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Prevalence of Mental and Psychological Complications among Youth

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Abstract: This article reviews the prevailing mental and psychological disorders among youth including both genders either students or working class. With the increasing rate of mental illness in correspondence to the development of stress and anxiety in the students and common youth from the overall world, the challenging factors in them have raised questionable circumstances in the progressive sectors. Mental disorder has been the highlighted term among teenagers, men and women that leads them to the disorganized and unmanaged routines and life schedules. From the clinical and psychological experts, it has been suggested that the wide spreading disease that diverts the human mind unconditionally to the ills are all because of unsettled state of mind. The overall study on the prevalence of mental proves the validity and existence in every three out of five women with some of them unidentified. Students either male or female has been found at the severe stages of multiple depressive disorders due to their busy study schedules and routines. Their personal family matters may involve into their studies, while the other factors like environmental issues, adjustment with mates and work load may result in the depressive illness. Some may get unnoticed while others push themselves hard into the pressure of the society. University's' expected lengthy courses, feeling of being alone and living without the family, financial crisis, work load, cultural and normative differences and personality variation might take the youth from normal stages to the worst one. Mental disorder has been considered the largest involving disease among many others that is overtaking today's society. Mostly adults, teenagers and the one who are in the unbreakable chain of career establishment may be followed up with depressive disorders. The signs and symptoms vary according to the different age levels while the reaction and influence of mental seems same for all. Youth student's high prevalent depressive disorder is the subject matter of this article to be studied and investigated while bringing out possible reasons behind its cause and happening.

Keywords: Depression, Anxiety, Students, Stress, Mental Illness.

Introduction: With the rise of new world and influence of technology, it might have resulted the peaceful world but as with the growing ages, the running bodies are transforming into the robotic states. With different perspectives and motives, the world is moving towards its diversity. Race, power and success are now the key elements to be admired by all the people. As, with the over flowing techniques, man has avoided the issues

that are related to their health. Health that of physical and mental has always been the part of discussion over the centuries and the validity in causing harms to the body by oneself is still present in today's society.

In the year 2015, global mental prevalence was 4.4%. Along with HIV/AIDS and heart disease, mental disorder was considered to be one of the three leading causes of burden of disease until 2030. If becoming too severe, mental can lead to suicide—the second leading cause of death for people aged 15–29. Just as all young adults, students need to cope with psychological and psychosocial changes that are connected to the development of a self-governing personal life. In addition, students have to deal with the academic and social demands that they experience in university studies and in their preparation for professional career they also go through the parental pressure for good academic score and choosing their career. Therefore, the period of undergraduate education is not that easy in an individual's life time, and this period is highlighted by many as important for developing systems and methods that may obviate or reduce mental health issues.

Mental illness is the psychological disorder that leads a person to stress and anxiety with multiple mood disorders and panic attacks. This builds in human, the feel of loneliness, pressure, hopelessness and apart from all the isolation. When the person losses appetite and faces mismanagement and disorganization in their life. Moreover, mental leads to stress and anxiety that may at its worst results in suicides. Stress, anxiety and mental comes in a package with the selective individuals. It is one of the most important and severe issue that is the challenging task for the coming age with the burning questions to be solved. Throughout the world, the concept of mental rises with the sufferer and lasts to themselves with no special concentration towards them. The biological, psychological and physiological changes that occur in the human body are rapidly occurring that results in the multifactorial changes in the life of an individual. According to the World health organization, the second largest illness the world shall face would be mental as already one out of every five women and twelve men are depressed. With two percent of school children and five percent of teenagers also suffer mental with most of them unidentified. With the increasing worldwide rate, this has become the key note of unawareness by the society due to false counseling and misheard concepts that are delivered to the people. But for the better side to the world, new treatments and medications are proving beneficial in getting this problem the fix.

Prevalence of mental and anxiety is not limited to the women and men but those who are in a rushing cycle to conceptualize world are severely the largest population to suffer. Students, with extreme work load and studies schedule, leads them into the phase of mental. Some knowingly, while others, unanimously keeps the distance from the social circles, skips daily routines and stands low at every level of their life. As a reaction, they might not accept the change they are facing and can easily get trapped over the stressing matters in their life. With no appropriate decision to make, they are always thinking to stay quiet and distant. This creates disturbance and disorganization in their personality that certainly brings instability in their life.

In the study, it is found that the higher chances of mental disease among single students as compared to the one who were married already. The students who were single might have the more probability of experienced and suffered life moments. This can be due to their financial crisis, career building, employment, better grades, and graduation cycle and marriage enforcement. These elements might factorize the student's depressive level.

It is the natural phenomena of this illness that it appears slowly but at the great expenses influences majorly over human behavior. It would not be wrong to say mental as the rooted illness in the human body. It takes the gradual process to hold stand over human brain. Mildly and moderately, it accesses the human body with plenty of defects it leaves to it. It severely damages human brain and organ tissues that results in different body reactions. The patient might report headache, stomach ache and mostly the undesirable attitude towards every single thing. A little disturbance towards any matter can lead an individual towards stress and anxiety and further proceeding mental.

Scope of the Study: The expeditious spread of globalization has made countries worldwide progressively interconnected in many manners including in education. The number of worldwide mobile students increased by 25.3% from 2012 to 2017. Understanding the mental health state among youth students will help sustain the evolution of the social public health system, especially in countries with a large number of youth students. Mental and depressive disorder is a major public health concern which affects 322 million people worldwide.

Research Questions:

1. Why today's youth is facing backlash due to mental and psychological issues?
2. What are the factors that involve the mental and psychological complications?
3. What are the causes that effects youth's state of mental stability?
4. How the present study be beneficial in promoting healthy life-style among youth?

Research Methodology: Mental, Anxiety and Stress occupy those minds rapidly that get tired easily with the work they had been surrounded with. It mostly occurs at the young age as the human mind that has just started to get into its maturity. The purpose of this study is to analyze the psychological margin among the students of the university in the foreign countries with the differences in age, gender and work areas. To look for the causes and factors that develops in them the essence of mental and how it succeeds towards the next levels of psychological problems. How their studies interrupt while in between and how studies make them suffer stress and anxiety.

Literature Review: Students are considered the subject center of discussion almost in every country of this world, who surrounds different illnesses around them. When from studies till the involvement of personal self, everything intertwines and creates the shutdown in their life that severely effects their personal, biological and psychological instincts. Mental instability in combination to students at any level has become the diversified issue that withholds the disorganized patterns in an individual. There is a substantial gaping between the normal and the unordered life entirely creating a limited scope for oneself. One, who

has been facing undesirable routines, like, continuous unhappy state, mood swings, loss of hunger and being demotivated all of the time regards to the unhealthy and afflicted illness that is called Mental.

Every human mind runs on particular dimensions with the compatibility and the capacities that their mind holds. And when these brain tissues subdue the social, personal and psychological pressure, it leads an individual to the feeling of severe despondency and dejection. Damaging the mental stability of the person, leaving them violent and forceful in every step of their life. There are multiple factors and causes that conducts damages to human mind especially students who are always enforced to look for their better selves. These societal pressures, either from institutions or from family causes unmanageable symptoms into the students.

World Health Organization (WHO) report revealed that an overall prevalence rate of mental disorder was around 20% in several national and cultural contexts. As in Saudi Arabia, the study was conducted in a secondary school to set the margins between the students of different categories and gender and to judge the differences in their depressive disorder. The study on boys showed about 38.2% indicated mental, while 48.9% experienced anxiety and 35.5% suffered from stress. Another study was done on girls in Abha showed that mental was accounted as 41.5%, anxiety was 66.2% and 52.5% experienced stress. (7) In 2011, American College Health Association conducted a survey on college students nationwide, concluded that about 30% of the students were found the signs of mental in them that effected their performance and way of functioning. 91.6% of the respondents were investigated to be the effected one, psychologically and were experiencing depressive issues in the year 2006, when a survey was completed by University Counseling Center.

Psychological issues were found affecting students in their performances at college and university levels that resulted in the decrement of the interest in their academic activities. Different studies showed that there is a comparison in between the intensity of mental in the students. Low, middle and higher mediums of depressive disorder interrupt the students functioning, resulting the symptoms of anxiety, stress and bipolar depressive attacks.

When a person skips the happy events and stay in isolation, alone with no one to talk. When an individual finds escapes to get his/her fears to the place where no one judges or raise fingers towards them. An anxiety disorder occurs when the human mind responses the stress. It's the most type of emotional disorder that causes an individual to stop doing the things they once loved. When they find no pleasure and joy in doing the activities of their likes. These unusual forced acts push the human self into the phase of anxiety with leading stress and depressive disorders.

To study mental problems among the university students are the crucial task in concluding the disturbing traits in them. As, there can be severe major cases of mental illnesses found in universities where the workload peeks high with plenty of ills to the human mind. That is the time when a student crosses their twenties and is highly sensitive to the outer world. These unusual happenings that is unfamiliar to them can develop in them the factors of major depressive disorders with panic and bipolar attacks.

Students of King Faisal University, Saudi Arabia were put under examination to judge the possibility of depressive disorder among them. The study showed that one in ten and one in five students were positive for having depressive disorder. One in five students resulted in the signs of anxiety while 1.1% students complained to have suicidal thoughts. In 2010, Saddichha et, al., report revealed the presence of mental among young adults. In the city of India, Ranchi, 18.5% of the young were detected to have mental, Anxiety and Stress in them. Likewise, the margin of 18.3% Egyptian medical students were found to have mental while 18% of the students possessed anxiety symptoms that was way too lower than the Saudi Arabia study that concludes about 49% signs of anxiety among adults. Other studies in United States shows that 12% medical students suffered mental illness (Zocco Lillo, Murphy & Wetzal, 1986). As compared to the law students, Canadian medical students were highly disturbed one from depressive disorder (Dahlin et al., 2005). However, the students of engineering showed major signs of mental then medical students. Study on the population in Pakistan resulted severe mental as well as anxiety. It showed 53.4% prevalence among the common population of Lahore.

Role of Anxiety in Academia: Anxiety is a normal reaction to specific situations. A low level of anxiety is normal, but severe anxiety can be a serious issue. Academic anxiety can become more harmful over time. As a student's academic achievements suffers, the anxiety level related to certain academic tasks increases. Most teachers will have student's social anxiety and academic anxiety. Social anxiety can also affect a student's academic work. If a student has social anxiety, the student might not be able to complete group tasks or assignments or might not feel comfortable asking for help in his/her class. Universities and other educational institutions are under pressure to improve funding by the recruitment of youth students. Youth students come from a wide range of cultural, ethnic and religious backgrounds. When considering their mental health, it is very important to be aware of the upcoming challenges that they face in adjusting to living and studying abroad. They have to undertake a process of adjustment to a new academic and cultural environment. They may be unable to afford regular visits to their homeland. Youth students usually come abroad with high hopes of success and can become very troubled if their academic achievements fall short of their expectations and the expectations of their family members who are often providing financial support to them.

Despite the pros of youth education, youth students faced a wide range of problems when they live and study abroad. Those problems are generally related to language difficulties, adaptation to a new learning system, psychological problems such as homesickness, discrimination, and feeling isolated, as well as socio-cultural problems with health care and financial systems other problems include financial difficulties, and culture shock which leads them to mental and psychological complications.

The population youth of students has been increased globally as according to Javier report (2008). In 2009 over 14,000 youth students in Finland were enlisted as Youth students. This has increased involvement of students to participate in social and cultural activities and make an addition to their knowledge as the foreigners. When communicating in different circles and social groups, they will have adequate to debate or smoothen their life according to different structural patterns. For a beginner and new learner in abroad may be

the phase of different experience either good or bad. But it really necessary for an individual to learn new culture, especially one in which he/she is going to study.

The disturbance in mental state mostly occurs at times of desperation, when one is in disruption and feels difficulty in managing newer things. This might become the source of achieving ways approaching depressive disorders. According to Sawir, Marginson, Deumert Nyland & Ramia (2008), it was stated that youth students expose loneliness due to weak family contact with their loved ones. Loneliness might result in the lack of emotional support that every individual expects from their families.

As compared to Chinese students, Kenyan students scored high-rate mental margin as 5.6%, 5.3 percent in males while 5.1 percent in females which is approximately higher than Chinese students. This illness recorded severe symptoms with respect to the issues in students who were married and economically deprived. Notably, mental increased as the students crossed different levels of studies in their university. Those who were involved in drinking and tobacco using as the primary source of the pleasure gaining were expected to be depressed possibly. In the Kenyan study, it was recorded that one who is unsatisfied with his/her studies and are most probably having difficulties in advancing their financial needs were facing depressive disorder. It was most likely found in American students too, who grew signs of mental in respect to their weak economy.

Apparently, there may be several chances where adults involve in certain activities that lead them to live in a depressive phase. Their deeds that might get against personally may harm their pride, status and the people around them. Teenagers find it difficult to escape such worldly issues that they want to find any peaceful way to get into it. When they get against to natural laws and indulge themselves in deviant activities may become the sense of guilt to them after their realization and this motive of being ashamed can invite the sufferings in the form of anxiety, stress and mental. An individual might lead to mental in order to have sensitivity to certain phenomena that gives growth to the disturbance of human mind to their personal and social ordered life. These issues result in the pressure and burdens of human self on every minor element that detects defects in their daily schedules.

The prevalence of symptoms of mental varies across different populations. Specially, depressive symptoms are frequently found among university students worldwide and their prevalence appears to be increasing. The 'Turkey Mental Health Profile Project' reported that mental was among the most frequently seen mental illnesses and the prevalence of symptoms of mental in Turkish university students varied between 10% and 40%. Another study in the mid-1990s specified the prevalence rate at 34.5%, indicating an increase in mental among young adults in Turkey in the second half of the 1990s. We can speculate that changing environmental factors in the second half of the last decade negatively affected the psychological well-being of young generation in Turkey.

The psychological health complaints and symptoms, mental health problems are increasing in severity and number on college campuses. Because, up to 60% of university students left university without completing their studies because of mental, anxiety. A review of psychological distress among medical students found a high prevalence of mental and anxiety, with levels of psychological distress consistently higher than in the

general population and age-matched peers by the later years of training. In Arab countries, recent studies from Egypt, Saudi Arabia, and United Arab Emirates reported high levels of anxiety and mental. For many university students, mental can not only induce terrible feelings, such as fright, feelings of inadequacy, and anger, but it also can be connected with psychological and physical morbidities. Previous studies have reported that mental in university students is prevalent in many countries and the prevalence appears to be increasing. Moreover, mental is associated with several severe problems in university students, notably suicidal ideation, substance abuse, and acute infectious illnesses. As a result, mental among university students is a major problem, highlighting the need to explore factors that are associated with mental and to provide appropriate interventions to mitigate these factors among university students.

The symptoms that appear initially in any human body can be the personality changes. It may be noticed by an individual or by any other person close to the effected one. Mostly, it takes mood swings, loss of appetite or unbalanced diet, lack of sleep and being the over thinker. Depressive disorders arise at the phase when the human mind become weak and frail, sensitive to his/her atmosphere. The environment may affect any individual with distinction in age and gender. Patients might show increased illness chart, resulting in the continuous long-term treatment.

Depressive Illness and Careers: The 21st century students are highly showing signs of depressive illness that is targeting their upcoming career plans. According to American Psychiatric Association, mental mostly occur in between the ages of teenagers, afflicting the teen age phase. As compared to men, women are highly faced with depressive disorders that proves the long-going disorders in them. Medically, thyroid problems, vitamin deficiency and tumor in brain can be the resulted issue due to mental. The branch of biochemistry concludes mental illness and say that the dissimilar bonds of some chemicals in the brain gives birth to depressive disorders, making an individual to face uncertain and disturbing factors in their life. Likewise, those who have low confidence in them majorly go through mental as they feel hard to get their selves unseparated from the matters that are originated in their life. Psychological problems can be in any form and may generate in any shape. It can be produced genetically. Depressive illness can transmit from family to family, resulting in the chain wise disorder and like this the disease spreads from member to member or sibling to sibling.

A cross sectional study was conducted among the medical school students to know the prevalence of mental illness in them. The result proposed that those who were having mental difficulty as a hereditary illness were more likely to transmit depressive disorders in them while those who used fluids and substance abuse too showed signs of mental. It also showed that those who lost their close relatives in the past were faced with anxiety and mental. These were the issues that were out of the academic factors that risks student's life in the form of depressive illness.

From all over world, Australia (Rigby & Slee, 1993), England (Tattum & Lane, 1989) and Norway (Olweus, 1989) played an important part in searching for the undesirable factors in students at their school level. Research conducted by Rigby and Slee over victimized school

students suggested bullying as the key factor in producing unpleasant moods in students. That was the reason students hated being at schools or attending school. These everyday sessions of bullying created disturbance in the students that proceeded to the high level of stress, anxiety and mental. Olweus, in his longitudinal study submitted the chances of mental among adults as he in his study noted the higher prevalence of mental among students at their first year of school that lead them to low confidence in them.

About 50% of the Hong Kong medical students were found to have mental while 2% of them showed severe depressive symptoms as it was investigated in the research of China through BDI sampling. There were no differences in gender found but in other studies female ranked high as the most depressed one. The study suggested reasons regarding the medical students and concluded major factors as: the inferiority of being the average student, being weak at academic activities, having grudges regarding their courses, lack of emotional support and high level of stress towards the work load. Also, those students were too listed the top being the depressed as they thought themselves empty minded with lack in aptitude and skills. They were sensitive and emotional towards their ill patients. These studies proposed the demand of medical students as they can severely and rapidly emerge signs of mental if their expectations don't reach the expected margins. Their failure may come out in the form of undesirable feelings of unworthy self-esteem, suicidal ideation and the isolated state.

Moreover, mental disorder is a state of mind which affects us mentally and physically. This among students is a major problem which stops them focusing on their academic performance as it makes hard for them to concentrate and achieve good grades which furthermore affects their career when we talk about youth students as we all know they come from different countries and regions it is not that easy to settle down in a very new place easily. The problems they face while adjusting there is one of the reasons of mental among them it is not easy to fight with mental alone to overcome mental individual needs help of someone things like counselling sessions helps a lot to feel better. Another reason of mental includes the pressure of assignments, good marks etc. they also affect a student's health. It is natural to be depressed due to low marks however it is a fact that low marks do not translate to low on knowledge but students don't understand this fact. Hanging out and talking to negative people also causes mental their negative talks make a person think negatively about every perspective of their life due to which they feel sad and depressed. A flow of sad thoughts through your mind can be frustrating because a person can't be sure if mental is making him think negatively, or thinking negatively is making him/her depressed to get rid of negative thoughts it is important to understand them.

Culture Differentiation as a Form of Stress: Another form of stress appears in Youth students as they are exposed to the different new cultures. The stress and mental that they face in that time is called Acculturative stress. Students from divergent cultures when communicates with different cultural mates creates levels of anxiety and stress leading to mental if it becomes a hurdle for them. When they could not cope up with the differences and dissimilarities among each other. This marks broad boundaries between the implemented culture of the country and of the student from which they belong. Some normative and societal beliefs and values are distinctly apart with no connection in

between them. This increases the anxiousness in the students as they get disturbed and hopeless in the all-new atmosphere. Their native country and the outer world are all completely different with contrasting patterns of societal framework. Acculturative stress causes feelings of loneliness, difficulty in speaking different languages; one that is not the actual language of the student, feeling of hopelessness, scarcity of support and progress, managing new atmosphere and cultural values, losing balance in daily life routines and having the continuous remembrance of home town. Asian students are mostly sensitive to their cultural and emotional values and beliefs. These reasons were found printed in Youth Chinese students. (e.g., Pedersen, 1991; Sandhu & Asrabadi, 1994; Yeh & Inose, 2003). From research it was found that Korean, Taiwanese and Asian Youth students were more likely to have acculturative stress leading to mental. These students manage and self-control over the depressive and stressing pressures that distracts their personal routine and schedules.

Disturbed Relationships as Cause: American Academy of Child & Adolescent Psychiatry in 2004, reported that depressive symptoms might increase at the places where family relationships are disorganized. Where domestic violence, conflicts over little things and divorce issue may create the instable relationship between children and their parents. Some prominent authors considered family atmosphere the key developer of mental. While distinctions in their sensitivity, cognitivist ability, family interactions and the personal discourse cycle may influence or establish the symptoms of mental in the adults and young generation. A number of specific risk factors contribute to poor mental health among university students. Academic pressures and performance expectations are main issues faced by students. Many students are cognizant of the 'rising bar' for qualifications in Australia and are extending study into post-graduate qualifications, while enhancing their resume, and competitive edge, through a range of extracurricular activities. Financial pressures and low SES are also associated with higher levels of stress and mental disorders among university students. A Universities Australia (2013) report found that among students, two-thirds were worried about their financial crisis and 17% reported regularly going without necessities (including food) because they were unable to afford them. Many students combine work and study (sometimes full-time loads), impacting on their quality of life, their social relationships and other risk factors for mental ill-health including lifestyle – such as poor diet and usage of alcohol and insufficient sleep.

Mental hurdles and suicide are the two leading terminologies that run together. Centers for Disease Control and Prevention, 2004, considered suicide as the third leading cause of death among teenagers. Likewise, suicide, mental issued proceeding risks in the adults with the excessive use of drug substances, failures in relationship, physical abuse and worse experiences in the family background. The report from NCHA proposed that 6.1% of female and 6.4% of male participants idealized suicide in the past year. 1.5% of the male and 1.2% female respondent considered suicide in the last two weeks. Participants, who positively showed depressive symptoms were the addict of substance abuse and exercised once in a week. They reported emotional and physical abuse too. Hence, mental that generated due to the above factors lead students to put the idea of suicide first to escape from the unhealthy experiences.

For the students, it is the principal order to achieve the salient instinctive emotions while in their study phase. It is considered an important task in making the students satisfied and happy from all rounds. They are the generation promoters and builders. So, in order to keep everything on place, it is necessary to fulfill their innate necessities. Studies affect student's behavior and psychology and molds it according to the learning it achieves. And if any defect appears in their learning phase, it can influence their goals negatively. From the study, student's attitudes and behavior are important above other factors. Their mental, psychological and physiological stability is the chief factor in moving their motivational and ambitious goals.

American Journal of Psychological Research prioritized student's good health and welfare important in order to get them going with the running world. Hence, the main target of institution is to evaluate the negative characteristics that stimulates the student's behavior and aptitude. And so, mental affects their academic performance and abilities that keeps them bounded with what they have to attain.

Among the severity of depressive disorder, the final stages that appears lately in the students are of the ideas of having thoughts of suicide. It is the human duality; it works on everything that meets their expectations and when the light of failure emerges, they look forward the escape to get things over. Suicide is another option for the hopeless and out of scope students. Their suppositions and predictions keep them directed towards the negativity. They are more likely to hate their selves and find ills in their personality. Their existence becomes the burden for them, devoid of every social and psychological needs. Either, they are youth or national students, their welfare, safety and protection come first on every level.

The methodical study was conducted among Zimbabwe students to judge the morbidity and depressive scaling in between them. The conclusive results showed the higher presence of anxiety and stress in these health-related students rather than those in other fields. The systematic background of the study proposed above 35% of anxiety and mental as the studied report. The study on dental students approved higher rates of mental as compare to medical students. As from the research, it was concluded the responded stress produced in them was due to their academic activities (examination, practical labs, workloads, grades), personal, clinical and faculty-related issues. In the year 2008, Australian study proposed about a 10.3% of depressive symptoms among undergraduates. While the higher proportion of targeted population of mental were among medical students as according to mental health reporters. According to American Psychiatric Association, 20000; Frank, et al, 1990, medication has been preferred for the depressive patients with the positive and beneficial output, freed from negative reactions.

Treatments and Therapies: Antidepressants and psychotherapies are considered the frequent and reliable treatment for the depressive disorders. The more convenient medication can be done through counseling and psychotherapy sessions done by doctors and mental health specialist. (36) The study promoted Asian students as the higher adapters of mental. About 33% of the students positive screened depressive disorder while in Bayram and Bilgel report, they suggested 27.1% of depressive students in Turkish students.

This all resulted due to their cultural and normative differences with each other. Mental and its prevention have been the concerning issue of discussion. Similarly, university and the institution, where an individual reaches out in search of their aims and goals have been the respected place for every student but when it becomes the pushing and forcing factor for their functioning then it might transform them from being real. Those unwanted forces deteriorate their abilities and skills and in a result their self-esteem and inferiority level worsen.

Suggestions: From the broader point of view, the opinion suggests that the mental and psychological problems are not only the issue for youth and students but to the students worldwide. This has now become the overbearing matter with the rise in the technology. As, from new inventions and discoveries, the human mind has become more forceful and potent to such phenomenal elements that involves in their lives. For students, it is the prerequisite component of achieving happy and satisfied life. Student's health is as important as an economy to any country. For stability and flourishing of better and peaceful society, the essence of harmony shall be placed rightly. It is the need of today's world to keep distance short with the one they love. Parents are highly responsible for maintaining balanced and organized behavioral and normative patterns among their children and family to keep the depressive diseases away. To know the child is an important task for the family and their surroundings and fulfilling their personal, psychological and emotional needs comes first in keeping them away from mental and depressive disorders. Students shall keep in touch with their friends and family and share their personal daily routines to keep their minds fresh and working.

Conclusion: A questionnaire consisting of 26 questions was distributed among students of different ages and countries. They were asked to mention their university/college/school's name, their age and country name. Out of those students, 6 of them responded with their opinions. These participants aged from 17- 23. Indian and Malaysian students mentioned their respective thoughts about the leading prevalence of mental and psychological complications. The study consisted different social and personal questioning, out of which 50 % reported increment in the time of their task performance. 66.7% lacked concentration, 16.7% disagreed and marked neutral. When they were asked about having feelings of sadness, 33.3% of them answered positively. More importantly, 83.3% reported the improper routine of sleep or faced difficulty in sleeping. Out of 100%, 66.7% disagreed on having suicidal thoughts while majority of them resulted gain or loss in their weights. There was a balance rate of relationship handling found in them with minority of the population faced recent breakups.

The population was asked to express their thoughts over mental disease. Some of them considered it as a challenge while others reported it as the lack in not recognizing their selves. Some were unable to define the term while others suggested mental disorder as the random feeling of sadness that turns their attitudes quickly out of blues. "Does studies become the hurdle for students?" majority of them answered positively and considered studies as "the overdose of the information, develops career pressure, remembering everything up to the mark and lastly lack of self-realization that made them worry about who they were and what they shaped recently.

In short, the questionnaire distributed among the population were not found highly depressed but possessed minor signs of upcoming mental. There were less changes noted in their studying phase while personally they were influenced with the lack in the interest of doing work and managing new relationships. Many of them resulted sensitivity over lighter issues with the rate of over thinking surpassing their expectations.

In conclusion to this diverse topic, it is obligatory to confirm the over-reaching constituents in the students especially the one who are studying abroad. The findings that we got from many of the articles denoted the positivity of depressive disorders among Youth students. They were socially, physically and psychologically harmed with the outer atmosphere and the leading work load of university curriculum. Financial crisis and differences in personality factorized too in the development of mental. Homesickness, hopelessness and thoughts of being unworthy created inferiority and lack of confidence in them. With the increment in university assessments and activities, their work level defamed with the increasing rate of stress and anxiety level. Most sensitive and emotionally broke students were found deeply depressed with leading stress and anxiety. Students who were in their final years showed major signs of mental due to their arriving deadline submission date while others felt a failure in managing their personal and social work load.

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