

level involvement in various forms of examination malpractice.

8. Recommendations

The following are some measures of reducing mental health issues

1. Improve the nutrition of students which leads to a healthy cognitive development and proper coordination.
2. Provide adequate accommodation for students as the health effect of housing improvement suggests a promising impact on physical and mental health outcomes.
3. Placing strict restrictions on the use of addictive substances by students through banning the sales of addictive substances in the university environment.
4. Reducing child abuse and neglect can successfully reduce of risk of psychosocial disorder.
5. Encourage extra-curricular programmes in school. This can influence positive mental health and reduce risk factors and emotional and behavioural problems through social – emotional learning.

9. References

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