

Colleges Effect on Mental Health

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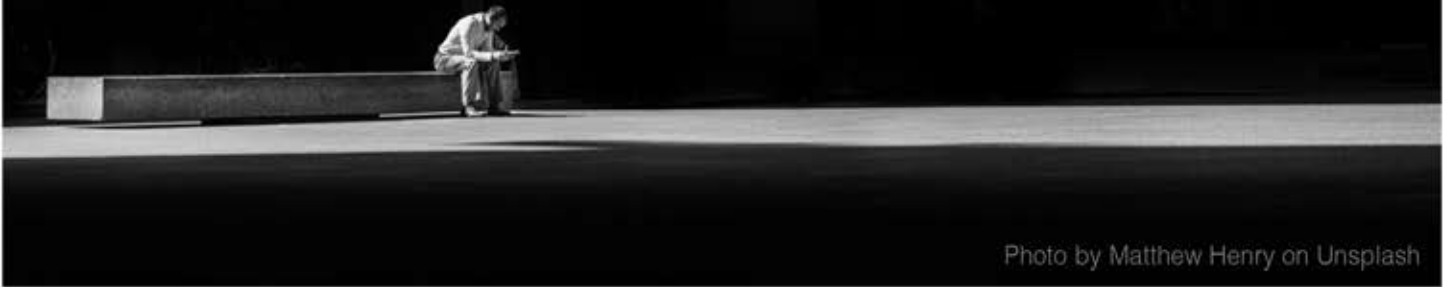


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Balancing life as a college student can be difficult. Besides the hours of homework to complete each night, many students have jobs that can take up many hours of their week. Not to mention students also have to make time to spend with their family, friends, and significant others. It is overwhelming to say the least -- it can feel like there are not enough hours in the week to manage your school, work, and social life. Since being a student is stressful and overwhelming, it can certainly affect a person's mental health. According to researchers from the World Health Organization approximately 35 percent of students struggle with a mental illness.

One of the most common mental health illnesses among students is depression, affecting about 21.2 percent as stated by the World Health Organization. As reported by the Mayo Clinic, depression is defined as "a mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life." Depression can be caused by biological, psychological, and/or environmental factors. This comes in many forms and is different

for everyone, but generally people who struggle with depression feel hopeless and detached from the world. It can make everyday tasks such as studying, sleeping, and working challenging. According to an article on the Best Colleges website, depression is the number one reason students drop out of school.

Anxiety is the next leading mental health issue students struggle with, afflicting about 18.6 percent according to the World Health Organization. Many people have or will experience some type of anxiety, like while speaking publicly or taking tests, but it becomes a mental health illness when it interferes with your everyday life. It causes a great amount of fear and stress, which ultimately stops you from functioning properly. This anxiety can be caused by genetics, brain chemicals, life experiences, and/or stress. There are many different types of anxiety disorders, including General Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Disorder, Post Traumatic Stress Disorder (PTSD), and Social Anxiety Disorder (SAD). Besides stress and fear, other symptoms of anxiety may include irritability, trouble concentrating, sweating,