

Common Mental Health Problems in University Students: Exploratory Analysis

***Sadia Shahzeb and Nashi Khan, PhD**

Centre for Clinical Psychology, University of the Punjab, Lahore,
Pakistan

The present study aimed to explore the most Common Mental Health Problems of Punjab University Students seeking Counseling Services since the last six years. The archival data of students' case records were analyzed. A total of 78 problems were scrutinized after content analysis which were classified under 12 sub-categories: academic & career problems; adjustment problems; relationship/psychosocial problems; health problems; self-esteem problems; anxiety related problems; mood related problems; low frustration tolerance/anger; physical or sexual abuse; substance abuse; psychotic features and obsessive-compulsive thinking. Descriptive analysis of Mental Health Problems across 320 cases revealed that majority of the students reported academic and career related problems i.e. poor time management, poor concentration in studies. Self-esteem problems like inferiority complex, lack of confidence and mood related problems i.e. irritable mood, loneliness. Students also reported anxiety related problems like nervousness, unknown fear of failure/loss, apprehension about future etc. The implication of the study rests at the need of the Counseling Services to the University Students dealing with their Mental Health Problems in order to help them excel in academics.

Keywords. Common mental health problems, university students, counseling services