

Youth Unemployment and Mental Health: A Hidden Crisis in Contemporary Society

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Abstract: Youth unemployment is an escalating challenge in the Morogoro Region of Tanzania, with far-reaching implications that extend beyond economic hardship. This study explores the hidden crisis linking youth unemployment to deteriorating mental health among young people in the region. Using a mixed-methods approach, the research examines how prolonged joblessness contributes to psychological issues such as depression, anxiety, stress, and loss of self-worth. Through surveys, interviews, and focus group discussions with unemployed youth, community leaders, and mental health professionals, the study uncovers the social stigma, emotional distress, and lack of coping mechanisms experienced by affected individuals. Findings reveal that the absence of meaningful employment opportunities not only hampers economic progress but also leads to increased vulnerability to mental health disorders. The study calls for urgent intervention from government agencies, non-governmental organizations, and the community to develop integrated solutions combining job creation, skills training, and accessible mental health services. It concludes that addressing youth unemployment in Morogoro must go hand in hand with strengthening mental health support systems to safeguard the well-being and future potential of the region's youth.

Keywords: Youth Unemployment and Mental Health, A Hidden Crisis.

