

Factors that Interfere in the Mental Health of undergraduate Students

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Abstract—Target audience who immediately consider psychotropics are academics, often because the university environment is conducive to numerous risk factors. To make a bibliographic review of the factors that interfere in the mental health of undergraduate students. Was a consultation of scientific production in national journals, theses, dissertations, articles, and academic books. For a better understanding of the factors that are: stress, depression, smoking, unemployment, unbalanced eating habits, and physical inactivity. The importance of the existence of psychological support service to meet social and emotional demand, through which it may be able to manifest itself early and become aware that it can come to a face them.

Keywords—Mental health, Psychotropic, Self-medication.

I. INTRODUCTION

The most common mental health problems in adolescents and adults attending higher education are stress, depression, alcoholism, smoking, unemployment, unbalanced eating habits and physical inactivity [1].

Self-medication is a risky system of personal care in response to symptoms. There are several factors that can contribute to the definitive "irrational" practices of the use of medicines by individuals or populations, arising from sometimes by self-knowledge or even by promotional strategies of the industry pharmaceutical [2].

Silva et al. (2018) [3] state that, in relation to the cultural level, a higher self-medication index among individuals with a complete first degree. Probably because of the illiterate subject themselves to public service. Certainly, individuals with a higher cultural level usually

seek medical assistance or possibly cover up these practices.

Psychotropic drugs, according to the World Health Organization (WHO), are substances that act in the central nervous system, and that are responsible for producing behavioral changes, altering the mood, attention, and perception of the individual. The use of psychotropic drugs, especially antidepressants, has increased considerably, due to the improvement in diagnoses of psychiatric disorders, the appearance of new drugs in the pharmaceutical market and new therapeutic indications of existing psychotropic drugs. These drugs are chemicals that act on psychological function and alter mental status, including drugs with an antidepressant, hallucinogenic and/or tranquilizer actions. Having excellent results in improving patient diagnosis [4].

Target audience that significantly consumes these psychotropic drugs are academics, often because that the university environment is conducive to risk factors such as stress, depression, anxiety, alcoholism, smoking, among others, which lead to population to consume these drugs and may lead university students to engage in behaviors that compromise health [5].

With this, this study aimed to show the factors that interfere with the mental health of undergraduate students.

II. MATERIALS AND METHODS

The present study was based on a bibliographic, descriptive, qualitative review, which had as a source of research the virtual databases Scientific Electronic Library Online (SCIELO), Google Scholar, NCBI PubMed, articles published in newspapers data from the Ministry of Health published in the Health Portal (www.portalsaude.saude.gov.br).

The following descriptors, psychotropic and academic health were used to perform the same: mental

health, psychotropic, and academic health and the inclusion criteria of the articles were those published from 2009 to 2018. After the bibliographic survey, 20 articles were selected according to quality, relevance with the proposed theme and update, and were then used for the construction of the present study.

III. RESULTS AND DISCUSSION

The initial enthusiasm of winning a vacancy in the desired course in the entrance exam, causes students to come across a phase of frustrations, caused by the change of everyday habits, difficulty in administering time between an excessive burden of studies and little time for leisure activities, thus being a result of numerous mental disorders. Data show that higher mental distress rates are found among university students compared to young people of the same age who are not in university [6].

The process of adaptation to higher education requires, on the part of some students, strategies that help reduce their sufferings or physical, whether psychological, strategies that are not always healthy behaviors. These unhealthy or risky behaviors are usually the visible part of the set of experiences, expectations, and disenchantment that some students present throughout their academic journey [7].

A new study was conducted by the American Psychological Association, it was found that more than one-third of first-year college students suffer from

psychological disorders. One of the most common problems observed in each of the students analyzed was depression and anxiety disorder [8].

From studies like this, this is believed to be a global mental health issue, as the number of students in need of treatment exceeds the resources of most counseling centers. Considering that university students are a key population to determine a country's economic success, colleges should be urgent in addressing this issue [9].

Today it is considered a challenge for universities to confirm university students for dissemination and subsequent treatment of existing mental disorders or for preventive interventions when there is a high risk of disorders once identified, how to offer services to a very large proportion of these students [10].

To reach the result, [11] and his team analyzed data from the World Health Organization's World Mental Health (WHO) Initiative of World University Students of Mental Health (WHO). In the project, almost

14.000 students from 19 universities in eight countries – Australia, Belgium, Germany, Mexico, Northern Ireland, South Africa, Spain, and the United States – answered questionnaires to assess mental disorders such as depression, anxiety, and panic syndrome. The researchers found that 35% of respondents reported symptoms consistent with at least one mental disorder. Depression was the most common, followed by a generalized anxiety disorder.

This high prevalence is significant not only for the suffering caused at a time of great vital transition,

but also, because it is associated with substantial impairment in academic performance [9].

By achieving sexual maturity, young people and adolescents often seek a range of educational and occupational opportunities, for example, seek to obtain romantic relationships, good physical health, tertiary education, full-time work, a combination of education and work, etc. However, compared to adults, these young people have not yet established a stable life structure and this ends up affecting they are physical and emotional by not taking so much pressure [12].

From studies, researchers realized that stress directly interferes with the quality of the teaching and learning process of students. Several factors for its occurrence are. Thus, it is important to verify the association that exists between these aspects and stress in order to try to reduce it and seek ways to face it [13].

The university public presents a vulnerability to mental illness by constantly going through stressful

events, such as the pressure exerted by family members and teachers, presentation of papers, conducting tests, lack of leisure, sleep deprivation, expectations in relation to the future, thus having a greater chance of developing mood disorders [14].

The abusive use of alcoholic beverages among young people has resulted in the appearance of several problems, among these are sexually transmitted diseases, traffic accidents, unwanted pregnancy, and even behavioral problems. These behaviors are often seen among university health students, thus making it a worrying factor, since they will be in the future influencing their patients to adopt healthy lifestyles [15].

Smoking data among the university population have been the target of several studies. It was found that 26.9% of the academic smokers started the habit before 17-18 years of age, a period where young people are usually starting academic life [6].

A survey on the mental health of the unemployed was found positive relationships between being unemployed and mental health, and it was found that the main feelings that were related were feelings of depression; suffering, frustration, and anguish; irritation, concern, and evaluation [16].

The passage to the academic environment brings with it transformations in food consumption, starting with the exclusion of some of the main meals, later by the intake of poor nutrient foods. It is at this stage of the lives of young academics, that they reveal having time with little time which consequently contributes to young people performing a greater number of meals outside the home, and especially omit their meals or adopt practices feeding swaying as the option for fast foods or low consumption of fruits and vegetables [17].

The entry into academic life brings with it changes that are linked to the teaching-learning model, as well as the routine facing the student. The level of physical activity documented by physical tests or even by own questionnaires represents an important marker of general health, quality of life or even disease risk. It is known that the academic often when joining ceases to practice exercises becoming sedentary. Physical inactivity, along with lifestyle and anxiety and depression levels, is risk factors for the onset or worsening of various diseases, especially chronic degenerative diseases [12].

There are some systems that work with training centers and advice with university students, this timely and effective treatment is important and are considered clinical tools of the internet in which they may be useful to provide treatment to students who they do not seek

services on campus or are waiting to be seen. The number of students in need of treatment for these disorders has been increasing more and more, and they end up seeking help from these counseling centers [18].

Cognitive-behavioral therapy (CBT) is a form of psychotherapy that is based on empirical knowledge of psychology. It covers specific and non-specific methods (with regard to mental disorders) that, based on studies on different disorders and psychological knowledge, ultimately have a systematic improvement in the problems treated. This therapy has demonstrated great results and is an attractive option to face the latest challenges based on its low cost and ease of implementation [19].

It is necessary to conduct future research to identify which interventions work best for each type of disorder. For example, some types of depression or anxiety can be treated online therapies, while other disorders, such as the use of illicit substances, may require help in person from a psychologist or other health professional [20].

Therefore, academics use medications, especially psychoactive drugs, with the objective of enhancing performance in graduation, in order to increase grades, to assist in the performance of the tests and to improve attention and memory. Some students showing low graduation performance are labeled as an individual who has some alteration, disability or illness, or at another extreme, well-performing students look for ways to increase their cognitive abilities, thus medicines without proper medical advice. There are also those who have some medical or psychiatric diagnosis and use medications inappropriately. Passenger sufferings and dissatisfactions throughout academic life are labeled as a disease, leading academics to look for ways to "alleviate" these "diseases" they present in the learning process in academia[21].

IV. CONCLUSION

Academic life is considered by many to be a place of intense collection and stress, as well as a period full of ups and downs that directly affect grades, academics of always and physical and psychological health.

It is important to have a psychological support service to meet emotional demand and self-knowledge as necessary because they consider that difficulties can exist from an early age and have been aware that they may face them.

The consumption of medicines among university students is high. However, because these are future health professionals, consumption was expected to be lower and

more rationalized. But it seems that it is precisely this greater knowledge that predisposes them to the use of inappropriately.

At the end of all research work, the authors consider it important to have a psychological support service to meet social and emotional demand, because they believe that difficulties may appear early and have been aware that they may come to face them. It was notorious some mental disorders and sufferings presented throughout academic life.

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