

Social and Psychological Problems and Their Relationship with Several Variables among University Students

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Abstract: This research paper focuses on unearthing psychological and social issues among students, particularly those that arise during academic learning and pursuing educational goals. Generally, depression, stress, pressure, and anxiety are students' main psychological issues (Dobson, 2012). Students who face setbacks in their academic performance, learning difficulties, a lack of educational resources, unfavorable family environments, and other factors are the leading causes of psychological and social issues among students. When students encounter these issues, they must get assistance regarding possible remedies. Moreover, they must implement the policies and initiatives correctly after receiving the guidance. This research paper has considered the following key points: major psychological problems among university students, social issues among university students, ways for university students to deal with psychological issues, and addressing social issues among university students.

Keywords: Educational Institutions, Psychological Problems, Social Problems, University Students.

INTRODUCTION

Psychological issues play a significant role in an individual's life. People frequently encounter psychological issues related to their jobs, relationships, or health. Moreover, it is logical to note that when psychological issues that people are experiencing are significantly hurting them, they must look for remedies. In addition, students encounter psychological issues in educational institutions at all levels propagated by several factors in a student's life. Generally, according to Dzulkifli and Yasin (2009), the major causes of these psychological problems among students are the academics pressures with the obligation of success, learning disabilities, difficulties in comprehending academic concepts, financial issues, health issues, exam stress, and other forms of discriminations within the educational institutions. Therefore, social, physical, emotional, and family issues contribute to the student's psychological issues and impact their academic performance and ability to study.

On the other hand, there is a growing concern in modern society due to the rise of social problems among university students. University is an institution for students to grow personally and develop, where they can discover new concepts, acquire new abilities, and form relationships that will influence their future. However, the university can also be a time of significant stress and challenges for many students. For instance, mental health is one of the major societal issues affecting university students. Anxiety, depression, and

substance misuse are just a few examples of the mental health problems brought on by the high levels of stress and pressure connected with university life (Bruffaerts et al., 2018). Hence, these problems can seriously hinder a student's chances of university success and have various detrimental effects, including academic failure, social isolation, and even self-harm or suicide.

MAJOR PSYCHOLOGICAL PROBLEMS AMONG UNIVERSITY STUDENTS

There are several causes of psychological problems among university students. To begin, difficulties comprehending academic concepts are one of the psychological problems among university students (Dzulkifli & Yasin, 2009). One of the main goals of students in accomplishing academic goals is to grasp academic concepts effectively. When students need help understanding academic concepts, they struggle to finish assignments and projects, receive poor results on tests and exams, and meet setbacks in their efforts to improve their academic performance. Further, exam stress is another psychological problem affecting university students. Students do not experience psychological problems concerning their exams when they are prepared well in contrast to when they are not prepared well, particularly among average and moderate students.

Furthermore, the undesirable academic outcome is another major psychological problem among university students. According to research and other scholarly materials, people from all origins and categories have come to understand the value of education in the modern world (Kaparounaki et al., 2020). People strive to enroll in schools and other higher

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education facilities like universities to obtain educational qualifications. Hence, the student's primary responsibility in obtaining educational qualifications is to attend classes regularly, finish their assignments and projects on time, and adequately prepare for tests and class lectures. However, it is worth noting that, despite these best efforts and focus, students still fail to meet their academic goals, which might lead to psychological issues.

In order to achieve one's personal and professional goals and maintain one's standard of living, one must have access to sufficient financial resources. In order to further their education, students must spend money on various expenses, such as textbooks, office supplies, baggage, transportation, additional learning materials, and technology. Additionally, students must acquire reading materials and even attend coaching centers to get ready for entrance exams before they may enroll in higher education schools. Therefore, Dzulkipli and Yasin (2009) hold that adequate financial resources are crucial for achieving academic objectives. A lack of the same may cause psychological problems among the students, as they cannot pursue their goals.

In addition to pursuing academic objectives, students in both schools and higher education institutions are involved in various additional activities. Students are often expected to focus on their education in addition to participating in extra-curricular activities. Students enrolled in higher education are required to take on a variety of extra duties and activities, particularly if they live far from home and are pursuing Bachelor's, Master's, or Doctoral degrees. Due to these obligations, they could experience job stress, which may create psychological problems (Pedrelli et al., 2015).

Finally, discriminatory treatment in institutions of higher learning has also been a significant cause of psychological problems among university students (Dobson, 2012). Girls have endured discriminatory treatment in educational institutions, particularly in rural regions. Boys have received more rights and opportunities because they are considered more capable than girls. Therefore, the girls have developed psychological issues due to unfair treatment, and many have left school before honing their academic abilities. The experience of discrimination has been a significant obstacle to pursuing education and improving the education system as a whole.

SOCIAL ISSUES AMONG UNIVERSITY STUDENTS

Smit (2015) asserts that classroom racism is a major social problem affecting students in higher learning institutions. Racism is a social problem that affects every element of society, including commercial settings and educational institutions. Biased peers who write prejudiced messages to pupils from minority backgrounds prove this issue has crept into classrooms. Teachers may be able to prevent verbal disputes at school, but racism may still exist if parents do not work to correct their kids' prejudicial behaviors at home. However, if students learn their racist views and comments from their teachers, resolving the entire issue will still be an uphill task.

Further, ethnic issues have also been a major social issue affecting university students. This is untrue because a person's learning abilities are unrelated to their customs. Unfor-

tunately, due to cultural or even geographical circumstances, university students from various ethnic groups do not have sufficient access to educational resources. This raises the possibility of low self-esteem among students in this category (Kaparounaki et al., 2020).

Judgment is made about the issue of uneven educational opportunities for those from lower socioeconomic backgrounds. Compared to middle-class and upper-class students from non-minority families, university students who fall under this demographic category have been denied access to the same level of educational excellence. The societal issue here is that, while all students would have access to equal education in an ideal world, it offers disproportionate possibilities. There are disparities in the educational system based on cultural affiliation and socioeconomic status.

The economy significantly impacts social concerns that university students must deal with. When children become older, they begin to understand the financial challenges that their families face. Families may find it difficult in a lousy economy, and some university students may be forced to forgo their education in order to assist their families financially. As a result, low-income families have been forced to send their children to public schools, which have a different technological readiness than private schools. This puts them at a disadvantage compared to other private school students.

Moreover, drug and substance abuse has become a social epidemic that university students must deal with (Zhang et al., 2020). Many university students have access to alcohol, narcotics, and addictive substances. Using such substances has caused problems in violent conduct, criminal activity, and a loss of interest in education. However, this social issue can be managed by providing students with a safe atmosphere at school and at home.

Finally, financial stress is another social problem facing university students. Students have often faced severe financial difficulties due to the rising tuition and other costs, as well as the mounting debt from student loans. As a result, some students may take on part-time jobs that interfere with their studies and social lives or even decide to drop out of college (Lederer et al., 2015). These problems can result in harmful long-term effects for students and can make campus hostile and unsafe.

WAYS FOR UNIVERSITY STUDENTS TO DEAL WITH PSYCHOLOGICAL ISSUES

The techniques to deal with psychological issues among university students emphasizes the variety of mental processes, emotional management techniques, and behavioral patterns (Mathew, 2017). This indicates that coping mechanisms for psychological issues are based on how people react. Further, it is logical to appreciate that individuals differ in their personalities, outlooks, and behavioral characteristics. Hence, they respond to psychological issues like stress, sadness, or anxiety in line with their personalities and innate tendencies. Some people can deal with them confidently and believe that process and functional improvements will aid in conquering the difficulties. Hence, it is crucial for people, specifically university students, to pay attention to their psychological issues and stop them from taking on a serious shape.

For university students, developing positive interpersonal interactions with people both within and outside the institution is one of the most effective coping mechanisms for dealing with psychological issues. Effective communication, having a kind and accessible disposition, and practicing moral and ethical principles are all critical components of establishing healthy interpersonal connections for university students. A student's circle of friends and supportive family members is helpful while they are experiencing psychological issues. University students may talk to helpful people about their concerns and seek answers because they have access to them. For instance, a student who is depressed after receiving a poor mark on an exam might gain help by engaging in productive conversation with family members or friends, participating in a sports activity or game, going out for leisure or recreation, and other activities.

Moreover, students must raise their knowledge about learning techniques at educational institutions to achieve the desired academic achievements and reduce test stress. The leaders of educational institutions, teachers, and administrative staff must ensure that plans and policies are developed to conduct the functioning acceptably. There should not be discrimination in educational institutions based on color, religion, ethnicity, gender, and socioeconomic background. All students should have access to equal opportunities and rights and consider treating one another with respect and decency by upholding ethical values. Furthermore, the general atmosphere should be pleasant and social within educational institutions. Students should be supported by the classroom environment, which should include the provision of appropriate furniture, equipment, instructional materials, and learning environments.

ADDRESSING SOCIAL ISSUES AMONG UNIVERSITY STUDENTS

The first critical step to address the social problems facing university students is embracing social media's power. The Pew Research Center reports that 88% of young adults between 18 and 29 use social media (Perrin, 2015). This category includes most university students, indicating they commonly utilize social media. In order to optimize the value of their education, many administrators should concentrate on using this technology and platform. Moreover, administrators can utilize these forums to discuss such societal concerns. Moreover, Deans of student affairs might utilize social media to raise awareness of problems like anxiety or mental health. It is worth noting that anxiety has risen to the top of students' health concerns while attending university, based on the research carried out by American College Health Association (Lederer et al., 2015). Therefore, administrators can use social media to promote awareness of these situations and recommend how students can manage them.

It is also essential for the students to appreciate the different perspectives. Higher education institutions can open students' minds and ask them to step outside their comfort zones. They can unite students from various ethnic, regional, and economic backgrounds. Nevertheless, it can only happen when dialogue occurs, and students can be reluctant to hear all sides of the argument. Administrators who oversee departments and oversee student affairs can foster interactions

between students. Some universities have even created a cabinet role to address social concerns that have gained prominence on campuses, such as diversity in the student body. Hence, these university students should learn how to deal with challenges and varied viewpoints since they will probably encounter them when entering a new work or social setting after graduation.

To address the social issue, it is also imperative to create discussions that are university centered and let them continue for as long as they can. Engaging in social concerns on campus may have benefits beyond only students, and the university provosts and presidents should take the initiative to debate on such important topics with their peers. By discussing these issues, administrators may benefit from the knowledge of their peers and broaden their views. Creating these environments, where colleagues may politely disagree and have robust dialogues, can also influence student conversations in the classroom. Furthermore, students can exercise empathy and hold these interactions to gain knowledge from the other party by continuing such talks in the classroom. These discussions can also include how students may respond when they witness bias in action in their daily lives.

Finally, the university should be able to prepare for post-grad life. Creating an environment where students are encouraged to discuss social concerns has advantages. It can help students become more tolerant of the many viewpoints they may meet in their personal, professional, and social life. Students' critical thinking abilities, including actively listening to differing viewpoints and forming meaningful conclusions, will also grow because of their involvement with these complex subjects.

CONCLUSION

In summary, college students frequently experience mental health issues. Academic pressure and stressors common to beginning and attending university students may cause the first signs of mental health and substance use problems and exacerbation (Dzulkifli & Yasin, 2009). Moreover, it is logical to appreciate that students deal with psychological issues at all levels of education. Psychological problems arise for students at all stages of their education, from kindergarten to university. The various factors that contribute to psychological and social issues among students include difficulty in comprehending academic concepts, exam stress, unfavorable academic results, financial difficulties, health issues, work pressure, unfavorable working conditions, complex relationships, discrimination, and violent and criminal acts (Kaparonaki et al., 2020). When students encounter these problems during their educational adventure, it has an influence on their psychological health. Hence, they must ensure that these issues do not put obstacles in the way of achieving their intended goals and objectives.

In addition, it is critical for the students to become aware of the many types of coping mechanisms to counter the effects of social and psychological problems. Applying these coping mechanisms should rely on the issues they have previously encountered. Maintaining healthy terms and relationships with people inside and outside the homes is one of the factors that is of the highest importance to students to deal with these issues. They will be able to gain support from others in

this way. It is also logical to note that students with supportive parents, friends, and teachers will be able to establish good contact with them, ask for advice, and come up with solutions to a variety of issues and obstacles that they face. It is also essential for students to pay attention to their academics since failure to obtain the required academic results leads to various psychological issues. Thus, they must maintain a regular study schedule, finish their assignments and projects on time, and communicate clearly with others to solve academic challenges. As a result, when students develop knowledge of different coping mechanisms appropriate for their challenges, they can successfully alleviate psychological and social issues and appropriately accomplish their personal and professional goals.

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