



# A Study on Prevalence, Causes, Stress and Its Impact on Academic Performance and Well Being for Higher Education Students

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## ABSTRACT

Mental health is a concern for students in higher education. They face a lot of pressure from academics not knowing what their career will be, issues and what their family and friends expect from them. Many students feel really stressed out and anxious. They have problems balancing college work and their personal life. It can be really tough. They worry about college work and their personal life a lot. These problems, with their health can make it hard for them to pay attention stay motivated and get good grades. So it is very important to understand what makes students feel stressed and how it affects the students. The main goal of this study is to look at how common stress among students What causes this problem. How does it affect the students grades and their mental health. The people who did the study used a list of questions with a simple rating system to get information from the students. The responses were collected from the 106 students in the study because these students and preferred the convenience sampling method to collect the data and it was analysed through a statistical tool using the regression analysis The students filled out the survey, on the internet using Google Forms. The answers were analysed using statistics to see how stress factors relate to college performance. The questionnaire was tested to make sure it was reliable. The results show that many students have a lot of stress. College work and exams are things that cause stress for students. Family expectations and competition with friends also cause stress for students. Students also get stressed about problems and not knowing what their future job will be. When students have lot of stress it affects how well students focus on college work. It also affects the motivation of students and the emotions of students.

**Keywords:** Nervousness, cognitive overload, emotional exhaustion, constant multitasking, chronic stress.

## INTRODUCTION

Higher education is important for students and society. The time students spend in college and university is a part of their life. This is where they learn things and grow as a person. They become smarter make friends and figure out who they are as a person. This time can also be very tough and stressful for higher education students. Many higher education students struggle with feeling overwhelmed worried and pressured to do in college. Lots of education students around the world are dealing with these kinds of problems. It is hard for higher education students to balance college work, their personal life and what their friends and family expect from them. Things like exams, competition and money problems can make higher education students feel sick and unhappy. Not having advice and not taking care of themselves can also be a big problem for higher education students. These problems do not just affect how higher education students feel they also make it harder for higher education students to focus, learn and do well in college. We need to understand why these problems are happening so we can help education students. If we know what is causing these problems, colleges, teachers and parents can do things to make college a healthier place for education students. We also need to see how these problems affect how higher education students do in college so we can come up with plans to help higher education students succeed and be happy.

So this study is going to look at how common these problems what is causing them and how they affect higher education students. The study wants to show what the big challenges are for education students and suggest ways to make higher education students feel better be healthier and do better in college. Higher education



students need our help to deal with the pressures of education and to have a better life. Higher education is very important, for education students.

## LITERATURE REVIEW

**Fauzi et al. (2021).** Examined health issues among undergraduate students. They found that many students had anxiety (85.1%) stress (65%) and depression (51.4%). The study showed that academic workload, poor sleep, physical fatigue and frequent headaches caused a lot of distress. Students in programs had more stress. This suggests that the expectations from college and how courses are structured can affect student's mental health. The authors also noted that these factors play a role in shaping students' mental well-being and that academic workload poor sleep quality, physical fatigue and frequent headaches are major factors contributing to psychological distress, among undergraduate students.

**Islam and his team did a study in (2020).** They were trying to figure out how university students were doing when they first started at university. Islam and his team wanted to know what it was like, for these students. Islam and his team were looking at the students who were just starting out. They looked at students who were in their year of university. They wanted to know how many of these university students had depression and anxiety when they first started university. The study was, about university students and what they went through with depression and anxiety. Islam and his team were really interested, in students. How they were feeling when they first started university. What the study found out was that a lot of these students had depression, sixty nine point five per cent and anxiety about sixty one per cent. The people who did the study said that students had a time adjusting to university life and things like moving to a new place using the internet too much not exercising and not sleeping well made it harder for them to deal with mental health issues. This shows that when students first start university it is a tough time for them and they are more likely to have problems with their mental health. The university life is a change, for first-year university students and it can cause a lot of stress.

**Wagner et al. (2022).** The connection between feeling depressed and how well students do in college was looked at. This study used numbers to figure out what is going on. It found that students who are really struggling with depression are more likely to fall in college. When students are feeling down they have a time focusing. They do not want to do their work. They do not do as well in college. All of these studies together show that a lot of university students are dealing with health issues and that college and lifestyle are factors. This affects how well students can do their work in college. Depression is a problem for students. It affects how well students can do in college. University students, with depression need help.

**Recent Indian studies (Kumar & Sharma, 2022; AIIMS Mental Health Report, 2023).** Also highlight increasing stress levels among Indian college students due to academic competition and employment uncertainty. The literature clearly indicates a strong association between stress and reduced academic performance.

## SCOPE OF THE STUDY

- The analysis focuses on collegians and university students are degree seeking in higher education institutions to get academic training. These education students are the people that the study is looking at to get an education.
- This thing looks at how many students have stress and anxiety. It also looks at pressure and how students deal with big changes, in their lives. The main goal is to focus on mental health issues and the student's well behaviour.

## OBJECTIVES OF THE STUDY

- ❖ To understand the prevalence of mental health issues among the higher education students.
- ❖ To analyse the relation between biological, social and psychological factors among the students.

## HYPOTHESIS OF THE STUDY

**H0:** The stress does not really affect how higher education students are affected with academic workload family expectations, peer competition; financial problems sleep quality and institutional support.

**H1:** Stress is a deal for students in higher education. There are things that can cause stress for these students such as academic workload, family expectations, peer competition, financial problems sleep quality and institutional support are all connected to performance, among higher education students.

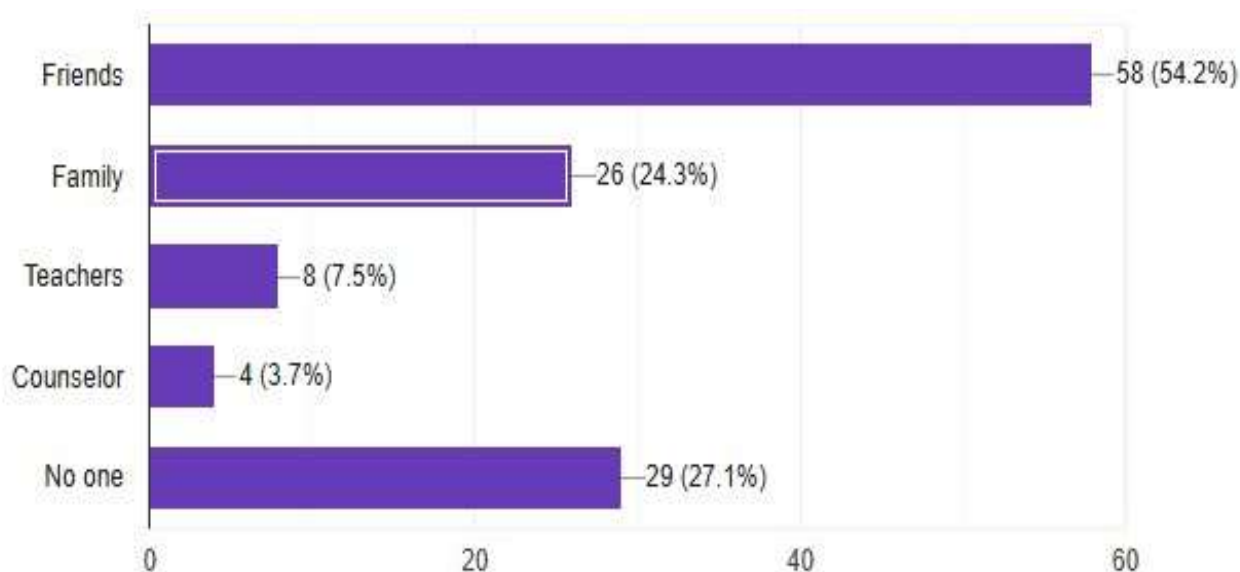
## RESEARCH METHODOLOGY

This paper provides insight into students who are with psychological disorders. The study used a questionnaire with five points to measure stress, anxiety and depression. It also looked at things like what students do everyday how they sleep and the pressure they feel to do in college. The study asked 106 students to take part. The students filled out the questionnaire on Google Forms and was analysed through regression analysis. The way the study was done was simple and easy to manage so the people doing the study could understand what the students were going through. This way of doing the study helped the people doing it looks closely at health issues among university students. The study found out how many students have stress, anxiety and depression and how it affects their college work and how they feel overall. The study looked at health issues, among university students and it looked at how these issues affect university students.

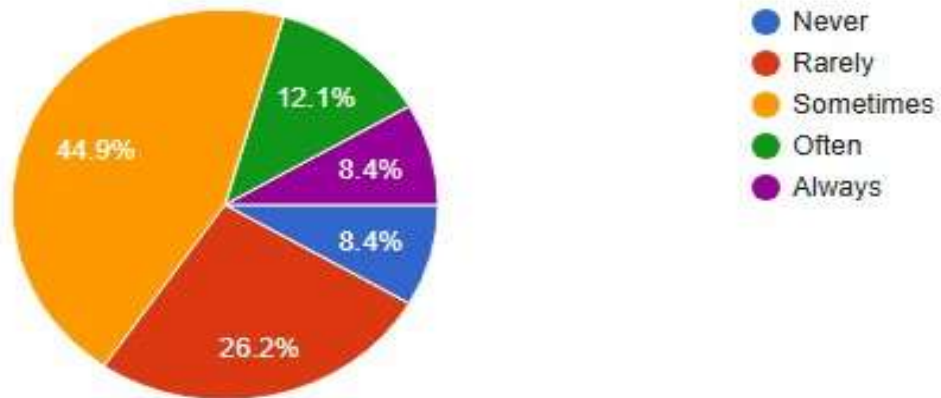
## DATA ANALYSIS AND INTERPRETATION

The data says how students feel about the psychological help or support and study related anxiety can make a transform in their mind wellness. Students believe that awareness programs and better support from friends are also very important. This means that colleges need to have both help and support from friends. Almost all the students open up to their friends and family about their study related anxiety, which indicates how significant it is to have people you trust when you are stressed. Not many students have asked teachers or counsellors for help and some students do not talk to anyone about their problems. This could be because they are scared do not know where to go or worried about what others will think. The data says that academic pressure and not knowing what the future holds can really hurt student's mental health.

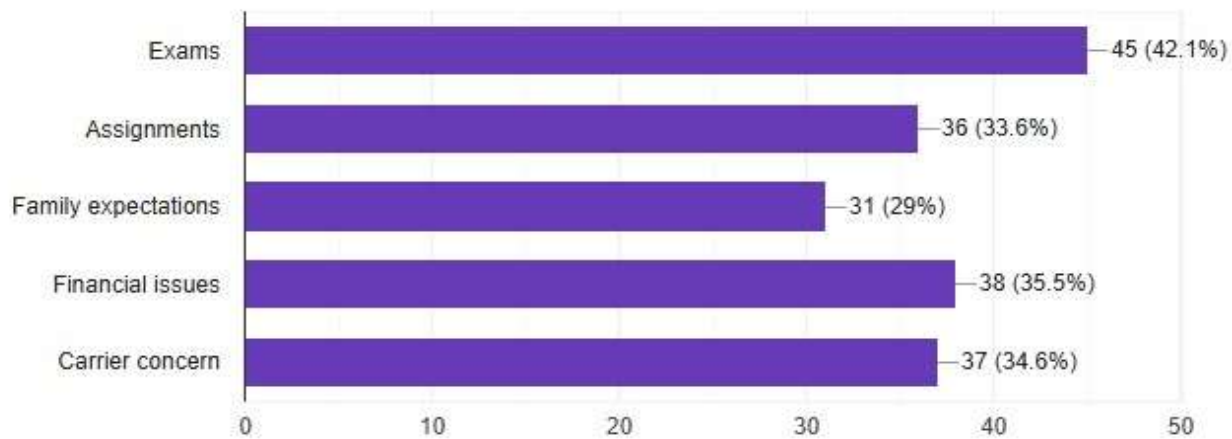
**FIGURE 1: Have you ever spoken to someone about your mental health concerns.**



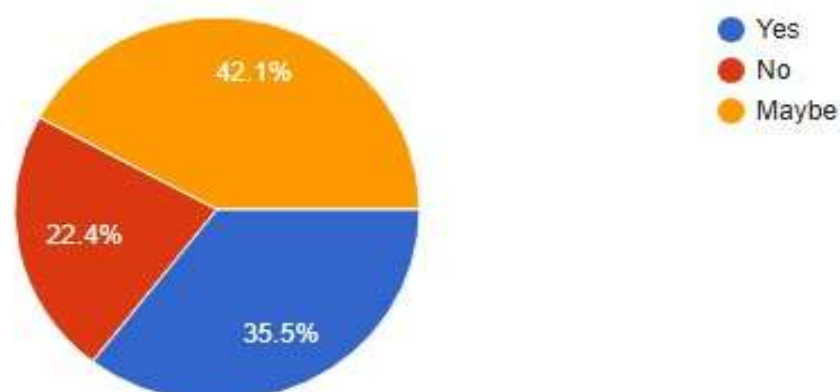
Almost students have opened up about their mental wellness and mostly with their mates (54.2%) and not preferred to the college counsellors.

**FIGURE 2: How often do you feel stressed due to academic pressure.**

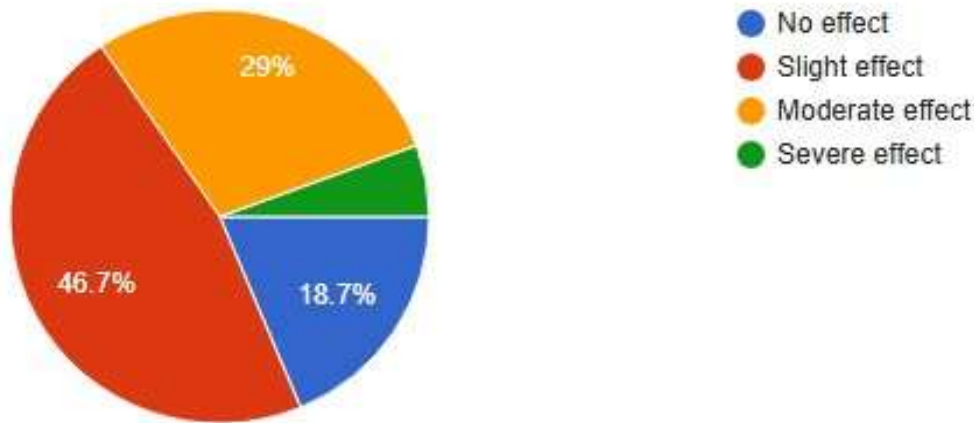
Students feel more stressed due to academic pressure sometimes (44.9%) and rarely (26.2%) the least following them is always and never as the same percentage (8.4%).

**FIGURE 3: What are the main sources of stress in your student life.**

The main source of stress where every student faces in their academics is regarding the exams and the assignments and many other factors.

**FIGURE 4: Have you experienced anxiety, sadness or emotional distress during your studies.**

The students have experienced anxiety, sadness or emotional distress where most of the students have responded (42.1%) as maybe.

**FIGURE 5: How does stress affects your academic performance.**

The side effects of stress may lead to downfall from the pressure of academics. where most of the students have said that there is a slight effect.

## THEORETICAL FRAMEWORK

This study is based on the following theories:

1. Transactional Model of Stress and Coping which Lazarus and Folkman introduced in 1984 says that stress happens when people think they do not have resources to deal with the demands they face.
2. Maslow's Hierarchy of Needs shows that feeling good psychologically plays a role in why students are motivated to do well in academics and how well they actually perform.
3. Cognitive Load Theory tells us that when students have much academic work it can be too much for their brains to handle and this affects how well they learn.

These theories help us understand how stress from academics and social issues affects students' emotions and their performance, in college.

## REGRESSION ANALYSIS

Model	R	R Square	Adjusted R Square	Std. Error
1	0.616	0.380	0.365	0.74

## INTERPRETATION

The regression analysis shows that the relationship between stress factors and academic performance is moderately strong ( $R = 0.616$ ). The R square value of **0.38** indicates that **38% of the variation in academic performance can be explained by stress-related factors such as academic workload, sleep quality, financial problems, peer competition and family expectations**. The remaining 62% may be influenced by other factors that were not included in the study.

## FINDINGS

1. Students are, under a lot of pressure. They feel stressed, anxious and depressed. A big reason is their college work. They also worry about what's next.



2. It is really important to have programs that teach students, about these things and to have friends who can support them when they are feeling down.
3. Usually students talk to their friends and family members about what's bothering them.
4. Not many students talk to their teachers or counsellors about their problems and some students do not talk to anyone all because they are scared or do not know who to turn to.
5. The things that stress students out the most are exams, homework what their families want them to do. What they want to do with their lives. Some students also worry about financial problems. How they will pay for things.

## SUGGESTIONS

1. We need to make arrangement to students easily get counselling support when they need it.
2. One way to do, students are not overwhelmed with much work at once.
3. This can be done by balancing assignments and deadlines.
4. Colleges should also have programs that teach each student's about health.
5. Creating groups where students can talk to each other about their feelings can help to each other. This way students feel safe sharing their thoughts.
6. Teachers and staff must be trained enough to identify when students are stressed.
7. We should talk openly about health so that students may aware and comfortable to discussing it without fear of being judged. Mental health is just as important, as health.

## CONCLUSION

1. The study shows that many university students have health problems like stress, anxiety and depression. University students have these problems because of their college work the way they live and worrying about what's going to happen in the future.
2. Things like exams, homework what their family thinks and what they want to do for a job make university students stressed. Some university students also have money problems.
3. Not many university students talk to their teachers or people who can help them with their problems.
4. This is because university students are embarrassed doing not know where to go or afraid of what others will think.
5. The study also found that university students think that talking to someone who can help them learning more about health getting help from other students and not having as much college work would make them feel better.
6. This means that universities need to make a place where university students can get help from people who know what they are doing and also get help from their friends.
7. If universities can get university students to talk about their problems and teach the teachers to see when university students are stressed then university students can deal with their problems better. Do better in college.
8. Overall universities need to do something about health because it is important for university students to be happy and do well in college.



9. If universities can provide proactive students services and teaching them about holistic wellness initiatives and by not giving much curriculum streamline and fostering a positive inclusive and safe environment.

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