



## Impact of Mental Health and Anxiety Disorders among College Students

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### Introduction

Mental health problems are very common among college students. This may be due to the fact that attending college corresponds to a challenging time for many traditional and non-traditional undergraduate students. Traditional college students start college after completing high school are typically younger, depend on parents for financial support, and do not work or work part-time.

Non-traditional college students are more likely to be employed full-time, older, and have children who are not their spouses. In addition to academic needs, this set of students may have to deal with work and family obligations. Many college students may experience the persistence, exacerbation, or initiation of mental health and substance use problems in these situations, while also being exposed to potentially harmful substances. The proportion of young adults with mental health problems entering college has increased dramatically as awareness of child mental health concerns has grown, as has the usage of more psychotropic medicines [1]. In a study of 274 institutions, 88 percent of counseling center directors said that "severe" psychological disorders, such as learning disabilities, had increased in the previous five years. As a result, demand for counseling and specialised services is increasing. However, a rise in demand has not always been matched by a rise in employees counseling centers, in particular, require psychiatrists who are experienced in treating both traditional and non-traditional college students, two groups with distinct age-related characteristics and issues. The majority of mental health issues peak in adolescence or early adulthood [2]. 75 percent of people who will have a mental health condition will have had their first onset by the age of 25. The considerable disruptions involved with attending college may exacerbate present psychopathology that began in childhood and/or cause its genesis in conventional students. Similarly, non-traditional students may have an increase of their symptoms or a relapse due to the demands of their multiple obligations (work and family).

Anxiety disorders are the most common psychiatric illnesses among college students, with 11.9 percent of them suffering from one.

Social phobia is the anxiety disorder with the earliest onset (median age of onset: 7-14 years), while panic disorder, generalized anxiety disorders (GAD), and post-traumatic stress disorder (PTSD) are anxiety disorders with a later onset [3].

Depression is another major mental health concern among college students, with prevalence rates ranging from 7 to 9 percent. Over half of all cases of depression began in childhood, youth, or young adulthood, according to the study. Others have seen a linear increase in the risk of mood disorders starting in early adolescence and increasing with age. Suicide is the third highest cause of mortality among young adults and a substantial problem among college students, despite the fact that it is not a recognized diagnosis [4]. According to a big poll, 6.7 percent of 8,155 students expressed suicidal ideation, 1.6 percent had a suicide plot, and 0.5 percent had attempted suicide in the previous year.

Eating disorders including bulimia, anorexia, and binge eating are prevalent, and they usually start in youth, with a significant rise in risk in early adulthood [5]. For example, according to a poll of 2,822 college students, 9.5 percent of students tested positive for an eating disorder, with girls outnumbering males (13.5 vs. 3.6 percent, respectively). The increased risk of taking illicit substances among binge drinkers has major implications, given that combining alcohol and drugs is known to exacerbate substance-related negative outcomes, even when drinking levels are controlled.

College students who initially develop mental illness or start using drugs in childhood or adolescence appear to have a more harmful illness trajectory and course. Early detection and thorough assessments of college students with mental health problems are crucial for providing enough services and ensuring improved outcomes, such as graduation.

### References

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