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Personal Health

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Reflective Essay: Components of Psychological Health

 We lack a clear perspective on how to describe the concept of Psychological health and its diverse ramifications in these times. There are four components of psychological health, namely mental, social, spiritual and emotional health. In college students, it is observed that there is an alarming increase in the levels of mental health issues (Henriques, 2014). According to a report by Dr Gregg Henriques, the stress levels in college students is at the highest level in US history. He has cited several studies conducted on students, posting alarming statistics regarding the rise of issues of mental health in college students, especially freshmen. This is a dangerous and alarming situation as it can lead to serious health issues like depression, which can further result in committing suicide among the youth, as they fail to adjust to the academic pressure of their colleges.

The highlighting factor that leads to problems in the mental component of psychological health is the is sleep deprivation which is due to the sudden change of environment when freshmen reach their colleges. It is common in college life, and it is often taken as a symbol of pride among the freshman. Sadly, this issue, although well studied and documented, is not taken as a serious problem for coming up with solutions regarding the issues of psychological health. The issue of mental health should be addressed on priority grounds as it can lead to serious violent episodes, like the 2007 massacre at Virginia Tech (McNamee, 2019). The student involved, Seung Hui Cho, could not handle the mental stress of college life. Yet, his arguments will his professors and his “loner” attitude were the factors of mental illness that were not noted by the college administration, for which he paid the price, as he ultimately committed suicide.

To conclude the argument, today's college students are facing serious mental health issues that are slowly building into a serious crisis. The college students should be taught to handle peer and academic pressures so that the issues of mental health are contained and treated.

# Works Cited

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McNamee, W. (2019, July 27). Virginia Tech shooting leaves 32 dead. *History.com*. Retrieved from https://www.history.com/this-day-in-history/massacre-at-virginia-tech-leaves-32-dead