



RESEARCH ARTICLE

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MENTAL HEALTH AWARENESS AND PSYCHOLOGICAL WELL-BEING AMONG UNIVERSITY STUDENTS: A COMPREHENSIVE REVIEW

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Abstract

Mental health has become a major public health concern worldwide, particularly among university students who face numerous academic, social, and personal challenges. Psychological well-being plays a crucial role in academic success, social functioning, and overall quality of life. Increasing rates of anxiety, depression, stress, and emotional distress among students have highlighted the need for greater mental health awareness and intervention strategies. This review examines the factors influencing mental health among university students, common psychological disorders, the importance of mental health awareness, available interventions, and future directions for improving student well-being.

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Introduction:-

Mental health is an essential component of overall health and well-being. According to health experts, mental well-being enables individuals to cope with life's stresses, realize their abilities, work productively, and contribute to their communities. University students represent a vulnerable population due to academic pressures, financial concerns, career uncertainty, and social adjustments. In recent years, mental health issues among students have increased significantly. Anxiety, depression, burnout, and emotional stress have become common challenges affecting academic performance and personal development. As educational institutions seek to create healthier learning environments, understanding the factors that influence student mental health is increasingly important. This review explores mental health awareness and psychological well-being among university students and discusses effective strategies to promote mental wellness.

Understanding Mental Health:-

Mental health encompasses emotional, psychological, and social well-being. It affects how individuals think, feel, behave, and interact with others.

Good mental health contributes to:

- Effective learning
- Positive relationships
- Emotional resilience
- Better decision-making
- Improved physical health

Poor mental health, on the other hand, can lead to academic difficulties, social isolation, substance abuse, and reduced quality of life.

Common Mental Health Problems Among Students:-

Anxiety Disorders:-

Anxiety is one of the most prevalent mental health conditions among university students. Symptoms may include:

- Excessive worry
- Restlessness
- Difficulty concentrating
- Sleep disturbances
- Increased heart rate

Academic examinations, presentations, and future career concerns often contribute to anxiety.

Depression:-

Depression affects millions of students worldwide. Common symptoms include:

- Persistent sadness
- Loss of interest in activities
- Fatigue
- Feelings of hopelessness
- Changes in appetite and sleep patterns

Untreated depression can negatively affect academic achievement and personal relationships.

Academic Stress:-

Academic stress arises from heavy coursework, deadlines, examinations, and competition among peers. Chronic stress may contribute to both physical and psychological health problems.

Burnout:-

Burnout is characterized by emotional exhaustion, reduced motivation, and decreased academic performance. Students experiencing burnout often feel overwhelmed by educational demands.

Social and Emotional Challenges:-

Many students struggle with:

- Loneliness
- Homesickness
- Relationship difficulties
- Social anxiety
- Low self-esteem

These challenges can significantly impact mental well-being.

Factors Affecting Student Mental Health:-

Academic Pressure:-

High expectations from family, educators, and society often create substantial pressure on students. Maintaining grades while balancing extracurricular activities can be stressful.

Financial Difficulties:-

Tuition fees, living expenses, and educational costs may create financial stress that contributes to mental health problems.

Social Media Influence:-

Excessive use of social media has been associated with anxiety, depression, poor sleep quality, and negative self-comparisons among students.

Lifestyle Habits:-

Poor nutrition, lack of physical activity, inadequate sleep, and substance use can negatively influence mental health.

Family and Personal Issues:-

Family conflicts, relationship problems, and personal losses may contribute to emotional distress and psychological difficulties.

Importance of Mental Health Awareness:-

Mental health awareness involves educating individuals about mental health conditions, reducing stigma, and encouraging help-seeking behaviors.

Benefits include:-

- Early identification of mental health problems
- Reduced discrimination and stigma
- Increased access to support services
- Improved emotional resilience
- Better academic outcomes

Awareness programs can empower students to recognize symptoms and seek appropriate professional assistance.

Strategies for Promoting Psychological Well-Being:-**Counseling Services:-**

Universities should provide accessible counseling services to support students experiencing emotional or psychological difficulties.

Benefits include:-

- Emotional support
- Stress management
- Problem-solving assistance
- Crisis intervention

Physical Activity:-

Regular exercise has been shown to improve mood and reduce symptoms of anxiety and depression.

Recommended activities include:-

- Walking
- Running
- Yoga
- Sports participation
- Strength training

Mindfulness and Meditation:-

Mindfulness practices help individuals focus on the present moment and manage stress more effectively.

Benefits include:-

- Reduced anxiety
- Improved concentration
- Enhanced emotional regulation
- Better sleep quality

Peer Support Programs:-

Peer support initiatives encourage students to share experiences, provide emotional assistance, and foster social connectedness.

Healthy Lifestyle Practices:-**Students should be encouraged to:-**

- Maintain balanced nutrition
- Obtain sufficient sleep
- Limit excessive screen time

- Avoid harmful substance use
- Develop healthy coping strategies

Role of Educational Institutions:-**Universities play a vital role in supporting student mental health through:-**

- Mental health awareness campaigns
- Counseling centers
- Stress management workshops
- Academic support programs
- Crisis intervention services

Creating a supportive campus environment can significantly improve student well-being.

Challenges in Mental Health Promotion:-**Despite growing awareness, several challenges remain:****Stigma:-**

Many students hesitate to seek help due to fear of judgment or discrimination.

Limited Resources:-

Some institutions lack adequate mental health professionals and support services.

Lack of Awareness:-

Students may not recognize symptoms of mental health conditions or know where to seek assistance.

Cultural Barriers:-

Cultural beliefs and societal attitudes may discourage discussions about mental health.

Future Directions:-**Future efforts should focus on:-**

- Expanding mental health services
- Integrating mental health education into curricula
- Utilizing digital mental health platforms
- Conducting further research on student well-being
- Promoting inclusive and supportive learning environments

Advances in technology and increased awareness provide opportunities to improve mental health outcomes among students globally.

Conclusion:-

Mental health awareness and psychological well-being are critical components of student success and overall quality of life. University students face numerous challenges that can affect their emotional and psychological health, including academic pressure, financial stress, and social difficulties. Promoting mental health awareness, reducing stigma, and providing accessible support services can help students maintain positive mental well-being. Educational institutions, healthcare professionals, and policymakers must work together to create environments that support mental health and foster resilience among students.

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