

ACTIVE AGEING  
AT WORK

CONFERENCE ABSTRACTS

# Work, Well-being and Wealth

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## Young and strong: looking for work

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**Objective** The first aim of this study was to examine the relationship between health complaints experienced by youth on social welfare and their self-efficacy with regard to job search. Second, the role of proactive coping behavior and social support as moderators in this relationship was studied.

**Method** We used a diagnostic questionnaire developed by Dariuz. This questionnaire was filled completed by 731 youth (age 18–27 years) on social welfare. Physical and psychological health complaints, depression, anxiety, social support, proactive coping, and job search self-efficacy were the main scales.

**Results** In this special population sample, the degree of self-efficacy with regard to job search appears to be negatively related with the level of health complaints. Especially experiencing psychological complaints (general psychological complaints and depressive complaints) or experiencing a combination of psychological and physical complaints, affects the degree of self-efficacy with regard to job search of youth on social welfare. Additionally, this negative relationship is weaker for those who show proactive coping behavior than for youth with less proactive coping behavior.

**Conclusion** Among youth with health complaints, interventions should be aimed at enhancing proactive coping behavior. That way, job search self-efficacy may improve. We know from earlier studies that this is a crucial predictor of actually finding a job.

**Key terms** job-search behavior; pro-active coping; self-efficacy; social welfare; young employee.

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