

# Explained – How Layoffs Affect Employees in Startup Ecosystem

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**Abstract:** Experiencing a layoff can be a challenging and overwhelming time of loss and adjustment. While some individuals may view it as an opportunity for a fresh start or a welcome relief from a demanding work environment, for others, the loss of their career can be deeply distressing. Coping mechanisms for stress and change vary among individuals, but the following paper outlines common emotional, psychological, and physical reactions. In the past, layoffs were primarily seen as a last-resort measure during times of economic recession or crisis. However, they have become more commonplace in today's business landscape, particularly in the commercial sector. Many companies have recently announced layoffs, citing the need to increase profitability as the economy recovers and job prospects improve. Unfortunately, these layoffs often do not result in the intended profitability. The dynamics are quite different within the startup ecosystem. This research paper will delve into the journey of layoffs in startups and explore their impact on employees. Layoffs can be highly stressful for both startups and their employees. The paper will examine the aftermath of layoffs on employees and provide recommendations to help them navigate this challenging situation.

**Keywords:** Startup, Layoff, Organization, Workforce Management, Globalization, Stress, Business

## I. INTRODUCTION

“Layoffs in a startup refer to the process of reducing the size of the company's workforce by terminating the employment of a certain number of employees [1]. Start-ups, like any other business, may have to resort to layoffs due to various reasons, such as financial constraints, changes in business strategies, market conditions, or restructuring efforts. Layoffs in startups can involve different approaches, depending on the specific circumstances and goals of the company. Here are a few common types of layoffs in startups: Mass Layoffs: This type of layoff involves a significant reduction in the workforce across multiple departments or the entire company. Mass layoffs often occur when a startup is facing financial difficulties or a major business downturn. The goal is to achieve substantial cost savings by letting go of a significant number of employees.

Departmental Layoffs: In some cases, a startup may need to eliminate specific departments or teams due to changes in business priorities or the need to reallocate resources. This can involve targeted layoffs within those departments or the complete dissolution of the affected teams. Position Elimination: Startups may decide to eliminate certain positions or roles within the organization [2]. This can be due to automation, technological advancements, or a shift in business focus. In such cases, employees occupying those positions may be laid off”.

Performance-Based Layoffs: In situations where a startup needs to downsize its workforce but does not want to make arbitrary decisions, performance-based layoffs may be implemented. In this approach, employees with poor performance evaluations or who are deemed less critical to the company's goals may be selected for layoffs [27][28].

Temporary Layoffs: Instead of permanent terminations, startups may opt for temporary layoffs as a short-term cost-cutting measure [3]. This allows the company to retain skilled employees during a period of financial or operational hardship, with the intention of rehiring them once conditions improve.

Layoffs can have various effects on startups, both positive and negative. Layoffs can help startups reduce their operating costs, especially if they are facing financial challenges. By eliminating positions and reducing the workforce, startups can lower expenses such as salaries, benefits, and office space, which may help them achieve better financial stability.

After layoffs, startups may become leaner and more focused on core operations. With a smaller workforce, decision-making processes can become more streamlined, and employees may be able to adapt more quickly to changing business conditions. This increased efficiency can contribute to the overall productivity and effectiveness of the company.

Layoffs often force startups to reevaluate their priorities and realign their strategies. By eliminating non-essential positions or departments, startups can direct their resources toward their core competencies and key business objectives [4] [25]. This can lead to a more focused approach and better utilization of limited resources. Layoffs can significantly impact the morale of remaining employees. Those who survive the layoffs may experience increased job insecurity, survivor's guilt, and fear of additional layoffs in the future. This can affect employee motivation, productivity, and loyalty, potentially leading to a decline in overall company culture and employee engagement.

Layoffs can result in the loss of valuable talent and institutional knowledge.

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Experienced employees who are laid off may take their skills and expertise to competitors or other industries, depriving the startup of their valuable contributions. This knowledge drain can be particularly challenging for startups, as they often rely heavily on the expertise of their employees.

Layoffs can generate negative publicity and damage the startup's reputation, especially if they are perceived as a sign of instability or mismanagement. This negative perception can affect customer trust, investor confidence, and potential partnerships or collaborations.

If the startup recovers from a challenging period and needs to expand its workforce again, it may face difficulties in hiring new talent. The negative impact on the company's reputation, combined with potential industry stigma, can make it harder to attract and retain top-quality employees. It's crucial for startups to approach layoffs with sensitivity and to provide support to affected employees. Clear communication, transparency, and empathy can help mitigate the negative effects and maintain trust within the organization. Additionally, startups should consider the long-term implications of layoffs on their overall strategy, culture, and ability to attract and retain talent.

“Statistics on startup layoffs - Startups are particularly sensitive to layoffs. It just takes one investor to pull out, or one faulty idea, to start a chain reaction of layoffs. According to our findings:

[5] Startups lay off employees- Startups may be dangerous businesses, as evidenced by the fact that over 60,000 new workers were laid off in the second quarter of 2020. In reality, the second and third quarters of 2022 were not much better, with 37,463 and 23,158 new layoffs, respectively.”



Figure 1. Graph Depicting Annual Total Layoff in Million, Yearlong from 2002 to 2022

Table 1. Year wise Layoff Statistics as Per Four Yearlong Quarter Report

Year	Layoff events	Layoffs
Q1 2020	121	9,628
Q2 2020	427	60,122
Q3 2020	61	9,690
Q4 2020	23	1,509
Q1 2021	21	6,928
Q2 2021	6	2,695
Q3 2021	9	2,108
Q4 2021	6	3,292
Q1 2022	31	9,829
Q2 2022	289	37,463

"Over 10,000 people will be laid off in the food industry startups in 2022" [6]. While the transportation industry took the brunt of the damage in 2020, the food industry has taken over two years later. The food business has 28% more startup failures than the transportation industry as of 2022.”

“The number of construction sector startup layoffs has reached an all-time low of 210. The Construction business now has the fewest layoffs, although the [7] Travel industry has also had a low number of startup layoffs this year, with only 668. Between 2020 and 2022, startup layoffs in the travel sector fell by 95%. There will be 13,983 travel industry startup layoffs in 2020. However, by 2022, that figure had plummeted to 668." Layoffs at startups by industry

Table 2. Industry Wise Report Depicting Total Startup Layoff in the Year 2022

Industry	Total Startup Layoffs (2022)
Food	10,896
Transportation	8,516
Retail	6,385
Finance	6,186
Real Estate	5,505
Healthcare	6,359
Education	4,149
Crypto	3,810
Fitness	4,141
Consumer	1,806
Travel	668
Construction	210

It's important to note that the process of layoffs in startups should be handled carefully and with empathy. Communication with employees should be transparent and supportive, providing resources for career transition, outplacement services, or other forms of assistance to help affected employees navigate the job market successfully [9]. Layoffs can have a significant impact on startup employees. Here are some ways in which layoffs can affect them:

1. Job Insecurity: Layoffs create an environment of uncertainty, and employees may worry about the stability of their jobs. They may feel anxious and stressed, which can impact their overall well-being.

2. Emotional Distress: Losing one's job can be emotionally distressing, particularly in the case of startup employees who may have a strong emotional attachment to the company and its mission. They may experience feelings of sadness, disappointment, and a loss of purpose.

3. Career Disruption: Layoffs can disrupt employees' career trajectories, especially if they were highly invested in the startup's growth. They may need to search for new job opportunities, which can be time-consuming and challenging, particularly in the competitive startup job market.

4. Financial Impact: Losing a job means a loss of income, which can have severe financial implications for employees. Startup employees, especially those who have been with the company for a relatively short period, may not have significant savings to fall back on, making it harder for them to navigate their financial obligations.



5. Loss of Benefits: Startups often provide attractive benefits packages to their employees, including stock options, healthcare coverage, and other perks. Layoffs can result in the loss of these benefits, further impacting employees' financial security.

6. Reduced Morale and Engagement: Layoffs can lead to a decline in morale among the remaining employees. They may experience survivor's guilt, feel demotivated, or question their own job security. This can affect productivity and engagement levels within the organization.

7. Impact on Work-Life Balance: Layoffs can increase the workload for remaining employees as they are expected to take on additional responsibilities. This can lead to longer working hours, increased stress, and a lack of work-life balance.

8. Loss of Company Culture: [10] [28] Startups often cultivate a unique company culture, and layoffs can disrupt this dynamic. The departure of colleagues and friends can create a sense of loss and affect the camaraderie and cohesion within the team.

It's important for startups to handle layoffs with sensitivity and provide support to affected employees. This can include offering outplacement services, providing emotional support, and assisting with job search and career transition. Maintaining open lines of communication and transparency throughout the process can also help mitigate the negative effects of layoffs on employees.

Layoffs in the startup ecosystem can have profound effects on employees, impacting their professional, emotional, and financial well-being [11]. In the dynamic and fast-paced world of startups, where growth and success are often prioritized, layoffs can become a necessary and sometimes painful reality. Understanding how these layoffs affect employees is crucial in order to address their needs and mitigate the negative consequences.

Layoffs in the startup ecosystem create a pervasive sense of job insecurity. Employees who witness their colleagues being let go or face the fear of losing their own jobs experience heightened levels of stress and anxiety. The constant uncertainty surrounding their employment status can be mentally and emotionally draining. This anxiety can permeate their daily lives, affecting their productivity, focus, and overall job satisfaction.

Layoffs in the startup ecosystem can also impact the remaining employees who were not directly affected. Survivors of layoffs often experience a range of emotions, including guilt, survivor's guilt, and increased workload. They may question why they were spared while their colleagues were let go, creating a sense of guilt for being the fortunate ones. Additionally, the loss of colleagues can disrupt team dynamics, leading to a loss of trust and a decrease in morale and teamwork.

The effects of layoffs in the startup ecosystem extend beyond the individual level. They can also have broader implications for the overall organizational culture. Layoffs can create an atmosphere of fear and distrust among employees, leading to decreased loyalty, motivation, and commitment to the company's mission. This can negatively impact employee engagement, innovation, and collaboration, ultimately hindering the startup's ability to recover and thrive.

Job uncertainty may also lead to behaviour such as silent resigning, or performing the bare minimum to keep a job. "Employees who were told by their employers during the pandemic that their organisations were employee-centric and cared about their well-being simply don't want to work for people they don't trust,"

Academics and other experts are confident that the effects will last for many of people who lose their jobs as well as for many of those who stay after their companies undergo significant changes. Worse still, layoffs will become more normalised and embedded in business culture the more frequently they are implemented as an ostensibly necessary countermeasure to economic headwinds. Workers are thus put in a very precarious position since they constantly worry about losing their employment.

It's common to have a feeling of loss and the need to take some time to start the healing process when a person's employment is abruptly terminated due to budget cuts. Many things, including your routine work, your professional relationships, a schedule for your days, financial stability, and status, may have been lost to you, at least temporarily. Even if the budget cuts that caused your job loss were not your fault, it can still be difficult to inform your friends and family because you may feel as though you have failed in some way.

## II. LITERATURE REVIEW

"A layoff is a type of organisational restructuring that aims to improve a company's effectiveness, efficiency, productivity, and/or competitiveness" [12]. This reorganisation plan, which might be proactive or reactive, may not result in a personnel decrease. Use this goal-oriented strategy to improve an organization's overall performance (Thornhill and Saunders, 1998; cited in Gandolfi and Neck, 2003). This definition will serve as the foundation for this dissertation. It considers people reduction as an optional component of performance enhancement. In this description, we can see that the workforce reduction part of layoffs is becoming interwoven with the growth aspect.

In his 1995 essay, "Guide to Responsible Restructuring," written for the US Department of Labour, Cascio (2001) investigated the approaches that numerous firms used in their efforts to reorganise. He observed that businesses had various viewpoints on their employees [13]. They split into two groups, apparently in a logical manner. Employees were viewed by the larger group as expenses and costs that needed to be cut. These are the downsizers that are always searching for the essential core group of employees that the business needs. Employees were seen by the smaller group as resources to be developed. They were the responsible restructurers who were always searching for ways to streamline their operations and better use their workforce.

As a result, responsible downsizers see people as potential sources of innovation, renewal, and progress, whereas responsible restructurers see them as commodities.

Cameron (1994) explored how workplace uncertainty and unease about losing or retaining one's position promotes anxiety among employees in his study [14].

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Employee morale and productivity may suffer as a result. He stated that it is difficult to forecast how employees with critical skill sets leaving will affect organisational efficiency. The Convergence Layoff usually results in reduced levels of employee trust and motivation, which harms the firm and its surviving employees.

Layoffs are regarded as a reform process to address numerous organisational challenges by (McKinley, Sanchez, & Schick, 1995), who also refer to it as a "all-purpose panacea" [15]. Layoffs generally refer to the act of businesses reducing the number of their workforce when costs are rising or there is a propensity towards a recession in the market. As a regular habit and policy, businesses "chop the fat" by retrenching a specific percentage of underwhelming employees from the firm each year. Because they think that fear is the best motivator, this is a deliberate tactic to maintain a productive, aggressive, and valuable staff.

"Some behavioural implications associated with this corporate strategy of layoffs include decreased organisational commitment, absenteeism, and turnover (Allen et al., 2001). Some companies may struggle financially because layoffs are related with behavioural and cultural issues that reflect how their employees treat others. Kalimo R., et al [16]. (2003) defined layoff as a purposefully enforced set of actions that focused on monetary rather than human effectiveness goals. However, every organization's strategic action of layoffs and retrenchment disrupts its internal dynamics, notably the citizenship behaviour of its staff, while fine-tuning with the external business environment and internal expectations".

In a research on large metropolitan hospitals, Chadwick et al. (2004) found that staff morale and behaviour during layoffs had an impact on organisational performance. It could not be good and could impede the expansion of the company.

"According to Kurebwa (2011), there is always a clear inconsistency between organisational control and the unpredictable nature of layoff results [17]. Similar to this, there is an implicit contradiction between the organization's benefit and the effect that job losses will presumably have on the workforce that survives. The survivors in the organisation will experience behavioural and cultural effects from the layoff. Certain dysfunctional behaviours that workers display, such as an increase in conflict and threat-rigidity reactions, as well as a decline in communication, morale, and trust, may be detrimental to the organisation".

In their study from 2003, Rajeshwari, K.S., and Anantharaman, R.N. addressed "the relationship between occupational stress and work exhaustion among software professionals in India" [18]. There were 156 answers gathered, and researchers discovered that the demand for clarity acted as a moderator of the link between stressors like the fear of obsolescence, technological limitations, work weariness, and work-family interactions.

"S.C. Agarwal and K. Chandeian. at their 2003 study of "occupational stress and job satisfaction among manager" at significant businesses in Culcutta, N. Manoharam and P. Marimuth. 105 managers were chosen at random from a wide range of industries and enterprises. Smith Kendal's "job descriptive index" and Srivastava and Singh's "the occupational stress index developed" were both published in 1983. The results of the study showed that managers aged 25 to 35 reported lower levels of work satisfaction and greater

levels of job stress. The results showed a bad relationship between age and job stress and a good relationship with job satisfaction".

"M. Aftab, T. Khatoon, and others. Their study examined "occupational stress among secondary school teachers based on various demographic variables such as gender, qualification, teaching experience, salary, subject difficulty, and marital status [19]."For the study, 608 people were chosen from a total of 42 schools in Uttar Pradesh. OSI was used to collect data, and the T-test and F-test statistical tools were used to calculate the results. According to the findings, male employees are more stressed than female employees. TGTs (trained graduate teachers) have greater levels of stress than unskilled and PGTs (post graduate teachers). There was no noticeable difference in professional stress, marital status, or teaching subject".

Shenoy, S., and Sandhu, J. (2015) sought to identify "gender differences in stress and various activities performed in the health care setting." In the questionnaire, 113 respondents (58 female physicians and 55 male doctors) were measured using the perceived stress scale, psychological stress measurement, and international physical activity. Heart rate variability was utilised to assess stress. The investigation discovered that males with low physical activity levels experienced more stress than females. Females, on the other hand, experience significant levels of stress in addition to high levels of physical exercise.

"Mayor, E. (2015) did a review of the literature on the negative effects of gender on health, concentrating on stress as the main factor affecting women's health and the effects of the environment, as well as human behaviour and 39 genetic factors [20]. Why do women endure more chronic stress than men? Discuss how gender differences affect how much stress people experience. Social responsibilities have an impact on people's levels of stress as well. These days, stress levels among working men and women are comparable. (2016) A.D. Rajkumar studies the influence of teacher work stress. after an examination of a variety of literary works. The results show that a heavier workload and conflicts with students cause female instructors to be more stressed than male teachers".

"[21] Doss, C.A.V., Rachel, J., Abumadini, M.S., and Sakthivel, M. (2018) used the chi-square, T-test, and Anova statistical techniques to evaluate and compare occupational stress and professional burnout among 220 teachers in their study. According to the research, there are significant disparities in stress and burnout levels between male and female employees. Poor working circumstances, deadline pressure, and student misbehaviour are the most common sources of stress".

### III. RESEARCH FINDINGS AND SUGGESTIONS

To improve the layoff process in a startup, consider implementing the following recommendations and suggestions:

1. Plan and Communicate Effectively: Develop a comprehensive plan for the layoff process, including clear objectives, timelines, and communication strategies. It's essential to communicate openly and honestly with all employees, providing them with as much advance notice as possible. Ensure that the reasons for the layoffs are clearly explained, emphasizing that it is a strategic decision for the long-term health of the company.

2. Offer Support and Resources: Layoffs can be emotionally and financially challenging for affected employees. Provide them with outplacement services, career counseling, or job placement assistance to support their transition to new employment opportunities. Consider offering severance packages or additional support, such as extended healthcare benefits, to ease the financial burden during the transition period.

3. Transparent Selection Criteria: When determining which positions or employees will be affected by the layoffs, establish clear and transparent selection criteria. Avoid any perception of bias or favoritism by basing decisions on objective factors like performance evaluations, skillsets, or specific job functions. Document the decision-making process to ensure transparency and fairness.

4. Retain Essential Talent: While layoffs are about reducing the workforce, it's crucial to identify and retain key employees who are critical to the company's future success. Evaluate the skills, knowledge, and experience needed to sustain essential operations and consider offering retention bonuses or alternative job opportunities to retain those valuable team members.

5. Maintain Morale and Employee Engagement: Downsizing can have a significant impact on the morale and motivation of remaining employees. To mitigate this, proactively address concerns and provide regular updates on the company's progress and future plans. Encourage open dialogue and create opportunities for employees to share their thoughts and feedback. Recognize and reward exceptional performance to maintain a positive work environment.

6. Foster a Culture of Learning and Growth: Use the layoff process as an opportunity to invest in the development and upskilling of the remaining employees. Offer training programs, mentorship initiatives, or career development opportunities to help them acquire new skills and enhance their value within the organization. This demonstrates a commitment to their professional growth and can boost morale and engagement.

7. Evaluate and Learn: After the layoff process, conduct a thorough evaluation of the outcomes and lessons learned. Assess the impact on the organization, including any unintended consequences or areas for improvement. Solicit feedback from employees to understand their experiences and identify areas where the layoff process could be further refined or made more effective in the future.

By implementing these recommendations, a startup can navigate the layoff process more effectively, minimize negative impacts on employees, and position the organization for continued growth and success.

#### IV. CONCLUSION

Layoffs can have a significant impact on employees, the wider economy, and company morale. While they may be necessary in some cases, companies should take steps to minimize the negative effects by communicating clearly,

offering support, prioritizing employee well-being, and exploring alternatives to layoffs. By doing so, companies can navigate these uncertain times while minimizing the impact on their employees and the wider community [22]. Layoffs in startups can be a challenging and sensitive process, but they are sometimes necessary for the survival and growth of the company. Startups operate in a highly dynamic and competitive environment, where resources are often limited and rapid adjustments are required to adapt to changing market conditions.

To mitigate the negative effects of layoffs on employees in the startup ecosystem, proactive measures should be taken. Open and transparent communication about the reasons for the layoffs, the company's vision, and the future plans can help alleviate uncertainty and anxiety. Offering emotional support through counselling services or employee assistance programs can provide a safe space for employees to express their concerns and seek guidance. Providing career transition assistance, such as job search resources and training programs, can help employees navigate the challenging process of finding new employment. Additionally, recognizing and appreciating the efforts of the remaining employees through team-building activities, increased communication, and opportunities for growth can help rebuild morale and trust [23]. Layoffs, in the startup ecosystem can have far-reaching effects on employees. The heightened job insecurity, emotional impact, financial concerns, and disruption of team dynamics can create a challenging environment for individuals working in startups. By acknowledging and addressing the needs of employees affected by layoffs, startups can foster a supportive and resilient work culture, ensuring the well-being and continued success of their most valuable asset—their employees.

Layoffs in startups are often a result of financial constraints, strategic shifts, or market dynamics. While the process can be challenging, it is essential for the survival and growth of the company [24]. By approaching layoffs with empathy, transparency, and support for affected employees, startups can navigate this difficult process while preserving their culture and retaining key talent. With careful planning and consideration, layoffs can serve as a means to optimize resources, adapt to market changes, and position the startup for long-term success. In conclusion, being laid off does not diminish your strengths or potential. Recognize and embrace your resilience, skills, adaptability, professional network, growth mindset, determination, and positive attitude. These strengths will empower you to overcome challenges, navigate the job market, and ultimately find new and fulfilling opportunities. Stay confident in your abilities and believe in your capacity to create a brighter future for yourself.

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