

# Prevalence of Stress, Anxiety and Depression amongst College Students between the Age Group of 18-30 Years in National Capital Region

Sameeksha Gupta<sup>1</sup>, Pooja Dhingra<sup>1</sup>, Samra Suhaib<sup>1</sup>, Mehak Segan<sup>1</sup>,  
Shazina Saeed<sup>1</sup> and Rajiv Janardhanan<sup>1</sup>

<sup>1</sup>Amity Institute of Public Health, Amity University, Noida, Uttar Pradesh

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**Abstract**—Stress, anxiety and depression, are recognized as a serious debilitating mental health problems. It affects psychosocial functioning of the young adults and lead to serious future ramifications. In today's changing social context there is a phenomenal rise in the cases of Depression, anxiety and stress in college going students. Both clinical and subclinical levels of depression, anxiety and stress are related to decrease social and academic functioning. The current study was done to see the prevalence of Depression Anxiety and Stress amongst college students.

## AIMS AND OBJECTIVES

To study Stress, anxiety and depression amongst college students between 18-30 years of age.

## METHOD

A cross sectional study was carried out. 135 students between the age group of 18 to 30 years participated in the study. DASS-21 scale was used for assessing the respondents.. Data was analyzed using standard statistical software.

## RESULTS

A total of 135 respondents were enrolled in the study. The Stress, anxiety and depression were found significantly in the age group of 21 years i.e. 17.8% and females were predominantly were affected .

Apparently 14.2 % of students said that they had nothing to look forward to in life while 11.2% did not feel their worth. Further 13% felt scared without any good reason and alarmingly 10% of the respondents thought that their life was meaningless.

## CONCLUSION

The current study has revealed a lot of facts and established certain trends regarding youth mental health. Proper counseling and therapy to combat stress and life can be the best option.