

An Empirical Study of Mental Health and Emotional Well-being among Students of Higher Education in North Gujarat

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Abstract:

Mental health and emotional well-being are important components for any human being. Holistic development in the special case of students who are in higher education. Higher education comes with academic pressure, social pressure, and mental challenges. This study, entitled An Empirical Study of Mental Health and Well-being among Students of Higher Education in North Gujarat, evaluates the mental and emotional condition of students of North Gujarat. . Independent variables like: Age, gender, level of education, and living adjustments. There are two dependent variables: mental health status and emotional well-being.

The study is based on a cross-sectional survey conducted among 156 students from various higher education institutions across the North Gujarat region, including Mehsana, Patan, and surrounding districts. Primary data was collected by using a structured questionnaire on a Likert scale, for data analysing statistical tools like percentage, t-test, Mann–Whitney U test, F-test, and correlation analysis were applied using Microsoft Excel. Finding comes by data analysis gives result that Academic pressure and workload are significant sources of stress and anxiety. Analysis indicates that anxiety without clear reason and mood swing No direct relation with each other. There is very strong positive correlation observed between emotional stability analyser description, emotional control and handling the personal problem also observed positive correlation. This study analysed a significant inverse relationship between mental health problem an emotional well-being. Living arrangements did not show any statistically significant impact on mental health or emotional well-being. The study highlighted the role of family and socio-cultural factors, which may be important factors for building mental health and emotional well-being. Education institutes incorporate emotional literacy stress management studies to promote and balance mental and emotional well- being among of North Gujarat.

1. Introduction:

1.1 Concept of mental health and emotional well-being

Hiral M Jagad (2020). Mental health and its concept that compose an individual's psychological, emotional, and social involvement with well-being first, which influences how individuals feel, act, and think. How a person affected by stress anxiety during decision making of routine or operational work. Mental health is not only the absence of disorders of psychological Also, how a person is satisfied with their life and what is their capacity to deal with negative emotions, this includes self-reliance, self-esteem, adoption Challenges off life. Mental health and wellbeing are psychological aspect which makes you emotionally balanced and a holistic human health optimum functionality in life.

1.2 Importance of mental health among university students

Anish V Cherian, et, al, (2024). University years are an important period for transition in which academic, social, and personal changes take place. In these years, students' consciousness about the reggae mix Courier adds relationships; these years are valuable, so it affects mental stress. This research analysed more students suffering from anxiety, depression, and stress, which is very common; this level is higher than that of the general population, as compared to college-going students. Studies done in universities noted that students are more conscious of their studies, and because of that, 31.2% students thought of suicide, 6.7% students tried to attempt suicide. 33.6% was suffering from a higher level of anxiety, and depression levels 23.6 students were reported with several symptoms increased, anxiety, and depression levels as compared to a few previous years. These points not only affect emotional well-being and intimacy but also academic performance and social activities. Based on this study, women conclude that there is indeed a need to raise awareness about mental health.

2. Academic, social, and personal stressors

Many interrelated stress factors contribute to the deterioration of mental health among university students. Social stress: Students' lives are immersed in building social networks and managing relationships.

Malik Muhammad Qirtas, et, al, (2023). Social stress: University life often involves building new social networks while also managing existing relationships. The issue of identity among peers is competition and isolation, or hostel life, which may increase emotional stress. As per the research study, students' anxiety and gloom are significantly connected with emotional incompetence and social separation.

Teena Bharti et al. (2023). Students who go 4 higher studies and are far from the family it difficult to manage money because they move to a new place hey eating increases level of wariness. peer pressure, competition, Hindi studies, and all the jobs may increase the level of stress it difficult to deal with situations, which can make them mentally ill.

3. Indian and regional (North Gujarat) context

North Gujarat is rich in culture, this reason influenced Gujarat because pm of India belongs to North Gujarat. North Gujarat is composed of districts like Mehsana, Sabarkantha, and the northern part of Gandhinagar. The socio-economic culture of today's north Gujarat is a combination of urban semi urban and ruler area it is more dominated geographically with ruler traditions.

In the context of the academic institutional framework in North Gujarat includes many higher institutions and universities. Mehsana district has private and public Universities such as Sankalchand Patel University, Visanagar, Ganpat University, Kherawa. Patna district has Hemchandracharya North Gujarat university Patan, Gokul University, Siddhpur. Apart from this, so many good government and private institutes are existing in north Gujarat. Many students come from small towns or villages, which create inferiority complex in their behaviour, so it discourages student behaviour for finding the help. Not only is this peer support network more formal than formal communication with teachers or higher authorities, but they are more dependent on friends and family.

People of north Gujarat are more into agriculture and small businesses, which creates economic uncertainty, which makes student stressful. Another aspect of mental health among students because of move for the move from the village to urban areas. Urban campus culture makes students stressed because of the change in the culture, isolation from their families, and so students feel more depressed. Gender dynamics is also one of the important factors for mental health in North Gujarat. Female students from some areas are socially restricted. They are more anxious about safety and security who are migrating themselves for further study from the village to urban areas. The need to balance with their family expectations is also a factor that creates more stress and affects mental health.

4. Review of Literature

Lin, YK., Saragih, I.D., Lin, C.J. et al. (2024). This is a study done during Covid- 19, it was noted that anxiety level 45% and depression level 48% in medical students during this time. Data collected from the medical students reported more anxiety, which was all about academic, environmental, cultural, and pandemic factors, which was the fact of Covid- 19. The Medical institute's insured department provides medical education without interruptions, the appropriate authorities essentially an adequately work is done for medical student which was primary need for DD medical education.

Sharmistha Roy, Ashis Kumar Biswas, Manoj Sharma (2025). Research was done among the college. Students of USA reported 60% students are experiencing anxiety and depression, because of that, they could not do their work in an efficient manner they were facing problems during their work. Asian Pacific and European students reported anxiety among the students at 31 to 55%.

Kakollu Suresh and Ahehsan Ahmad Dar (2025). "All Is Not Well: Anxiety Bogs Down Nearly 70% Students." Indian university students are silently getting into Mental illness. The

Times of India has done multi-city studies, which showed anxiety, depression, and emotional distress in students. Students in Delhi are suffering from a high level of depression compared to other cities. This research was conducted for 1628 individuals aged 18 to 29 from various cities in India approx. 47% male, and the 57% were female. The result of the research showed that 70% students were facing a moderate to high level of depression, 60% for facing depression, and 70% under very high depression 14.6% express low life satisfaction, 8% documented poor mental health.

CISCE 2025. Student Well-being Pulse Report released by the Institute and the IC3 Council for the Indian School Certificate Examinations (CISCE), 2025. In India, 5 high school students really feel motivated and excited, as per a report, CISCE surveyed 8515 students who were suffering from anxiety, emotional disengagement, and disturbance of sleep because of career stress. Sleep disorders were mainly reported due to late-night scrolling on social media. According to this report, in 2022, an average of 13,000 students attempted suicide because they were not satisfied with school life.

5. Objectives of the Study

- 5.1 To evaluate mental health and well-being among the students of North Gujarat region.
- 5.2 To know various factors that affect mental health and well-being in students.
- 5.3 To identify factors affecting students' mental health
- 5.4 To know how students evaluate their own mental health and how family helps students to maintain their emotional well-being
- 5.5 To analyse the relationship between emotional mental health and well-being.

6. Hypotheses of the study

- H₀₁: There is no significant relationship between mental health and emotional well-being among students.
- H₁₁: There is a significant relationship between mental health and emotional well-being among students.
- H₀₂: There is no significant relationship between living arrangements and mental health and emotional well-being among students.
- H₁₂: There is a significant relationship between living arrangements and mental health and emotional well-being among students.

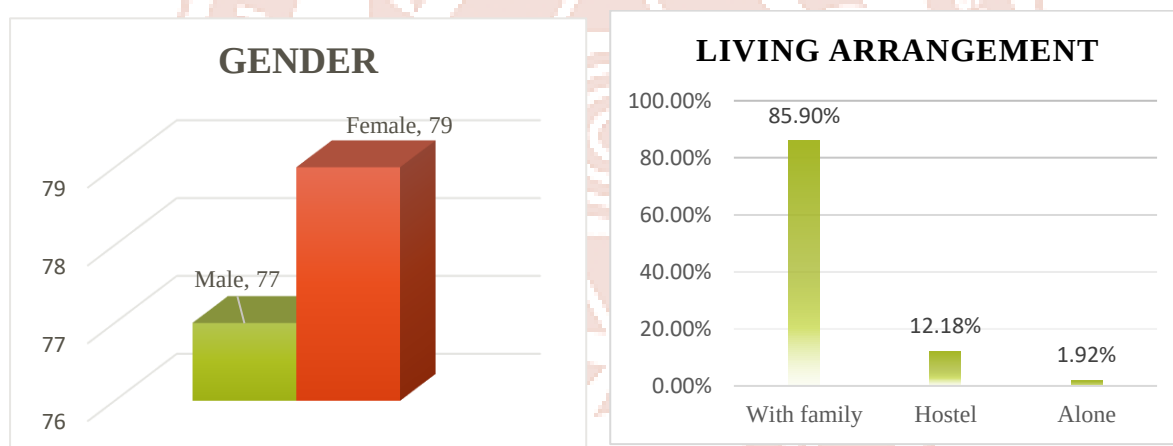
7. Research Methodology

This research is based on a cross-sectional survey with convenience sampling; a total of 156 respondents were taken as a sample from North Gujarat region students studying in various institutions. A structured questionnaire was a tool for a survey. The Likert scale method was used in the questionnaire. Independent variables like: Age, gender, level of education, and living adjustments. There are two dependent variables: mental health status and emotional well-being. Percentage analysis, t-test, ANOVA, Chi-square, Mann–Whitney U test and Correlation statistical tools were used to analyse the data with the help of Microsoft Excel.

8. Future Research Scope

- Future studies should move beyond north Gujarat Institutions,
- Upcoming research may be done for 30.77% unsure group through investigating this group.
- Comparative analysis of Mega or Metro city and small cities or villages can be done.

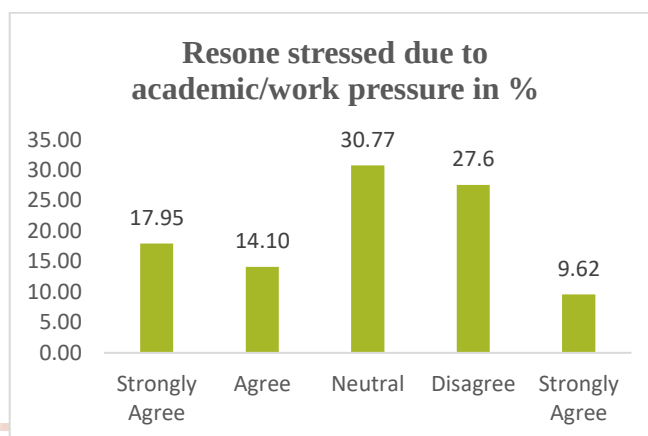
9. Data Analysis and Interpretation



The ratio of males and females is almost 50-50%, and the data shows a similar type of response for all questions. Here researcher has used convenience sampling. Maximum respondents live with family, which is the core culture of North Gujarat. In the introduction review is an analysis.

Table-1

Reason stressed due to academic/work pressure in %	
Strongly Agree	17.95
Agree	14.10
Neutral	30.77
Disagree	27.6
Strongly Agree	9.62



Data analysis shows that academic/work pressure is playing important role to rise stress among students, 32.05% students strongly agree and agree that they feel stress because of academic or work pressure, 30.77% students are not sure about their reason for stress. 37.22% are don't feel that academic/work pressure is major reason for stress.

Table-2

Response	Anxious without any clear reason	Mood swings	Row Total	Expected (Anxious)	Expected (Mood Swing)	Anxious without any clear reason χ^2	Mood swings χ^2	χ^2
Strongly Agree	39	24	63	31.5	31.5	1.79	1.79	
Agree	34	34	68	34	34	0	0	
Neutral	42	52	94	47	47	0.53	0.53	
Disagree	29	33	62	31	31	0.13	0.13	
Strongly Agree	12	13	25	12.5	12.5	0.02	0.02	
Column Total	156	156	312	156		2.74	2.74	4.94

$p = 0.294 > 0.05$, $\chi^2 = 4.94$

The results of the Chi-square test $\chi^2 = 4.93$, at $df = 4$, p value = 0.294. This indicates anxiousness without any clear reason, and mood swings do not have any significant relation.

Table-3

Emotionally stability	Satisfaction with my life
10	13
8	9
32	26
72	53
34	55

$r=0.826$; r is very close to 1, indicating a very positive relationship between emotional stability and life satisfaction among students in North Gujarat. Both variables are moving in the same direction. Resona may be that most of the students live with their family, so let scope to deal with problems alone, and they may have family support most of the time.

Table-4

Emotions effectively controlling	Handling personal problems
8	8
9	10
33	20
65	69
41	49

$r = 0.957546$, indicating a very positive relationship between emotional stability and life satisfaction among students in North Gujarat.

Table-5

t-Test: Paired Two Sample for Means		
	Alone or Hostel	With family
Mean	4.4	4.6
Variance	24.8	11.3
Observations	5	5
Pearson Correlation	0.758645103	
Hypothesized Mean Difference	0	
Df	4	
t Stat	-0.136717185	
P(T<=t) one-tail	0.448929726	
t Critical one-tailed	2.131846786	
P(T<=t) two-tail	0.897859452	
t Critical two-tailed	2.776445105	

t-Test: Paired Two-Sample for Means is done for two independent variables, Means are 4.4 and 4.6, which are not significantly different. Respondents who live with family have slightly higher. $t(4) = -0.137$, $p=0.898$ at two-tail, respondents who live alone or in a hostel, and those who live with a family.

Table-6

F-Test Two-Sample for Variances		
	Overall mental health	Support for emotional well-being
Mean	31.2	31.2
Variance	1046.7	906.7
Observations	5	5

Df	4	4
F	1.154406	
P(F<=f) one-tail	0.44634	
F Critical one-tail	6.388233	

Mean for both variables is 31.2, overall mental health variable is 1046.7, and support for emotional well-being variable is 906.7, calculated F value is 1.15 at 5% significance level, which is less than the critical F. Overall mental health variable and support for emotional well-being variable move in the same direction, both have a positive relationship.

Table-7

Response	Difficult to concentrate on tasks	Overall mental health
Strongly Agree	37	63
Agree	37	66
Neutral	41	26
Disagree	29	0
Strongly Agree	12	0
r = 0.668308		

Correlation ($r = 0.668$), which shows that difficulty concentrating on a task and overall mental health have a strong positive relationship.

Table-8

Overall mental health	Support for emotional well-being
66	80
63	25
27	2
0	36
0	13

Correlation value of .0524, the result shows that overall emotional well-being and family support have a positive relationship. It means emotional support increases mental health, so emotional support is a helpful factor, but it is not the only factor that may influence mental health.

Table-9

Variable	Mean	Standard Deviation
Mental Health Status	2.74	0.88
Emotional Well-Being	3.80	0.96

Analysis of the relationship between emotional mental health and well-being is shown in table-6. The result shows $M=3.80$ for emotional well-being and 2.74 for mental health, which means

a moderately high score for emotional strength. On the other hand, M=2.74 in the case of mental health score, which means more stress and emotional tiredness.

- H₀₁: There is no significant relationship between mental health and emotional well-being among students.
- H₁₁: There is a significant relationship between mental health and emotional well-being among students.

Table-10

Variables	Emotional Well-Being	Mental Health Status
Emotional Well-Being	1	-
Mental Health Status	-1	1

Correlation coefficient is $r = -1$, it shown perfectly negative relationship. So, H₀₁ is rejected. Accepted statement is H₁₁: There is a significant relationship between mental health and emotional well-being among students. Finally, it can be interpreted mental illness and wellbeing s significantly inverse in case of students of north Gujarat.

- H₀₂: There is no significant relationship between living arrangements and mental health and emotional well-being among students.
- H₁₂: There is a significant relationship between living arrangements and mental health and emotional well-being among students.

Table-11

The past six months, emotional distress		
	Hostel or alone	With Family
Never	6	11
Rarely	3	2
Sometimes	11	7

$$\Sigma R (\text{Hostel or Alone}) = 460.5$$

$$\Sigma R (\text{With Family}) = 359.5$$

$$U_1 = n_1 n_2 + \frac{n_1(n_1+1)}{2} - R_1$$

$$U_1 = 400 + 210 - 460.5 = 149.5$$

$$U_2 = 400 - 149.5 = 250.5$$

$$\text{Calculated } U = 250.5$$

Calculated U value =149.5, which means equal variances, $P > 0.05$ so the result is acceptance of H_0 : There is no significant relationship between living arrangements and mental health and emotional well-being among students. Here for accurate result taken only twenty response for analysis which is 100% in case of hostel or alone, and for with family out of 136 it has been taken 20 as sample. It shows the same variability of mental or emotional well-beings are same regardless of whether students live with family or in a hostel/alone.

10. Findings of the Study

- Nearly 32% students strongly agree and agree that they feel stress because of academic or work pressure, 30.77% students are not sure about their reason for stress. 37.22% are don't feel that academic/work pressure is a major reason for stress
- Data indicates that anxiousness without any clear reason and mood swings do not have any significant relation, which means that there would be other factors that affect mood swings.
- Students who feel life satisfaction are more emotionally stable, which means there is a strong positive correlation between emotional stability and life satisfaction. As emotional stability increases, life satisfaction rises accordingly.
- Family is the most important factor, as the higher ratio of students living with family in North Gujarat appears to be a protective factor. It shows a positive relationship with mental health.
- Emotional support and mental health, acting as supporting factors with each other, show a positive correlation.
- Living status of students, hostel or Alone vs. Family, confirms that there is no significant difference in mental health or emotional well-being.
- Variability in emotional health remains the same, whether a student lives in a hostel or at home. The experience of students primarily depends on their surroundings rather than physical residence.
- Study results show a perfect positive correlation was found between good mental health and well-being.
- Data shows a moderately higher level for emotional strength but a lower level for mental health. This gap implies that, as students may feel they are strong emotionally, but Deep feel stress without any reason for some time

11.Recommendations

- Institutes and University should think about psychology intrusion of students. NEP-2020 has been framed in a way through that Institutes and University can implement course like; Yoga, Meditation, Philosophy, Physical study etc. it will help new generation to make emotionally balance. Higher education of Gujarat and universities started work in this direction.
- Reframe of curriculum is requirement to have better academics support, as so students learn practical aspect with management of work pressure and may handle stress which will help to balance mental and emotional health.
- Now a days students move far from home for higher studies, in this matter institute needs start emotional support program or events which will make align hostel or PG students to more socialise with local community and it will help them to balance their mental or emotional health.
- Institute may arrange emotional literacy programmes in the institute for students and staff, which make them to understand their level of stress, anxiety and through that students will be able to manage mental or emotional health.

12.Conclusion

North Gujarat is known for its unique economic and social framework. Districts like Mehsana and Patan have blend of urban and rural traditions. In total, three universities and various colleges fall under these universities. Students from rural regions, other parts of Gujarat, India, and globally, but the majority of the students belong to the local area. The inclusive study of students' mental health and emotional well-being.

In North Gujarat, family is the most important factor in having good mental health and emotional well-being. Living with family provides safety and security as well as stable mental and emotional health, which is shown in the results of the study. An increase in stress and anxiety causes mental illness and emotional imbalance, which may impact academic performance, and sometimes they maintain a facade of mental and emotional strength. To deal with these issues Institutions and universities should think for holistic approach, in which academic and emotional aspects should be taken care of. Academic institutions must investigate not only academics, but also how to allocate workload and emotional literacy. In the future, this study would be extended at the country level, comparing students of megacities and small cities.

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