

# UNIVERSITY OF BARISHAL



## A Project Proposal

**Title** : Mental Health Perspectives of Undergraduate University  
Students

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**Course Level** : Basic

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## “Mental Health Perspectives of Undergraduate University Students”

### **Abstract:**

This study investigates the mental health perspectives of undergraduate students, aiming to comprehend the challenges and factors influencing their well-being. Utilizing a mixed-methods approach, we conducted surveys and interviews with a diverse sample of undergraduate students to explore the prevalence of mental health issues and the various stressors affecting their daily lives. Findings reveal a significant incidence of stress, anxiety, and depressive symptoms among participants, with academic pressures, social expectations, and financial concerns identified as prominent stressors (Castillo & Schwartz, 2013).

Moreover, the study sheds light on the impact of support systems, such as social connections, counseling services, and coping strategies, in mitigating mental health challenges. It examines how cultural and institutional factors contribute to the students' perspectives on seeking help and the stigma associated with mental health issues. Our results underscore the need for targeted interventions and campus-wide initiatives to enhance mental health awareness and support networks.

In conclusion, this research provides valuable insights into the mental health landscape of undergraduate students, emphasizing the multifaceted nature of their experiences. By understanding the challenges, they face and identifying effective coping mechanisms, universities can implement evidence-based strategies to foster a healthier academic environment for students. The findings contribute to the ongoing discourse on mental health in higher education, offering practical implications for both academic institutions and mental health professionals.

## Introduction:

This study examines undergraduate students' perspectives on mental health, focusing on the challenges and factors that impact their well-being. Using a mixed-methods approach, surveys and interviews were conducted with a diverse group of participants to assess the prevalence of mental health issues and the stressors they encounter in daily life. The findings highlight a notable prevalence of stress, anxiety, and depressive symptoms, with academic demands, social expectations, and financial pressures emerging as key contributors.

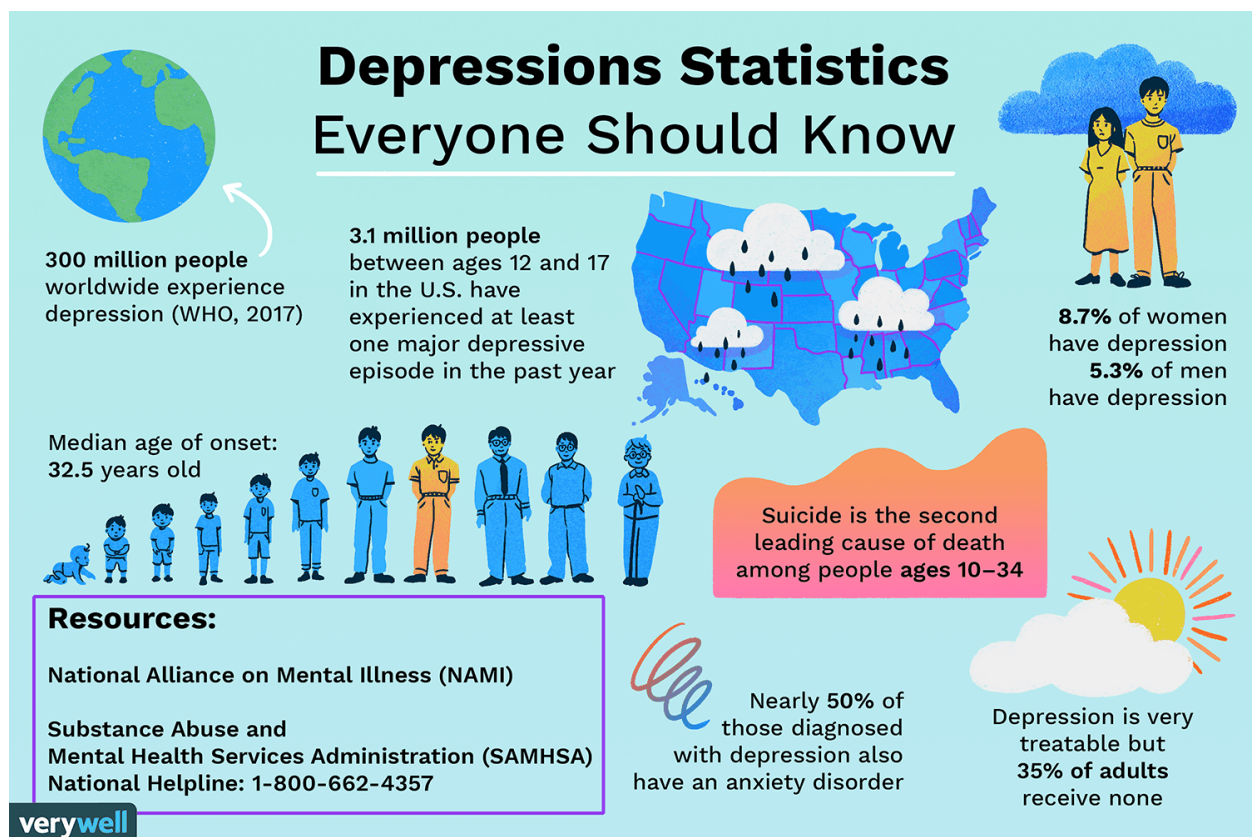


Figure 1: Mental Health

**Brief Description:**

There is little information on the current mental health challenges experienced by undergraduate students. This encompasses investigating the factors contributing to these issues, exploring the specific stressors within the academic environment, examining the prevalence retained identifying effective strategies or interventions.

to support and enhance the mental well beings of students during their academic journey. The research focusses upon predisposing, concurrent or protective factors relating to the mental health of university students. So that institutions can act on concrete dynamics or propose targeted research on this topic.

**Main Objective and aim of the project:**

The primary objective of this study is to focus on mental health perspectives of undergraduate students and creating awareness of mental health issues among them.

Through research and exploration, the aim is to contribute valuable insights into the challenges individuals face, dismantle stigma surrounding mental health, and propose effective interventions or support mechanisms.

These projects strive to foster a compassionate and informed community within the undergraduate environment, emphasizing the significance of mental well-being.

Ultimately, the goal is to empower students with knowledge and tools to navigate mental health challenges, reduce societal misconceptions, and promote a supportive atmosphere for individuals facing mental health concerns.

### **Review of Literature on the Subject Matter of the Project:**

Mental health problem of student is not prevalence of diagnostic categories but manifestations of effects of stress by students were more a focus of the study. Furthermore, diagnosis is a clinical decision that may require a number of factors other than presence, or absence, of a symptom. (Storrie et al,2010). This review evidences the importance of a range of risk factors for poor undergraduate mental health. By understanding risk factors that underpin student mental health, interventions can be targeted and modified to meet students' needs based on their presenting problem and level of risk. (Seldon et al, 2021). The number of universities students with a serious mental illness has risen significantly over the past few years. A systematic review was conducted that addressed emotional and or mental health problems of university students worldwide.(Storrie et al, 2010)This study provides new longitudinal data on mental health problems, use of mental health services, and perceived need for treatment for a college student population.(Zivin et al, 2009)This research examined 1) the prevalence of substance use behaviors in college students, 2) gender and academic level as moderators of the associations between mental health problems and substance use, and 3) mental health service use among those with co-occurring frequent binge drinking and mental health problems.(Cranford et al, 2009).

Over half of students suffered from at least one mental health problem at baseline or follow-up. Among students with at least one mental health problem at baseline, 60% had at least one mental health problem two years later.(Zivin et al, 2009).Although depression and anxiety showed strong and consistent associations with cigarette smoking, the evidence linking mental health and alcohol and marijuana use among college students is less consistent(Cranford et al, 2009).Little research exists into the trends associated with on-campus service utilization

for mental health concerns of college students(Bourdon et al, 2020).There are increasing concerns globally about the mental health of students (Macaskill, A.2013). Student mental health problems are a growing concern on college campuses (Castillo.& Schwartz,S.J.2013).

### **Expected Results:**

- This research project is expected to produce the following results: Heightened awareness and understanding of mental health issues.
- These projects aim to yield tangible improvements in individual well-being by equipping students with coping strategies and resources.
- A positive impact on academic performance, as mental well-being is closely linked to cognitive functioning.
- Preparing students for a more resilient and balanced future beyond their academic pursuits.

### **Methodology:**

The methodology for exploring mental health perspectives among undergraduate university students typically involves a combination of qualitative and quantitative research methods.

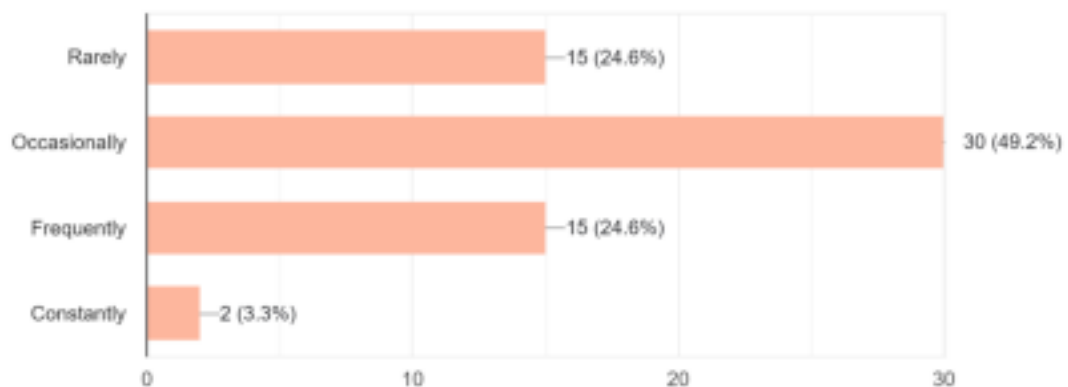
Qualitative approaches include interviews, focus groups, and surveys to gather subjective experiences, attitudes, and perceptions regarding mental health. This allows researchers to delve into the nuanced aspects of students' mental health perspectives.

Quantitative methods involve structured surveys or questionnaires to collect numerical data on prevalence, trends, and correlations related to mental health issues. This can include assessments of stress levels, anxiety, depression, and awareness of available support services.

## Overwhelmed or Stress:

Overwhelm is an engulfing feeling of dread or worry often related to responsibilities, self-expectations, relationships, health concerns, and more. This may include thoughts of discouragement, stress, or physical exhaustion. People may feel overwhelmed with work, parenting, deadlines, health challenges, or other life circumstances. Sometimes, overwhelm is a combination of challenges that feel like "too much." Overwhelm is a feeling of having an unbearable weight of responsibilities, being buried by stressors or being engulfed by feelings of dread or worry. Overwhelm can be amplified by a lack of sleep, poor diet, and insufficient physical activity and may increase the risk of mental health challenges such as anxiety, depression, substance abuse, and self-harm. However, it is a preventable and treatable condition. Talk to a healthcare provider for support.

How often do you feel overwhelmed or stressed?  
61 responses



**Figure 2: Overwhelmed or Stress**

In our research paper we find that 24.6% people rarely feel stressed. They have total control over their emotions. From the graph we can see that majority students occasionally feel stressed and the percentage rate is 49.29%. We can find that about half of total undergraduate students



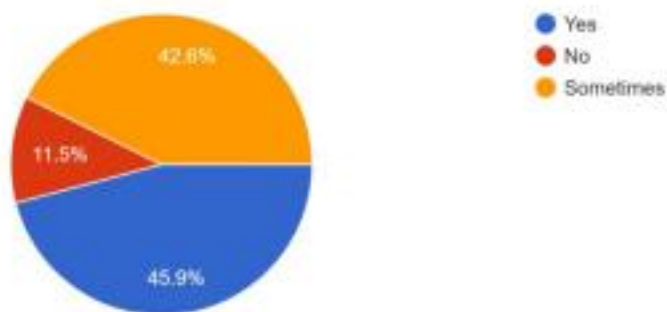
overwhelmed. We noticed that 24.6% students frequently feel stressed. This is almost quarter of total percentage of students. About 3.3% students constantly feel stressed. Therefore, we can say that most of the students feel overwhelmed or stress.

### Academic and personal life efficiency:

In the intensely demanding world of academia, maintaining a healthy work-life balance often feels like an impossible challenge. The overlapping demands of teaching, research, publishing, and administration can easily consume the entirety of your day, leaving precious little time for personal pursuits and relaxation. Add in the never-ending pressure to secure funding and achieve scholarly recognition, and it's easy to see why many academics and researchers struggle to keep their professional and personal lives in equilibrium.

Are you able to balance your academic and personal life effectively?

61 responses

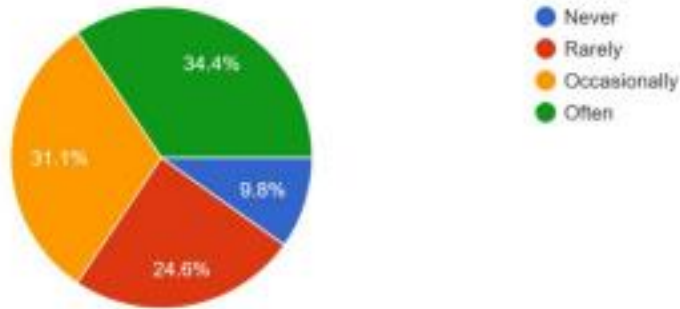


**Figure 3: Academic and personal life efficiency**

### Feeling of loneliness or isolation:

Isolation and loneliness have become widespread problem in the world, posing a serious threat to our mental and physical health. It has been linked to increased risk for heart disease and stroke

Have you experienced feelings of loneliness or isolation?  
61 responses



**Figure 4: Experience on feeling of loneliness or isolation**

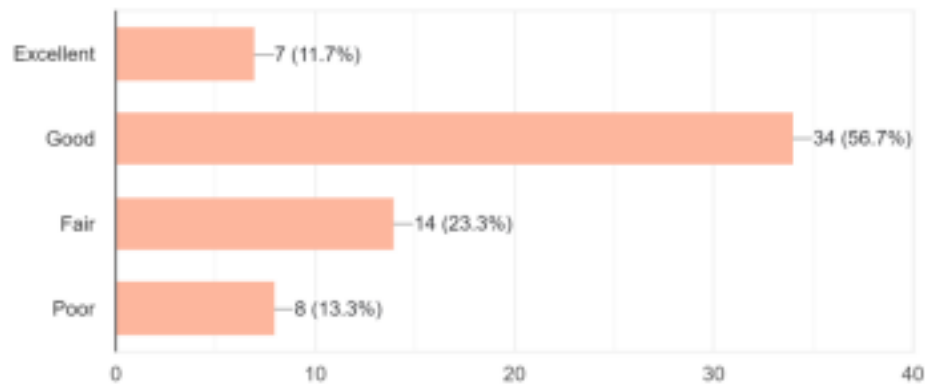
Here in the graph, we can see that 34.4% people often feel lonely. Again 31.1% people feel lonely in some part of their life. Again, 24.6% people rarely experience loneliness in their life. But 9.8% people never experience loneliness in their life.

### Overall emotional well-being:

Emotional well-being, or emotional health or wellness, refers to how well people are able to accept and manage their emotions and cope with challenges throughout life. Emotional health can affect how well someone can function day to day or how they are able to deal with change or uncertainty. Difficulties in emotional well-being may have a negative effect on a person's mental and physical health.

How would you rate your overall emotional well-being?

60 responses



**Figure 5: Overall emotional well being**

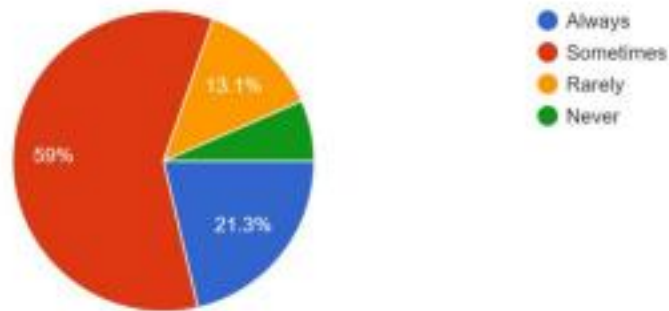
This graph says that what is the rate of all emotional well-being of random people? 11.7% people said their emotional well-being is excellent. 56.7% people said that their emotional well-being is good. 23.3% people said that their emotional well-being is fair. 13.3% people said that their emotional well-being is poor.

### **Mental health concerns with friends or family:**

Talking to friends and family about mental health problems can be an opportunity to provide information, support, and guidance. Learning about mental health issues can lead to:

- Improved recognition of early signs of mental health problems
- Earlier treatment
- Greater understanding and compassion

Do you feel comfortable discussing mental health concerns with friends or family?  
61 responses



**Figure 6: Mental health concerns with friends or family**

This graph represents people comfortable discussing mental health concerns with friends or family. 59% people shared that they sometimes discuss. 13.1% people said that they rarely share. 21.3% people said that they always discuss their mental health concerns. Share health problems

#### **Awareness of the mental health support services available on campus:**

Colleges and universities have an important role in supporting students' mental health and wellbeing. By providing on-campus resources, raising awareness about available resources, and addressing barriers to accessing services, colleges and universities can help students thrive academically, socially, and emotionally.

Do you feel comfortable discussing mental health concerns with friends or family?

61 responses

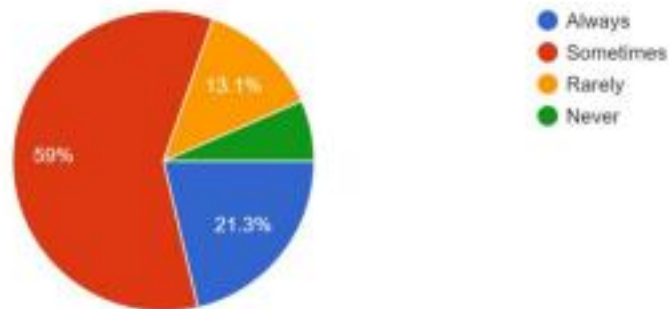


Figure: Awareness of the mental health support services available on campus

The graph shows that the student's awareness of the percentage of the mental health support services available on campus. Firstly, we see often 42.6% students are aware the mental health support services available on campus. secondly, 41% students are not aware of mental health support services available on campus. And thirdly 16.4% campus has partially. Above all, we say that among this percentage most of the students are aware of the mental health support services available on campus.

### Sleep Pattern:

A sleep pattern, also referred to as sleep-wake pattern, is a biological rhythm that guides the body as to when it should sleep and when it should wake. It is one of the body's circadian rhythms and typically follows a 24-hour cycle, controlling the body's schedule for sleeping and waking.

Table: Sleeping Pattern

Category	Average Duration	Optimal Range	Common Challenges
Teenagers	7–8 hours	8–10 hours	Insufficient sleep, technology
Young Adults	6–7 hours	7–9 hours	Academic stress, social activities
Adults	7–9 hours	7–9 hours	Work demands, sleep disorders
Elderly	5–6 hours	7–8 hours	Insomnia, fragmented sleep
Shift Workers	Varies (4–6 hours)	7–9 hours	Irregular schedules

### Conclusion:

The conclusion of a project on the mental health problems of undergraduate university students would typically summarize key findings. It might highlight prevalent issues, contributing factors, and potential interventions. Recommendations for university administrations, support services, and students themselves could be included, emphasizing the importance of addressing mental health in the academic setting. It's crucial to underscore the significance of ongoing research and proactive measures to foster a healthier environment for students (Storrie, Ahern, & Tuckett, 2010).

### Bibliography

- Castillo, L. G., & Schwartz, S. J. (2013). Introduction to the special issue on college student mental health. *Journal of clinical psychology*, 14-19.
- Storrie, K., Ahern, K., & Tuckett, A. (2010). A systematic review: students with mental health problems—a growing problem. *International journal of nursing practice*, 1-6.

