

**“Anxiety & Stress among the Undergraduate Students ”**

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Abstract:-

As we all know that During the period of First Year , College Students facing lot of Stress, Anxiety & Depression among all over the world. Students from different backgrounds like Socio-economic background were suffer from many mental health problems . The aim of this review is to investigate information for anxiety , stress & depression to students among the developing countries . The Reason of the consider was two fold due to exams draws near the students who were smoking having greater increases in anxiety , stress & depression then non -smokers . Diverse changed should effect the students , it also lead to uneasiness, discouragement , push & miseries under the college going students. Ought to be recognised early in college to supply them extra mental booster & mental health support .

Introduction:-

In this paper you will find about the stress, depression, anxiety and other psychological issues amongst the college students all over the world. We discuss about its symptoms, strategies to forestall these psychological problems from happening.

The college students are the future of our society, they represent the society funding for future hence their intellectual fitness is an essential factor now not solely for them their very own right but also for society as they are the one who are contributing for larger phase of society. The psychological issues like stress, depression and anxiety among university college students are growing every year. There are many motives for such psychological hassle most common issues for these sorts of emotional problems are larger educational demands, adjustments in social and household life, new and one of a kind environment other troubles for depression and stress are time pressure, hard competitions and stress of lecturers and worry of failure.

Causes of Stress anxiety and depression in students:-

- lots of pressure.
- Face big challenges in your life.
- worried about something.
- Conflicting relationships
- Increasing complexities in the academics.
- Stress , headache & over-thinking

- **What are Anxiety Disorder ?**

- Anxiety as we all know that why we feel anxiety because it is a normal emotion. It's your brain who reacting to stress, anxiety and depression and also alerting us to potential danger ahead.
- Anxiety was normal for everyone . Everyone feel anxious, stressed and depressed now and then for example you may worry before taking a important decision before taking a test or when faced a problem work.
- Occasional anxiety is ok but anxiety order is different . It is a normal type of mental disorder . Many people worry about the health, financial problem & fear. This anxiety disorder involve temporary process .

- **TYPES OF ANXIETY STRESS :-**

- Feeling anxious is a fairly normal reaction when experiencing, stressful or new situations. However, students who journey nervousness at faculty may want to doubtlessly have a more serious anxiousness sickness that requires treatment.
- Anxiety becomes an difficulty when it starts retaining the scholar returned from opportunities, such as taking part in extracurricular activities or social engagements. The National institute of mental health reports that approximately 25 % of teens between 13 and 18 years ancient have an anxiousness sickness and slightly less than 6% have a severe anxiousness disorder.

- **Types of Anxiety, Stress and Depression :-**

- **Panic Disorder:-** Panic Disorder is an anxiousness disorder and Fits of anxiety are unexpected, nonsensical sensations of dread and nervousness that cause actual side effects like a dashing heart, quick breathing and perspiring.
- **Social Anxiety Disorder:-** Health care provides used to call name this anxiety the condition the condition as social phobia. As from this order it may have overwhelming worry and self-consciousness.
- **Obsessive – Compulsion Disorder:-** Obsessive compulsive disorder is an anxiousness disorder and is characterized via recurrent, undesiarable ideas (obsessions) or repetitive behavior.
- **Post-traumatic Stress Disorder:-** It is a mental health condition triggered by events, nightmares , more anxiety , feeling uneasy , uncontrollable about the events & things.
- **Generalised anxiety order:-** In generalized anxiety order you would feel stressful , your lifestyle will be changed day-by-day anxiety is difficult to control in our daily activities.
- **Specific phobias:-** Specific phobias are those phobias who were over-whelming and unreasonable fear of objects that provoke anxiety & disorder.

- **Separation Anxiety:-** Separation anxiety occurs when two couples & two family were separated for a long period of time feel anxious or scared when a loved one leaves. Anyone can get separation anxiety disorder. If you are going through this, you will also feel anxious, fearful , stressed & depressed.

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