

Abstract

Numerous studies have shown that unemployed individuals have a poor state of health as compared to employed individuals. Therefore, a relationship exists between unemployment and health. The main aim of this present quantitative cross-sectional study was to find out if employment opportunities according to §16d SGB II improve the health of long-term unemployed individuals. For the purpose of this study, participants of employment opportunities in the administrative district of Nordhausen were questioned with a paper-pen survey. The results from this study confirmed the hypothesis that the more latent functions according to Jahoda (1981), the employment opportunities fulfill, the more positive are the effects on the health of long-term unemployed individuals. Furthermore, this study has shown that the higher the health-promotion of employment opportunities, the more positive are the influences on the health on long-term unemployed people. Influences by age and gender on the effect of employment opportunities could not be confirmed. These findings point out that a higher health-promotion of employment opportunities is needed to improve the state of health of long-term unemployed individuals.