

RESEARCH PROPOSAL

A QUALITATIVE INVESTIGATION OF MENTAL HEALTH IN ENGINEERING STUDENTS FACING HIGH LEVELS OF DISTRESS AND LOW MENTAL HEALTH

A general mental health condition known as psychological distress is typified by the symptoms of anxiety and depression, but it can also entail other unfavorable emotions including guilt, grief, anger, and loneliness. Significant outcomes from psychological distress can include a lower quality of life, prolonged incapacity, and an earlier death.

Although psychological discomfort can sometimes be resolved on its own without the assistance of a professional, there are occasions when receiving assistance from formally qualified mental health experts can be beneficial for those who are experiencing psychological distress.

In recent years, there has been a rise in college students' mental health issues and treatment utilization. Because untreated mental health issues can affect student success and retention and can grow more severe, frequent, and resistant to treatment over time. Thus, it is essential to make sure that students are receiving the care they require. High rates of mental health distress, low rates of treatment utilization, and low retention rates are all observed among engineering program students. Due to their rigorous coursework and competitive atmosphere, engineering students frequently suffer from psychological distress, including anxiety, stress, depression, and burnout. Financial strain, a lack of work-life balance, and academic stress are some of the factors that lead to these difficulties. Furthermore, the stigma attached to mental health issues and social pressures may discourage students from getting treatment.

Research comparing engineering students' mental health and treatment use to that of students in other academic disciplines that takes into consideration the influence of the students' varying sociodemographic compositions is lacking, according to studies. Additionally, the majority of current research focuses on students in other disciplines rather than engineering, therefore the results are not framed to the engineering culture. Crucially, this research attempts to analyze the known facts about engineering culture, emphasizing the potential effects of engineering norms on students' survey replies and experiences with mental health, including the normalizing of stress.

Drafted by,

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