# THE ROLE OF MENTAL HEALTH IN STUDENT SUCCESS

*Scientific supervisor:* **Nargiza Dushanova**

**Erkinova Visola**

*Samarkand state institute of foreign language*

*English faculty*

*Foreign Language and Literature*

*Year 2, 2303 group*

*+998903110540*

*visolaerkinova542@gmail.com*

**Abstract.** *A mental health is generally about our feelings, psychology when we think, speak with others, and action, stress we handle. It is so vital to determine how we consider, getting in touch with people properly, and this can help us to make a healthy choice. Without mental health at any age individuals may witness difficulties to achieve academic successes, improving this skill can supply students to study in high-standard educational system. Mental Health Awareness Month also provides an opportunity for fundraising, outreach, and awareness events. This, in turn, can help support research, fund treatment options, and connect advocates to create a brighter, more promising future of mental health care.*

**Key words:** *Mental health, Student success, Academic performance, Social development, resilience, Coping mechanisms, Support systems, Stress management, early intervention, stigma, solutions.*

In recent years, the association between mental health and student success has been a decisive part in all fields of educational system. Academic success, performance is always seen as a crucial target in educational settings, but it is increasingly understood that mental health play an important role in determining how well student perform academically. In this case, attracting students in tested ways like teaching deeply without any feelings (stress, depression, anxiety) that occurred in

their own life. This article will examine the connection between student and mental health, exploring how mental health can impact performance, overall educational outcomes in learning phase.

Researches have consistently revealed that the problems of mental health can interrupt considerably to a student's potential to accomplish academically

A study by Christopher Beiter et al. (2015) identified a strong link between mental health problems - such as anxiety, depression, and stress - and decreased academic performance. These conditions can impair concentration, memory, and cognitive function, which are all critical for learning. According to the American College Health Association (2019), more than 40% of college students report feeling so depressed that it is difficult for them to function, and this emotional distress often correlates with lower academic achievement. [1]

As regards this research, In situations when any people are under the stress or in trouble, it would be more indefinable to achieve high academic goals. Moreover, it can give rise to discourage student eager to concentrate on one point a long time.

Mental Health as a Predictor of Retention and Graduation Rates

Mental health challenges can also affect students' persistence in education. The National Alliance on Mental Illness (NAMI) (2020) reports that students with untreated mental health conditions are more likely to withdraw from school or drop out entirely. Mental health problems, particularly in the early stages of university or high school, can cause students to feel isolated or overwhelmed, leading to a disengagement from their studies.

Research conducted by Eisenberg, Golberstein, and Gollust (2007) supports this assertion, showing that mental health concerns, particularly anxiety and depression, are significant predictors of college dropout rates. The stress of managing mental health issues, coupled with the pressures of academic performance, can become insurmountable for some students, leading them to leave school before completing their degree. [2]

It is possible to state that almost all students after school graduation witness some difficulties which can lead to be isolated and under depression on circumstance

unfamiliar for them and some of students leave universities. If this condition is existed in schools or institutes, the teachers of that educational system have to emphasize more on the psychological condition of pupils.

For this reason, a number of educational fields try to support their students in terms of giving positive motivations and encouragement that causes to get rid of these problems. One study by Hughes and McMahon (2014) found that students who accessed mental health services reported improved academic performance, higher levels of engagement in school, and increased overall well-being. These interventions not only help students cope with mental health challenges but also improve their resilience, motivation, and ability to manage academic demands.

In addition, integrating mental health in settings associated with education can help decrease stigma and promote a culture of well-being. For instance, some universities have applied peer support programs and mental health awareness campaigns to develop conversational skills for mental health, which in turn help students seek help before issues accelerate. Among these mental problems, Stigma can be more serious type and it includes some awful outcomes to deteriorate roots of mental issues. Stigma refers to the negative perceptions, stereotypes, or social disapproval that individuals or groups face due to a particular characteristic, behavior, or condition. It can manifest in various forms, including social stigma (negative attitudes from society) and self-stigma (internalized shame or negative self-perception). Stigma is particularly common in areas such as mental health, physical disabilities, addiction, race, and sexual orientation. The impacts of stigma may be shown in these three surroundings;

1. Mental Health: Stigma is particularly harmful in the realm of mental health. It discourages people from seeking help, exacerbates feelings of shame, and can lead to isolation, worsening the person's condition.

2. Social Exclusion: Individuals experiencing stigma may face rejection or discrimination in various settings, such as at school, work, or in social relationships.

3. Reduced Access to Care: People may avoid seeking treatment for fear of being judged or stigmatized, leading to untreated conditions and worsened outcomes.

4.    Impact on Recovery: The stigma associated with certain conditions, like addiction or mental illness, can significantly hinder recovery, as individuals may feel alienated or unsupported. [3]

And researches can give some measures to reduce stigma and recover utterly from these mental illnesses.

1.    Education: Raising awareness and educating the public about the realities of certain conditions can help reduce misconceptions and prejudice.

2.    Positive Representation: Showcasing diverse and accurate portrayals of individuals experiencing stigmatized conditions (e.g., through media, literature, and stories) can shift societal views.

3.    Supportive Environments: Creating inclusive, non-judgmental spaces in communities, schools, and workplaces can foster acceptance and reduce stigma.

4.    Language: The words we use can either perpetuate or challenge stigma. Using person-first language (e.g., "person with schizophrenia" rather than "schizophrenic") is one way to avoid reducing people to their conditions.

Stigma is a complex social issue that often requires systemic changes in society, as well as shifts in individual attitudes, to overcome. [3]

Aforementioned mental health problems and causes are only one sector of mental health issues and there are a lot of other negative results when it is not confronted.

The Role of Teachers and Educational Institutions

The role of teachers and faculty members is also crucial in supporting students' mental health. Teachers who recognize the signs of mental health struggles can refer students to appropriate resources and offer accommodations, such as extended deadlines or modifications to class participation requirements, to help students manage their mental health while maintaining their academic responsibilities.

In addition, schools and universities are increasingly adopting whole-campus approaches that prioritize mental health alongside academic development. This involves creating environments that are supportive, inclusive, and stress-reducing.

Policies aimed at reducing academic pressure, promoting work-life balance, and offering a variety of support services are essential components of this approach. [4]

In conclusion, the link of between mental health and student success is undeniable mission all of us responsible for preventing generations. In this article, some actions were given and the impacts how student perform academically. Students who struggle with mental health issues face significant barriers to academic achievement, retention, and graduation. However, with appropriate support systems in place - such as counseling services, mental health education, and a culture of acceptance and care-students are more likely to thrive both academically and personally. As educational institutions continue to recognize the importance of mental well-being, mental health support will undoubtedly become a central pillar of student success.

## LIST OF USED LITERATURE

**1.** Beiter, C., et al. (2015). "The Relationship Between Mental Health and Academic Performance in College Students." Journal of College Student Development, 56(7), 7-18.

**2.** National Alliance on Mental Illness (NAMI). (2020). Mental Health and Education. Retrieved from https://www.nami.org

**3.** Link, B. G., & Phelan, J. C. (2001). Conceptualizing stigma. Annual Review of Sociology, 27(1), 363-385.

**4.** National Alliance on Mental Illness (NAMI). (2020). Mental health in college students. https://www.nami.org/Your-Journey/Teens-Young-Adults