

## THE MENTAL HEALTH PROFILE OF THE JOBLESS PEOPLE AS A 'COMMUNITY

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### **ABSTRACT**

*Trying to keep things in perspective for the jobless community - recognize the good aspects of life and retain hope for the future. Strengthening connections with family and friends who can provide important emotional support to the jobless individuals. Engaging in activities such as physical exercise, sports or hobbies that can relieve stress and anxiety for the individuals of the jobless community. Developing new employment skills that can provide a practical and highly effective means of coping and directly address financial difficulties of the jobless community.*

**KEYWORDS:** *Jobless Community, Strengthening Connections, Engaging in Activities, Developing Employment*