[Name of the Writer]

[Name of Instructor]

[Subject]

[Date]

Argument Essay

# Introduction

Education is the weapon which can be used to change the world. It is the process of enlightenment where people gain awareness about their lives and circumstances. This is an overall training of life which equips individuals with all necessary skills and talent. With all such nobility attached to the process of education, it should be maintained and regulated that way. Nevertheless, it has been observed that the complexity of modern age has instilled complexity in the process of education as well. Now there are various levels in education: primary, secondary and then tertiary. Along with this hierarchical pattern, the grading system and examination process have evolved to the extent that education and especially university education has become a quagmire for students. It has been experienced that this complexity of education has engendered various campus issues that are faced by students on a regular basis. Suicide, depression, exam pressure, mental health is some of the issues that have become a part of life for students. This issue of depression is witnessed in the University of Mississippi where student face bouts of depression due to their intense study schedules. This is not something peculiar with Mississippi University, but it is widespread in every college and university of the world. This issue of depression is highlighted by several journals and articles. This issue of depression among college students is gaining impetus day by day (Mortier et al.). There is a need to bring all stakeholders on one page to ease students’ life and to reform the education system.

# Discussion

This issue of depression and suicides is obvious everywhere irrespective any geographic boundaries. Several cases have been reported in different corners of the world where students are facing enormous pressures due to their hectic study sessions and examinations. This issue of depression is taking their lives as the number of suicide among adolescents and adults have tripled since the 1950s and reached a 30-year-high in 2017 (Mortier et al.). This issue of mental health is present in the University of Mississippi as well where it is reported that student even feels shy to discuss and seek help from others (journo). This depression has suicidal effect for students as it plays with their social success and even with their lives. Due to the enormity of such issues, the University of Mississippi Counseling Center has been established to save people from this heinous mental issue. This mental health issue is not new in the world as it is occurring everywhere since the time when education has been updated with modern trends.

The important stakeholders in this depression among students are none other students who are the direct recipients of the evil. Teachers, professors, educationists are also involved in it. In this way, counseling centers are opened to ease students in their troubling experiences. Every university is trying to provide counsels to students (Dogan). In the case of Mississippi University, this service is being given in low costs as compared to such services offered in outside campus. The cost of change is not much higher as it will save many lives which are humanitarian in approach. There is not complete overhaul rather a simplification of the process.

Furthermore, the primary research conducted on the issue of depression shows that other students consider it a real issue in essence. Every other student is caught in a circle of depressing moods that occur frequently and regularly (Capron et al.). No one on the campus is immune from it as sources of depression remain the same for everyone. When this question is deliberated in the campus, every student complained that administration and examination system is the cause of depression. They further opined that this problem is burgeoning at a high rate now as youngsters are engulfed in varied pressures. This research on campus revealed that depression, anxiety, is quite common among students and institutions are now attempting to amend this situation.

Other institutions such as Yale University and Stanford University have incorporated in their own defence mechanisms to save students from recurrent cycles of depression. These steps are definitely a good step to boost mental health in students (Wu). This is the positive development among some institutions and others need to follow them as well. Nevertheless, some people opine that this depressing state of students is not associated with studies or any level of education. Besides, they suggest it is more of a phenomenon that springs from home and families. Though they may have a point in their view, it is not the complete story of the picture. Some people do come from troubling backgrounds, but it is more important to see how their learning institutes have aggravated the issue in their lives. This is the issue that needs empathy rather than any edicts to amend the situation.

# Conclusion

In a nutshell, depression among students is evident and most apparent these days. Several universities have noted the depressing side of students in their campuses and they are attempting to resolve the issue. This depression is having multifaceted ill effects on student ranging from suicides to hampering their prospects of social success. Many deaths have been reported in various schools, colleges, and universities where a student could not handle their hectic study schedules. In this wake of events, the University of Mississippi and many other institutes are installing new means to deal with the situation. They are providing inexpensive counseling sessions to those students who are in need. This issue is ominous for student health and the process of studies, still, some people associate it with homes and families. Though their point is justified in a sense, that it is not all comprehensive in approach. many students encounter early bouts of depression when they attend their colleges and universities. Therefore, it is mandatory to take an overall picture of this campus issue to salvage student in their learning activities.

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