

With my topic being the rise in mental health issues among college students, I will offer three insights and three academic sources that concentrate on this issue and just a few different aspects of college students' mental health in an effort to give my peers a more thorough understanding of the subject and help to minimize it for the benefit of students' wellbeing. Moreover, consider other approaches and ideas to combine all the aspects of mental health I have mentioned to offer solutions to this issue. The first insight I would like to provide from the article by (Cheong et al.) with this article it gives the insight of how researchers view the data from college students mental issues by stating "Studies using screening tools reported depressive symptoms to be present among 50%–75% of the undergraduates (Asif et al., 2020; Iqbal et al., 2015; Wahed and Hassan, 2017). Prevalence of moderately severe to severe depressive symptoms were reported to be between 13.9% and 59% (Arun et al., 2022; Iqbal et al., 2015). Similar rates were reported for Malaysian university students: rate of moderate depressive symptoms was between 20% and 27.5% and severe symptoms between 4% and 10% (Islam et al., 2018; Shamsuddin et al., 2013; Teh et al., 2015). (Cheong et al., 2022, pg.332)" The fact that this is stated in the source demonstrates how research is able to increase public awareness of the signs and problems with mental health that exist among college students. This data demonstrates how the psychological effects of education can have a significant negative impact on a person's wellbeing and quality of life because it may be more than just school that is having an impact. In addition, since mental health has become a hot topic in recent years and is a concern for many people, this data can also help us understand that students may be experiencing these problems for a longer period of time than anyone will ever be aware of.

In my next source I would like to provide insight from the article by (Brown) "collecting data shows students that we care about their mental health. It helps to engage them in thinking about mental health, and opens the doors for collaborative work. It also raises awareness, helping to reduce stigma, the problem of which is highlighted in Caan's editorial. Fourth, until we fully understand the factors that exacerbate mental health problems in universities, we cannot work preventatively. Yet working preventatively needs to be a priority (Seldon and Martin, 2017)." (Brown, 2020, pg. 9)" This demonstrates how, despite the fact that mental health concerns have long existed, recent discussions about them have made it possible for college students to be more forthcoming about their struggles. Also, it can teach students and readers how to approach receiving assistance with the issue and how to address it while "acting preventatively but needs to be a priority (Brown, 2020, pg.9)" Additionally, this can demonstrate and provide insights into how each university differs in how it approaches this issue because every student is unique and experiences a variety of life stages. Meaning that when dealing with something as complex as mental health, especially with college students given how different and connected they are, you need to have a different perspective and look on this. The limitations of the research because it is only conducted in specific universities in the article, and it is not always clear how tests are designed to get to the heart of a problem or what questions or steps students must answer or take

during this screening. With each university and student being unique, this can limit the amount of information and data that can be found because of the lack of collaboration with other places and universities. This could slow things down because more study is needed to solve this issue in the future. Lastly, this can aid study in discovering new approaches to resolving the issue of mental health problems for the benefit of students and society at large.

For my final source I would like to give the insight from the article by (Badri)"that higher anxiety and social dysfunction symptoms were linked to frequent conflict caused by interference from study to personal lives. The main sources for these conflicts were high academic stress and excessive academic-related behavior. The findings also suggested that greater academic achievement, although improving young adults' personal life, was associated with greater symptoms of social dysfunction.(Badri, 2020, pg.24)" This source, out of all of them, is my favorite. I know I may have used it a few times before, but it's because it truly helps people understand and learn about how students are affected and are wired when it comes to their personal life and school life because, even though we're adults in college, we still have time to go out and have fun, but at the same time we know what's at stake if you enjoy the good times too much and don't pay attention to your future. However, we also need to establish a balance so that we can go out and live our lives because, if god is willing us to, we will have a very long life because youth or life isn't something that lasts forever. This article is fantastic because it demonstrates how difficult it is to balance your personal life with your academic obligations. This can educate many readers about how to do this as students, teach them how to schedule their time effectively, teach them how to socialize and network while out and about, and show them whether or not college is right for them based on what they value most.

They connect because each source focuses on the mental health of college students from a data point of view, as well as their daily lives and academics. With every article and insight that does this, it continues to bring attention to the problem of increasing mental health issues among college students and suggests some solutions that might help. While also highlighting the drawbacks in the research's findings, since mental health is a complex issue that has only lately become openly discussed as a result of people's increasing desire for speaking out. Each is connected to the others using a conflict theory, but with the varied forms of mental health problems among college students. With that said, going to school can be difficult on your mental health, but just keep going and be ready for anything because anything can happen, and you want to be ready so you won't have to get ready. Also, never forget that you matter and that bad times and bad thoughts are only temporary; you just have to look past them to see the light, and you have to experience some dark, rainy days in order to be able to enjoy the great sunny days.

Works Cited

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