
PSYCHOSOCIAL ASPECTS OF UNEMPLOYMENT

Approach of an evaluation and intervention of the J.L.

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Our final degree work in Psychology addresses the approach of a psychological evaluation and intervention to J.L a 37-year-old man, married with two daughters of 3 and 5 years. He comes from a family of fishermen, at the age of 14 he left school and began as an apprentice in plumbing, using the money he earned to go out to party, drink, play something, consume pills and tobacco. With 20 years becomes autonomous and begins the relationship with his wife, it is at that moment when he begins to have high income due to the large volume of work. At the age of 27, he starts playing slot machines and at the age of 35, due to the labor consequences caused a decade later by the great world economic crisis in 2008, he is forced to cancel his self-employment due to the accused decrease in employment and work for 3 seasons for the town council of your town not being contracted again by the new contractual criteria. Currently, at 37, he is in a situation of unemployment, the family economy comes from the employment of his wife, domestic and family obligations delegates or procrastinates preferring to go to the bar. In addition, it continues to play slot machines in spite of the debts it accumulates along with behaviors of high psychosocial risks such as the daily consumption of alcohol (cognac glass for breakfast, wine / beer and carajillo for lunch and at meals, beer for the evening, he came at dinner and two gin-tonics after dinner) marijuana (2 daily porros) and tobacco (10 cigarettes a day). It shows symptoms of sadness, hopelessness towards the future and ideas of death without suicidal ideation. It has a license to install gas and plumbing in the home and marine competitions. He goes to the consultation because he wants to "find work" and "stop playing the slot machines.

The evaluation that we propose for the present case is structured in three phases; a first preliminary phase to collect the consents informed by both the family, so that they can provide information about the patient's situation and involve their participation as co-therapists in the treatment, as well as by J.L. for their compliance and consent of the therapeutic process, as well as asking if it has been previously evaluated. A second phase to collect information at a general level through interview techniques and personality questionnaires, competitions, etc. And finally, a third more specific phase to verify or refute the existence of the problem and pathology related to the reason for consultation in relation to employability and leave the game of slot machines. Both specific phases will be accompanied by a functional behavioral analysis on the part of the patient through self-registration

of the selected behaviors as problems. In spite of identifying other possible pathologies, our evaluation has focused on the reason for consultation with the appropriate suggestion at the end of the treatment of a referral to address them.

After the psychological evaluation, we agreed on the objectives associated with the reason for consultation consisting of two general objectives and their specific sub-objectives, as well as the common ones. All chosen under a theoretical-scientific foundation focusing on the aspects that maintain the problems of J.L.

Regarding the psychological treatment approach, we base it on a cognitive-behavioral therapy model for its efficacy and validity. However, we plan specific techniques for employability, such as training workshops to update curricula, etc., or in the case of pathological gambling, interoceptive exposure to psychophysiological stimuli. In turn, we propose techniques for both problems such as relaxation techniques, cognitive restructuring or relapse prevention among others. Similarly, we will have a schedule of follow-up visits at 3 months, 6 months and a year after the end of treatment that will allow us to see if the behaviors acquired by J.L continue to be established or if they require some type of reinforcement or rehabilitation.

Therefore, we suggest a psychological intervention consisting of sessions of 1 hour and 30 minutes once a week for a month the evaluation will be done, in 4 months the treatment will be applied and 3 follow-up sessions if there are no changes or unforeseen events.

The results that we hope to obtain after the approach of this evaluation and intervention are mainly a significant improvement in the life of JL observed in the achievement of getting and keeping a job, the abstinence from the game of slot machines, perceived improvements in social relations and on the part of the family, reduction in the indexes of questionnaires carried out post-treatment as in the inventory of depression of Beck (BDI-II) among others.

The conclusions obtained in the present work are several that we discuss below and we give greater relevance because it is through them that our approach acquires value:

- ✓ Behind this work there is a search for information and theoretical foundation that is hardly reflected in the poster, but in it we want to highlight the evolution of the concept and the development of unemployment according to the historical framework to which it belongs. Therefore, at present it is important to promote through social agent's actions that promote

the creation of employment and the improvement of both professional and personal skills by the unemployed person that facilitate their insertion in the labor market.

- ✓ Denoting the correct state measures in matters of game regulation that promote responsible gambling by creating social mechanisms for the person to be an active agent of their own change through self-prohibition of pathological gambling, through the registration of gambling access bans on a voluntary basis (IDEAJ) created by the state.
- ✓ The relevance of the existence of public bodies that cushion the impact of unemployment contributing to psychosocial well-being.
- ✓ The challenge of applying two treatments from different areas such as the clinical and social.
- ✓ The good use of adaptive strategies for coping with social and personal crises. The great importance of a good evaluation approach that facilitates an effective evaluation proposal based on a theoretical framework that guides the evaluation and intervention.
- ✓ The personal contribution of this work to apply the different knowledge acquired during the Degree in Psychology highlighting during the making itself the considerable decision making by the professional throughout the therapeutic process.

However, we have also observed the limitations of the study as although we have identified other pathologies we have limited ourselves to the reason for consultation but it would be convenient to approach or refer to the competent professional.

In short, unemployment is an individual and social problem that requires an optimal approach because if accompanied by other psychosocial risks the magnitude of the problem is greater intensifying the significant discomfort experienced by the person who suffers. This argues the realization of our work with which we intend ultimately through a unique experience to raise awareness and sensitize society of the importance of using techniques and strategies to address adverse situations in a timely and appropriate manner through a professional.