

Leading causes of mental health issues in students

In today's day and age mental health has become an important topic among many especially students, as mental health awareness trends and more people become aware of its presence.

When reviewing the article by Allan V. Horowitz I noted that some topics brought up were inequality, social integration and the social responses to mental health. These topics are very important when discussing the cause leading to developing a mental disorder such as anxiety and depression. Inequality in wealth, power, knowledge or anywhere can lead to the feeling of inferiority and according to Allan it is heavily associated with bad mental health. Same can be said for those who benefit from this inequality as they tend to have a better mental state than the latter. "Work conditions also have important impacts on psychological well-being" (Lennon, 1994).

According to Emile Durkheim (1897-1951) who is known as the first sociology study of mental health those with strong social ties weren't as likely to commit suicide compared to those who were more isolated. An example from this study was that married couples were more likely to not commit suicide compared to unmarried but married couples with children had an even lower chance.

Society's opinion of mental health will forever be an influence to how people react to discussion's about mental health as a topic. How we as a

society have viewed mental health has changes massively throughout the years and greatly affected people's ability to get the help needed due to strong stigmas against mental issues. In the past mental health was referred to as "medicalization" as it was nonmedical difficulties treated through medical techniques. Before and even during this period mental health was "treated" as a spiritual or moral issue which could be cured with prayer or punishment. Though in today's age people are generally very open to the idea of therapy and help social influences are a leading issue to why many don't get the help they need.

Leading causes of mental health issues in students in today's society is heavily related to their experience as a university student. The related stress and pressure surrounding university as a whole has created a breeding ground for mental illness' to arise to surface. Following a descriptive study by Dianne Wynaden the attitudes of both students and staff towards mental health issues were examined thoroughly resulting to the discovery that silence is a big contributing factor in mental illness' accruing among students and staff. The stigma surrounding mental health has created an environment where being silent about mental struggles is seen as an easier solution rather than addressing the real issues. The shame many feel is very real and concerning as their issues fester in silence.

Though many universities offer mental health help a countries economic status can affect the things they priorities and sadly in many countries such as Vietnam research in this field is minimal as public health is the priority despite the burden of declining mental health . The lack of knowledge about mental illness in Vietnam has lead to suicide rates of 11.7% among students while in comparison students in US face 8.8% for similar age groups due to the improved mental health care and education surrounding the topic .

Mental illness' can occur at any time and moment in our lives but being able to identify common cause in them occurring is important and only stands to benefit us as a society and individuals too .

References

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The Silence of Mental Health Issues Within University Environments: A Quantitative Study

By: Dianne Wynaden Published : 2 September 2014

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An Overview of Sociological Perspectives on the Definitions, Causes, and Responses to Mental Health and Illness

By : Allan V.Horwitz

Published : 2010

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Perceptions of mental health and mental health services among college students in Vietnam and the United States

By: Akiko Kamimura

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