

A STUDY OF ANXIETY AND DEPRESSION IN MARRIED COLLEGE STUDENTS

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Abstract

The interest in the mentioned issue was caused by the interest in mental health issues in the country and the increase in referral to specialists of the society. Before we start talking about the issue directly, we need to talk about mental health and its characteristics.

Student life is one of the most memorable phases of a person's life. The phase of student life builds the foundation of our life. In student life, we don't just learn from books. We learn to grow emotionally, physically, philosophically as well as socially. According to studies, college students experience high rates of depression, anxiety and suicide. We need to understand what is driving the rates of depression, anxiety, and suicide among college students. At the same time, we are happy to see more students using psychological services and other forms of social support.

Keywords: student life, mental health, mental problems, depression and anxiety.

Although the issues facing college students are complex. They are often under intense pressure to succeed. One important factor is the rising cost of education, which puts additional stress on students and their families. As a result, their mental health and well-being are at risk. Mental health encompasses our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we deal with stress, interact with others, and make healthy choices. **Mental health** is important at all stages of life, from childhood to adulthood. Also, mental health is an individual resource, that contributes to different abilities and skills.

When talking about mental health, we should also talk about mental health problems. Mental disorders combine problems expressed in different forms and degrees. Anyone can develop a mental disorder at any stage of life, especially during periods of stress, crisis or transition. A mental disorder refers to a change of a form or degree that causes significant distress and negatively affects a person's functioning. Mental health problems can be manifested in different directions.

We were interested in studying the level of anxiety and depression in married students. Students of state and private universities of Georgia participated in the research.

Based on the results of the research, we can say that there is a need for psychological support services for students in our country.

