Objectives

The main objective is to understand the lived experiences of long-term unemployed individuals, specifically those who have been jobless for more than 12 months. This will be achieved by using a sociological approach to analyze the relationship between prolonged unemployment, suicidal ideation, deviant behaviors, and social practices. The aim is to gain a better understanding of the factors that influence their experiences and shed light on the complex dynamics at play in their lives.

I.3. Problem Statement

Youth is recognized as a valuable social resource, possessing physical, mental, and emotional characteristics, as well as social aspects acquired through their cultural and educational environment.

The Algerian youth, representing approximately 31.30% of the population in 2018, faces significant challenges, including unemployment. This issue particularly affects young people, with an overall unemployment rate of 11.1% in Algeria, of which 28.3% are youth. This situation gives rise to concerns related to singleness, lack of employment opportunities, limited leisure activities, and uncertainty about their future.

Before addressing the problem, it is necessary to define certain concepts. According to the National Office of Statistics (ONS), unemployed individuals are defined as people between the ages of 16 and 59 who are without work, available for employment, and have taken active steps during the specified period to seek employment ⁽¹⁾.

Considering work as a means for young people to acquire a sense of maturity and confirm their social existence, it is possible to assert that the high number of unemployed individuals in Algeria can lead to a sense of social exclusion, including difficulties in providing for their parents' house or starting a family.

The widespread unemployment in Algeria can lead to a sense of social exclusion for young people, depriving them of opportunities for maturity and social status. Unemployment is perceived as a social rupture, affecting self-image and individual beliefs. This social rupture, combined with financial difficulties and family breakdowns, can lead individuals to deviant behavior.

In his work titled "Suicide," Émile Durkheim addressed the issue of unemployment, concluding that it, along with economic and professional crises, does not directly influence suicidal behavior. However, these crises do disrupt familial and social cohesion, which can foster suicidal ideation in individuals. In the same work, Durkheim defines suicide as "any case of death resulting directly or indirectly from a positive or negative act committed by the victim themselves, and which they knew would produce this outcome" ⁽²⁾.

The social factor is one of the most significant elements in triggering the suicidal process, whether in terms of suicidal ideation, suicidal behavior, or actual suicide. That is why we have chosen to address this theme to assess the impact of unemployment on the development and onset of suicidal ideation in individuals.

From this perspective, based on our preliminary readings and our personal vision of this research, we have formulated questions regarding individuals who have been unemployed for more than a year:

How does the situation of unemployment influence the emergence of suicidal ideation in individuals?

This problem has prompted us to formulate additional secondary questions:

- Can the isolation of the unemployed potentially influence the emergence of suicidal ideation or suicidal acts?
- Can poor communication within the family potentially push the unemployed individual to develop suicidal ideation or engage in suicidal behavior?

I.4. Research Hypotheses

To address the questions posed in our problem statement, we put forward the following hypotheses:

Hypothesis 1: The isolation of the unemployed has the potential to influence the emergence of suicidal ideation or suicidal acts.

Hypothesis 2: Poor communication within the family can potentially push the unemployed individual to develop suicidal ideation or engage in suicidal behavior.

These hypotheses will serve as the foundation for our quantitative research aimed at exploring the relationships between unemployment, social isolation, family communication, and suicidal ideation among individuals experiencing long-term unemployment.

I.5. Encountered Obstacles

During our research, we encountered several obstacles, including:

1. Limited access to a representative sample: Obtaining a diverse and statistically representative sample of individuals experiencing long-term unemployment proved challenging due to restricted access to relevant data sources and potential participants.

2. Reluctance to address sensitive topics: Some participants may exhibit hesitance in openly discussing their experiences of unemployment, social isolation, and suicidal ideation due to the sensitive nature of these subjects.

1. **Difficulties related to fieldwork:** When we conducted fieldwork to collect data, we encountered challenges with certain institutional platforms, such as the National Employment Agency (NEA), which was uncooperative. This reluctance could be attributed to the sensitive nature of our research topic, as long-term unemployment and suicide remain taboo subjects in many societies.

2. Lack of documentation: We also encountered challenges due to the scarcity of relevant literature on our research topic and initial question. It was sometimes difficult to find books and resources that could have assisted us in deepening our conceptual analysis.

These obstacles have reinforced the need to employ alternative methods, such as snowball sampling, to gather relevant data and expand our sample. These challenges underscore the importance of raising further awareness about social issues like long-term unemployment and suicidal ideation. We hope that this will encourage more future research to gain a better understanding of these complex issues and contribute to breaking the taboos surrounding them.

II. Definition of Key Concepts

In a research work, it is essential to define key concepts to ensure a common understanding among readers. These key terms play a crucial role in the study. We will provide both a theoretical and operational definition for each concept. The theoretical definition articulates the conceptual meaning, while the operational definition specifies how the concept will be measured in the field.

Unemployment: refers to the situation of an individual or a population being without employment. According to the International Labour Organization (ILO), whose statistics are used for international comparisons, unemployment encompasses individuals of working age, typically 15 years and older, who meet three conditions⁽³⁾: 1) being without employment, meaning not having worked for even one hour during a reference week; 2) being available to take up employment within the next fifteen days; 3) actively seeking employment in the past month or having found a job that will start within three months.

Long-term unemployment: encompasses individuals who have been unemployed for more than one year⁽⁴⁾. This concept was introduced by the Organization for Economic Cooperation and Development (OECD), initially defining it based on a period of six months. After the 1980s, the definition evolved to include a period of twelve months or more. In our study, we refer to long-term unemployment to describe individuals who have been unable to secure employment for 12 months or more, encompassing both those who have lost their jobs and those who have never worked.

Suicide: is the deliberate act of ending one's own life. According to the World Health Organization (WHO), it is the thirteenth leading cause of death worldwide, affecting all age groups and representing one of the major causes of mortality among young people. Suicide can be either a rational act, motivated by moral, social, religious, philosophical, or personal considerations, or a pathological act occurring during the course of various mental disorders. Emile Durkheim defines it as "any case of death resulting directly from a positive or negative act performed by the victim themselves, and which they knew would produce this result."⁽⁵⁾

Suicidal ideation: refers to the thoughts or representations an individual has of resorting to suicide as a possible solution to a situation they perceive as unsatisfactory or as a drastic remedy for the despair they feel. Suicidal ideation is a phase that leads to an effort to planning the suicidal act⁽⁶⁾.

Family: is the basic unit of society, playing a vital role in education and solidarity. The family is also the primary institution for the transmission of financial, cultural, and social assets, following a pattern of intergenerational transmission from parent to child.

Deviance: refers to behaviors that deviate from established social norms. In the normative spheres of society, deviance can be subject to legal sanctions or viewed as a psychological or behavioral disorder⁽⁷⁾.

Social exclusion: refers to the marginalization or relegation of individuals who do not (or no longer) fit into the dominant model of society. It often results from job loss, overindebtedness, homelessness, etc., and is characterized by significant precariousness and a more or less abrupt rupture with social life. It is generally experienced as a loss of identity.

III. Literature Review

The topic of suicide remains taboo in our contemporary society, leading to limited media coverage due to concerns about the contagion effect, in accordance with the recommendations of the World Health Organization (WHO). Emile Durkheim's seminal work, "Le Suicide," published in 1897, continues to be a major reference in the field. By utilizing statistical data, Durkheim established that suicide was a social phenomenon independent of individual decisions, introducing the concept of anomie to describe the disruption associated with social isolation. Maurice Halbwachs revitalized the discourse on suicide by extending the aspects established by Durkheim and expanding the sociological analysis.

Raymond Ledrut, in "Sociologie du Chômage" (Sociology of Unemployment), highlighted the risk of job loss and employability as interconnected concepts related to unemployment, considering it as a social phenomenon. Ali Moussa and Abbas Abdenour's thesis, "Étude Sociologique du Vécu des Jeunes Diplômés Universitaires en Situation de Chômage de Longue Durée de la Wilaya de Bejaia" (Sociological Study of the Experience of Long-Term Unemployment among Young University Graduates in the Wilaya of Bejaia), revealed the neglect of this population by youth integration institutions, exploring the reasons for prolonged unemployment, such as lack of experience and the value placed on family connections. These studies laid the essential groundwork for our current research on long-term unemployment, social isolation, family communication, and suicidal ideas.

IV. Methodological approach

IV.1. Pre-survey:

According to Madeleine Grawitz, the pre-survey involves "testing the instruments (questionnaires, interviews, document analysis) intended for the survey on a small sample. If there are doubts about certain variables or the performance of a particular technique, one can explore the problem under study in a limited manner even before definitively specifying its objectives."⁽⁸⁾

In our study, this phase holds great importance. It involves gathering information through observation, interviews, and surveys, which is crucial for defining our research scope given the complexity of the subject. Our methodological approach is mixed, combining online and field methods. Social networks have proven valuable for our research, facilitating the search for cases that meet our criteria. During the pre-survey period (April 9, 2019, to May 21, 2019), we observed young unemployed individuals at the National Employment Agency (A.N.EM) and explained our research theme to them. We administered paper questionnaires to some participants and collected contact information from others for the online survey.

This phase was crucial in establishing our sample, initiating initial contact with the participants, refining our questionnaire, and validating our data collection methods. It laid the foundation for our empirical research.

IV.2. Method and techniques used

a. The method:

In our research, we opted for a descriptive approach of a quantitative nature. This method proved particularly useful for operationalizing the variables of our study. It relies on deductive reasoning and aims to identify, explain, and control a phenomenon. It allowed us to collect comparable information across different elements, thereby facilitating the quantitative analysis of data. To gather this data, we chose to use questionnaires.

b. The technique used:

In our research, the data collection technique we employed was the questionnaire. This method allowed us to systematically and structurally gather the necessary information for our study. The questionnaire provided a standardized approach to collect data from participants, ensuring consistency and comparability in the responses. It allowed us to obtain quantitative data that could be analyzed and interpreted using statistical methods, contributing to the overall objectives of our research.

c. The study population:

Within the scope of our research, we conducted 30 surveys among individuals experiencing long-term unemployment and presenting a specific characteristic: "having had or currently having suicidal thoughts." The anonymity provided by this survey method fostered more open and

sincere participation conditions. Furthermore, our non-taboo approach towards the subject of suicide helped establish a relationship of trust and compassion between us and the respondents.

This quantitative research methodology was carefully chosen to address the objectives of our study and ensure the reliability and comparability of the collected data. It allowed us to thoroughly explore the relationship between long-term unemployment and suicidal ideation within our study population. The rigorous application of this methodology enabled us to analyze the data in a systematic and objective manner, providing valuable insights into the topic under investigation.

c.1. Sampling technique:

The snowball sampling method is a sampling technique that we employed in our study. It involves distributing a survey questionnaire to individuals who meet the desired characteristics and then asking them to pass on the questionnaire to others who share the same characteristics. This method derives its name from the snowball effect, where chain reactions lead to the progressive accumulation of data, much like a snowball growing in size as it rolls down a snowy slope. The snowball sampling method is not designed to provide a representative sample of the population. However, it is particularly suitable when seeking individuals with specific or even very precise characteristics. It is also well-suited for online use, where social networks and online communities facilitate the dissemination of the questionnaire.

c.2. How does this method work:

1. The researcher starts by distributing the questionnaire to a group of individuals known to them and who meet the study criteria.
2. Participants are then asked to identify other individuals they know who share the same characteristics or to share the questionnaire with them.
3. The process repeats, with an increasing number of people receiving and responding to the questionnaire.
4. As the questionnaire is shared, the number of respondents gradually increases.

V- Analysis and discussion

VI- The characteristics of the sample:

Table (01): age of the sample

The data collected in the characteristics such as status and year of forming the basis of our the profile of the long-suicidal ideation.

Table (01) shows the age sample. We found that 25 and 27 years old, cases, followed closely by percentage of 13.3%. 34-year-olds both have a average age of our rounded to 27 years.

	Frequency	Percentage
22.00	2	6.7
23.00	1	3.3
24.00	3	10.0
25.00	6	20.0
26.00	4	13.3
27.00	6	20.0
28.00	1	3.3
29.00	3	10.0
30.00	2	6.7
34.00	1	3.3

field includes personal age, gender, marital graduation, thus analysis to understand term unemployed with

distribution of the the highest age group is accounting for 20% of 26 year olds, with a The 29-year-olds and percentage of 10%. The sample is 26.83 years,

Table (02): Type of sample

	Frequency	Percentage
man	17	56.7
Wife	13	43.3
Total	30	100.0

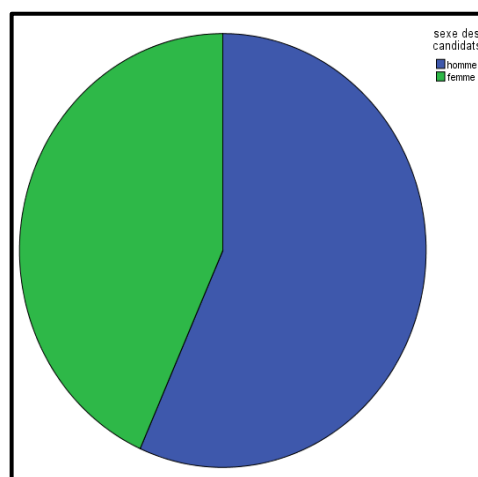


Figure 1: Representation of Table (2)

Table (02) and Figure (01) present the distribution of the sample according to gender. We observed that 56.7% of the cases are males, while 43.3% are females. The gender analysis of our sample reveals a certain balance, with a nearly equal number of males and females.

Table (03): Marital status

	Frequency	Percentage
married	11	36.7
bachelor	17	56.7
divorced	2	6.7
Total	30	100.0

Figure 2:Representation of Table (3)

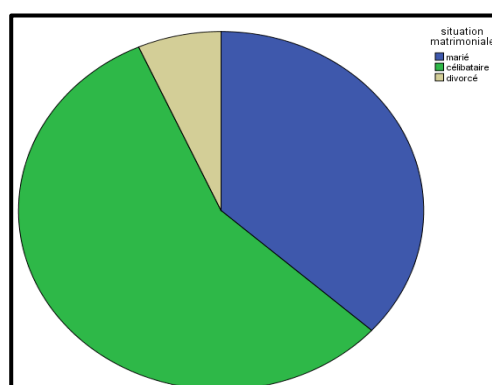


Table (03) and Figure (02) depict the distribution of the sample according to marital status. The dominant percentage is 56.7% for singles, followed by 36.7% for married individuals, and 6.7% for divorced individuals. This table shows that the majority of job seekers are unmarried individuals, likely due to a challenging economic situation, the young age of the respondents, and a lack of professional stability.

V.2. Presentation and analysis of the collected data

a. Analysis and interpretation of the first hypothesis "The isolation of the unemployed has the potential to influence the emergence of suicidal ideation or suicidal acts."

Table (04): Questions and answers related to the first hypothesis

Q1: Have you ever held a job?		
	Frequency	Percentage
Yes	13	43.3
Not	17	56.7
Total	30	100.0
Comments: The dominant percentage is 56.7%, representing people who have never held one, followed by 43.3% who have already held a job. On this variable, our sample is distributed almost equally.		
Q2: How do you explain the lengthening of your unemployment period?		
	Frequency	Percentage
Labour market situation	15	50.0
Family reasons	6	20.0
Personal reasons	9	30.0
Total	30	100.0
Comment: The dominant response, which accounts for 50% of the responses, indicates the poor labour market situation and the lack of availability of suitable jobs. Then, 30% of respondents explain the increase in their unemployment by personal reasons, and 20% cite family reasons.		
Q3: Where does the money you spend come from?		
	Frequency	Percentage
Family	16	53.3

Small jobs	13	43.3
Other	1	3.3
Total	30	100.0
Comments: The dominant frequency, at 53.3%, concerns family financial assistance, followed closely by 44% through small jobs. This highlights a financial dependence among some respondents.		
Q3: Do you think that the quality of your training is the cause of your unemployment?		
	Frequency	Percentage
Yes	11	36.7
Not	17	56.7
No opinion	2	6.7
Total	30	100.0
Comment: According to our survey, more than half of the sample (56.7%) believe that the nature of their degree has not influenced their unemployment, while 36% think the opposite. Thus, the nature of the diploma does not seem to be a determining factor in unemployment.		
Q4: Do you discuss your situation within your family?		
	Frequency	Percentage
Yes	9	30.0
Not	19	63.3
No opinion	2	6.7
Total	30	100.0

Comment: Survey data show that 63.3% of the sample do not have family discussions about their unemployment, while 30% discuss them openly. This indicates that the majority of respondents avoid discussing their long-term unemployment with their families.

Q5: Have you ever had suicidal thoughts?

	Frequency	Percentage
Valide yes	30	100,0
Total	30	100.0

Comment: This table reveals that all of the cases interviewed had suicidal ideation, confirming that this was a prerequisite for our investigation. Our sample had previously expressed suicidal ideation.

V.2. Presentation and analysis of the collected data

a. Analysis and interpretation of the first hypothesis "The isolation of the unemployed has the potential to influence the emergence of suicidal ideation or suicidal acts."

❖ Particular correlations:

1. Despite most respondents having friends, a majority of them still expressed feelings of loneliness, while only 13% of those with friends reported not feeling lonely. This persistence of loneliness suggests a certain level of isolation within their family and social circles.

2. Among those who stated that long-term unemployment affects their sadness, 55% are men, while the remaining 45% are women. For those who declared that unemployment has no impact on their sadness, a ratio of (60%/40%) in favor of men is observed. These results demonstrate a shift within Algerian society, where even women, who were previously less affected by unemployment, are now experiencing its consequences.

3. After the survey, we found that 80% of respondents who feel lonely fear remaining alone, while 20% do not experience this fear. The majority of those who feel lonely in their lives have a genuine apprehension of this situation and desire to change it. For the remaining 20%, this fear is either absent or has vanished, as these individuals have accepted solitude as part of their lives and have learned to live with it.

4. Among the respondents who believe they have not succeeded in life, 95.8% of them also share this opinion. On the other hand, among those who have a positive self-opinion, 33% believe they have succeeded in life, while 66% think otherwise.

5. Of all our respondents, 30% have attempted suicide, while the remaining 70% have not taken this step.

6. Of those who have ever attempted suicide, 77.8% feel regret, while 22.2% do not.

7. Among respondents who have ever attempted suicide, 66.7% feel that their unemployment situation influences their sadness, and this percentage is similar among individuals who have not attempted suicide (66.7%).

8. Among the population who have ever attempted suicide, 77.8% report feeling lonely, while 85% of the population who have not attempted suicide also report feeling lonely.

Table (05): Pearson chi-squared test (01)

	Value	ddl	Asymptotic significance (bilateral)
gas-deuxde Pearson	28,6a	1	59.3

Comment: A relationship exists between the two variables, the influence of loneliness on the appearance of suicidal ideation. This influence is confirmed by Pearson's chi-squared test where we obtained a percentage of significance of 59.3% which demonstrates that a relationship is present between these two variables.

b- Analysis and interpretation of the second hypothesis "Poor communication within the family can potentially lead the unemployed person to develop suicidal thoughts or commit a suicidal act".

Table (06): Q6: What do you think suicide is?

		Frequency	Percentage
Valid	Egoist Act	8	26.7
	Courageous Act	5	16.7

	Sick person	6	20.0
	Solution to problems	11	36.7
	Total	30	100.0

Comment: The dominant percentage (36.7%) considers suicide as a solution to problems, while 26.7% perceive it as a selfish act. These results reflect the diversity of interpretations regarding suicide within our sample.

Table (07): Q7: Why do you think people commit suicide?

		Frequency	Percentage	Cumulative percentage
Valid	Pressure from society	15	50.0	50.0
	out of cowardice	9	30.0	80.0
	A courageous person	1	3.3	83.3
	Distancing from religion	5	16.7	100.0
	Total	30	100.0	

Comment: 50% of our sample believe that social pressure drives people to suicide, while 30% consider it an act of cowardice, and 16.7% believe that detachment from religion is the cause.

Table (08): Correlation between age and sample suicide attempts

		Have you ever attempted suicide?		Total
		Yes	Not	
Age of applicants	22,00	1	1	2
	23,00	1	0	1
	24,00	0	3	3
	25,00	0	6	6
	26,00	1	3	4
	27,00	3	3	6
	28,00	0	1	1
	29,00	1	2	3
	30,00	0	2	2
	34,00	1	0	1
	41,00	1	0	1
Total		9	21	30

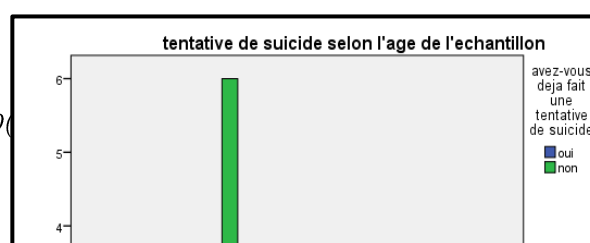


Figure 3: Representation of Table (8)

Comment: The figure above represents the relationship between the age of our respondents and suicide attempts. As previously mentioned, one-third of our sample has already attempted suicide. It is interesting to note that the rate of suicide attempts is relatively consistent across different age groups in our sample, suggesting that age does not have a significant impact on these attempts among long-term unemployed individuals with suicidal ideation.

❖ **Other special correlations:**

1. A significant correlation was observed between financial dependence on family and suicidal tendencies. Individuals who are financially dependent on their families seem more prone to suicidal ideation than those who earn money through odd jobs.
2. Out of a sample of 26 people, 86.7% reported feeling lonely. Among them, 92% do not share their suicidal thoughts with their family. However, among the remaining 13.3% who communicate with their family about it, opinions about loneliness vary.
3. Of those who do not share their suicidal thoughts with their family (86.7%), the majority (80.8%) seem to value the opinion of others, while 19.2% do not take it into account. For those who communicate with their family, they are divided in a balanced way regarding the importance of the opinion of others (50%/50%)
4. There is a correlation between communication with the family about suicidal ideation and suicide attempts, confirming our second hypothesis. The results indicate that 66.7% of those who have already attempted suicide have not communicated their suicidal thoughts to their families, and 76.2% of them report not having communication with their family about it.

c- Summary

Analysis of the sample reveals several key findings. The sample is age-diverse, with an average of 27 years, and is equally composed of men and women. The majority are single and share suicidal thoughts.

As regards social exclusion, a large part of the sample (56.7%) has never had work experience, which aggravates the difficulty of long-term unemployment. The reasons for this prolonged period of unemployment vary, in particular due to the labour market situation (50%), personal reasons (30%) and family reasons (20%).

The sources of income are diverse, with 53.3% receiving financial assistance from their families and 44% doing undeclared odd jobs. The nature of the degree did not seem to have a significant impact on the unemployment of the sample, according to 56.7% of respondents.

Communication within the family is a notable aspect, as more than half of the sample (63.3%) do not talk about it, suggesting possible shame or embarrassment related to this situation.

When it comes to suicidal ideation, 30% have ever attempted suicide. Among them, 7 out of 9 regret their act, expressing a desire for redemption or social reintegration. Suicide attempts have been correlated with the impact of unemployment on sadness and isolation.

Finally, regarding the perception of suicide, the majority consider it as a solution to problems (36.7%), while 26.7% see it as a selfish act. Social pressure is cited as the leading cause of suicide by 50% of the sample.

▪ Verification of the second hypothesis

" Poor communication within the family potentially leads the unemployed person to have thoughts or commit a suicidal act"

The analysis reveals that attitudes towards suicide vary among respondents, with 36.7% considering suicide as a solution to problems. In addition, 50% believe that social pressure is the main reason for suicide. Regarding suicide attempts, 77.7% of individuals who have already made an attempt are financially dependent on their family. Regarding communication within the family, a majority (86.7%) do not share their suicidal thoughts and feel lonely. In addition, 80% of those who do not communicate with their family attach great importance to society's opinion of them. A correlation between lack of family communication and suicide attempts is confirmed by Pearson's chi-squared test. Therefore, it is possible to conclude that the lack of family communication has a negative impact on the emergence and aggravation of suicidal ideation, thus validating the second hypothesis.

Conclusion

Our research entitled "Long-term unemployment and its influence on the onset of suicidal ideation" concludes with the in-depth analysis of our sample composed of thirty (30) individuals, who have already had or present suicidal ideation, with an average age of 27 years. The main objective of our study was to explore the impact of long-term unemployment on the genesis of suicidal ideation or even suicidal acts in this population.

During our research, we were confronted with the challenges related to the sensitivity of the subject of suicide in the Algerian socio-cultural context, where the taboo surrounding this phenomenon persists. This sensitivity has made communication and access to relevant information particularly difficult. Despite these obstacles, our scientific approach, rooted in a sociological perspective, has allowed us to address these sensitive themes with rigor and objectivity.

We found that our sample, because of their difficulties in integrating into the professional world, often find themselves isolated, particularly with regard to communication with their families, whether about unemployment or suicidal thoughts. This lack of communication stems largely from fear of social judgment and exclusion. These observations formed the basis of our research hypotheses, which were confirmed after analysis of the results obtained.

In sum, our study highlights the crucial importance of communication and understanding of sociocultural factors in understanding the link between long-term unemployment and suicidal ideation. The implications of these findings call for increased awareness of these issues and the implementation of prevention and support measures for individuals in long-term unemployment, in order to reduce the risk of psychological distress and suicidal acts.

Recommendations

1. Awareness-raising and education: It is essential to raise awareness in Algerian society about the issues of long-term unemployment and suicide. Awareness-raising and education campaigns should be organized to combat the taboo surrounding these topics and encourage open discussion.
2. Psychological support: It is imperative to provide psychological support services accessible to all individuals in a situation of long-term unemployment. These services could help treat suicidal ideation and provide emotional support to cope with the challenges of unemployment.
3. Vocational coaching: The authorities should develop vocational support programmes to facilitate the reintegration of the long-term unemployed into the labour market. This could include training, skills development workshops and active support in the job search.
4. Promotion of family communication: Encouraging open communication within families is essential. Awareness-raising programmes on the importance of family communication and reducing the stigma around unemployment could be put in place.
5. Ongoing research: Further research on this topic is important to better understand the underlying factors and mechanisms that link long-term unemployment to suicidal ideation. This could lead to the development of more effective prevention strategies.

By implementing these recommendations, Algeria could improve the quality of life of long-term unemployed individuals, reduce the risk of suicidal ideation and foster a more inclusive and understanding society.

References

- [1] O.N.S, Employment growth rate, Algiers, 2018.
- [2] DURKHEIM (E.), Suicide, p. 230. 3. <http://www.insee.fr/fr/methodes/default.asp?page=definitions/chômeur-au-sens-du-bit.htm>
- [3] LEDRUT Raymond, Sociology of unemployment, Corpus, Paris, 1984, p. 973.
- [4] Emile Durkheim, The Rules of Sociological Method, France, 1885, p. 125.
- [5] Halgin Richard P, Susan Whitbourne, Abnormal psychology: clinical perspectives on psychological disorders, Boston: McGraw-Hill, 2006, p. 267. 7. <http://ses.ens-lyon.fr/articles/sociologie-de-la-deviance> , (accessed on 30/10/2019).
- [6] 8. GRAWITZ Madeleine, Methods of Social Sciences, 11th edition, Dalloz, Paris, 2001, p. 550.