Psychological Capital, Extraversion and Depression among Employed and Unemployed Graduates

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Unemployment has negative effects on the educated youth in Pakistan. The present study investigated the influence of psychological capital, extraversion, and depression on the unemployed versus employed graduates. A purposive sample of 300 male and female graduates (n = 150 employed and n = 150 unemployed) was assessed in a cross-sectional research design, using DASS-21 (Lovibond & Lovibond, 1995), Neo-FFI, Extraversion sub-scale, (Costa & McCrae, 1992), and Psychological Capital Questionnaire (Youssef & Luthans, 2008). Results of the study suggested that extraversion and psychological capital were significantly correlated (r = .36, p < .01), but these two variables were not significantly correlated with depression. Significant differences in depression, extraversion, and psychological capital were found in different types of employment, job status, and gender. The current study might be helpful for government and educational institutes to sketch schemes and policies for unemployed educated youth.

Keywords: psychological capital, extraversion, depression, graduates, employment