



University of Lucknow

# REPORT ON SURVEY OF MENTAL HEALTH



*Understanding Minds. Improving Well-being. Building a Better Tomorrow.*

ORGANISED BY



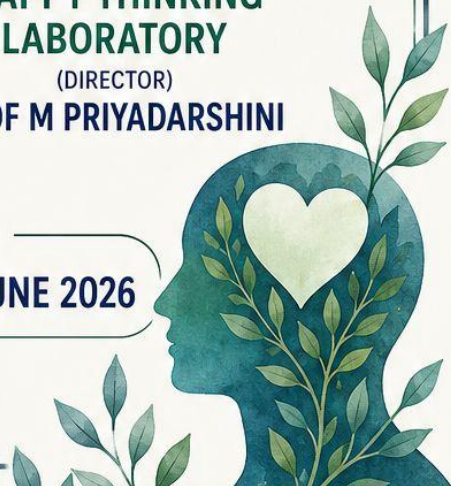
**COUNSELLING AND  
GUIDANCE CELL**  
(DIRECTOR)  
**PROF VAISHALI SAXENA**



**HAPPY THINKING  
LABORATORY**  
(DIRECTOR)  
**PROF M PRIYADARSHINI**



TIME FRAME  
**10 OCTOBER 2025 to 30 JUNE 2026**



## **INTRODUCTION**

Mental health is a fundamental component of overall health and well-being. It influences how individuals think, feel, make decisions, cope with stress, and interact with others. Among students, good mental health is essential for academic success, personal development, and social well-being. However, increasing academic pressure, career uncertainty, family expectations, financial concerns, and changing lifestyles have contributed to a growing prevalence of psychological distress among students.

With this background, the Counselling and Guidance Cell (Director: Prof. Vaishali Saxena) and the Happy Thinking Laboratory (Director: Prof. M. Priyadarshini) organized a Mental Health Survey to assess the psychological well-being of students. The survey was conducted over the period 10 October 2025 to 30 June 2026.

The survey aimed to evaluate the mental health status of students across various academic programmes and to identify the need for counselling, psychological support, and mental health awareness initiatives within the institution. A total of 1,012 responses were collected from students enrolled in Bachelor's, Master's, and Ph.D. programmes, representing a wide range of academic disciplines. Among the respondents, 54% were female and 46% were male, ensuring broad and diverse participation.

The assessment was carried out using the General Health Questionnaire-12 (GHQ-12), a globally recognized screening tool designed to identify psychological distress and possible mental health concerns in community and educational settings. The questionnaire was administered anonymously to encourage honest and unbiased responses while maintaining the confidentiality of participants.

The findings of this survey are expected to provide valuable insights into the mental well-being of students and will serve as a foundation for planning evidence-based counselling services, mental health promotion programmes, awareness campaigns, and preventive interventions. The report also aims to support the institution in creating a healthy, inclusive, and supportive academic environment that promotes emotional resilience and overall student well-being.

# **GENERAL HEALTH QUESTIONNAIRE (GHQ-12) AND ITS IMPORTANCE**

The General Health Questionnaire-12 (GHQ-12) is one of the most widely used psychological screening instruments for identifying mental health problems and psychological distress. Developed by Dr. David Goldberg, the GHQ-12 is a short, reliable, and validated questionnaire that measures an individual's current mental well-being rather than diagnosing a specific mental illness.

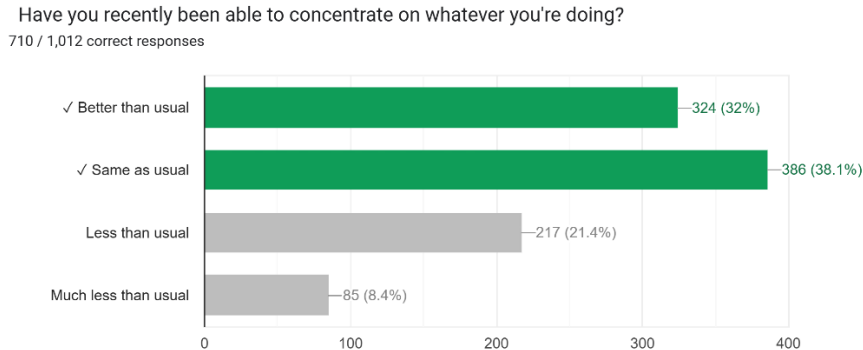
The GHQ-12 consists of 12 questions that assess recent experiences related to emotional well-being, concentration, confidence, decision-making, stress, happiness, sleep, and overall psychological functioning. Respondents indicate how they have been feeling over the past few weeks, allowing researchers to identify individuals who may be experiencing emotional or psychological difficulties.

## **The twelve areas assessed by the GHQ-12 include:**

1. Ability to concentrate.
2. Loss of sleep due to worry.
3. Feeling useful in daily life.
4. Ability to make decisions.
5. Feeling constantly under strain.
6. Difficulty overcoming problems.
7. Enjoyment of normal day-to-day activities.
8. Ability to face problems confidently.
9. Feeling unhappy or depressed.
10. Loss of confidence.
11. Feeling worthless.
12. Overall happiness and emotional well-being.

## Data Analysis

### 1. Have you recently been able to concentrate on whatever you're doing?



Among the 1,012 respondents, 32% (324) reported better concentration than usual, while 38.1% (386) indicated that their concentration remained the same as usual. However, 21.4% (217) experienced lower concentration, and 8.4% (85) reported much poorer concentration. Overall, more than 70% of students maintained or improved their ability to concentrate, suggesting generally good cognitive functioning. Nevertheless, nearly 30% experienced reduced concentration, indicating the need for stress management and academic support.

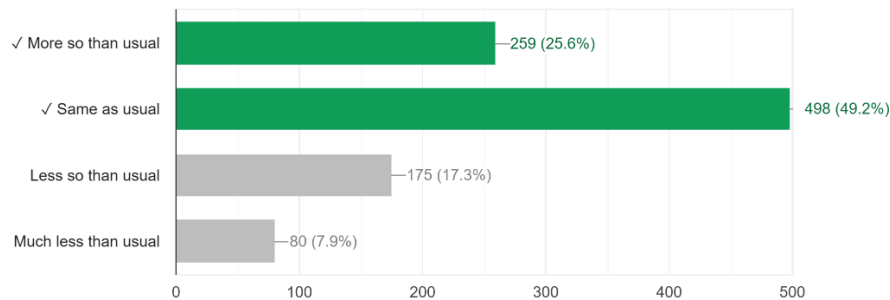
### 2. Have you recently lost much sleep over worry?



The survey found that 38.8% of students reported no loss of sleep due to worry, while 32% experienced sleep patterns similar to their usual routine. However, 18.7% reported losing more sleep than usual, and 10.5% experienced much greater sleep disturbance due to worry. These findings indicate that although the majority maintained healthy sleep habits, almost one-third of respondents experienced worry-related sleep problems, highlighting the importance of mental health interventions focusing on stress and anxiety.

### 3. Have you recently felt that you were playing a useful part in things?

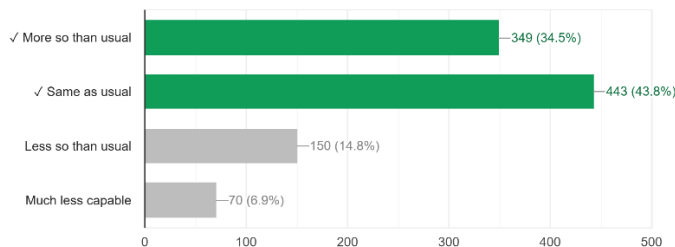
Have you recently felt that you were playing a useful part in things?  
757 / 1,012 correct responses



Nearly 49.2% (498) of respondents felt they were playing a useful role as usual, while 25.6% (259) felt even more useful than usual. In contrast, 17.3% (175) felt less useful, and 7.9% (80) felt much less useful. Overall, approximately 75% of students reported a positive sense of purpose and contribution, reflecting healthy self-esteem and social participation among the majority of respondents.

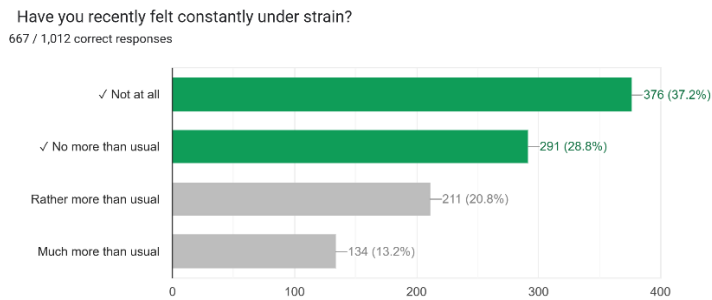
### 4. Have you recently felt capable of making decisions about things?

Have you recently felt capable of making decisions about things?  
792 / 1,012 correct responses



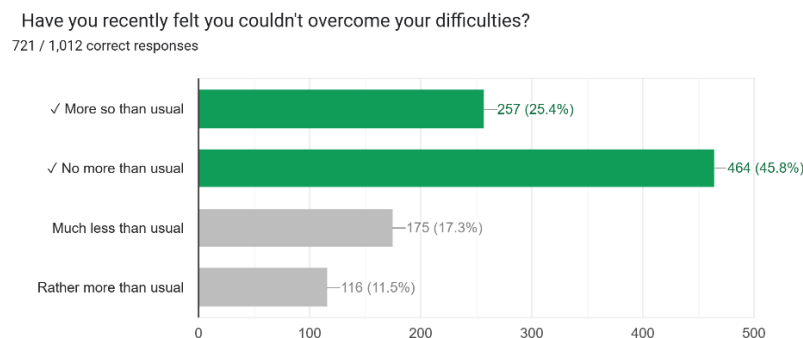
Among the participants, 43.8% (443) felt capable of making decisions as usual, while 34.5% (349) felt even more capable than usual. However, 14.8% (150) reported reduced confidence in decision-making, and 6.9% (70) experienced considerable difficulty. These findings suggest that nearly four out of every five students possessed good decision-making confidence, whereas a smaller group may benefit from counselling to improve confidence and coping skills.

## 5. Have you recently felt constantly under strain?



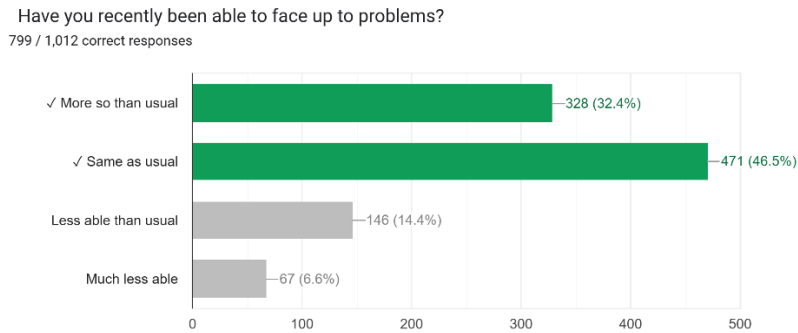
The results revealed that 37.2% (376) did not feel under strain at all, while 28.8% (291) experienced no more strain than usual. On the other hand, 20.8% (211) felt rather more strain, and 13.2% (134) experienced much greater strain than usual. This indicates that although the majority managed stress effectively, around 34% of respondents experienced elevated stress levels, suggesting a need for stress reduction programmes and emotional support services.

## 6. Have you recently felt you couldn't overcome your difficulties?



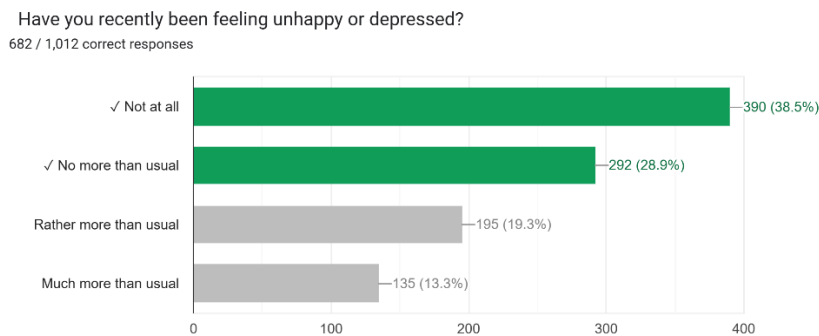
A total of 45.8% (464) reported experiencing no more difficulty than usual in overcoming problems, while 25.4% (257) felt even more capable than usual. Conversely, 17.3% (175) felt much less capable, and 11.5% (116) reported greater difficulty. These findings indicate that nearly 71% of students demonstrated good resilience, whereas approximately 29% experienced challenges that may require psychological support and resilience-building interventions.

## 7. Have you recently been able to face up to problems?



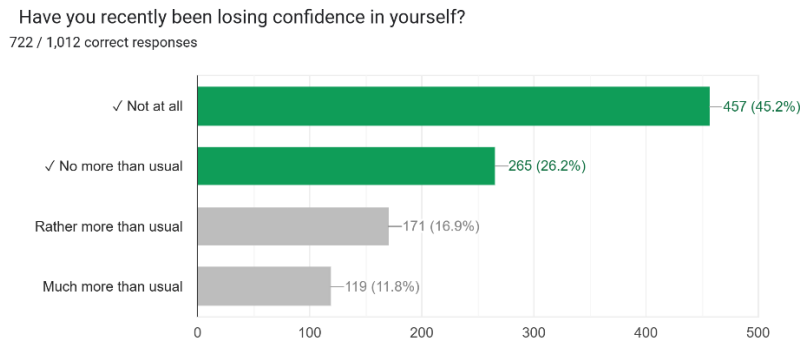
The survey showed that 46.5% (471) were able to face problems as usual, while 32.4% (328) felt even more capable than usual. Meanwhile, 14.4% (146) reported reduced ability, and 6.6% (67) experienced considerable difficulty in facing problems. Overall, nearly 79% of respondents demonstrated positive coping abilities, reflecting good psychological resilience among the majority of students.

## 8. Have you recently been feeling unhappy or depressed?



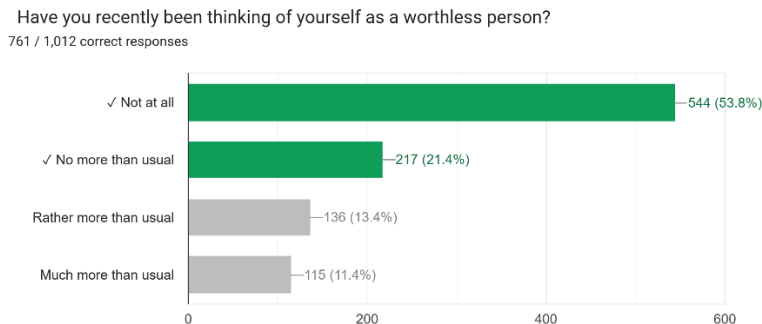
Among the respondents, 38.5% (390) reported not feeling unhappy or depressed, while 28.9% (292) experienced no increase compared to usual. However, 19.3% (195) felt rather more unhappy, and 13.3% (135) reported feeling much more depressed than usual. These findings suggest that although approximately 67% maintained stable emotional well-being, nearly one-third of students experienced symptoms of depression, emphasizing the importance of mental health awareness and counselling services.

## 9. Have you recently been losing confidence in yourself?



The results indicated that 45.2% (457) had not experienced any loss of confidence, while 26.2% (265) reported confidence levels similar to usual. In contrast, 16.9% (171) experienced some loss of confidence, and 11.8% (119) reported substantial loss of confidence. Overall, more than 71% maintained healthy self-confidence, whereas around 29% may benefit from confidence-building programmes and psychological guidance.

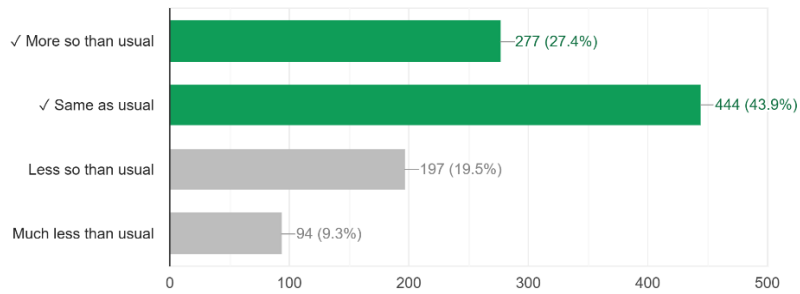
## 10. Have you recently been thinking of yourself as a worthless person?



The findings showed that 53.8% (544) had not experienced such thoughts, while 21.4% (217) reported no increase from their usual feelings. However, 13.4% (136) experienced such thoughts more frequently, and 11.4% (115) reported them much more often than usual. Although nearly 75% of respondents demonstrated positive self-worth, approximately 25% showed signs of negative self-perception, highlighting the importance of early identification and counselling support.

## 11. Have you recently been able to enjoy your normal day-to-day activities?

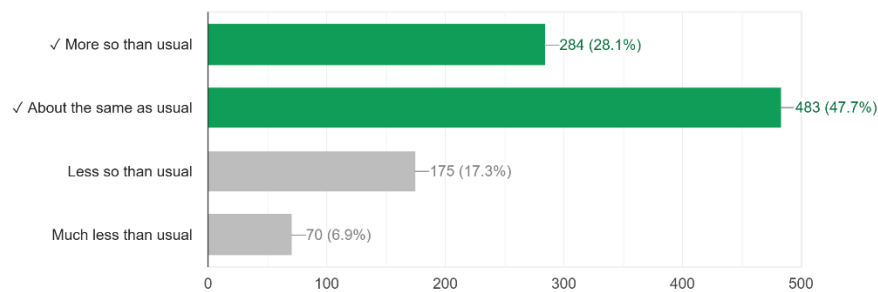
Have you recently been able to enjoy your normal day-to-day activities?  
721 / 1,012 correct responses



The largest proportion of respondents (43.9%) reported being able to enjoy their normal day-to-day activities at the same level as usual. Another 27.4% enjoyed them more than usual, while 28.8% (19.5% + 9.3%) reported enjoying them less than usual. Overall, most respondents maintained their usual level of enjoyment in daily activities.

## 12. Have you recently been feeling reasonably happy, all things considered?

Have you recently been feeling reasonably happy, all things considered?  
767 / 1,012 correct responses



## **Conclusion**

Based on the analysis of responses from 1,012 students, the study indicates that the overall mental well-being of students is generally positive, with the majority reporting that they feel about the same as usual or happier than usual, are able to enjoy their daily activities, maintain self-confidence, and cope effectively with routine academic and personal responsibilities. These findings suggest that most students possess satisfactory psychological well-being and resilience. However, the results also reveal that a considerable proportion of students experience symptoms such as reduced happiness, decreased enjoyment in daily activities, stress, anxiety, low confidence, poor concentration, and emotional strain. Although these students represent a smaller percentage of the sample, their responses highlight the need for timely mental health support, as untreated psychological distress can adversely affect academic performance, physical health, interpersonal relationships, and overall quality of life.

The findings are consistent with the vision of the National Education Policy (NEP) 2020, which emphasizes the holistic development of learners by promoting mental health, emotional well-being, life skills, counselling services, inclusive learning environments, and stress-free education. The Government of India has further strengthened this objective through initiatives such as MANODARPAN, Tele-MANAS, the UGC Guidelines on Student Counselling, and programmes like Fit India and Khelo India, which encourage healthy lifestyles and psychological well-being.

Educational institutions also play a vital role in addressing student mental health by establishing counselling and wellness centres, organizing mental health awareness programmes, promoting yoga, mindfulness, sports, and peer-support activities, and training faculty members to identify and support students experiencing emotional difficulties.

In conclusion, while the majority of students demonstrate satisfactory mental well-being, the presence of psychological distress among a significant minority underscores the need for continuous mental health promotion and early intervention. The effective implementation of NEP 2020, along with government initiatives and institution-based counselling and wellness programmes, can help create a supportive educational environment that enhances students' mental health, academic success, resilience, and overall well-being.

