Contemporary Solutions for Student Anxiety and Solitude Among College Students in the U.S.

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What is the issue?

-Anxiety epidemic —> overwhelmed, fear of falling behind etc.

-Isolation/individualism —> became “normal”

-Social Media/comparison —> people spend more time at home

-Emotional exhaustion/burnout —> energy levels

Why is it happening?

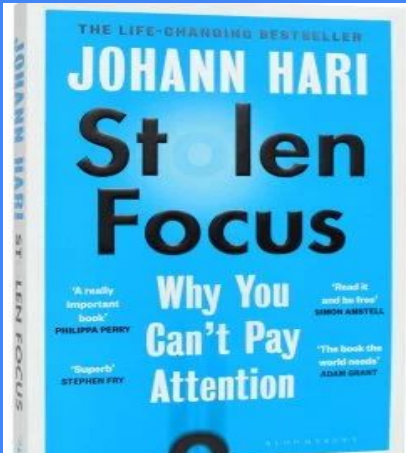
-Human need for friendship—> Aristotle “Nicomachean Ethics”

-Weak shared meaning—> Robert Bellah “Broken Covenant”

-Solitude as a defining feature of modern identity—> Octavio Paz “Labyrinth of Solitude”

-Social Media Presence —> Johann Hari “Stolen Focus”

-Pandemic during teenage years



Solutions for students

-Limit social media and phone use

-Therapy + boundaries

-Build real friendships and search for meaning

-Get out of their comfort zones

-Join communities and clubs

-Find new hobbies

-Writing/journaling

However, the deeper solution is rebuilding community, purpose, and connection, since these issues reflect a society where meaning and belonging are rare.

What should colleges actually do?

-Professors trained in mental health awareness

-Peer support groups

-Community-based dorm models

-Apps that connect peers

-More orientation activities

-Less competitive academic structure

-”Mandatory” check ins with a specialized counselor

THANK YOU!