

# Psychological Study on Mental Health of College Going Students and Its Impact on Academic Performance

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**Abstract – Depression, Anxiety and Stress (DAS) issue start at an early age and are regularly recurring. The aim of the examination was to discover the status of the mental health of undergrads. The most well-known mental issues of undergrads are depression. Today depression is the serious issue on the planet. Each country contribute a ton of cash to take care of mental issues, depression is one of them. Research overview on undergrad's reports there will be 10 to 20 % of understudy population suffering from mental issues (Stress, Anxiety and Depression). The main aim of this paper is to discover the predominance of depression among pre college undergrads. Commonness of depression was assessed utilizing Beck's Depression Inventory II. The momentum explores features the requirement for mental health assessment and mediations for the school going undergrads. The schools and the Universities need to set up mental health centers in schools and colleges and utilize prepared mental health counselors and clinical analysts to provide food the emerging mental health needs of the undergrads.**

**Keywords: Depression, Anxiety, Mental, Health**

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## INTRODUCTION

As indicated by WHO report, practically all specialists who have had broad experience in working with undergrads concur that about 10% of the individuals from any foundation of higher learning are probably going to have emotional issues eventually or other amid every year which meddles seriously with their work. Not many foundations have adequately all around created mental administrations to manage that number of undergrads. Depression, anxiety, stress and substance abuse are simple symptoms of the covered up, uncertain, and ignored emotional issues which cumulatively develop inside deceptively. This examination aimed to discover the status of the mental health of undergrads of the Punjabi University. The goals of our examination were to discover predominance of depression, anxiety and stress (DAS) among undergrads and to discover corresponds of depression, anxiety and stress among undergrads of Punjab University.

Young people face noteworthy stress when they enter universities due to developmental issues, societal weights on them to perform well and has of mental issues like personality arrangement and disarray, vocation and relationship issues, being without anyone else in another condition, changes in family relations, changes in social life, introduction to

new individuals thoughts and temptations. A portion of the notable issues explicit to undergrads are, time weight, dread of failure, struggle to set up personality, weight of academic brilliance and extreme competence. Emotional issues, for example, feeling sub-par compared to other people, not ready to think legitimately, stressing excessively, feel life does not merit living. Change in accordance with school life and going to a college out of the blue can be a stressful experience for undergrads. In light of the difficulties confronted when adapting to these life changes, undergrads are in danger of creating mental health issues all the more explicitly like exorbitant anxiety, depression and consequently self-destructive ideation. The incidence of depressive symptoms has been expanding among undergrads. As indicated by an investigation of undergrads accepting directing administrations between the long stretches of 1988 and 2001, a 20% expansion happened in the quantity of undergrads looking for help for depressive symptoms amid that timespan (Benton, Robertson, Tseng, Newton, and Benton, 2003). In a survey of college guiding focus chiefs finished in 2006, it was discovered that 91.6% of the respondents announced that they had watched an expansion in the quantity of

understudies encountering mental issues in the ongoing years.

Consequences of depression in this age assemble are marvelous. It might contrarily impact friend or family relationship. Moderate to serious depression can influence the educational execution of adolescents. Above all, there is likewise a danger of understudies getting propensities like use of substances of abuse to get over depression. Significant depressive issue is likewise observed to be a main source of youth self-destructive conduct and suicide. Adolescent depression issue frequently has a perpetual coming and going course and there is a two to fourfold danger of depression persevering into adulthood.

Also, explore shows that depression beginning is happening prior in life today than in past decades. The explanations behind this could be the consequence of quick urbanization and way of life changes. Proof proposes that early mediation for depression in youngsters can improve long haul outcomes.

While depression and its belongings have been examined in a wide range of population gatherings and subgroups, the degree of this issue and impact of this malady on understudies has not been all around archived. This investigation was consequently done to discover the predominance of depression among undergrads and to discover few hazard factors related with depression. Following this investigation we likewise expect to give vocation direction, advising, and other help and administrations in future among understudy gatherings.

An examination by the administration of India demonstrates that one out of each five Indians is suffering from depression. A disturbing increment rates of depression by five percent of the population. It appears regardless of the suicides, stress related shootings, and understudies hanging themselves being the standard of the day. Depression is caused because of an assortment of reasons. It relies upon a person. It very well may be because of life occasions, for example, disregard, physical abuse, money related challenges, work issues, a therapeutic related issue, loss of friends and family, relationship inconveniences and social rejection (<http://indianissue.com/depression-indiastatestistics/>). Depression is a noteworthy issue looked by numerous understudies today.

Understudies with depression can have noteworthy hindrances in numerous zones of working, including social, academic, and word related. Depression among undergrads is amazingly pervasive and far reaching issue the nation over. Undergrads are a unique gathering of individuals that are persevering through a critical transitory period in which they are going from adolescence to adulthood and can be a

standout amongst the most stressful occasions in an individual's life. Undergrad training is a delicate period in a person's life expectancy, and this period is viewed by numerous individuals as critical for creating frameworks and mediation techniques that may anticipate or diminish mental issues. Depression is a turmoil which is exceptionally visit in the vast majority of the social orders, particularly among understudies. These causes deny understudies from incredible conceivable outcomes for progress, vocation and an appealing up and coming. Depressive issue is additionally referenced as one the mien issues and is becoming progressively visit step by step. Consequently, considering its side outcomes on the spirit and brain of individuals which may even venture to such an extreme as to influence them "to end it all", the necessity to decrease depression dimension of individuals is self-evident. Numerous methods have been introduced and utilized by pros to settle or decrease the dimension of this issue. Today this is a mental contend that who are increasingly discouraged guys are progressively discouraged then females or females are progressively discouraged then guys and is any critical distinction are exists among rural and urban understudies as to depression. So different kinds of inquiries emerged about depression.

## LITERATURE REVIEW

Moreira, D and Furegato, A (2013) led an examination to distinguish the nearness of stress and indicative indications of depression in understudies in the last semester of two undergrad nursing courses, and to look at them, looking for relationship between these variables. The outcome showed that of the aggregate of 88 members in the examination, 69.8% have no depression, 18.2% introduced dysphoria, 6.8% moderate depression, and 5.7% extreme depression, which is a low rate contrasted with the all inclusive community. Medium stress levels were the most successive (76.9%). There was no critical statistical distinction in the stress score between the two gatherings of understudies (Student's t-test:  $p=0.295>0.05$ ). The information demonstrated a relation between the stress and the nearness of indicative indications of depression, particularly extreme depression (Pearson:  $r=0.755$  and  $p<0.01$ ).

S. (2014) analyzes depression among rural and urban optional school understudies in relation to their achievement inspiration. The investigation uncovered that (1) there exist no noteworthy sexual orientation distinction on the variable of depression among optional understudies. (2) There exists no critical contrast among rural and urban optional understudies on the variable of depression and achievement inspiration. (3) The outcome showed that the depression was not observed to be essentially correlated with achievement inspiration

among rural and urban young men's and young ladies' optional understudies.

Manjari (2016) led an investigation to measure the depression level among school going understudies and to ponder it as indicated by their age and sexual orientation. The examination uncovered that there is no centrality distinction in the dimension of depression among male and female understudies, however female understudies are increasingly discouraged.

Joseph, N. (2011) has led an examination to discover the pervasiveness of depression among pre college understudies in Mangalore city. The examination found that predominance of depression was exceptionally high among pre college undergrads in the surveyed universities. The pervasiveness and seriousness of depression levels was observed to be fundamentally more in the more established age bunch students. Students from commerce stream were found to experience the ill effects of depression altogether more than understudies from science stream. Depression levels were seen somewhat more among guys and understudies from Government College.

Al-Qaisy Lama M. (2011) led an investigation to recognize the impact of state of mind issue, particularly anxiety and depression among an example of understudies for their academic achievement in Tafila Technical University. Furthermore, the investigation concentrated on knowing the contrast among sex and the dimension of depression and anxiety they have. It additionally explores the contrast among universities and the dimensions of depression and anxiety. The consequences of the examination demonstrate that females are more restless than guys, while guys are more discouraged than females.

Mental scatters are assessed to represent about one portion of the all out weight of malady for youthful grown-ups in the United States (World Health Organization, 2002). Also, a developing collection of proof recommends that mental health problems are various and expanding among understudies in organizations of advanced education, which most of youthful grown-ups visit (U.S. Division of Education, National Center for Education Statistics, 2005a). For instance, in a 2005 national survey of students, 10% announced "seriously considering attempting suicide" (American College Health Association, 2006), and in a 2005 national survey of school guiding focus chiefs, 86% revealed an expansion in extreme mental problems among understudies (Gallagher, 2005).

Factors, for example, past academic execution just as standardized testing impact academic execution (Larson, Orr, and Warne, 2016). Standardized test scores and GPA are every now and again used to measure scholarly bent. There is much discussion

with respect to how viably reviews measure academic execution. One of the contentions for this is the abstract idea of evaluations. Evaluations given by various educators can change altogether for a similar dimension of work. Some may even say this undermines a GPA as a dependable measurement of academic achievement.

Larson, Orr, and Warne (2016) explored both physical and mental health issues. A portion of the physical health troubles the investigation measured included asthma, sensitivities, mononucleosis, strep throat, and urinary tract diseases. The examination found that mental health issues were altogether and adversely connected with GPA. The aftereffects of the investigation likewise demonstrated that physical health issues were frequently correlated with mental health issues. For instance, understudies who had elevated amounts of stress, or troubles taking care of stress, detailed physical health issues affecting their eating regimen and rest.

Hypothesis of psychosocial advancement is comprised of eight phases in which an individual is gone up against with different difficulties. Because most people entering school are youthful grown-ups, a large number of them are in the fifth and 6th phases of psychosocial improvement. The fifth stage is labeled identity versus job perplexity and the 6th phase of psychosocial improvement is labeled closeness versus confinement. This implies undergrads are attempting to make sense of their identity just as learning to associate and interface with others. Social connections and experiences can likewise affect and reshape identity by moving qualities, dispositions, and objectives (Brook and Willoughby, 2015).

The word anxiety is gotten from Latin word "angere," which means to cause distress (Sharma and Sharma, 2015). Anxiety has likewise been characterized as an unclear, awkward inclination exacerbated by delayed stress and the nearness of numerous stressors (Lazarus and Folkman, 1984). Per the DSM V, summed up anxiety is "expectation of future risk" and is frequently connected with "carefulness in anticipation of future danger and wary or avoidant practices".

An examination as of late done by the Anxiety and Depression Association of America (n.d.) uncovered that seven out of ten grown-ups in the United States experience a moderate dimension of anxiety or stress day by day (as referred to in Beiter et al. 2014). Normative anxiety may incorporate being concerned about issues, for example, cash, health, or potentially family problems, however those with an anxiety issue are incredibly stressed over these or different things, notwithstanding when there is practically no motivation to stress over them. They are on edge about overcoming the

day, have a 9 negative viewpoint, and feel that things will turn out badly.

## SAMPLE

The sample comprised of 218 undergrad and postgraduate understudies seeking after expert and nonprofessional courses from one of the State Universities of Bangalore City chose utilizing accommodation sampling strategy. Of the all out sample, 123 were young men and 95 were young ladies. The age go being from 18 to 26 years with a mean time of 22.15 years and SD of 2.61. Of the all out sample, 100 understudies had a place with undergrad and 118 had a place with post graduate courses.

## MEASURES

- Socio-statistic Data Sheet: It was created by the examiners to get data about respondents' name, age, sexual orientation, class/course, its year and stream.
- Beck Depression Inventory (BDI, Beck et al, 1961). It is a 21 thing self-announcing scale which looks at qualities demeanor and symptoms of depression. Inner consistency for the BDI ranges from 0.73 to 0.92 with a mean of 0.86. The BDI demonstrates high interior consistency, with alpha coefficients of 0.86 and 0.81 for mental and non-mental populations separately. The score ranges from 0-63. The higher the score, increasingly extreme the symptoms. It isn't utilized for analysis reason but instead to know the seriousness of depressive symptoms.
- Beck Anxiety Inventory (BAI, Beck, et al, 1993). It is a four point rating scale comprises of twenty one descriptive words related to various domains of anxiety symptoms like intellectual, physiological, emotional and social. The patient needs to tick on the concerned anxiety manifestation relying upon the experience of its seriousness. The score ranges from 0-63. The higher the score, progressively extreme the symptoms. The Inventory has adequate unwavering quality, legitimacy and inward consistency. The shorts for the different classifications of depression were 0-9 no depression, 10-19-gentle depression, 20-29-moderate depression, over 30-extreme depression.

## DATA ANALYSIS

The protocols were scored and Descriptive measurements like mean and SD was determined. Free t-test was utilized to analyze gathering (Professional stanzas non-proficient understudies) and sex contrasts.

**Table 1: Distribution of students according to Gender**

Sl. No.	Gender	Students	
		Frequency	Percent
1	Boys	123	56.42%
2	Girls	95	43.57%
	Total	218	100%

**Table2: Mean, SD, t-value of Depression Scores on BDI in Boys and Girls**

S.No	Mean	SD	t
Boys (N=123)	11.73	2.30	7.34**
Girls (N=95)	14.30	2.80	

As appeared table no 2, when young men and young ladies are thought about on the variable of depression, t-esteem (7.34) has been observed to be significant. It is, thusly, gathered from this that young men and young ladies contrast on the measure of depression. Young ladies have higher scores on BDI than young men. It implies that young ladies report more depressive symptomology than young men. The momentum look into demonstrates the exploration theory set up by the scientist in the present examination (H1). The sexual orientation distinction in depression is a standout amongst the most robust discoveries in mental the study of disease transmission. The provide details regarding Global Burden of Disease estimates the point predominance of unipolar depressive scenes to be 1.9% for men and 3.2% for ladies, and the one-year pervasiveness has been assessed to be 5.8% for men and 9.5% for ladies.

## CONCLUSION

The present examination uncovered higher rate of depression and anxiety among female understudies. It has been experimentally discovered that proficient understudies report more elevated amount of depression and anxiety than non-proficient understudies. The present examination likewise uncovered moderately more elevated amount of depressive and useless anxiety symptoms in school going understudies independent of sexual orientation. The main discoveries of the investigation are the high pervasiveness of depression, anxiety and stress

and high comorbidity among the understudies of the Punjab University. Commonness was higher in more youthful understudies. Be that as it may, serious and incredibly extreme instances of depression and stress were more in females. Poor mental health mindfulness, shame related to mental scatters, constrained youth and other network based administrations consolidate to make youth an underserved population in our nation.

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