



Image credits to:

<https://ahchealthenewscdn.azureedge.net/wp-content/uploads/2015/06/college-students-coping-with-anxiety.jpg>

College students are impacted by different problems and issues, which is the growth in mental health and attempting to identify the factors that have contributed to it. This image I've provided illustrates the various issues related to my topic and how I prefer to talk about them because my topic and my sources address each issue that is depicted around the student's head in the picture in a unique way, and each source does so in a way that encourages you to approach each issue from a variety of perspectives, including analytical, experimental, and understanding mental health in order to address the issue of mental health in a variety of ways. This picture wonderfully captures two of my sources and describes them. Examining whether study-life integration techniques have an effect on the mental health of young adult students is the goal of the first source I used, "Study-Life Integration and Young Adult Students Mental Health," by Siti Khadijah Zainal Badri. This article examines how work and life are integrated from the lenses of conflict and enrichment. A cross-sectional design was used in this investigation, and the results are suggestive.

The impacts of study-life integration on the mental health of young adults are examined using actual data from this study. According to the study's findings, frequent arguments brought on by conflicts between personal and academic lives are associated with higher levels of anxiety and social dysfunction symptoms (Badri). Because there are so many different elements and facets

of a college student's life depicted in the image, it is an excellent representation of my topic on mental health. That being said, it must be examined and investigated in order to be understood, but in my second source as Poppy Brown effectively states in their article, "what works for one person doesn't always work for the other.(Brown)" Since university students come from a variety of backgrounds and experience a variety of trials and tribulations, this image shows all of them but not as many as someone could go through and they could be totally different from the women depicted in this image, and with this depiction and my explanation I hope that this will demonstrate the need for collaboration between other places and universities to effectively relieve stress from college students to help prevent mental issues with college students and stop the uprise of this issue.

#### Work Cited

<https://ahchealthnewscdn.azureedge.net/wp-content/uploads/2015/06/college-students-coping-with-anxiety.jpg>. Accessed 17 March 2023.

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