

Mental Health Awareness and Coping Mechanisms Among Engineering Undergraduates at General Sir John Kotelawala Defence University

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Abstract– This study aims to assess the level of mental health awareness among engineering undergraduates at General Sir John Kotelawala Defence University (KDU) and identify specific stressors and coping mechanisms. A Google survey with 65 participants in the study revealed varying levels of mental health awareness among students. Key findings include the identification of prevalent stressors such as academic pressure, workload, and social isolation. The study also highlights notable gaps in awareness of available resources and effective coping strategies. Participants reported using a range of coping mechanisms, including spending time in nature, engaging in enjoyable activities, connecting with others, and seeking self-help resources. However, some students preferred isolation over professional help due to the stigma surrounding mental health. This study provides new insights into the unique mental health challenges faced by engineering students at KDU and proposes tailored interventions specific to this population. Recommendations include implementing educational programmes to enhance mental health literacy, fostering a supportive campus environment, and expanding counselling services to meet the specific needs of engineering undergraduates. These measures aim to prioritize mental wellbeing and support academic success at KDU.

Keywords: *mental health awareness, Engineering undergraduates, stressors, coping mechanisms, tailored interventions*