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### The Struggle Of Mental Health In College students

Mental illness in college students is a taboo topic. In the article “Mental Health Of College Students Is Getting Worse” by Jessica Colarossi it said “Since 2013 there has been a 135% increase in depression and a 110% increase in anxiety in college students”. Colleges still haven't figured out a way to help their students who suffer from these conditions. The leading cause of students developing mental health disorders are academic stress, being on their own, drug/alcohol abuse, partying, and many other factors leading to college students mental illness. Many people don't realize that mental illness in college students is a pandemic that we don't talk about enough or try to solve.

Many people don't know that mental illness is a huge problem in our world today. Many people don't know what mental health is. That reason is because no one talks about mental health like it isn't a serious problem that is happening in our world. Mental illness is a disorder that can cause psychological and behavioral disturbances with varying severities. There are many different types of mental illness such as Depression, Anxiety, Bipolar disorder, and so many other different types of mental health disorders. Most people who have a mental illness don't know they have one since they don't know the signs to look out for in one who has a mental health illness. Once you get a mental illness it's very hard to get rid of. It takes some people years to finally get rid of whatever type of mental health illness that they were suffering from.

Therefore if we can get more people who are aware of mental illness the more people who will go and receive help for their problems.

Being in college can be a time of joy but also a time when students have a hard time dealing with their mental health disabilities. There has been a spike in cases of students who suffer from mental health disabilities. Most students who go to college it's their first time living on their own and they aren't used to that and don't know how to live without someone taking care of them. So they start to develop some type of mental health illness. Also, the workload that you're given can be very stressful and not knowing how to deal with it can lead to the development of anxiety. Some students face bullying still in college and that is another contributor to them developing a mental health disorder. There's just so many factors that can contribute to a student's mental health getting worse during their time at college. In the article "College Mental Health: Where and Why Students Struggle." by an unknown source said "There are many things that contribute to this such as financial burdens, demanding schedules, and digital device interactions" ( para 3). This just shows how the things we don't think about can be the biggest factors in one's mental health .

The leading factor in college students developing a mental health disorder is academic stress. Academic stress is when mental distress regarding anticipated academic challenges or failure or even the fear of the possibility of academic failure. With the college workload being way more than what people are used to makes it more difficult to stay on top of it. Now having to worry about keeping a certain gpa so that you can keep your scholarship or staying up all night to study for an exam for your major can be very stressful which can lead to developing academic stress. I can relate to this because for me I have to have a certain GPA to keep my scholarship and it can be very stressful since you wanna have a good grade for all your classes and if you don't you

worry so much about having your scholarship being taken away from you. With that being said with academic stress being such a huge factor in college students mental health can then go on and affect their performance in the classroom.

Mental illness in college can affect you in different ways but the one where it can be the most detrimental is in the classroom. In the article “How Does Mental Health Affect Students Academic Performance?” by Travis Thornton it says “Mental health issues such as anxiety can cause someone to lose concentration, making it very difficult to multi-task” (para 1). With it being hard to concentrate or even just paying attention your grades are going to start to go down since you're so stressed out. Next, you'll stop going to class in general and that'll just become your normal thing and after a while if you still don't know how to deal with it the chance of you dropping out will grow significantly. Also, in the article “How Does Mental Health Affect Students Academic Performance?” by Travis Thornton it says “Students facing mental health challenges may see a decline in their results or prove unable to respond effectively to the high-pressure expectations of exams and assignments” (para 3). This shows how someone who is dealing with a mental illness is at more of a challenge in the classroom since they can't deal with stressful situations including quizzes and exams. So that's why schools need to have a better way of helping students who are struggling with a mental health disorder so they don't try to handle it the wrong way like drugs or alcohol.

Most students who suffered from a mental health disorder and didn't go and get help resorted to drugs/alcohol to cope with their problems. With drugs/ alcohol being so available to students it's too easy for them to get some to try and cover up their pains with them. With students not talking about their problems and using illegal substances their at a higher rate to stop going to class and dropping out. In the article “The State Of Mental Health In College Students

Today” by Alicia Betz it says “National Alliance on Mental Illness (NAMI) found that 64% of them dropped out because of mental illness” (para 15). 35% of those students used drugs and alcohol to deal with their problems. So if colleges had a better support system to help their students deal with their mental health problems the less students would resort to using drugs or alcohol.

Colleges all around the country have students who suffer from a mental illness. In the article “The College Mental Health Crisis: A Call for Cultural Change” by Gene Beresin it says “On college campuses, the ratio of certified counselors to students overall is about 1:1000 – 2000 for small to moderate size schools, and 1:2000 – 3500 for large universities” (para 6) This shows that colleges don't have enough resources to help their students who are suffering from mental health disabilities. Colleges need to have more plans in place to be able to help their students who are in need of help. In the article “How Colleges Today Are Supporting Student Mental Health.” by Amy L. Eva says “At the end of the screening, students receive information regarding additional mental health resources and supports, as needed” (para 8). There needs to be more programs put in place to help students to get help with their problems and talk about them to start the healing process. There should also be more people talking about mental health and bringing more awareness to this crucial problem in our college students mental health. But, what there needs to be is more awareness for our student athletes.

Our student athletes have it way harder on themselves than every other student on campus. They have to worry about practice, games, meetings, and lifting while also trying to balance their school work. While doing that it can become a very stressful process and many student athletes start to develop a mental health issue. In the article “How Does Mental Health Affect Student-Athletes?” by Frippery it says “The constant presence of unhealthy competition can

lead to a feeling of self-insufficiency and desperation birthing an unhealthy downward spiral of mental health problems” (para 4). With athletes having all this pressure on them from their coach, and themselves it becomes very difficult to be at your best mental state. Most people who aren't athletes think they get special treatment where in reality they don't. Also, in the article “How Does Mental Health Affect Student-Athletes?” by Frippery it says “When student-athletes speak about their struggles, they should not be mocked and considered inadequate. The courage to speak up should be enough” (para 9). With being a student athlete myself there should be more people open to helping student athletes with their mental health problems and not thinking they are just above everyone. There also should have been more help for the students who had to deal with covid.

During covid it was a hard time for a lot of people, It was a real hard time for college students all across the country. There was so much uncertainty during covid no one knew what's going to happen next. No one knew if they were going to come back to college or have to stay at home. With no one knowing what's going to happen next it became a very stressful point in time for students. Students were just at home not knowing if they were ever going to come back to college. In the article “How COVID-19 Has Affected College Students' Mental Health” by Cayla Cassidy it said “Their stress stemmed from worries about their own health and the health of their loved ones, irregular sleeping habits, decreased socialization, difficulty concentrating, and concerns about their academic performance” (para 4). With being at home students had to go to online learning. Some students had a challenging time since they were at home in bed trying to focus on a class. Me personally i can't learn online since I need an academic setting to be able to focus on my school work and put my best foot forward. If students could practice their own skills

on helping themselves with their mental health issues the easier it will become for students to deal with their problems.

With mental health your biggest supporter needs to be yourself. No one can help you unless you want to help yourself. In the article “The Importance Of A Sound Mental Health In College Students’ Lives” by Ambika Singh it says “When you are in college, it’s a good idea to make your own mental health a priority” (para 8). This shows how important you are in your own mental health. With college being as stressful as it is you need to find time in your day to help your mental health not reach its breaking point. A huge way you can help yourself is by talking to one. If you're able to talk to someone about your problems you won't push them down and have your mental state get worse. Also, In the article “The Importance Of A Sound Mental Health In College Students’ Lives” by Ambika Singh it says “Meditation is a guided way to reduce the thoughts in your head and quiet your mind. You can begin by meditating for as little as one or five minutes a day” (para 18). I didnt even think of meditation as a way of dealing with mental health. You just need to find out what works for you and make a plan to follow to better your mental health.

Mental illness in college students is a taboo topic. To conclude this paper, Mental health is a topic that isn't talked about enough. There needs to be more awareness for mental health and more colleges having better plans put in place so that they can help their students deal with whatever mental health problem they are dealing with. There are so many things that can have a student develop a mental health issue like academic stress, being on their own, drug/alcohol abuse, partying, and many other factors leading to college students mental illness. So if we can help address these issues it will tremendously lower the amount of students who suffer from a mental health issue.

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