Analyzing the necessity for universities to offer students with cutting-edge mental assistance

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Abstract The offer of mental assistance to the students within the university comes with the opportunity to enhance awareness along with reducing the number of mental health issues among students. The main aim of this study is to discuss the necessity for universities to develop students with cutting-edge mental assistance. Moreover, this is informative enough to understand the mental health issues of students. The particular study supports reducing the problem of facing different mental disorder in university life. The identification of mental illness in students enhances understanding of how the students think, act, and feel. In addition, it provides information regarding the development of mental state and the technology, which is the latest to identify the psychological condition of the student. Henceforth, the reduction of the mental illness can be possible rapidly with the support of AI and digital technology.

Keywords: student’s life, virtual mental health clinic, innovation, cutting-edge mental assistance, mental health issues

1. Introduction

The virtual mental health clinic in the universities supports reducing mental health issues among university students. Moreover, the innovation of cutting-edge mental assistance allows the university the opportunity to support the student in successfully navigating the way through college and healthy habits of the student. Free mental healthcare services in the university enhance the performance of the student in education. Therefore, the mental health assistance innovation can build mental health awareness among the students in the university.

The identification of mental illness in students enhances understanding of how the students think, act, and feel. Moreover, it is also helpful for determining how the student handles stress and the way they make healthy choices and can relate to others. According to Suzuki (2022), in the today’s era, most of the students are struggling with the stress and anxiety, the mental health of the college students are degraded by passing time. As highlighted by Bagher Khatibi (2021), there are several factors that affect the mental health of the students, and the issue needs to be considered and one of the best ways to implement effective mental assistance to the students can be done by the universities to offer students with cutting-edge mental assistance.

The measures that need to be implicated by the universities includes such as the personal support and care by monitoring and regulating the performance of the students. The instructors and educators of universities play the critical role in establishing and regulating the mental health of the college students. As per the statement of Chounta (2020), the teachers and professors need to implement different skills to enable the students to be efficient and creative to combat the adverse effects of mental illness.

The self-help guidance and emotional support can be the best ways to provide the students supportive services and resources for the treatment of the mental illness. The growth and interpersonal development of the students is directly connected to their mental health stability. It has been observed by Labra (2020), that students who have a strong emotional and mental support are more likely to succeed in life and have more opportunities to flourish. Furthermore, the studies are more effective and adaptable to transform and enhance performance levels of the students. On the other hand, it has been observed that the lack of awareness of advanced technologies and their beneficial roles in the educators and instructors in the universities decreases the efficiency and productivity of the implication of the assistance. As per the view of Saefi, (2020), therefore, the recommendation of the upgradation of the advanced and innovative technology that are relevant to mental assistance of the students is crucially important for the better understanding of the mental health illness among the student.

Research aim and objective

The aim of the research study is to analyze the suitable and appropriate measures implicated by the universities to determine the impact of the mental assistance on the performance levels of the students. The objective of the research study is based on the requirement the researcher wants to fulfill after conducting the research project. The research objective is as follows:
RO1: To identify the impacts technological tools in the implementation of mental assistance
RO2: To find out different practices of technology that is adopted by universities
RO3: To determine the significance of mental assistance provided by the universities
RO4: To identify the measures that is used for certifying the digital technology for handling mental illness

Research question

RQ1: How to find out the impacts of technological tools in the implementation of mental assistance?
RQ 2: What are the impacts of different practices that are adopted by universities?
RQ 3: What is the significance of the introduction of mental assistance provided by the universities?
RQ 4: How to identify the measures that are used for certifying the digital technology for handling mental illness?

2. Literature review

2.1. Importance of cutting-edge mental assistance in university

The success of the student’s life is directly linked to their mental health. As mentioned by Saefi et al (2020), children who receive mental health support perform better in academics. In addition, there are mobile phones, the internet, and computer devices that influence the uses of technology and help to understand the mental disorder of the student (Figure 1).

![Figure 1 Impact of technology on students. Source: Influenced by Almaiah et al (2022).](https://www.malque.pub/ojs/index.php/msj)

Figure 2 shows the impact of the innovative technology used in the mental health assistance, which helps to develop the intervention of the student. As mentioned by Akpan et al (2021), digital intervention can be more effective due to having regular contact and remaining information in a systematic way.

![Figure 2 Prevalence of anxiety, depression, and stress. Source: Statista 2023.](https://www.malque.pub/ojs/index.php/msj)

2.2. Identification of technology for determining the mental health issues

Different types of technology including AI- And Smartphone-Assisted Therapy, VR for Mental Health, and Digital Symptom Tracking are used in the mental health problem identification and make resolution. Moreover, Prescriptions such as Video Games and The Concept of Digital Pills are also supportive to enhance the treatment of mental problems. As depicted by Keown et al (2020), the technological implementation in the university influences a student to enter the course and experience a less stressful life with higher education. In addition, therapy for mental disorders can be improved by the use of digital technology that attracts students to have a motivated and confident education system. On the opposite side, Michelotti et al (2020) concluded that the lack of technological knowledge reduces the use of AI and digital devices that help to identify the problem of students. The appropriate technology for the identification and solution making of mental illness is important
for the development of students. Henceforth, the implementation and appropriate use of that technology should be monitored to enhance the use of that AI.

Figure 3 provides important information about the technology that can use to identify mental health issues. Moreover, the new digital technology supports enhancing academic performance by reducing mental stress.

![Figure 3](https://www.malque.pub/ojs/index.php/msj)

**Figure 3** Type of technology used in mental health. (Source: Influenced by O'Connor et al 2020).

### 2.3. Critical analysis of the latest Applications (app) development regarding mental health improvement

The latest technology provides rapid results through analyzing and diagnosis of the student. Moreover, monitoring and analysis can be effective with technology and AI.

Figure 4 is helpful to improve the idea about the various app that supports the development of the mental condition of the student in the universities. Moreover, there are Apps for Improving Thinking Skills, and Self-Management Apps enhance the thinking capacity of a student to make the student creative and analytic. In this regard, self-management apps help to manage education and other extracurricular activities. As mentioned by Mehta and Ali (2020), Skill-Training Applications and Evaluating Apps are supportive to improve the skills of the student to enhance their confidence level.

![Figure 4](https://www.malque.pub/ojs/index.php/msj)

**Figure 4** latest app development regarding mental health improvement. (Source: Influenced by Tlachac et al 2022).

### 3. Methodology

Cutting-edge mental assistance is the latest technology that uses in the improvement of mental awareness in university students to enhance their mental condition. As mentioned by Kulikowski et al (2021), different mental problems include anxiety and depression. Moreover, the problem of the mental health shows a decline in the academic performance of the study and
enhances fear of new experience. The information about the latest technology can be gathered in the study to develop knowledge about the latest technology. In addition, the evaluation of the information can enhance the result of the study as well as develop the understanding level of the solution to mental health issues among the students. Communication among the studied and identify the problem enhances the outcome efficiency and supports the development of innovative technology in the university. On the top of that, the technology is implemented and the use of that technology by the student is the most effective and crucial factor in understanding the result of the innovation.

The knowledge regarding apps and technical devices is gathered to enhance the efficiency of the innovative technology used in the university. Mental health is an important factor for a student to improve their academic performance so; the issues should be removed and developed the mental condition. Motivation and confidence make the student more active, effective in their work, and supportive of their future improvement, stated by Mohammad et al (2023). The identification of the particular technology is the crucial part of this study; therefore, the evaluation of the result of that technology among students can be identified to enhance the outcome. The necessity of mental assistance is analyzed in the research, which improves the entire performance of the student. On the opposite side, Pandian et al (2020) noted that the lack of technology use in the research reduces the effectiveness of the outcome of the study.

4. Discussion

The research study discussed the major steps that need to be implemented in the universities to upgrade the students in every possible way by providing cutting-edge mental assistance. In this regard, the study also shed the light on the brief discussion of the significance of the innovative, advance and relevant technologies that can support mental assistance to the students. As stated by Labra et al (2020), the performance levels of students can be enhanced by the implementation of emotional and supportive skills in the universities to improve the reputation the awareness of the mental health and its associated impacts the creative efficiency of the students. Therefore, it results in the confidence building in the students as well as it assists students to build strong and positive attitude towards their future.

On the other hand, Mohammad et al (2023) sheds the light on the significant factors such as the lack of communication between teacher and the students, as it has the deteriorative effects and decreases the efficiency and productivity of the understanding the mental health of the student. However, with the implementation of proper mental assistance skills by the implication of relevant and innovative technology can be more advantageous and supportive to investigate the psychological condition and mental stability of the student. As per the comment of Suzuki (2022), the digital technologies help in the personal development of the students along with the growth and reputation establishment of the professional lives of the individual serving in the universities. As mentioned by Mehta and Ali (2020), with proper implementation of digital technology in the classrooms of the universities can help the students in every possible aspect. Moreover, students can regulate and monitor their disorders as the digital technologies can help to overcome illnesses and their associated challenges.

Moreover, there are several treatments that lead the student to be more productive and creative. As highlighted by Maharjan et al (2022), it has been noted that the students having strong mental assistance, are more likely to be happy and satisfied with their life as, the mental health improvement is significant for establishing a happy life by reducing all the stressful factors. The well-being of the students whether it is emotional, physiological or sociological, are maintained by the mental health stability and the associated mental assistance provided by the universities. Additionally, stable mental health assists to lower the anxiety levels, enhance mood as well as helps to boost the creativity and potentiality to establish strong decision making As it help to decrease the risk of depression by improving the self-esteem. As per the expression by Estien et al (2021), the diagnosing of the mental illness of students can be diagnosed by implementing technological skills as it supports mental assistance to the students by reducing the stress of life. Therefore, stabilizing the sense of inner peace of students can be improved with a good mental condition. Thus Wan and Ni (2020) noted that depression, loneliness, and lack of self-esteem can be lowered by the resolving of the issues by the implementation of different technological tools. Henceforth, the mental assistance provided to the student by the universities improves the performance levels of students in academics as well as the outcome of the education system.

5. Conclusion

The study concluded information regarding the development of mental state and the technology, which is the latest to identify the psychological condition of the student. In addition, the entire study support enhancing the development of the university as well as the students’ lives. Future development is also possible to remove mental health issues and improve the creativity and social communication. On the opposite side, Pandian et al (2020) noted that the theory and themes in the study make the topic more understandable and effective. Therefore, the proper analysis of development and implementations of different digital technology by universities is regarded as the crucial part of mental health improvement, which has several impacts on the mental stability of the students as it influences the student to be more creative and confident. As mentioned by Prameswari et al (2020), free mental healthcare services in the university enhance the performance of the student in education. Therefore, the mental health assistance innovation can build mental health awareness among the students in the
university. On the other hand, Wan and Ni (2020) highlighted that the lack of technological knowledge and lack of communication are the two major deteriorative factors that reduces the efficiency of the use of technology in the organization.

**Ethical considerations**

Not applicable.

**Conflict of Interest**

The authors declare that they have no conflict of interest.

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**References**


