

THE IMPACT OF FINANCIAL STRESS ON MENTAL WELLBEING AMONG UNIVERSITY STUDENTS

ABSTRACT

This study investigates the connection between young university students' mental health and financial concerns. Financial stress and mental health symptoms were found to be significantly correlated using the DASS-21 and Financial Anxiety Scale. These findings highlight the negative consequences of financial challenges on students' anxiety, stress, and depression.



Investigator & Personnel
 Personal Investigator (PI): Dima Eid, Psychology Program
 Supervisor: Emmanuelle Awad, Visiting Lecturer of Psychology

INTRODUCTION

The impact of financial stress on mental health is becoming more widely acknowledged, especially for college students who must contend with escalating living and tuition expenses. With an emphasis on anxiety, stress, and depression in students from a range of socioeconomic backgrounds, this study investigates the relationship between financial difficulties and mental health outcomes.

OBJECTIVE

This study's main goal is to thoroughly examine the connection between financial problems and the mental health of Lebanese university students, with a focus on determining how much financial stress is associated with anxiety, stress, and depression.

METHODOLOGY

A survey conducted online with 108 university students yielded the data. The Financial Anxiety Scale was used to measure financial stress, while the DASS-21 was used to examine mental states in the multiple regression analysis investigation. The effect of financial stress on mental health was measured using this method.

RESULTS

There are significant positive associations between financial stress and every mental health DASS-21 indicator. In comparison to male students, female students reported higher levels of stress and anxiety. Students who experience financial anxiety tend to exhibit more worry about their own money and tuition costs, which is a strong predictor of poorer mental health outcomes.



ANALYSIS

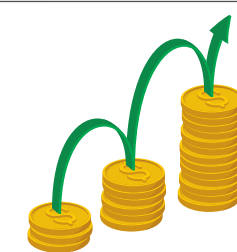
According to the study, students' mental health is greatly impacted by financial stress, and those who are under more financial hardship tend to exhibit more severe symptoms of stress, anxiety, and despair. Particularly among female students and those from lower socioeconomic backgrounds, these effects are more pronounced, indicating a need for focused support services.

		Correlations				
			DASS-21	Financial Stress	Financial Anxiety	Worry and Anxiety
Spearman's rho	DASS-21	Correlation Coefficient	1.000	.466**	.478**	.751**
		Sig. (2-tailed)		.000	.000	.000
		N	108	108	108	107
Financial Stress		Correlation Coefficient	.466**	1.000	.720**	.365**
		Sig. (2-tailed)	.000		.000	.000
		N	108	108	108	107
Financial Anxiety		Correlation Coefficient	.478**	.720**	1.000	.484**
		Sig. (2-tailed)	.000	.000		.000
		N	108	108	108	107
Worry and Anxiety		Correlation Coefficient	.751**	.365**	.484**	1.000
		Sig. (2-tailed)	.000	.000	.000	
		N	107	107	107	107

** . Correlation is significant at the 0.01 level (2-tailed).

	Tests of Normality					
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
DASS-21	.103	107	.007	.968	107	.012
Financial Stress	.094	107	.022	.969	107	.013
Financial Anxiety	.115	107	.001	.942	107	.000
Worry and Anxiety	.104	107	.007	.981	107	.138

a. Lilliefors Significance Correction



CONCLUSION

One significant factor influencing university students' mental health is financial stress. To lessen these consequences and promote the wellbeing of their students, educational institutions ought to think about putting in place more extensive financial and mental health support services.

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