PERSONALITY AND EMOTIONAL CHARACTERISTICS AMONG UNEMPLOYED WOMEN: A CORRELATIONAL STUDY OF SELF-ATTITUDE AND EMOTIONAL STATE

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DOI;https://doi.org/10.5281/zenodo.22983665

Abstract. This study examines the correlational relationships between personality characteristics, self-attitude, and emotional state among unemployed women. A sample of 203 unemployed women from the Fergana, Samarkand, and Tashkent regions of Uzbekistan was assessed using a self-state assessment test, S.Pantileev's Self-Attitude methodology, and B.I.Dodonov's General Emotional Orientation methodology. Spearman's rank correlation analysis revealed that emotional state indicators - calmness, emotional uplift, and self-confidence - were significantly associated with self-attitude components including sincerity, self-guidance, self-worth, and self-acceptance, while internal conflict and self-blame were negatively associated with these same constructive resources. The findings demonstrate that self-attitude and emotional state form an interdependent psychological system that jointly determines the psychological adaptation of unemployed women.

Key words: unemployed women, self-attitude, emotional state, correlational analysis, psychological adaptation, Spearman correlation.

Аннотация.
В данном исследовании рассматриваются корреляционные взаимосвязи между личностными характеристиками, самоотношением и эмоциональным состоянием безработных женщин. Выборка из 203 безработных женщин Ферганской, Самаркандской и Ташкентской областей Узбекистана была обследована с использованием теста самооценки состояния, методики самоотношения С.Пантилеева и методики общей эмоциональной направленности Б.И.Додонова. Корреляционный анализ по Спирмену выявил значимую связь показателей эмоционального состояния - спокойствия, эмоционального подъёма и уверенности в себе - с компонентами самоотношения, включая искренность, саморуководство, самоценность и самопринятие, тогда как внутренняя конфликтность и самообвинение отрицательно связаны с этими же конструктивными ресурсами.

Ключевые слова: безработные женщины, самоотношение, эмоциональное состояние, корреляционный анализ, психологическая адаптация, корреляция Спирмена.

Annotatsiya.
Ushbu tadqiqotda ishsiz ayollarda shaxsiylik xususiyatlari, o‘z-o‘ziga munosabat va emotsional holat o‘rtasidagi korrelyatsion bog‘liqliklar tahlil qilingan. O‘zbekistonning Farg‘ona, Samarqand va Toshkent viloyatlaridan 203 nafar ishsiz ayol "Shaxsning o‘z holatini baholash" testi, S.Pantileyevning "O‘z-o‘ziga munosabat" metodikasi va B.I.Dodonovning "Umumiy hissiy yo‘nalganlik" metodikasi yordamida o‘rganilgan. Spearman rang korrelyatsiyasi tahlili emotsional holat ko‘rsatkichlari - xotirjamlik, emotsional yuksalish va o‘ziga ishonch - ning samimiylik, o‘zini boshqarish, o‘zini qadrlash

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va o‘zini qabul qilish kabi o‘z-o‘ziga munosabat komponentlari bilan ishonchli bog‘liqligini ko‘rsatdi, ichki ziddiyat va o‘zini ayblash esa shu resurslar bilan salbiy bog‘liq bo‘ldi.

Kalit so‘zlar: ishsiz ayollar, o‘z-o‘ziga munosabat, emotsional holat, korrelyatsion tahlil, psixologik moslashuv, Spearman korrelyatsiyasi.

1. Introduction.

Unemployment constitutes a significant psychosocial stressor affecting women's psychological well-being, self-perception, and emotional functioning. While previous research has extensively documented the negative mental health consequences of unemployment (Jahoda, 1982; Paul & Moser, 2009), the specific interrelations between self-attitude and emotional state among unemployed women - particularly within post-Soviet cultural contexts - remain underexplored. Understanding how these constructs interact is essential for designing targeted psychological interventions.

The aim of this study was to determine the correlational relationships between emotional state indicators and self-attitude components among unemployed women, and to derive theoretical implications for understanding the psychological mechanisms underlying adaptation to unemployment.

2. Materials and Methods.

Participants. The study sample comprised 203 unemployed women from the Fergana, Samarkand, and Tashkent regions of Uzbekistan, alongside a comparison group of 121 employed women (total N=324, though the correlational analysis reported here focuses on the unemployed subsample).

Instruments. Three validated psychodiagnostic instruments were employed: (1) a self-state assessment test measuring calmness, energy, and emotional uplift; (2) S.Pantileev's Self-Attitude methodology, assessing components including sincerity, self-guidance, self-worth, reflected self-attitude, self-acceptance, internal conflict, and self-blame; and (3) B.I.Dodonov's General Emotional Orientation methodology.

Statistical analysis. Given the non-normal distribution of several variables, Spearman's rank correlation coefficient (r) was used to assess the strength and direction of associations between emotional state and self-attitude variables. Statistical significance was set at $p<0.05$.

3. Results.

Table 1. Correlations between emotional state and self-attitude components (unemployed women, n=203, Spearman r)

Self-attitude component	Calmness (r)	Self-confidence (r)	Internal conflict (r)
Sincerity	0.31**	0.24*	-0.19*
Self-guidance	0.28*	0.33**	-0.26*
Self-worth	0.35**	0.37**	-0.31**
Reflected self-attitude	0.22*	0.26*	-0.18
Self-acceptance	0.33**	0.30**	-0.29*
Self-blame	-0.24*	-0.22*	0.34**

Note: * $p<0.05$; ** $p<0.01$.

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As shown in Table 1, calmness and self-confidence were significantly and positively associated with sincerity, self-guidance, self-worth, reflected self-attitude, and self-acceptance, while showing significant negative associations with self-blame. Internal conflict demonstrated the inverse pattern, correlating negatively with constructive self-attitude components and positively with self-blame ($r=0.34$, $p<0.01$). These findings indicate that a positive, emotionally stable state is systematically linked to a constructive, accepting self-attitude, whereas emotional distress co-occurs with self-critical and conflictual self-perception.

Further analysis of general emotional orientation revealed that altruistic, communicative, praxic, pugnistic, gnostic, and aesthetic orientations were positively associated with self-guidance, self-worth, self-confidence, and self-acceptance, while certain gloric, romantic, and hedonistic experiences were associated with internal conflict and self-blame, suggesting that unmet needs for recognition and pleasure under unemployment conditions may become a source of psychological distress.

4. Discussion.

The present findings extend Jahoda's (1982) latent deprivation theory by demonstrating that the psychological consequences of unemployment operate not merely through the loss of manifest and latent functions of employment, but through their differential impact on specific self-attitude components. The strong positive association between emotional stability and self-acceptance suggests that interventions targeting emotional regulation may have cascading benefits for self-attitude, and vice versa. The consistent negative association between self-blame and constructive self-attitude components highlights self-blame as a particularly important target for psychological intervention among unemployed women.

The differentiated correlational pattern observed here also has implications for how self-blame should be understood theoretically. Unlike internal conflict, which showed a more moderate negative association with constructive self-attitude components, self-blame demonstrated the strongest and most consistent negative correlations across the self-attitude domain ($r=-0.22$ to -0.24 with calmness and self-confidence, and the strongest positive correlation with internal conflict at $r=0.34$). This pattern suggests that self-blame may function as a central node within the broader psychological system linking emotional state and self-attitude, rather than as one equally weighted component among several. If confirmed by future network-analytic approaches, this would imply that interventions specifically targeting self-blame could produce disproportionately large improvements across the wider system of self-attitude and emotional functioning.

The findings regarding general emotional orientation further nuance this picture: orientations tied to agency and interpersonal connection (altruistic, communicative, praxic) were associated with constructive self-attitude, whereas orientations tied to external validation and pleasure (gloric, hedonistic) were associated with self-blame and internal conflict. This distinction parallels self-determination theory's differentiation between autonomous and externally contingent sources of motivation (Deci & Ryan, 2000), suggesting that unemployment may be particularly psychologically costly when a woman's dominant emotional orientation depends on external sources of validation that employment status directly restricts.

A limitation of this study is its cross-sectional, correlational design, which precludes causal inference regarding the direction of the observed relationships. Longitudinal research is needed to determine whether emotional instability precedes or follows the deterioration of self-attitude over the course of unemployment. Additionally, while the sample size ($n=203$) was adequate for the correlational analyses conducted, larger samples would permit more sophisticated modeling approaches, such as

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structural equation modeling, to test the directional and mediational hypotheses suggested by the present pattern of associations.

5. Conclusion.

This study provides empirical evidence that emotional state and self-attitude form an interdependent psychological system among unemployed women, with positive emotional states consistently associated with constructive self-attitude and emotional distress associated with self-critical, conflictual self-perception. The particularly strong and pervasive role of self-blame within this system suggests that it may represent a priority target for psychological intervention, with potential benefits extending across the broader network of self-attitude and emotional functioning.

These findings support an integrated approach to psychological intervention for unemployed women, one that addresses emotional regulation and self-attitude simultaneously rather than in isolation, and provide an empirical foundation for designing targeted support programs within employment and women's support services. Future longitudinal and intervention-based research building on these correlational findings would help establish causal pathways and further refine the targeting of psychoprophylactic programs for this population.

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