

Mental Health Issues Among Undergraduate Students in Malaysian Universities

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Abstract

Mental health conditions and related issues like anxiety and depression have high prevalence among university students. Paying attention to students with mental health conditions and other related issues are vital to improve student wellness in higher education. This qualitative study aims to identify the stigma of mental health among university students in Malaysia. This study aimed to explore the perspectives of university students with mental health conditions and related issues in Malaysia. The respondents were students from universities, specifically undergraduate students who were diagnosed with psychiatric disease. Thirty-seven semi-structured interviews were conducted in this qualitative study from March to December 2025 using a thematic analysis method. The study had extracted five themes. The five themes were the hidden burden of anxiety and depression, stigma and misconceptions surrounding mental illness, barriers to seeking psychological support, coping mechanisms and the search for well-being and desire for a supportive and inclusive university environment. This study identified that universities need to implement comprehensive mental health frameworks for student well-being. By integrating psychological, academic, and social support services, universities have the chance to prevent mental health conditions and related issues among students and promote overall student wellness. This approach aligns with public health plans to enhance the quality of education and future employment prospects for students. Improved services, equitable access, and active involvement of students in co-designing interventions are required to continuously enhancing mental health conditions in higher education.

Index Terms

Anxiety, Depression, Mental health, Qualitative