

Таблица 2 — Средняя продолжительность «подъема» настроения у испытуемых, которые набрали 14 и более баллов

Средняя продолжительность «подъёма»	Количество человек	%
1 день	8	13
2-3 дня	21	33
4-7 дней	10	16
Более недели	6	10
Более месяца	4	6
Затрудняюсь ответить	14	22

Несмотря на относительную безобидность или даже мнимую позитивность циклотимии, данное состояние является психическим расстройством и требует адекватного лечения.

Выводы

1. По результатам опросника HCL-32 уровень положительных ответов 14 и выше был отмечен у 63 человек из 100.

2. Самооценка при циклотимии может быть либо повышенной, либо пониженной, причем такие периоды цикличны. Подобные изменения наблюдались у 44 %, набравших 14 и выше баллов.

3. Циклотимия более выражена в молодом возрасте (18–20 лет).

4. Окружающие зачастую не придают значения изменениям настроения при циклотимии.

5. Изменения настроения не влияют на профессиональные навыки.

6. Подъемы настроения в течение последних 12 месяцев у участников, набравших 14 и выше баллов, были отмечены у 89 %.

7. Наиболее часто средняя продолжительность подъема составила от 2 до 3 дней (31 %).

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PSYCHOLOGICAL WELL-BEING AND MENTAL HEALTH AMONGST UNDERGRADUATES IN SRI LANKA

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Introduction

According to the World Health Organization (WHO), mental health is one of most ignored areas in the field of public health and there are almost one billion people who suffer from a mental disorder (WHO2020). Mental health has been recognised within the standard definition of health also as health is «a state of complete physical, mental and social well-being and not merely the absence of disease

or infirmity» (WHO 2020). Therefore, mental health is an important factor in our overall health; when investigating the data across the globe, it indicates that mental disorders and substance use disorders are the leading cause of disability worldwide that can lead to many socio-economic problems and optimal individual functioning.

Mental health problems are relatively common during university and adversely affect academic outcomes. Evidence suggests that mindfulness can support the mental health and well-being of university students.

The entrance to the university marks a period of transition for young people. Through this transition, students face new challenges, such as making independent decisions about their lives and studies, adjusting to the academic demands of learning environment, and interacting with a diverse range of new people. In addition many students must often for the first time, leave their homes and distance themselves from their support network.

These challenges can affect the mental health and well-being of higher education students. The probabilities of experiencing common psychological problems, such as depression, anxiety and stress, increase throughout adolescence and reach a peak in early adulthood around age 25. In many literatures show competition among students and family background is mainly affecting the mental health and well-being among Sri Lankan university students. Now a day's majority of student's awareness of their mental health and university provide counselling for student who has needed.

Goal

The aim of this study was to investigate psychological distress amongst undergraduate students to gather evidence for recommending necessary interventions.

Material and Methods of research

The analysis and generalization of modern medical scientific literature on this topic and a cross-sectional online survey was used to measuring levels of depression, anxiety, stress and associated factors amongst the undergraduate students was conducted. The survey was open to all university students in Sri Lanka.

The study include two questionnaires. Demographic questionnaire-participants' socio-demographic characteristics, including, age, sex, living status. Using a questionnaire developed by the researchers. Questionnaires for Depression and Anxiety developed by The National Health Service in UK (NHS).

The results of the research and their discussion

The results of this study are presented according to the main categories of questions starting from demographic analysis, mood assessment analysis within each sub-sections of this main result section.

Overall 20 students completed the questionnaire and provided written consent to participate in the study. Table 1 describe the characteristics of the study sample. The sample contained 8 (40 %) males and 12 (60 %) female. Majority of the participants were full time study (90 %), 42.9 % percent students living in the Hostel with friends, 38.1 % percent students living in the Home with family and 14.3% students living alone (Table 1).

Table 1 — Demographic analysis

Gender	Number	Percentage
Male	8	40 %
Female	12	60 %
Living status	Number	Percentage
Hostel with friends	9	42,9 %
Home with family	8	38,1 %
Living alone	3	14,3 %
Study hour	Number	Percentage
Full time	18	90 %
Part time	2	10 %

According to mood analysis assessment majority of students shown mild and moderate depressive symptoms and some symptoms in anxiety. Figure 1 describe the factors that majority of students worrying about which course depression and anxiety.

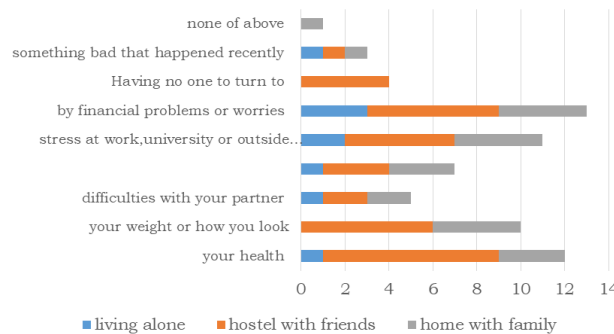


Figure 1 — Factors that majority of students worrying about compare with living status

According to the results 12 (57.1 %) students worrying about their health and majority of students live in hostel with friends. And also 65 % percent of students worrying about their financial status; majority of them stay in hostel. 55 % percent of students stress at work, university or outside home. Majority of them stay far away from home. This results shows most of the students suffer mild, moderate state of depression and anxiety symptoms. Majority of them stay far away from home.

The results of current studies indicated that levels of psychological distress related to depression and stress are at normal levels for this sample, whilst scores reported for anxiety indicated moderate levels of psychological distress among participants.

Conclusion

Mental health and even life expectancy are better for people who have attended higher education compared to those who have not. But greater support is required to ensure students are cared for mentally and physically before they graduate. This studies identify the factors mainly affect to developing symptoms of depression and anxiety. Living far away from home and financial status main factors affect the psychological well-being and mental health of university students. All the literature showed promoting positive mental health and well-being in higher education is needed. The necessity of developing positive mental health condition and well-being, increasing amongst university students in Sri Lanka.

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