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Original Article

Mental Health Stigma And Help Seeking Intentions Among University Students In India And South Korea

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ABSTRACT

Mental health stigma is a problem for university students in India and South Korea. It stops them from getting help when they need it. This study looks at how mental health stigma affects university students in these two countries. We used a survey to collect data from students aged 18 to 25. The results show that students in both countries experience health stigma but in different ways. Indian students are more worried about what their family and friends think, while Korean students are more worried about what others think of them. We also found that the more stigma students feel, the less likely they are to seek help. This study is important because it shows that we need to make mental health services more accessible and acceptable to students in both countries.

Keywords: Mental health stigma, Korean students, social expectations.

INTRODUCTION

Our study shows that mental health stigma is a problem for university students in India and South Korea. Students in both countries experience stigma. In different ways. Korean students are more likely to feel stigmatized because of concerns about their reputation and what others think of them. Indian students are more worried about what their family and friends think.

We also found that self-stigma is a barrier to seeking help. Students who feel stigmatized are less likely to seek help because they are afraid of what others will think. This is especially true for Korean students.

Our study is important because it shows that we need to make mental health services more accessible and acceptable to students in both countries. We need to reduce stigma and make it easier for students to seek help when they need it. This can be done by providing health services that are sensitive, to cultural values and social expectations.

The study found that students in India and South Korea like to get support from different people. Students in India usually go to their family members for help while students in South Korea prefer to talk to their friends before going to a mental health professional. Even though there are differences most students in both countries do not go to mental health professionals first. This shows that mental health professionals are not being used much as they should be even though more people are talking about mental health issues now.

The students answers to the survey questions gave us information about what we found. Indian students said that their families expectations and what their community thinks are important to them. Korean students said they feel ashamed are afraid of looking weak and worry about how it will affect their school or career. These answers show how cultural beliefs affect students views on getting help and how important it is to consider the cultural context when creating mental health programs.

The results of this study are useful for universities and mental health professionals. Universities should create health awareness programs that are appropriate for their culture and reduce the stigma around mental health issues. This will encourage students to get help. In India universities may want to involve families in health education while in South Korea they may want to focus on reducing self-stigma through private counseling services, peer support programs and campus-wide mental health campaigns. If universities

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use approaches that're sensitive to their culture students may be more willing to get professional help and have better mental health outcomes.

LIMITATIONS

There are some limitations to this study that we should consider. First we used a convenience sampling technique, which means the results may not apply to all university students in India and South Korea. Second we relied on students self-reported questionnaires, which can be biased. Third our study did not look at how mental health stigma affects students intentions to get help over time. Also even though we had students from both countries our sample size was not big enough to represent all the diversity of university students.

FUTURE RESEARCH

Future studies should try to get an more diverse sample of students from many universities to make the results more generalizable. They should also look at how mental health stigma and help-seeking attitudes change over time. Adding interviews or focus group discussions would give us a deeper understanding of the cultural beliefs and personal experiences that affect students decisions to get psychological help. Future research should also look at how stigma-reduction interventions, peer support initiatives and university counseling programs are in improving mental health service utilization among students from different cultural backgrounds.

CONCLUSION

This study compared health stigma and help-seeking intentions among university students in India and South Korea. We found that even though students in both countries experience a lot of health stigma the way stigma is expressed and the reasons for it are different in each culture. Indian students are more influenced by their familys beliefs and social expectations while Korean students have more internalized stigma related to shame and concerns about their academic and professional reputation. In both cultures students who have self-stigma are less likely to seek professional help, which shows that stigma is a big barrier to getting mental health services.

These findings highlight the importance of creating sensitive mental health interventions that meet the specific needs of university students in different cultural environments. Universities should strengthen health education make confidential counseling services more available promote peer support initiatives and implement stigma-reduction programs that encourage early help-seeking. This can improve students psychological well-being. Reduce the long-term effects of untreated mental health problems.

This study adds to the growing body of cross-cultural psychology literature by providing evidence from India and South Korea. It also gives recommendations for educational institutions, mental health professionals and policymakers who want to improve mental health awareness and service utilization among university students.

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