

Psychological Breakdown on Adult Social Life in Bamenda II Municipality: Implications for Counselling

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Abstract:

The study was aimed at finding out the influence of psychological breakdown on adult social life in Bamenda II municipality. The specific objectives were to find out how the loss of loved ones and loss of job affect adults' social life in Bamenda II municipality. The study anchored on Maslow's hierarchy of need theory, Erickson psychosocial theory and existential theory of vicktor Frankl and Rollo May. The cross sectional survey research design was employed to investigate the phenomenon under study. A questionnaire was the instrument used for data collection. The study area was carried out in Bamenda 11 Municipality. The population was made up of 281,974 adults from 55 quarters. The target population consisted of 100,015 adults from 10 quarters. The sample of this study was made up of was made up of 381 adults selected using selected using the purposive and snowball sampling techniques. Data were analyzed using descriptive and inferential statistical tools with the aid of Statistical Package for Social Science(SPSS). The findings showed that loss of loved ones ($r = -0.401$) and loss of job ($r = -0.342$) all had significantly negative influences on adult social life in Bamenda II municipality with $r = -0.401$ and -0.342 respectively. The negative signs of the correlation values implied that the adult social life is more likely to get worse when they keep losing loved one and losing jobs. The findings therefore concluded that psychological breakdown negatively affects the adult social life in Bamenda II Municipality. Based on the findings, recommendations were made that, adults should be given counselling on how to do self-rehabilitation and healing such as making more efforts to avoid thoughts, feelings, or conversations and flashbacks about the psychological breakdown, actively trying to avoid places or people that remind them of the death of love one and keeping themselves too busy to have time to think about their past events

Keywords: Psychological Breakdown, Adult Social Life, Loss of Loved Ones, Job Loss, Counselling Interventions.

Introduction:

Psychological stress is an inevitable aspect of human life, and when it becomes overwhelming, it can culminate in a psychological breakdown, disrupting daily functioning and social

engagement. Research by Schwarzer (2024) highlights that psychological distress arises when perceived demands exceed one's coping resources, emphasising the role of resource loss in stress and breakdown processes. Li et al. (2024) show that social isolation among older adults is

significantly associated with increased anxiety and depression, underlining how breakdowns of social functioning can coincide with disrupted routines and roles. Ruiz-Camacho et al. (2025) found that active coping strategies (e.g., social-support seeking, positive reappraisal) partially mediate the relationship between stressors and stress responses, which underscores the importance of internal and external coping resources for preserving social engagement and functioning. In the Cameroonian context, the United Nations High Commissioner for Refugees (UNHCR, 2019) observes that the ongoing socio-political crisis in the North West Region has forced many individuals in municipalities like Bamenda II into self-imposed isolation, further aggravating the risk of psychological breakdown.

Major life events such as bereavement and job loss have been identified as significant triggers for psychological breakdowns, with substantial effects on social life. Wörn et al. (2023) report that adults who lost employment during the COVID-19 pandemic experienced marked increases in anxiety and depressive symptoms, which in turn impaired social engagement. Specker et al. (2025) found that bereaved adults who experienced prolonged grief often reduced their social participation, reflecting the emotional and social consequences of losing a loved one. Liegert et al. (2025) also highlight that unemployment can undermine social identity, reduce community involvement, and heighten feelings of loneliness. These findings suggest a clear trajectory from critical life events through psychological breakdown to impaired social functioning. Within Bamenda II Municipality, where adults face the dual pressures of socio-political instability and economic uncertainty, understanding the interplay between psychological breakdown and social life is essential. This study therefore examines how loss of loved ones and job loss influence adult social life, with the aim of informing counselling interventions that promote self-rehabilitation, social reintegration, and improved psychosocial well-being.

Background to the Study:

The concept of psychological breakdown, or what laypeople often call a “nervous breakdown”, can be traced back to late 19th-century United States, particularly through the work of neurologist George M. Beard. Beard conceptualized neurasthenia (or “nervous exhaustion”) as a condition brought on by the stresses of modern life, including rapid industrialization, urban growth, and social competition (Schuster, 2001). Historical analyses further show that early clinicians linked neurasthenia with symptoms such as fatigue, anxiety, disturbed sleep, and impaired functioning. (Taylor, 2001).

Although “nervous breakdown” became common in popular discourse, it was never codified in diagnostic manuals, largely because its symptoms overlapped with what we now classify as mood and anxiety disorders (Schuster, 2001). Nevertheless, the term persists in everyday language because it vividly captures a state in which an individual’s coping resources are overwhelmed.

Conceptually, a psychological breakdown can be understood as a period when life stressors, such as the loss of a loved one, unemployment, conflict, or displacement, exceed a person’s capacity to maintain normal functioning. Empirical research strongly supports the link between such stressors and poor mental health. For instance, systematic reviews find that internally displaced populations in Africa face high rates of PTSD, depression, and anxiety tied to ongoing trauma and dislocation (Andualem et al., 2024; Tesfaye et al., 2024). Social connections also play a critical protective role. When people are embedded in strong informal social networks, family, friends, communities, they show greater psychological resilience in the face of adversity. On the other hand, disrupted social bonds or prolonged isolation significantly heighten vulnerability (Ndje Ndje & Mbida Mekoulou, 2024).

To understand how breakdown emerges and persists, several psychological theories are especially useful. Abraham Maslow’s hierarchy of

needs proposes that unmet basic needs (such as safety and belonging) can block the pursuit of higher needs like self-esteem or self-actualization, making individuals more susceptible to distress (Maslow, 1943). Erik Erikson's theory of psychosocial development similarly emphasizes that unresolved developmental challenges, such as intimacy versus isolation, can lead to stagnation, low self-worth, and social withdrawal (Erikson, 1950). Finally, existential psychology, especially as articulated by Viktor Frankl, underscores the central role of meaning: when people lose a sense of purpose, they may withdraw socially or feel directionless, exacerbating emotional turmoil (Frankl, 1946). This theoretical framing is particularly relevant in contexts of conflict. In the North-West and South-West regions of Cameroon, for example, internally displaced persons (IDPs) face not only trauma from violence, but also disintegration of their social networks, economic instability, and loss of community. These factors undermine their capacity to meet basic needs and maintain meaningful relationships, thereby increasing the risk of what might be called psychological breakdown (Ndje Ndje & Mbida Mekoulou, 2024).

Contextually, the study focuses on adults in Bamenda, in the North-West region of Cameroon, where ongoing socio-political conflict has magnified exposure to severe stressors. Internal displacement is widespread, and many individuals live with uncertainty, loss of property, and disrupted livelihoods (United Nations Children's Fund [UNICEF], 2025). Research on internally displaced persons (IDPs) in Cameroon reveals that many experience psychological distress: trauma from violence, prolonged bereavement, and economic hardship undermine their social functioning (Ndje Ndje & Mbida Mekoulou, 2024). In addition, the disintegration of social networks and community cohesion limits opportunities for meaningful interactions and mutual support, which are vital for resilience. Recent research on internally displaced persons (IDPs) in Cameroon highlights how solidarity

among displaced persons is directly linked to both community satisfaction and psychological health (Tassang et al., 2023). However, displaced populations in the Anglophone regions often lack stable social and economic resources, such as consistent employment, access to education, and family support, a situation that exacerbates their vulnerability and reduces their capacity for coping and maintaining social engagement (Nganyu et al., 2025). Overall, these findings illustrate how contextual stressors, disrupted social life, and limited resources converge to create conditions that closely resemble what might colloquially be called a "psychological breakdown." In such a context, the interplay of conflict-driven displacement, economic deprivation, and fractured community ties deeply shapes adult social life and mental health.

Statement of the Problem:

Erikson (1968) explains that individuals attain psychological stability and fulfillment when they grow in supportive environments that nurture care, belonging, and social connection. However, despite these supports, many adults still experience psychological breakdowns arising from major life stressors such as the loss of loved ones, unemployment, and family crises. Such events often lead to emotional instability, depression, and social withdrawal, weakening self-esteem and disrupting normal social functioning. Recent studies, including those by Wörn et al. (2023) and Specker et al. (2025), reveal that bereavement and job loss significantly reduce social participation and well-being, demonstrating the deep link between emotional distress and the quality of adult social life.

In Bamenda II Municipality, these psychological pressures are exacerbated by the ongoing Anglophone crisis in Cameroon's North-West Region. Conflict-driven displacement, property destruction, and loss of economic opportunities have disrupted social cohesion and heightened distress among adults (Bang, 2024). Moreover, internally displaced individuals in the Anglophone regions report high levels of trauma, stress, and deteriorating mental health (Nganyu, Ndifon, &

Musi, 2025). Despite this, there remains a lack of empirical research exploring how these “psychological breakdowns,” prompted by bereavement or job loss, influence social life in this context. Therefore, this study aims to investigate how such breakdowns affect adult social participation, community bonding, and psychosocial resilience in Bamenda II Municipality, with implications for counseling and psychosocial support.

Research Objectives:

- ❖ To find out how the loss of loved ones affects adults' social life in Bamenda II municipality.
- ❖ To examine the extent to which the loss of job affects adults' social life in Bamenda II Municipality.

Research Questions

- ❖ How does the loss of loved ones affect adults' social life in Bamenda II municipality?
- ❖ How does the loss of a job affect adults' social life in Bamenda II municipality?

Research Hypotheses

- ❖ H_{01} : Loss of loved ones has no significant effect on adults' social life in Bamenda II Municipality.
- ❖ H_{a1} : Loss of loved ones significantly affects adults' social life in Bamenda II Municipality.
- ❖ H_{02} : Loss of job has no significant effect on adult's social life in Bamenda II Municipality.
- ❖ H_{a2} : Loss of job significantly affects adults' social life in Bamenda II Municipality.

Methodology:

This study employed a cross-sectional survey research design to collect quantitative and qualitative data from a representative sample of adults in the Bamenda II Municipality, North West Region of Cameroon. The design was appropriate because it allowed for the systematic collection of information from a large population within a limited timeframe, enabling

generalization to the wider community. Bamenda II, comprising the villages of Mankon, Nsongwa, Chomba, and Mbatu, is a diverse urban area characterized by active social interactions and various communal activities such as meetings, religious events, and recreational gatherings. The target population consisted of 281,974 adults, out of which 49,655 formed the accessible population across ten neighborhoods, from which a sample of 381 participants was determined using Krejcie and Morgan's (1970) sampling table. Purposive and snowball sampling techniques were applied to identify adults experiencing psychological breakdown for inclusion in the study.

Data were collected using a structured questionnaire divided into demographic and thematic sections addressing loss of loved ones, loss of job, family breakdown, and social life. The questionnaire included both Likert-scale items and open-ended questions. The instrument's validity was ensured through face, content, and construct validation by experts, resulting in a high Content Validity Index (CVI = 0.96). Reliability was established through a pilot study involving 20 adults, producing a Cronbach's Alpha coefficient of 0.87, indicating high internal consistency. Data collection was conducted over five days after obtaining ethical clearance and informed consent from participants. Respondents were briefed on the study's purpose and assured of confidentiality and voluntary participation.

Quantitative data were analyzed using descriptive and inferential statistics, including frequency counts, percentages, regression analysis, and ANOVA, processed with SPSS version 25.0. Qualitative data from open-ended responses were analyzed thematically to identify recurring patterns and meanings. Ethical standards such as informed consent, anonymity, voluntary participation, and confidentiality were rigorously observed throughout the research process. These procedures ensured the credibility, reliability, and ethical integrity of the findings.

Findings

Findings According to Research Questions and Hypotheses

Effects of the Loss of Loved ones on Adults' Social Life in Bamenda II Municipality

Research Question One: How does the loss of loved ones affect adults' social life in Bamenda II municipality?

Ho₁: Loss of loved ones has no significant effect on adults' social life in Bamenda II Municipality.

Ha₁: Loss of loved ones significantly affects adults' social life in Bamenda II Municipality.

Table 1: Regression Model Summary for Loss of Loved ones and Adults' Social Life in Bamenda II Municipality

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	-.401	.161	.187	2.001

The results in Table 1 present the regression model summary for the relationship between the loss of loved ones and adults' social life. The correlation coefficient (R = -0.401) indicates a moderate negative relationship, suggesting that as experiences of loss increase, social engagement among adults declines. The coefficient of determination (R² = 0.161) shows

that 16.1% of the variation in adults' social life is explained by the loss of loved ones, while the remaining 83.9% is attributed to other unmeasured factors. The negative relationship implies that bereavement contributes to emotional withdrawal, social isolation, and reduced participation in community interactions.

Table 2: Regression Coefficients for Loss of Loved ones and Adults' Social Life in Bamenda II Municipality

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	15.451	.582		24.121	.000
	Loss of Loved Ones	-1.561	.041	-.401	-6.107	.000

In Table 2, the regression coefficients provide further insight into the nature of this relationship. The unstandardized regression equation, *Adults' Social Life = 15.451 - 1.561 × Loss of Loved Ones*, demonstrates that in the absence of loss, adults' social life score would be 15.451. However, for every one-unit increase in loss of loved ones, there is a 1.561-point decrease in

social life, indicating a statistically significant negative effect (p < .05). This finding is reinforced by the ANOVA results in Table 3, where F(1, 380) = 38.286 and p = .000, confirming that the regression model is significant. Consequently, the null hypothesis (Ho₁) was rejected, affirming that the loss of loved ones significantly and negatively affects adults' social life in Bamenda II Municipality.

Table 3: ANOVA Table of Regression Analysis for Loss of Loved ones and Adults' Social Life

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	167.102	1	167.102	38.286	.000
	Residual	657.382	379	4.857		

	Total	824.484	380			
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Table 3 presents the results of the ANOVA test for the regression analysis examining the influence of loss of loved ones on adults' social life in Bamenda II Municipality. The F-statistic of 38.286 with degrees of freedom (1, 379) and a p-value of .000 indicates that the model is statistically significant at the 0.05 level. This means that the predictor variable, loss of loved ones, explains a significant proportion of the variance in adults' social life, and the likelihood that this relationship occurred by chance is extremely low.

The high F-value signifies that the regression model provides a good fit to the data, and that the independent variable (loss of loved ones) contributes meaningfully to predicting changes in adults' social life. Since the p-value (.000) is less than the critical value of .05, the null hypothesis (Ho1), which states that loss of loved ones has no significant effect on adults' social life, is rejected. This confirms that the experience of losing loved ones significantly and negatively affects adults' ability to socialize, maintain relationships, and participate in community activities within Bamenda II Municipality.

Table 4: Summary of Open-ended questions for Research Question 1

S/N	Questionnaire Item	Responses	Frequency	Percentage (%)
11	How did the loss of your loved one affect the way you associate with others?	I was sad and moody	101	33.22%
		I decided to isolate myself	52	17.11%
		I felt worthless	21	6.91%
		It made me confused	24	7.89%
		I found it difficult to socialise	94	30.92%
		Others	12	3.95%
12	What did you do to overcome the difficulty in relating with others and resume your normal activities?	I shared my feelings with someone	94	30.92%
		I started associating	14	4.61%
		I became more prayerful / held firm to Christ	78	25.66%
		I sought for advice from people	69	22.70%
		I always sat among people	16	5.26%
		I moved out of the area	23	7.57%
		Others	10	3.29%
13	Did you think you needed help from the counselor to	Yes	273	89.80%

overcome the social effects of the loss of your love one?	No	31	10.20%
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The qualitative responses summarized in Table 10 complement the quantitative findings by highlighting the lived experiences of bereaved adults. A substantial proportion of respondents reported emotional distress such as sadness and moodiness (33.22%) and difficulty in socializing (30.92%), while others admitted to isolating themselves (17.11%) or feeling confused and worthless. To cope with these challenges, many shared their feelings with others (30.92%), turned to prayer and faith (25.66%), or sought advice from peers and community members (22.70%). Importantly, 89.8% of respondents expressed the need for counseling to manage the social effects of bereavement. These findings collectively underscore that losing loved ones profoundly

disrupts social functioning among adults, necessitating emotional support and professional counseling interventions to foster social reintegration.

Effects of Loss of Job on Adults’ Social Life in Bamenda II Municipality

Research Question Two: How does loss of a job affect adults’ social life in Bamenda II municipality?

Ho₂: Loss of job has no significant effect on adults’ social life in Bamenda II Municipality.

Ha₂: Loss of job significantly affects adults’ social life in Bamenda II Municipality.

Table 5: Regression Model Summary for Loss of Job and Adults’ Social Life in Bamenda II Municipality

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	-.342	.117	.108	2.113

Table 5 presents the regression model summary examining the effect of job loss on adults’ social life in Bamenda II Municipality. The correlation coefficient (R = -0.342) shows a negative relationship between job loss and social life, implying that as the incidence of job loss increases, adults’ social engagement and social well-being tend to decrease. The coefficient of determination (R² = 0.117) indicates that about

11.7% of the variance in adults’ social life is explained by job loss. Although this proportion is modest, it still signifies that job loss contributes meaningfully to changes in social functioning among adults. The negative direction of the relationship suggests that unemployment not only affects individuals’ financial stability but also disrupts their sense of belonging, self-esteem, and participation in communal activities.

Table 6: Regression Coefficients for Loss of Job and Adults’ Social Life in Bamenda II Municipality

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	17.318	1.287		13.527	.000

	Loss of Job	-.899	.112	-.342	-4.431	.000
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Table 6 provides the regression coefficients used to estimate the predictive model for the relationship between job loss and adults’ social life. The resulting equation, *Adults’ Social Life = 17.318 - 0.899 × Loss of Job*, implies that in the absence of job loss, adults’ social life score would stand at 17.318. However, for every one-unit increase in job loss, social life decreases by 0.899 units. The negative coefficient ($\beta = -0.342$) further reinforces the inverse relationship between the

two variables. The t-value of -4.431 and p-value of 0.000 confirm that this decline is statistically significant at the 0.05 level. This means that job loss significantly undermines adults’ ability to interact socially, maintain relationships, and engage in community life. In essence, unemployment not only affects economic survival but also has a measurable negative impact on psychosocial well-being.

Table 7: ANOVA Table of Regression Analysis for Loss of Job and Adults’ Social Life

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	88.005	1	88.005	18.501	.000
	Residual	740.869	379	4.691		
	Total	828.874	380			

Table 7 displays the ANOVA results, which test the overall significance of the regression model. The findings show $F(1, 379) = 18.501$ with a p-value of 0.000, indicating that the regression model is statistically significant. This result confirms that job loss has a significant predictive influence on adults’ social life in Bamenda II

Municipality. Consequently, the null hypothesis (H_{02}) stating that job loss has no significant effect on social life is rejected. This outcome underscores that losing a job can lead to social withdrawal, reduced interaction, and emotional distress, factors that collectively erode adults’ social functioning.

Table 8: Summary of Open-ended questions for Research Question 2

Questionnaire Item	Responses	Frequency	Percentage (%)
How has the loss of your job affected your association with the people around you?	I felt ashamed / worthless among people.	57	21.19%
	I isolated myself / no longer go for gatherings.	90	33.46%
	I had difficulties in socializing	54	20.07%
	People around me were no longer relating with me.	41	15.24%
	I became an alcoholic.	18	6.69%
	Others	9	3.36%

What did you do to overcome the difficulty in associating with other people and continue with your daily activities normally?	I engaged myself in serious job hunting until I got one.	67	24.91%
	I accepted my situation and focus on God	41	15.24%
	I am still trying to get a job	99	36.80%
	I sought advice from people with similar past cases	51	19.00%
	Others	11	4.09%
Do you think you needed help from the counselor to overcome the difficulty you are going through in life?	Yes	249	92.57%
	No	20	7.43%

Table 8 reveals that respondents experiencing loss of job face challenges which include, isolating self / avoiding gatherings (33.46%), feeling ashamed / worthless among people (21.19%), having difficulties in socializing (20.07%), people around them were no longer relating with them (15.24%), becoming an alcoholic (6.69%), among other things.

The responses further reveal that to overcome these problems, some respondents engaged themselves in serious job hunting until they got one (24.91%), some sought advice from people with similar past cases (19.00%), others accepted their situation and focused on God (15.24%), while many others are still trying to get a job (36.80%), among other things. The table finally reveals that among those who have experienced loss of job, 92.57% affirmed that they need a counselor to overcome the situation while 23.00% of the respondents had a contrary opinion.

Discusions of Findings:

Loss of Loved Ones and Adults’ Social Life

The findings revealed a significant negative relationship between the loss of loved ones and adults’ social life. Regression analysis indicated that increased experiences of loss reduce adults’ ability to socialize and maintain healthy relationships, suggesting that grief and bereavement impair social functioning. This aligns with research showing that strong social

bonds and a sense of belonging are foundational for well-being (Helliwell & Wang, 2025). Grief often leads to withdrawal, isolation, and reduced social participation; Therese Rando’s “Six R” model describes how mourners must recognize, react to, and adjust to their loss before reinvesting emotionally into life (Rando, 1993). Without adequate social support or counseling, bereaved adults may struggle to readjust, becoming vulnerable to loneliness, depression, or maladaptive coping. In Bamenda II, the repeated loss of loved ones, amid ongoing conflict and economic hardship, has severely diminished adults’ social engagement, emotional stability, and overall sense of belonging.

The study further supports earlier research showing that grief often leads to withdrawal, isolation, and a decline in social activity: for example, prolonged grief symptoms have been shown to predict increases in social and emotional loneliness, which in turn are strongly associated with elevated depression (Eisma & Buyukcan-Tetik, 2024). Research also indicates that a sense of community belongingness acts as a powerful protective factor against loneliness in those who have lost loved ones (Cunningham, McElroy, & Shevlin, 2025). These emotional challenges are not purely biological but are shaped by cultural context, resilience, and the availability (or lack) of social support. Without emotional outlets or mental-health support, bereaved adults often

become more vulnerable to depression and maladaptive coping behaviors, such as social withdrawal or substance misuse. Recent large-scale research also shows a strong association between social isolation, withdrawal, and depressive symptoms in adults (Li et al., 2025).

The findings are consistent with Maslow's (1943) hierarchy of needs, which posits that love and belonging are essential for achieving higher psychological growth and self-actualization. When individuals lose loved ones, their emotional needs remain unmet, leading to insecurity and poor social adjustment. The absence of affection and social connection thus undermines interpersonal trust, family cohesion, and participation in social life. Consequently, the study underscores the urgent need for community-based counselling and psychosocial interventions to support bereaved adults and strengthen social resilience in Bamenda II Municipality.

Loss of Job and Adults' Social Life

The findings also demonstrated that loss of employment significantly and negatively affects adults' social life in Bamenda II Municipality. The regression results ($F(1,379) = 18.501, p = .000$) indicated that adults who lose their jobs experience a decline in social interaction and emotional well-being. The negative correlation ($-.342$) suggests that as unemployment increases, social engagement diminishes. According to Lindeboom and Kerkhof (2024), employment provides not only income but also stability, social identity, and structure. When individuals lose their jobs, they often experience psychological distress, reduced confidence, and eventual social withdrawal, an effect that aligns with the experiences reported by respondents in Bamenda II.

This result is further supported by Deaton and Kahneman (2025), who note that employment is central to sustaining essential life domains, including health, housing, and social participation. Unemployment erodes these supports, leaving individuals vulnerable to shame, helplessness, and isolation. Many respondents reported withdrawing

from community and family life, reflecting the emotional and social strain caused by prolonged economic insecurity.

The situation in Bamenda II also resonates with Schou and Ostergren (2022), who emphasize that poverty and loss of income are major drivers of social disintegration. When adults lose their financial stability, frustration increases and social bonds weaken, reducing their capacity to maintain meaningful social relationships. In this context, job loss becomes not only an economic challenge but a psychosocial crisis that diminishes adults' social well-being. Targeted counselling, psychosocial support, and employment rehabilitation programs are therefore essential to help restore emotional balance, rebuild confidence, and strengthen community integration.

Conclusion:

The study concludes that both the loss of loved ones and loss of employment significantly and negatively affect adults' social life in Bamenda II Municipality. Adults who experience bereavement exhibit reduced social engagement, emotional instability, and impaired interpersonal relationships, while job loss exacerbates psychological distress, feelings of worthlessness, and social withdrawal. These findings highlight that grief and unemployment are not merely personal challenges but social and psychological crises that disrupt community cohesion and individual well-being. Overall, the study underscores the interconnectedness of emotional, social, and economic factors in determining adults' social functionality and resilience in Bamenda II.

Implications of the Findings

- ❖ The findings suggest a critical need for structured psychosocial support services, including grief counselling, mental health programs, and community support networks, to help bereaved and unemployed adults regain social stability and psychological well-being.

- ❖ The negative impact of job loss on social life underscores the importance of governmental and non-governmental interventions targeting employment security, vocational training, and economic empowerment to mitigate social isolation and enhance community resilience.

Recommendations:

- ❖ Local authorities and NGOs should develop accessible counselling centers and peer-support groups to provide bereavement and psychosocial support for adults experiencing loss of loved ones or employment.
- ❖ Policy makers should implement job creation initiatives, vocational skills training, and financial assistance programs to reduce the social and psychological consequences of unemployment and strengthen adults' ability to participate meaningfully in social and community life.

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