

A Study on Mental Health Awareness among Undergraduate Students in Tirunelveli City

Thavasi Lakshmi A¹ and Dr V Sangeetha²

II M.Com, PG & Research Department of Commerce¹

Assistant Professor, PG & Research Department of Commerce²

Sri Sarada College For Women (Autonomous), Tirunelveli, Tamil Nadu, India

Affiliated to Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu, India

Abstract: *Mental health problem is one of the most deadly problems in this modern world. Every person in the world is suffering because of this problem and now most of the students are facing suicidal thoughts because of the lack of mental health awareness. Depression, anxiety and mood disorders are commonly arise in the mind of youngsters. Students are suffered enough in their school life because of state board and central board exams. When they join college all they want to do is enjoy their life and do some funny activities. But instead of enjoying their college life they are being force by then college management to do assignments, projects, weekly exams and what not. This makes the students to lose their focus and makes their brain to slow while processing whatever is happening. They are not having enough time to deal with their mental health and focus on themselves. Academic stress, relationship stress, family problems, financial problems, childhood traumas can easily trigger mental health problem among students. Students now days are having inferiority complex, fear of rejection, fear of failure and what not. Even the assignment works and simple class test make them feel nauseous in a very bad way. The main objective of this study is to determine the stress factors and mental health problems of undergraduate students in Tirunelveli City.*

Keywords: Academic stress, College, Failure, Mental health, Time

REFERENCES

- [1]. Akash R Wasil (2022) Improving mental health on college campuses: perspective of Indian college students: Behaviour Therapy volume 53, Issue 2.
- [2]. Kristin Reid, N Armstrong, D Todd, L Ballard, C Szczepaniak, C Tinsley (2021) An Examination of mental health perceived barriers and outreach recommendations among rural college students. American journal of Health education, volume-52, Issue-2, 101-110, 2021.