

19 Depressing Jobs

01:46:59:27 --:--:--:--

- When yo're getting ready for work, does it get you down?

01:47:02:17 --:--:--:--

Well, you certainly
are not alone.

01:47:04:09 --:--:--:--

A new government study lists the industries

01:47:06:12 --:--:--:--

that have
the most depressed workers,

01:47:08:08 --:--:--:--

and there are ten jobs
in particular

01:47:10:01 --:--:--:--

that seem
to be especially depressing.

01:47:13:17 --:--:--:--

Clinical psychologist
Dr. Jeff Gardere

01:47:15:14 --:--:--:--

is here to tell us about that.

01:47:16:29 --:--:--:--

- Good morning, Doctor.
- Good morning, Julie.

01:47:19:04 --:--:--:--

- I want to put up on the screen

01:47:20:19 --:--:--:--

the most depressing jobs according to this study.

01:47:22:29 --:--:--:--

At the top is personal care,

01:47:24:11 --:--:--:--

which is considered caring
for children or the elderly.

01:47:26:27 --:--:--:--
That's followed
by food services,

01:47:28:19 --:--:--:--
and it's a tie for third with
social workers and healthcare.

01:47:31:08 --:--:--:--
Why?

01:47:31:24 --:--:--:--
- Well, we know with the
personal care workers,

01:47:33:28 --:--:--:--
a lot of what they do
is dealing

01:47:35:14 --:~:~:~:~:~
again with the elderly,
with the young,

01:47:37:11 --:~:~:~:~:~
dealing with people
who are disabled.

01:47:39:07 --:~:~:~:~:~
So it's a lot of personal work.

01:47:40:22 --:~:~:~:~:~
Changing diapers.

01:47:41:24 --:~:~:~:~:~
Having to care for children
who are often unruly.

01:47:44:02 --:~:~:~:~:~
And these are low-paying jobs,

01:47:45:18 --:~:~:~:~:~
so there's not a lot
of personal satisfaction

01:47:47:22 --:~:~:~:~:~
- I want to put that graphic
back on the screen

01:47:49:25 --:--:--:--
if you could explain what
these numbers mean to us.

01:47:52:05 --:--:--:--
And I also want to know--

01:47:53:13 --:--:--:--
okay, personal care,
it says 10.8%.

01:47:55:06 --:--:--:--
What does that mean?

01:47:56:10 --:--:--:--
- Well, 10.8% of the study
of 21 occupational workers

01:47:58:22 --:--:--:--
that they had,

01:47:59:19 --:--:--:--
those particular people
had these depressions

01:48:01:28 --:--:--:--
that lasted over two weeks

01:48:03:08 --:--:--:--
where they lost interest
in their jobs,

01:48:05:05 --:--:--:--
where they had absenteeism.

01:48:06:18 --:--:--:--
And we're talking
about \$30 to \$45 billion

01:48:08:18 --:--:--:--
that are lost every year
in these industries

01:48:10:21 --:--:--:--
because of absenteeism
and depression.

01:48:12:19 --:--:--:--
- Is it the job

that makes you depressed

01:48:14:15 --:--:--:--
or is it these professions
that attract people

01:48:16:20 --:--:--:--
who are prone to depression?

01:48:18:03 --:--:--:--
- No, we're finding that it
really is a vicious cycle.

01:48:20:14 --:--:--:--
A lot fo the work we can see
as being dead end work,

01:48:22:21 --:~:~:~:~:~
but then as they
become depressed,

01:48:24:13 --:~:~:~:~:~
they take it out on those
that they love at home,

01:48:26:18 --:~:~:~:~:~
those that they love at home

01:48:27:26 --:~:~:~:~:~
then become very upset
with them,

01:48:29:16 --:~:~:~:~:~
and then they take it back
to the work.

01:48:31:10 --:~:~:~:~:~
So it becomes almost
a cyclical situation.

01:48:33:11 --:~:~:~:~:~
- In the final 15 seconds,

01:48:34:20 --:~:~:~:~:~
if you find yourself
in this category,

01:48:36:16 --:~:~:~:~:~
what do you do?

01:48:37:13 --:--:--:--
- Well the most important thing
that you must do

01:48:39:18 --:--:--:--
is to have what I call
the personal ascension.

01:48:41:22 --:--:--:--
In other words,
find other ways

01:48:43:09 --:--:--:--
to find--to get more pleasure
out of your work.

01:48:45:14 --:--:--:--
Take classes.

01:48:46:11 --:--:--:--
Get more training.

01:48:47:13 --:--:--:--
And if you find that you just
are not enjoying the work,

01:48:49:27 --:--:--:--
then you must look
at something else to do.

01:48:51:27 --:--:--:--
But the most important thing:
help other people,

01:48:54:05 --:--:--:--
and that will give you meaning
in your work.

01:48:56:06 --:--:--:--
- Dr. Jeff Gardere.
- My pleasure.

01:48:57:26 --:--:--:--
- Thank you.