



May 18th, 12:00 AM - May 22nd, 12:00 AM

## Self-care practices among college students today: Coping with mental illness

Ashley Manawa  
*Western Washinton University*

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Manawa, Ashley, "Self-care practices among college students today: Coping with mental illness" (2020). *Scholars Week*. 54.

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# **Self-care practices among college students today: Coping with mental illness**

Ashley Manawa



# Introduction

- Individuals, college students.
- Significance: Continuing the conversation around mental health, while encouraging the view of mental illness to be one that progresses to recognize the potential to heal, in spite of stigmatization.
  - College students experience a large amount of stress; a factor that can negatively impact mental health if not properly attended to (Carton & Goodboy, 2015).
  - Consequences of unaddressed or uncared-for mental disorders expose people to higher rates of mortality and disability (Applegate & Smith, 2018).



## Introduction Cont.

- Purpose: To gain better understanding of the types of self care that function as positive coping mechanisms for college students experiencing mental illness.
- Research Question: What is the impact of self-care practices provided by University Wellness centers on students experiencing mental illness?



# Learning Objectives

- Silence to Voice: Audience will learn about a demographic of people whose voices have been silenced or not attended to, providing perspective.
- Critical Thinking: Audience will be provided with insight as to why mental health is an important topic of conversation.

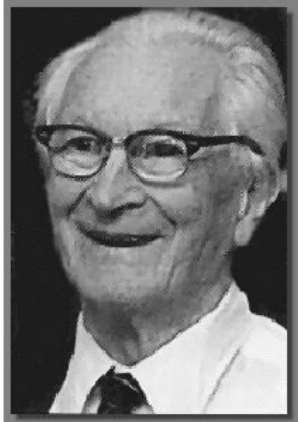


# Literature Review

- Historical background:
  - Conversation around mental health or illness currently focuses mostly on definitions and labels (Applegate & Smith, 2018).
  - Self-awareness of mental health and illness call allow for development of positive coping mechanisms and symptom management (Lee, 2019).

# Literature Review Cont.

- Mental Model Theory ( Craik, 1943).
- Internal Attribution Theory (Heide, 1958; Martinko, 1995).



Fritz Heider

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Kenneth Craik

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# Literature Review Cont.

- Serious implications of mental illness:
  - Mental illness is common.
  - Substantial and increasing issue among college students.
  - Impacts over 25% of people in the United States (Carton & Goodboy, 2015; Jewell, Thomas, Yeh, 2017; Ma & Na, 2018).



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## Literature Review Cont.

- Serious implications cont.:
  - Mental illness can lead to deficits in social skills, classroom performance, work performance, and other areas of life due to lack of involvement or interaction (Carton & Goodboy, 2015).
  - People are suffering from preventable or treatable illness that are responsible for being the one of the major causes of morbidity, mortality, and disease in the United States (Jewell, Thomas, & Yeh, 2017).



# Methodology

- Qualitative research
- Qualitative interviewing
- Sample demographic
- Nonprobability sampling
- Representational validity
- Internal consistency



# Ethics

- Benefits:
  - Access to mental health professionals/resources.
  - Correlation and analysis of data relevant to participants' mental health.
- Potential threats:
  - Minimal risk.
  - Some interview questions may cause stress, anxiety, discomfort, etc.
  - Confidentiality.



# Implications

- Researchers, educators, and college students.
- Importance: Study contributes to de-stigmatization and continues conversation around healing from mental illness.
- Future research should be conducted over a longer period of time, following participants through big life events.



# Conclusion

- Mental illness is common, and impacts a large number of college students.
- Untreated mental illness can cause larger issues for the individual.
- Mental Model Theory and Internal Attribution Theory
- Research perpetuates this conversation, and provides critical data about mental health.



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