

Prevalence and Socio-Demographic Predictors of Mental Health Among Undergraduates in Bingham University, Karu, Nasarawa State

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ABSTRACT

Mental health challenges among university students have become increasingly prevalent globally, with undergraduate populations facing stressors that can affect their academic performance and overall well-being. Limited research exists on mental health status and socio-demographic predictors among private universities in Nigeria, particularly at Bingham University. This study aimed to assess the prevalence of mental health conditions and identify socio-demographic predictors related to the mental health of undergraduates at Bingham University, Karu, Nasarawa State. A cross-sectional analytical was conducted among 364 undergraduate students selected from 4 randomly sampled faculties. Data collection utilized a structured questionnaire incorporating the validated mental health screening tool Depression, anxiety, and Stress Scale-21 (DASS-21). Socio-demographic variables assessed include age, gender, year of study, income, residential status, and family support systems. Data analysis employed descriptive statistics, chi-square tests, and bivariate logistic regression. The overall prevalence of mental health conditions was severe at 41.8%, with anxiety affecting 72.5%, and stress and depression at 41.8% each. Significant predictors of mental health prevalence included age ($p = 0.012$), monthly allowance ($p = 0.003$), level of study ($p = 0.004$) and the reason for choosing the course of study ($p = 0.002$). Gender ($p = 0.544$) and number of roommates ($p = 0.430$) showed no significant relationship. Mental health challenges are prevalent in Bingham University, with notable variations across socio-demographic characteristics. These findings highlight the need for tailored systems and mental health interventions across all levels of education.

Keywords: Mental Health, Undergraduates, Prevalence, Socio-Demographic Predictors, Nigeria, Depression, Anxiety, Stress

