

Research Article



Perception on Managing Mental Health of Generation Z Students in Creating Student Superstars: Students' Talent Management

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ABSTRACT

Mental health problems are emerging at high rate among students. Depression, anxiety, self-harm, and eating disorders are a few common mental health problems experienced by young people. 4 in every 5 students suffer from mental health problems. Study Life Balance (SLB) is the one of the primary objectives of Students' Talent Management objectives in order to achieve the personal and the professional aspirations of students. Having mental health is an important pre-requisite for the students to have study life balance. In this research, we aimed at studying the mentality of college students so that remedies and suggestions can be made as per the requirement. This will help in overall recovering of the loss and also useful for students to manage their talents to achieve their personal and professional aspirations. Data were collected through questionnaire method. This paper aimed at exposing the mental health problems experienced by students and highlights their mentality and perception towards their mental health issues through a questionnaire survey. Many people think that mental health problems will clear themselves up which is the biggest misconception anyone can ever have. Opening up and talking about the mental health problems can cure it to a great extent. Consulting a counselor or anyone the person thinks can be of help should be approached. Educational institutions should understand saturation level of the mental and the physical limits of students and design the curriculum and academic regulations accordingly. Setting up of counseling institutions in every school and college and giving students a chance to overcome introversion can help to solve mental health problems. If students achieve their professional and personal ambitions through students' talent management, then they can be called as 'Student Superstars'.

Keywords: Anxiety, Depression, Eating disorders, Mental Health of Students, Students' Talent Management, Study Life Balance.

INTRODUCTION

Mental Health of Students in Globalized World

The world has changed by leap and bounds over the past 20 years and will keep on changing with this tech era evolving with every revolutionary invention. There were days when there was not much to do and the life was less complicated. With these changes, a few things have become complicated while a few others have become simple. Drastic changes in lifestyle can be observed when individual frame is considered. Few things have changed for good while many have turned bad. And the most affected group of people is the teenagers, the school and college going students. This is why a need for research for mental health of students arose to find out the problems, search for its root cause and develop ways to sort out the problems; because they are the young minds who are going to lead the country, the world in near future.

There was a time when students used to stay with their family members all during their study time. Boarding schools and hostels were not common whereas in this era hostels have become the breeding place of future professionals. This has led to a reduced parental interaction, love and care because of which many students suffer from a most common disease- "Home-sickness". In this competitive world, the work load on school and college going students has increased a lot. To

tackle with pressure they divert to various harmful things like smoking and drinking. Another concerning topic is girlfriend/boyfriend. Whether this is worth concerning or not totally depends on person to person. It may pose as a disturbing factor for some but not for others. Adding on, peer pressure adds to mental health of a student.

Talent Management is a next stage in the evolution of personnel management at corporate level. When we implement the same at college level for the student community, there are a few students' talent management (STM) objectives to establish STM projects successfully such as Individual consideration, Intellectual stimulation, and Study Life Balance. Mental health is an expected STM outcome to bring study life balance among students. This paper provides an overall outlook on the growing issue of psychological and mental disorders prevailing amongst generation Z students (those who born on or after 1995) in our globalized world, where necessity for student flexibility is increasing. The purpose of this study is to come up with solutions to the special concern by spreading awareness and achieving study life balance for the students to achieve their expected student outcomes such as Student CEOs, Student Researcher, Student Authors, and Student Journalist. If they can achieve their career objectives, not only professional but also personal aspirations, they can be called as 'Student Superstars'.



Table 1: Students' Talent Management (STM) – Theory and Practice

Ramar Veluchamy's Students' Talent Management (STM) pattern for specific purposes			
STM Objectives	Individual Consideration	Intellectual Stimulation	Study-Life Balance
Step 1	Unveil potential talents	Develop potential competencies	Create a culture of success
Step 2	Personal and Academic Evaluation	Work from natural talents	Develop morality
Step 3	Behavioral Expectations	Create STM projects	Automate STM projects
Step 4	Personal and Professional Aspirations	Collaborate with student clubs	Involve parents & teachers
Step 5	Pupils branding to promote the best	Establish talent department	Learn consistently
STM Outcomes	Create individual identity	Achieve talent excellence	Ensure mental health
Student Outcomes	Student CEOs, Student Researchers, Ethical Hackers, Artists, Athletes, Politicians, Social Activists		

LITERATURE REVIEW

Since the classical period in Indian culture, there has been no shortage of descriptions of psychological crisis, adjustment disorder, anxiety and depressive episodes recorded by young people studying at colleges and universities. To combat such a professional issue, effective methods of counseling exist that are designed to prevent tragic outcomes, help to cope with crisis, and treat certain disorder. Survey demonstrates that mental health and specialized services helping students to come to terms with psychological problems and disorders are an important professional issue worldwide. The real solution to this would be most effective if begun from the grass root level itself i.e. by providing counseling services at every college and university. Consultation with tutors and the initiation and supervision of students-to-student coaching are also of value. Consultancy with psychotherapists in private practice, online and telephone counseling, close collaboration with psychiatric department of universities in severe cases are quite essential and could possibly turn this effort to combat mental disorders a make believe achievement.¹ Several differences are found between students from developing and developed countries which suggest that external factors such as environmental structures, culture and services in each country, might play a significant role in students' behavior towards the mental health.² According to recent study about music appreciation and self-actualization, experiencing listening music will help the well-being of the mental health of the students.³ Rewards and recognition are the tools to motivate and retain talents in any organization. The Generation Z students want to create self-identity to become a famous personality in their student community.⁴

RESEARCH METHODOLOGY

This research work was carried out by surveying through questionnaire. Data were collected via simple random sampling method.

Data Analysis and Interpretation

1) Mental health problems make young people unpredictable and dangerous.

Answer- False

One may not even know a young person has a mental health problem. Mental health problems refer to a group of illness that can change how a person may behave and feel with everyday life. Mental health problems manifest differently in different people. There are many mental health problems including depression, anxiety, eating disorders, bipolar disorders and schizophrenia.

Signs of Mental Health Conditions

"Many people have symptoms such as low mood or lack of motivation, but it's important to note these in terms of how long they have been going on, the severity of distress and having a cluster of symptoms – and also to note them in relation to the context of someone's life," says Alan Percy. Key signs of a mental health problem if you are a student include weight loss or gain, decline in personal hygiene and poor attendance in classrooms. You may also do too much work, become withdrawn, or be more agitated or anxious than usual.

According to a survey that surveyed 260 Students pursuing engineering from a deemed University, 226 students that accounts to approximate 87% students believe that mental health problems make young people unpredictable and dangerous.

People need to change their feelings and perceptions towards mentally ill people specially students because if they are not understood and treated well, the future of the nation comes into danger. Every school and college must have a separate department to counsel students suffering from mental problems. Students should be encouraged to share their problems so that they can be counseled and made productive for future India. Adding on, the students must be trained to manage their time and how to tackle with the problems.



2) All mental health problems are caused by genetics.

Answer- False

There are many reasons for the occurrence of mental health problems. They could be due to social, emotional, environmental and physical factors.

- Social and environmental factors: This includes what is happening in our immediate world, where we live, whom we socialize within and outside of school or college, and how we feel and react to things that affect us such as school work and, peer pressure.
- Emotional factors: Psychologically, we all are different. We all respond differently to life events such as deprivation, pressure at school or at home.
- Physical factors: Physically we all are different too. We may inherit through our genes certain physical disorders that might affect our mental health. We might also be more susceptible to mental health problems because of genetics. There is no one cause of mental health problems.

According to a survey that surveyed 260 Students pursuing engineering from a deemed University, only 4, that is 1.53% think that yes the mental health problems are inherited genitally. This is a great sign of relief.

3) Having mental health problem is equivalent to having a physical ailment.

Answer- True

We all have mental health like we have physical health. Mental health relates to our emotional, social and emotional wellbeing. If we are mentally healthy, we are able to engage with everyday living that includes enjoying, problem solving, achieving and actively participating in everyday events and also communicating and socializing with peers, friends and teachers. Just like when your physical body has an ailment, you are not able to concentrate on whatever you are doing; similarly, a mental disease may hinder your concentration level. Thus just like we take care of our physical body, our mental health must be taken care of in the same way.

According to a survey among 260 engineering students, 190 of them (73.1%) believed that mental health and physical health can be correlated. This brings in a need for setting up institutions separately for mental health care.

Care Pathway

In some institutions more direct links of referral have been established. For example, some mental health advisors have established links with early intervention for psychosis teams that have allowed them to 'fast track' acutely disturbed students into psychiatric care. Early intervention is especially important in college students to diminish the risk that mental illness will lead to drop-out from university.

Primary Care

It is very important to emphasize the major role that primary care plays in the management of mental disorders in the student population. The majority of patients with mental health problems are treated exclusively in GP clinics without referral to mental health services. Those GP practices with a significant crowd of students on their patient lists have an involvement and experience in the management of mental disorders which is considerably greater than that provided in routine GP settings. In such cases, GPs often liaise directly with student counseling services, disability services, mental health advisors, academic staff and support services.

4) Mental health problems will clear themselves up on their own.

Answer- False

A young person should seek help and advice. If you feel that you are persistently unhappy and you can no longer cope with that, don't keep it a secret. Expressing your feelings in front of someone, whether it's a friend, counselor or doctor, may bring an immediate feel of relief. Initially, it's a good idea to approach someone you trust, such as a friend or member of your family. This is especially important if your academic performance is being affected. Many mild mental health problems can be resolved this way and many can be helped by seeing someone who is professionally trained.

Counseling and Cognitive Behavioral Therapy (CBT) offers an opportunity to explore the underlying issues of your discontentment or any worries you have in a safe surrounding, including helping you to develop ways of coping.

According to a survey that surveyed 260 Students pursuing engineering from a deemed University, 44 students that is 16.9% believe that mental health problems can clear themselves on their own. This again is not a sign of good mental health.

Here are few tips that can help cure mental health problems:

***Healthier daily routines**

Depression often affects the basics of daily life – exercise, eating, socializing, and sleep. Problems in these areas then in turn quickly strengthen the possibility of depression. Making small changes to setup healthier daily routines can make a very big difference to how you live and feel. This gives depression less opportunity to consolidate itself in your life.

***Sorting out sleep patterns**

Look into sleep problems and get into a better sleep routine.

***Understanding food and mood**

There are connections between the food which we eat and the way we behave. Students should plan for healthy food and eating habits in order to boost your mood.

***Increasing exercise**

Benefit from the powerful effect of exercise on mood and plan enjoyable exercise routines into your life.

***Checking alcohol and drugs**

Alcohol and drugs can make depression worse.

***Practicing relaxation**

Learn daily practices for building good relaxation habits and modifying stress levels.

***Connecting with others**

Tips on how to ensure you maintain social connections and build support networks in order to avoid the depression-inducing effects of social withdrawal.

***Changing attitudes**

Changing the attitudes and patterns of thinking that maintain depression is one of the most effective and observable longer-term strategies for overcoming depression and building resistance to its return.

***Understanding your depression**

Understand your own depression symptoms and the vulnerability factors as the basis for planning the most effective agenda for you.

***Identifying depressed thinking**

Take action and learn general ways for recognizing the forms of depressed thinking you are in the habit of.

***Challenging depressed thinking**

Depression can be avoided or even tackled. Come to grips with basic strategies for changing and modifying your depressed thinking patterns.

***Modifying stress levels**

Making simple alterations in your day to day life can help prevent stress spiraling out of control.

***Managing anxiety & anger**

You have the strength to manage your anxiety and anger levels. Understand ways to address the thinking patterns and behavior which contribute to anxiety and anger spirals.

***Learning self-compassion**

From time to time we all have a habit of being too hard on ourselves – this is particularly the case when stress, anxiety and depression enter the equation. You have the strength to challenge the corrosive habit of self-bullying.

***Living well**

Living well looks at the longer-term skills and strategies that make for a happier and contented life. These

strategies are useful for anybody, and are important as a way to build in long-term resistance to depression returning.

***Practicing**

Learn to stop struggling against life and start living in the present moment.

***Acceptance and emotional literacy**

Know how to recognize, understand and express your emotions and realizing and accepting what cannot be changed in life.

***Communicating assertively**

Express your emotions and needs constructively as an alternative to anxious passivity or angry aggression.

***Building good relationships**

Being patient while listening to show you are truly open to others, and at the same time being ready to communicate your own feelings honestly.

***Planning a life worth living**

Assess whether you are living your life in accordance to the values that will make it worth living – and, if not, making the changes necessary to bring this about.

***Taking action for happiness**

Learn about other skills and habits which have been known to support greater happiness.

5) Talking about mental health problems will make things worse.

Answer- False

Everyone including young pupils should be encouraged to talk about their mental health problems. But some young people fear being looked upon in a negative way and treated differently. This is called stigma and discrimination. It can lead to young people having feelings of shame and disgrace. It can also lead to young people not taking up opportunities and chances for fear of being bullied, which might make their mental health problems worse.

According to a survey among 260 students pursuing engineering from a deemed University, 78 students (30%) believe that yes talking about mental health problems can make things worse.

Tackle the Problems

It can be hard to open up and be honest about how you are feeling. You may be habituated to pretend that you are fine in front of others. However, this leaves you feeling lonely, which makes things worse. These are some of the ways that approaching someone can bring in a difference:

***Unburdening yourself:** It can be a great relief to get things off your chest. For some people it helps a lot if they



know stuffs will be kept confidential (example: talking to a professional).

*Getting perspective: Voicing thoughts or fears is very useful in making sense of them and putting them into perspective.

*Easing isolation: Building a good and honest relation with someone can help overcome isolation.

*Care and compassion: If you choose well who to talk to, you are much more likely to be offered care and attention than the rejection or ridicule you may fear.

*Useful advice: Depending on who you talk to, you may get some help or useful advice in return – and even if some of it isn't useful, remember you don't have to take it.

*Strategies and ways forward: Talking and openness shines a bright light onto depression's distortions and lies. It helps in developing an understanding and you can build strategies for tackling depression.

*Support network: Different people can help in different ways, so talking to different people can help build up a useful support network.

It doesn't really matter whom you approach first. Some ideas would include: a friend, family member, anonymous listening services, student union welfare rep, personal tutor, students support services staff member, doctor, or counselor. Decide the best person for you to talk to first. Be realistic about what each person can offer. If they don't prove to be of any help, try someone else. Talk to more than one person. Even if you don't talk about how you are feeling, being in a company can be an important way to break isolation. If you are moderately to severely affected by depression, and especially if you feel you can go to the extent of harming yourself in any way, then the most effective first aid would be talking to someone who is best placed to help you – a doctor or counselor.

6) Young people who experience mental health problems are different from normal young people.

Answer: False

People of all ages and young people of all backgrounds can experience a mental health problem. The situations can be different.

According to a survey that surveyed 260 Students pursuing engineering from a deemed University, 151 students that is 58% consider the young people suffering from mental health problems different from normal ones. But in actual, people cannot be discriminated on the grounds of mental health.

7) 1 in 100 young people will experience a mental health problem.

Answer- False

The ratio is even higher. It depends on various factors but generally the ratio lies between 1 in 10 and 8 in 10. 8 out

of 10 students (78%) say they experienced mental health issues in the last year, according to a survey by the National Union of Students (NUS). 33% of the respondents also said they had had suicidal thoughts. Among those who did not identify as heterosexual, the figure was higher at 55%. 1,093 students in further and higher education were surveyed by NUS in November and December on behalf of the All Party Parliamentary Group (APPG) on students. More than 54% of respondents who complained of having experienced mental health problems said they did not seek support. A third said they would not have the knowledge about where to get mental health support from at their college or university if they needed it, while 40% of the students reported being skeptical about the support they would receive from their institution.⁹

According to a survey that surveyed among 260 Students pursuing engineering from a deemed University, 164 students (63%) agreed to the ratio of 1 in every 100 young people experiences a mental health problem. This shows that people are aware other people having mental health problems.

8) Depression, anxiety, self-harm and eating disorders are the most common mental health problems experienced by young people.

Answer- True

These are the four most common mental health issues experienced by young people.

- Depression: It can affect young people in different ways like lack of interest and enjoyment, consistent sleep problems, changes in eating habits that can cause weight loss or gain, and ignoring friends or peers.
- Anxiety: Feeling anxious sometimes is a normal reaction to challenging changes in our lives. But for some young people anxiety is a constant feeling. This can lead to a lack in concentration, difficulty in making decisions and finding it difficult to control tempers and emotions.
- Eating Disorders: Some people may use food as a way of controlling their feelings and coping with pressures.

According to a survey that surveyed 260 Students pursuing engineering from a deemed University, 241 students (92.7%) students agreed to the statement that Depression, anxiety, self-harm and eating disorders are the most common mental health problems experienced by young people.

*Sleep and mental health

Sleep problems can have an effect on mental health problems, and vice versa.



Sleep problems show that how severe mental health problem may become and how often it may reoccur. Also it becomes very difficult to resolve the issue.

There are effective self-help programs online for insomnia that can be more effective than medication, and other sleep difficulties can be treated with the help of specialists. You can ask your GP or counseling service about help with sleep difficulties.

*Depression in students

Depression is when you feel low or gloomy for weeks or months, to such an extent that it interferes with your life and studies, and it can make you feel melancholic and suicidal. The warning signs are a loss of interest in life and a feeling you cannot actually relish anything

- feeling tired
- loss of appetite
- finding it harder to make decisions or unmotivated to do things having issue to get sleep, then waking up too early
- loss of interest in love

*Bipolar disorder in education

Bipolar disorder is a condition that can cause mood swing from one extreme to another. If you have bipolar disorder you will encounter quite extreme periods, or "episodes", of depression and mania lasting several weeks or more. Some studies show that exceptional intellectual ability may be associated with bipolar disorder.

In a study about personal talents and behavioral skills, they have found that the traits for selection process which were not incompatible to recruit the candidates. If there are personal characteristics which conflict their decisions, they will create impact on the mental health of the employees in their professional life.²

*Eating disorders in college going students

Anorexia and bulimia are eating disorders that can affect students, and both being more common in women/girls. Anorexia involves severe, sometimes life-threatening, weight loss. Bulimia is more common and involves eating lots of food then vomiting or puking with laxatives.

*Schizophrenia in Students

Schizophrenia affects around 1 person in 100 and is equal in both men and women, though more men seem to develop schizophrenia when they're young. In women, it usually occurs later in life. The use of drugs can sometimes provoke the beginning of psychosis, especially in people who may have schizophrenia within their family.

These symptoms involve:

- hallucinations (especially hearing voices)

- paranoid delusions (false or very unusual notions)

*Drugs, Drink and Mental Health in College Students

If you're feeling sad or stressed, you might be tempted to drown your sorrows in alcohol or may be relax by smoking cannabis. Consider how this may make you feel in the long run though, as your mood could skid, making you feel more worse.

Around one cannabis user in 10 has unpleasant experiences including hallucinations, confusion, anxiety and paranoia. There's also growing evidence that long-term cannabis use can double the chances of having serious mental health problems such as schizophrenia.

Ecstasy and amphetamines can also bring on schizophrenia, and amphetamines can stimulate other forms of psychosis. Any underlying mental disorder could be worsened by drug and alcohol use.

SURVEY QUESTIONNAIRE AND RESPONSES

1) Mental health problems make young people unpredictable and dangerous

Total	Yes	No	Yes (%)	No (%)
260	226	34	86.92	13.08

2) All mental health problems are caused by genetics

Total	Yes	No	Yes (%)	No (%)
260	4	256	1.53	98.47

3) Having mental health problem is equivalent to having a broken leg.

Total	Yes	No	Yes (%)	No (%)
260	190	70	73.08	26.92

4) Mental health problems will clear themselves up on their own.

Total	Yes	No	Yes (%)	No (%)
260	44	216	16.92	83.08

5) Talking about mental health problems will make things worse.

Total	Yes	No	Yes (%)	No (%)
260	78	182	30	70

6) Young people who experience mental health problems are different from normal young people.

Total	Yes	No	Yes (%)	No (%)
260	151	109	58.08	41.92

7) 1 in 100 young people will experience a mental health problem.

Total	Yes	No	Yes (%)	No (%)
260	164	96	63.08	36.92

8) Depression, anxiety, self-harm and eating disorders are the most common mental health problems experienced by young people.

Total	Yes	No	Yes (%)	No (%)
260	241	19	92.69	7.31



RECOMMENDATIONS**For Psychiatrists and the Academic Councils**

1. Health Service providers of mental healthcare are urged to recognize and react to the particular mental health needs of the college student population and the difficulties that many experience in gaining equal access to services. Peculiar difficulties can arise for this group as many students live away from home during semesters but then return home (or go elsewhere) during vacations. Policies that pay consideration to the following should therefore be placed accordingly: a. if significant disruption to academic progress is to be avoided, it is essential that students are seen quickly for initial assessment; b. if a student is then referred on for treatment such as psychotherapy, the waiting list needs to be handled well so that appointments are sent at a time when the student is able to attend, keeping in mind the term and the vacation dates; c. therapy needs to commence at a time that will let this get completed without the disruption of examinations and the summer vacation, and before the student graduates.
2. Clinicians are strongly urged to give due regard to the needs and vulnerabilities of students with mental disorders who are commence on higher education for the first time. Arrangements are needed to ensure continuity of care between home and university and back again.
3. Students often benefit significantly by being able to gain access to dedicated college student health services. General physicians who work in these services acquire considerable experience and knowledge of mental health issues with college students. These practices can offer a range of additional services, such as practice-based counselors and psychologists. These services have come under threat with changes in the ways in which general practice is funded. This has led to tenably lower remuneration for GPs who work in settings such as these. In the longer term this will create problems with recruitment.
4. At present there is no national professional grouping for psychiatrists who work with students. There are informal networks, Government initiatives and Non Government Organizations such as National Institute of Mental Health and Neuroscience (NIMHANS), All India Institute of Mental Health (AIIMH), the London Student Mental Health Psychiatric Network, The Banyan & Institute of Mental Health. The Royal College of Psychiatrists should consider the establishment of a student mental health special interest group, which could provide a forum for the development of services and research. It could also provide a formal point of contact between the College and higher education institution bodies such as the Universities UK/Guild HE Committee for the

Promotion of Mental Well-Being in Higher Education (MWBHE). The College should also promote the development of a student mental health network, such as the one that prepared the current report. This could have representatives from providers of health services and from higher education institutions. A group such as this could act as a forum for continued dialogue and could undertake a review of the current report when this becomes necessary.

For Higher Education Institutions

5. Higher education institutions have long entrenched systems for student support such as counseling, personal tutoring, financial advice as well as services for international students and those with disabilities. Such services often operate within an overall student services structure. We recommend that this provision, which greatly enhances the student experience, be maintained and, when possible, expanded.
6. A promising development in recent years has been the recognition in many higher education institutions of the needs of weak and fragile students with disabling mental health disorders and the consequent expansion of total figure of staff, such as mental health advisors, with a specific remit to support them. Staff with this consign, along with those in counseling services, can play a central role in the coordination of care plan to students and can aid to higher education institutions in the development of mental health policies. They can offer direct advice and help to troubled and vulnerable students with mental disorders. Another important aspect is to make links among higher education institution provision for mentally disturbed students and NHS services. Although many institutions have appointed mental health advisors or have expanded the role of other staff, some remain under resourced in this area. We recommend that all institutions give careful consideration to enhancing the academic and personal support available to mentally troubled students.
7. It is recommended that all higher education institutions have a formal mental health policy. This will guarantee that they meet statutory obligations under disability legislation. It should also cover arenas such as health promotion, the provision of advice and counseling services, student help and mentoring, and peculiar arrangements for examinations. It is strongly recommended that all higher education institutions ensure that preparation in the recognition of mental issue and suicide risk is given to academic and other faculty members who work along with students.
8. It is recommended that higher education institutions consider the negative impact of alcohol misuse in students. Steps should be taken to curtail inducements to consume alcohol, for example 'happy hours' and sales of cheap alcoholic drinks on campus.



Health promotion efforts should recognize the importance of sexual victimization and violence perpetrated by intimate partners as a cause of mental distress. These efforts should focus on potential criminals as well as potential victims.

9. The 'Healthy Universities' systemic and complete integrated approach is commended and should be adopted as widely as possible. Mental health and wellbeing is an integral part of a healthy university and this approach has the potential to enhance the well-being of both students and staff for all sectors.
10. Higher education institutions and NHS psychiatric services who provide care to students should establish some form of coordinated working relationship. The form that this should take will depend on the existing organization and configuration of NHS services and the level of provision of counseling and other services by the higher education institution. If any physical health advisor is in post, he/she would be ideally placed to take a leading role in this.. These include direct involvement of psychiatrists in primary care or counseling services, where they function both as psychiatrists and supervisors, the establishment of referral pathways to NHS care, and the development of NHS/ institution networks for consultation, education and the coordination of service provision.
11. There would also be welfare from closer association between higher education institutions and the NHS with regard to the formulation of local and national policies in relation to the mental well-being of students. All relevant parties are urged to explore further techniques for closer working connections at a strategic level.
12. All sectors are encouraged to recognize and pay heed to the basic needs of particularly vulnerable subgroups such as international students and students who have suffered from mental health problems.
13. The student mental health working group was struck by the paucity of recent, high-quality research into the nature and strong existence of mental disorder (including drug and alcohol use) in the student population. There is a need for systematic, continuous research into the changing prevalence over time of mental disorders in students. We need to know more about academic and social outcomes in students who go to university with pre-existing psychiatric disorder. The changing demographic background of students highlights a need for up-to-date research to identify risk factors within students such as social background, ethnicity and current or past exposure to abuse and psychological trauma. We need to look at environmental risk factors such as financial hardship, academic pressures and the availability of support and mentoring from teaching staff and others. Finally, we need to know more about the effectiveness of

treatments and medications offered to students and the efficiency of policies aimed at the prevention of mental disorders in students. This is important for a number of reasons. It is difficult to plan provision of care without detailed knowledge of the underlying needs for this. The impact of mental disorder on academic performance and retention is an important area for higher education universities. The NHS has a focused interest in the mental well-being of those who are training to be doctors, other clinicians and nurses. Bodies such as the Royal College of Psychiatrists and the MHWBHE should take an active part in promoting research.

14. Rates of treatment uptake have been found to be low in some studies of student populations. There is a need to identify the reasons for this and where possible take remedial action.

CONCLUSION

The interpretation thus arrived to a conclusion that many people think that mental health problems will clear themselves up which is the biggest misconception anyone can ever have. Opening up and talking about the mental health problems can cure it to a great extent. Consulting a counselor or the person can be of help should be approached. Educational institutions should understand the mental and physical limits and saturation level of a student and then design their academic regulations and syllabus accordingly. Setting up of counseling institutions in every school and college and giving students a chance to overcome introversion can help solve mental health problems. A healthy and motivating group keeps us away from such issues where as a bad company affects the mental health adversely. Mental well being is a prerequisite for the students to manage their talents to achieve their ambitions and career objectives. Hence, mental health is playing a crucial role in managing talents of students in creating student superstars.

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