

MENTAL HEALTH AMONG UNIVERSITY STUDENTS: CHALLENGES AND SOLUTIONS

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Abstract. One of the most significant problems facing college students globally is mental health. Students' psychological well-being can be greatly impacted by a variety of factors, including family expectations, financial hardships, academic pressure, and career uncertainty. In addition to lowering academic achievement, poor mental health also has an impact on social interactions, physical health, and general quality of life. This article explores the main causes of mental health issues among college students, looks at their effects, and offers doable solutions that both students and educational institutions can implement to enhance psychological wellbeing. The essay suggests that promoting healthy lifestyles and fostering a supportive learning environment are crucial for students' academic and personal success.

Keywords. academic pressure, psychological well-being, stress, anxiety, depression, mental health, university students, and student success.

Introduction.

One of the most thrilling times in a person's life is frequently said to be university life. Students meet new people, learn new things, hone their professional skills, and get ready for their future professions. But there are also a lot of difficulties in university life. In addition to meeting deadlines, managing demanding coursework, and engaging in

extracurricular activities, students must also make critical decisions regarding their future. Stress and emotional strain may result from these obligations. Anxiety, despair, burnout, and other mental health issues have become more common among students, according to reports from colleges all around the world in recent years. Mental health has thus grown in importance in higher education. Encouraging kids' mental health is just as vital as giving them a top-notch education.

Main Part. The Impact of Academic Demands on Student Mental Health

Academic pressure is one of the main factors contributing to mental health issues among college students. In a short amount of time, students frequently have to complete numerous assignments, tests, presentations, and research projects. In order to get scholarships or land lucrative jobs, many people also feel under pressure to maintain high grades. Students may suffer from stress, sleep deprivation, and emotional exhaustion when academic expectations become too high. Prolonged academic stress can lower motivation, focus, and learning effectiveness.

Financial Insecurity as a Determinant of Student Mental Health

Financial stress is a common feeling for university students as they pursue their education. Additional stress is caused by everyday living expenditures, books, transportation, lodging, and tuition fees. It can be challenging for some students to manage their work and academic obligations when they work part-time jobs. Students' academic performance and emotional stability may suffer as a result of financial insecurity, which frequently raises worry.

Social Adaptation and Emotional Resilience in University Life

Students typically have to adjust to a totally new environment when they start university. Many students go away from home, meet new people, and adapt to new academic and cultural norms. Some students struggle to build social interactions, feel lonely, or are homesick. Strong social support from family, friends, and instructors enables adolescents to overcome these obstacles and build emotional resilience.

The Influence of Digital Technology and Social Media on Psychological Well-being

Although technology offers beneficial educational opportunities, excessive social media use may have detrimental effects on mental health. Many students have low self-esteem and feelings of inadequacy as a result of comparing themselves to others online. Additionally, spending too much time on social media and smartphones might lower productivity and sleep quality. Students should be encouraged by universities to adopt responsible digital practices.

Institutional and Individual Strategies for Promoting Mental Health

Universities can promote students' well-being by offering peer support programs, stress management classes, and counseling services. Academic advisors should keep in touch with students on a regular basis and determine which ones could need further help. By following healthy daily habits, students can also enhance their mental well-being. Emotional well-being is greatly influenced by regular physical activity, getting enough sleep, eating a balanced diet, managing time well, and engaging in leisure activities. Instead of being viewed as a sign of weakness, asking for expert assistance should be considered as a sign of responsibility.

Mental Health's Significance for Academic Achievement

Students' capacity to study, solve issues, communicate clearly, and make responsible decisions is all significantly impacted by their mental health. In general, students who are in good psychological health are more driven, effective, and self-assured. Students can realize their full academic and personal potential in supportive learning environments created by universities that place a high priority on mental health.

Conclusion. In conclusion, the success of university students is largely dependent on their mental health. Students' psychological health may be adversely affected by social adjustment, financial worries, academic pressure, and excessive technology use. However, supportive university policies, easily accessible mental health treatments, and healthy

lifestyle choices can help address these issues. Students should keep in mind that preserving their mental well-being is just as crucial as succeeding academically. They become stronger professionals, better learners, and healthier members of society when their emotional health is taken care of.

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