



EDUCATIONAL ISSUES RELATED TO MENTAL ILLNESSES OF UNDERGRADUATES

(With Reference to University of Kelaniya)

Harini Navoda de Zoysa

Assistant Lecturer, Department of Philosophy, University of Kelaniya, Sri Lanka

harini.navo33@gmail.com

Education is one of basic needs and a right of all human beings. Even though universities are considered as highest educational institutions, some undergraduates fail to achieve its full benefits due to mental illnesses. Mental illnesses are considered as significant public health issue worldwide. They refer to a wide range of mental health conditions and disorders that affect their mood, thinking and behavior. It can make them miserable and can cause problems in their daily life especially in education or relationships. The objective of this research is to identify the issues with regard to psychological problems of undergraduates in their education. The survey sample consisted of 50 undergraduates from faculty of Social Sciences in university of Kelaniya. Methods such as questionnaires were used to collect primary data and journal articles, books were used as secondary data. Data analysis has been done by using descriptive method. Psychological problems with regard to education are identified as Exam Stress, loss of sleep, loss of appetite and gastric burning. Those who do experience psychological problems cite assignment deadlines and exams as triggers of distress. The findings of this research indicate that most of students say they experience psychological problems in their educational life but they do not seek medical treatment because, they do not consider themselves as suffering from mental illnesses which require treatment at the beginning. Only few students they obtain the services of counsellors. Therefore it can be concluded that identifying such illnesses are very essential in preventing bad effects of such illnesses and thereby ensuring better education for undergraduates.

Keywords: *Mental Illnesses, Education, Psychological Problems, Stress*