



International Journal of Multidisciplinary Conference Proceedings

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Depression and Academic Performance among University Students: Socio-Demographic Determinants, Gender Differences, and Coping Strategies

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KEYWORDS	ABSTRACT
Depression, Students, Academic Performance, Socio-Demographic Factors, Mental Health Interventions	Depression and anxiety have emerged as critical mental health challenges among university students, significantly influencing their academic performance and overall well-being. This study investigates the prevalence and determinants of depression in sample of 200 students, examining socio-demographic factors such as age, gender, marital status, income, parental education, and field of study. Using stratified analysis, the research explores the relationship between depression levels and academic achievement, highlighting the role of financial stress, academic workload, and social support. Results reveal that female students reported higher levels of depression compared to males, while financial difficulties and lack of social support were strongly associated with poor academic outcomes. The findings underscore the urgent need for targeted interventions, including counseling programs and online therapies to reduce depressive symptoms and enhance student performance. This study contributes to the growing body of literature on student mental health, offering practical insights for policymakers, educators, and mental health professionals in higher education.
ARTICLE HISTORY	
Date of Publication:30-10-2025	
Conference Organizer(s)	
University of Lahore, Sargodha Campus, Pakistan & Research Consultancy on Social & Management Development	
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Volume-Issue-Page Number	3(1) 31
Citation	Liaqat, M., Iqbal, K. (2025). Depression and Academic Performance among University Students: Socio-Demographic Determinants, Gender Differences, and Coping Strategies. <i>Proceedings of the 2nd International Conference on Artificial Intelligence, Social Transformation, and Scientific Progress (ICASST-2025), International Journal of Multidisciplinary Conference Proceedings</i> , 3(1).