

Mental Health among University Students

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Abstract

University students face increasing academic, social, financial, and personal pressures that can significantly affect their mental health and overall well-being. This review paper explores the prevalence of mental health concerns among university students, the major contributing factors, the impact on academic performance, and strategies for promoting psychological well-being. The paper emphasizes the importance of supportive institutional policies, mental health awareness, and accessible counselling services.

Keywords

Mental Health, University Students, Psychological Well-being, Stress, Anxiety, Depression, Higher Education

Introduction

The transition to university life presents students with new academic responsibilities, social environments, and career expectations. While higher education provides opportunities for personal and professional growth, it can also expose students to stress, anxiety, depression, loneliness, and burnout. Factors such as academic workload, financial pressures, digital dependency, family expectations, and uncertainty about future careers contribute to mental health challenges. Universities play a critical role in creating supportive environments that promote resilience, emotional well-being, and academic success.

1. Factors Affecting Mental Health among University Students

Academic pressure, examination stress, financial difficulties, relationship issues, social isolation, excessive use of digital technologies, sleep disturbances, and career uncertainty are among the major factors affecting students' mental health. Individual coping abilities and social support also influence psychological well-being.

2. Impact of Mental Health on Academic Achievement

Poor mental health can reduce concentration, motivation, memory, classroom participation, and overall academic performance. It may also increase absenteeism, dropout rates, and unhealthy coping behaviours. Positive mental well-being supports effective learning, creativity, decision-making, and healthy interpersonal relationships.

3. Institutional Support and Mental Health Promotion

Universities can strengthen student well-being by providing counselling services, peer support programmes, mental health awareness campaigns, stress management workshops, mentoring systems, and accessible healthcare services. Faculty members also play an important role by creating inclusive and supportive learning environments.

4. Future Directions and Recommendations

Higher education institutions should integrate mental health promotion into campus policies, expand digital mental health services, reduce stigma, encourage early intervention, and collaborate with healthcare professionals. Regular mental health screening, evidence-based interventions, and student participation in wellness initiatives can further improve outcomes.

Conclusion

Mental health is fundamental to students' academic achievement, personal development, and future success. Universities should adopt comprehensive strategies that combine prevention, awareness, counselling, and supportive learning environments to improve student well-being. Long-term investment in mental health services will contribute to healthier, more resilient, and academically successful student communities.

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