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Depression, anxiety and stress among university students: The case of Jeddah, Saudi Arabia

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The aim of this research is to look into the prevalence rates and determine which gender has higher depression, anxiety and stress among university students of both genders in Jeddah, and to determine the relationship among depression, anxiety and stress. Random stratified sampling was used and a sample from all private and public universities in Jeddah was selected. The Arabic and English version of depression, anxiety and stress scale (DASS21) was used. According to the Anxiety and Depression Association of America (2016), people always face life stressors and go through hard situations that make them feel anxious, stressed or even depressed, but it is normal to express the right emotions at the right time. But some people have anxiety or/and depression which makes them experience those emotions continuously at all times, and make it very difficult for them to function normally and make them struggle in practicing their daily activities. Mental illness in general is becoming a global problem, and the numbers reaching crisis level, that is why this problem requires proper intervention and management (Almutairi, 2015), so shedding light to the prevalence rates of depression, anxiety and stress among university students is very important because when people have a prove of their problem then they will seek help. Therefore, this current research will benefit the society because by understanding the phenomena it would help the individuals in controlling it before it gets out of control and learn how to cope with it positively and hopefully reduce the prevalence of those conditions.

Biography

Saddiga Al-Ghalib is an Assistant Professor, Psychology department, Effat University, Jeddah, Saudi Arabia. She is the Chair of the Psychology department, Effat University, Jeddah, Saudi Arabia. She has done her PhD (Educational Psychology) from Southern Illinois University Carbondale in 2004. She has done her MS (Educational Psychology) from Southern Illinois University Carbondale. She has done her BS (Curriculum and Instruction) also from Southern Illinois University Carbondale, in 1991. She was the First Director to the Center of Excellence in Teaching and Learning, Effat University, Jeddah, Saudi Arabia, in 2007 and also the First Director to the Research and Consultancy Institute, Effat University, Jeddah, Saudi Arabia. She was the Dean of Graduate Studies and Scientific Research, Effat University, Jeddah, Saudi Arabia from 2009-2013.

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