

How Academic Trauma Shapes University Student's Mental health

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Abstract:

Trauma in academic has become emerging as it develops worry in university level of studies, because of which expanded demands on academic, capabilities load, and emotionally painful and academics memories. The current research inspects the control of academic stress on mental wellbeing as a result between the university students, with specific significance on stress, depression, and anxiety and mental wellbeing. A quantitative research design was engaged including 200 students from same university of different interdisciplinary area. Data were collected utilizing the Academic Stress Scale (ASS), Impact of Event Scale-Revised (IES-R), Depression Anxiety Stress Scales (DASS-21), and Warwick-Edinburgh Mental Well-being Scale (WEMWBS). Correlation and multiple regression analyses were led to rate and indicating the part of academic trauma variables. The outcome defines that educational stress didn't notably guess about anxiety, stress, or depression. Although, academic trauma revealed as a notable sign of mental health, clarifying that 14.6% of the difference in psychological wellbeing. The research pointed out the impact of uplifting educational situation and flexibility on structuring the therapy in encourage student health and mental adapting in between the university academic surrounding.

Keywords:

Academic Trauma, Mental Health, Psychological Well-being, Academic Stress, University Students.