Full name and semester: Srichandana Chakilam, Spring 2023

Title: Recession and its effects on employees.

Word Count: Recession and its effects on employees (404 words)

Research Question: The paper aims to answer the following research question:
What is the impact of recession on employees' mental well-being and how does it contribute to their decision to migrate?

Background: A recession is a significant and prolonged decline in economic activity. A recession is specifically described as two consecutive quarters of negative GDP (gross domestic product) growth (GDP). During a recession, economic activity slows down, which can lead to a decline in employment, income, and business profits. Recessions can have a broad impact on employees alongside employers. The major impacts are job loss, reduced hours of pay and benefits, increased workload, and no career growth. [1] A study by Bordo and Duca provides a comprehensive analysis of the financial crisis and its aftermath and highlights the steps to prevent future crises. [2] According to a study conducted by Blanchflower, job loss and financial insecurity can lead to relationship problems, such as marital conflict and family breakdown which can even result in migrating to other places. He also discusses how economic recessions and unemployment can have negative psychological effects on individuals, including feelings of anxiety, and depression.

Data: We will be collecting 1000 posts from Reddit using the keywords #layoffs, #recession, #jobloss, #unemployed etc. Reddit is the best platform for this case because of its larger user base, real time updates and ease of data collection.

Method: To conduct this research, we will collect data either manually or through the one of the Reddit APIs like PRAW using specific keywords. A thorough sentiment analysis will be performed to understand how the recession has impacted employees, including their decision to migrate or accept underpaid jobs and the resulting psychological effects. Natural language processing (NLP) techniques will be utilized to classify text as positive, negative, or neutral based on the language used. By conducting sentiment analysis, valuable insights can be gained about the psychological state of individuals and provide support where needed.

References:
[1] Bordo, M. D., & Duca, J. V. (2016). The financial crisis and the great recession: Causes and consequences. The Manchester School, 84(S1), 1-15.
[2] Blanchflower, D. G. (2009). The psychological impact of economic recession and unemployment. World Psychiatry, 8(2), 74-77.