



Factors Affecting Mental Health Among Chinese College Students: A Preliminary Review of Literature

Feng Lei¹, Ellen Chung^{2*} & Ling Siew Eng³

^{1,2,3}Faculty of Business and Management, Universiti Teknologi MARA, Cawangan Sarawak,
Jalan Meranek, 94300 Kota Samarahan, Sarawak, Malaysia

¹Ningxia Vocational and Technical College for Nationalities, Education Park, Litong District,
Wuzhong City, Ningxia 751100, P.R. China

ABSTRACT

Mental health has attracted much attention over the past decades. Academic pressure, employment pressure, interpersonal relationship, emotional problems all impact students' bodies and minds. This paper aims to comb through relevant literature to identify the factors affecting mental health among college students in China. Five hundred forty-five articles were retrieved containing relevant keywords such as factors affecting mental health from the China National Knowledge Infrastructure (CNKI) database. These articles were published from 1989 to the first half of 2021. A broad thematic analysis revealed that these factors could be grouped into four main categories: family, social, college-life, and individual factors. This paper has a significant contribution as it lays the foundation for further investigation into mental health issues among college students in China.

Keywords: mental health, social factors, family factors, college-life factors, personal factors

ARTICLE INFO

Email address: ellencsm@uitm.edu.my (Ellen Chung)

*Corresponding author

<https://doi.org/10.33736/jcshd.4496.2022>

e-ISSN: 2550-1623

Manuscript received: 27 January 2022; Accepted: 25 February 2022; Date of publication: 31 March 2022

Copyright: This is an open-access article distributed under the terms of the CC-BY-NC-SA (Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License), which permits unrestricted use, distribution, and reproduction in any medium, for non-commercial purposes, provided the original work of the author(s) is properly cited.