



Common Mental Health Problems for Students

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Abstract: *The components of mental health include intellectual, personal and sociological well-being. It has an impact on our frame of mind, emotions, and working. Mental health can have an effect on daily life, communal connections, and physical wellness. Mental health is salient at every phase of life, from infancy, youth to adulthood. We'll discuss the problems with mental health that college students encounter in this study. The results of my study indicate that public policy issues need to be addressed in order to enhance college students' mental health. Mental ailment that is untreated my research's conclusions suggest that public policy should be addressed in order to improve the mental health of college students. Untreated mental health issues have a negative effect on the local economy, safety, employment, poverty, and homelessness. Untreated illnesses among students result in academic failure, delinquency, and involvement in criminal activity. Therefore, failing to address mental health has negative effects on society as a whole. Despite all of this, there has been a woefully insufficient reaction to this problem in terms of money and political will. Only a small part of the money spent on other illnesses on mental health is allocated by the government and through development aid.*

Keywords: *Mental Health, Importance, Problems, Unattended Mental Health, Inadequate Resources.*

1. INTRODUCTION

There have been instances of mental health throughout history. But the development of mental disease has been cyclical rather than linear or rising. Although there are English language allusions to mental health as a state that date back well to the 20th century, there are no technical references to mental health as a profession or discipline until 1946. In that year, the World Health Organization (WHO) was established at the International Health Conference in New York, while the Mental Health Association was founded in London. Prior to that, the idea of mental health was unknown to the public, but a book that was published at the time made references to the corresponding idea of "Mental Hygiene," which first



appeared in English literature in 1843. Under the heading Mental hygiene or an evaluation of the intellect and passions to show their impact on health and lifespan.

The WHO Expert Committee later defined mental hygiene as follows at its second meeting: "Mental hygiene refers to all the practises that promote and preserve mental health. The ability to achieve a satisfactory synthesis of one's own potentially conflicting instinctive drives, to establish and maintain harmonious relationships with others, and to take part in beneficial changes in one's social and physical environment are all characteristics of mental health, which is a condition subject to fluctuations due to biological and social factors.

Prior Research:

- It is shown that many persons who appear to be in good mental and physical health on standard assessments are actually not, and illusory mental health has emotional costs and could increase the likelihood of developing a disease.
- According to the National Comorbidity, one in four or five youngsters have a mental health issue, which is rather frequent among college students. A review of the research on the effects of living in an unsuitable neighbourhood revealed evidence that doing so had detrimental effects on children's mental health functioning. Low social economic position is connected with the development of mental problems in children and adolescents.
- Additionally, a significant study of youngsters revealed that those who resided in underprivileged neighbourhoods were higher prone to mental illness.

Factors responsible and their effect:

- As they start their path through adulthood, college students are under a lot of strain. Students may experience thoughts of inadequacy. The rise in the prevalence of mental health problems among students is a result of a variety of different circumstances. An individual may be impacted by biological variables such as genes or the chemistry of the brain, life experiences like trauma or abuse, or even a family history of mental health issues. Stressful work environments, quick societal change, gender discrimination, social exclusion, and physical sickness are all associated with poor mental health.
- Fear of disappointing one's parents, family, or society is linked to lower test scores, higher likelihood of dropping out of college, and mental health issues like anxiety, depression, eating disorders, and use of drugs. The most customary symptoms of depression among college students can be emotional, physical and functional such as feeling of sadness (can include crying for no apparent reason), feeling anxious, anger and frustration, hopelessness, pessimism, loss of interest, irritability, low self-esteem, trouble concentrating, suicidal thoughts, tiredness, insomnia, change in appetite, use of substances or alcohol, social isolation, poor academic performance, etc.
- To overcome the increasing rate of students suffering from mental health issues factors such as positive emotions, gratitude, hope, goal setting, and character strengths play a major role in providing a new optimistic approach. Students can manage their stress and anxiety in many ways. They can seek help from a licensed therapist, counsellor, or psychiatrist. Students may also explore online support groups. They can carry out following practices in their daily life such as: meditating, eating nutritiously, benefit general health, spending time with family and friends and connecting with nature. These practices may help them to ease symptoms.



- They are able to look for assistance from a qualified therapist, counsellor, or psychiatrist. Students might look into online support groups as well. They can engage in regular activities like meditation, wholesome eating that will improve their overall health, spending time with loved ones, and getting outside to enjoy nature. They might find symptom relief with these techniques.
- Campus health clinics should have general practitioners who occasionally can prescribe students anxiety drugs. Students may be reluctant to discuss this topic with their parents, but they may be able to do so when speaking with a professional and sharing their opinions. They might direct pupils to a professional or put them in touch with local resources. On campuses, there ought to be a counselling centre where students can participate in talk therapy. Peer groups for stress and anxiety may be run by these centres. Every student may assist their peers in need by being knowledgeable about the symptoms of depression.

2. DISCUSSION AND FINDINGS

Principal findings:

- Mental health is a condition of mental wellness that enables people to cope with life's stressors, achieve their potential, pick up new skills, perform effectively at work, and give back to their communities. It is more necessary than ever to address mental health issues since they are essential to stabilising positive behaviours, beliefs, and emotions. A core human right is access to mental health. Maintaining good mental health helps us manage other physical illnesses that are closely tied to it and enhances our everyday functioning. Since stress is linked to a number of illnesses, including heart disease, reducing stress can help the heart perform better and help treat any heart conditions.
- In addition to this, maintaining our mental health has a number of other advantages, including the following:
 - Lowering our anxiety
 - Improving our social and personal lives
 - Thinking clearly and optimistically
 - Boosting our self-esteem and academic achievement
 - Finding inner peace
- If the problem of poor mental health does not receive the proper care, it could have long-term, irreversible implications. Although it is not an urgent issue, talking about mental health has become more acceptable in recent years. Education professionals must think about how mental health could affect students and what positive steps should be made to prevent any future harm in light of the expanding body of research on mental health issues in college students.
- The stigma associated with mental illness exists in society and is accepted by individuals. In many cultures, talking about or engaging in discussion about mental health issues is taboo because people are frightened of appearing foolish. A barrier for many people seeking mental health treatment has been this stigma. Therefore, despite the fact that many mental health conditions may be adequately treated at comparatively cheap expense, a significant gap still exists between individuals who require care and those who actually seek it out. Coverage of effective treatments is still incredibly low.



- To ensure that millions more people have access to high-quality, reasonably priced treatment for mental health issues, the World Health Organization (WHO) announced the WHO Special Initiative for Mental Health (2019-2023): Universal Health Coverage for Mental Health in 2019.
- The World Health Organisation published The World Mental Health Report: Transforming Mental health for All in 2022. Even though some countries have made progress, people with mental health illnesses frequently face serious violations of their human rights, prejudice, and stigma. Around 20% of children and adolescents worldwide attempt suicide, which is the second-leading cause of mortality worldwide. The most typical age range for this condition is 15 to 29.
- Although the global median of government health expenditure that goes to mental health is less than 2%, approximately one in five people in post-disaster situations have a mental health disorder.

3. CONCLUSION

This survey has found that for many students, college can be a stressful period. Many students struggle with the difficult chores of being far from their families, while others may have to handle various work and family commitments on top of the pressures placed on them by their classes. Many students have mental illness symptoms at this time, and if untreated, these symptoms can eventually lead to physical health issues, drug and alcohol usage, alterations in conduct, etc. Government policies on mental health campaigns need to be strengthened, and common people's thinking needs to change. Colleges should provide regular on-campus mental health check-ins for students. The key to a happier life is having good mental health. It helps us cope with stress and anxiety and prepares us to deal with challenging circumstances in life. We frequently have to put forth effort in order to maintain excellent mental health.

4. REFERENCES

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