


# Chapter 6

## Factors Affecting Mental Health and Well-Being

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### ABSTRACT

*A variety of factors influence mental health and well-being, and the interplay of these factors can vary from person to person. This study investigates various factors that are sleep patterns, feelings of loneliness, social support in promoting mental well-being and academic pressure on mental health. A quantitative research design was used to investigate the impact of academic pressure, sleep patterns, social support, and demographic factors, including gender on the mental health and well-being of 150 students. To assess the relationships between these factors and mental health outcomes, numerical data were gathered through a questionnaire and statistical analysis was done by analysis of variance (ANOVA) at a 95% confidence interval. The findings of this study provided fascinating insights into the factors influencing mental health and well-being, shedding light on how these elements interact. Finally, the study investigates the multifaceted dynamics of factors influencing mental health and well-being, with a special emphasis on sleep patterns, social support, and academic pressure.*

### INTRODUCTION

The concept of mental health and well-being developed out of a deep concern, one born of an in-depth understanding of the numerous challenges that students face in today's ever-changing world. Observing students' struggles and being a part of the academic community has strengthened the need for an understanding of the factors influencing mental health. In an age of complexity and constant demands, the importance of identifying the complex structure of variables that contribute to mental health and

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well-being cannot be overstated. The primary and general goal of the study is to examine and quantify the level of stress experienced by students, which is a pressing concern that has a significant impact on mental health. The journey of research is inspired by a deep affection for the challenges students face daily. Academic pressure, a common and often limiting source of stress, has become a defining feature of student life.

Millions of students worldwide suffer from severe stress as a result of academic pressure. Several studies on academic pressure have been conducted, and it has been found that academic pressure can have extremely negative effects on students. As a result, there has always been constant pressure to perform well. A tendency in our society to place academic succession on an extremely high base, and as a result, people place an excessively high value on academic excellence. Although it is beneficial to put some pressure on students for them to do well in their studies and have a successful career, the pressure is frequently too great. Anything in excess is never a good thing. The increased pressure placed on students by themselves and those around them can cause extreme stress and a decline in their physical and mental health.

In today's world, students' mental health is at an all-time low. Everything is a competition nowadays, and everyone is a competitor. Pressures on students today come from a variety of sources. It is not only the parents and family members who are affected but also educational institutions and society in general leading to loneliness. The pressures felt by students worldwide today are heavily influenced by society.

Loneliness has been linked to poor health. One proposed mechanism is that lonely people do not sleep as well as those who feel more connected to others. The aim is to find that loneliness is linked to sleep fragmentation or sleep duration. Loneliness is commonly defined as a painful experience that occurs when a person's desired and actual social relationships differ. Loneliness and social isolation are different; while social isolation is a measure of social interactions, loneliness is a feeling of being isolated from others.

Social support in the form of information indicates that “one is cared for and loved,” “respected and valued,” and “belongs to a network of communication and shared responsibility.” It has also been defined as a “meta construct,” which includes support network resources, supportive behaviours, and subjective assessment of support. The objective concept of social networks corresponds to the number and frequency of contacts with support networks, whereas social support is a more subjective concept of perceived support. Both the network and the support can serve as coping resources. This study aims to find how social support has a calming effect on the use of medical services in stressful situations by using the ANOVA technique.

The aim is to investigate how the demands and stressors of educational environments affect students' mental health. The goal is to understand the consequences of academic pressure and assess the need for support and assistance structures within educational institutions. The connection between a person's sleep habits and their receptivity to feelings of loneliness and isolation will be examined. Sleep, as a fundamental biological process, has the potential to have a significant impact on one's emotional well-being, and the goal is to discover how irregular sleep routines may contribute to these negative emotions.

This study aims to discuss the role of social support in promoting mental health. The extent to which social connections, friendships, and familial bonds can protect against the development of mental health problems will be investigated. Understanding the power of social support allows us to identify avenues for interventions aimed at improving mental health through stronger interpersonal relationships.

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