

**FAMILY AND ACADEMIC STRESS AND THEIR IMPACT ON  
UNDERGRADUATE'S DEPRESSION LEVEL AND ACADEMIC  
PERFORMANCE OF UNDERGRADUATES IN EASTERN  
UNIVERSITY, SRI LANKA**

by

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## ABSTRACT

This research study provides a comprehensive understanding of how academic stress and family stress affect the depression levels and academic performance of undergraduate students in Eastern University, Sri Lanka. This study focuses on the increasing mental health issues among undergraduates and how these issues are connected to their academic outcomes and personal lives.

Based on a detailed review of past research, this study developed a conceptual framework to examine the direct and indirect relationships between academic stress, family stress, depression, and academic performance. The primary data was collected using a well-structured questionnaire from a sample of 378 undergraduate student's selected through random sampling. To achieve the research objectives, the study used univariate (descriptive), bivariate (correlation), regression analysis, and mediation analysis.

The findings revealed that both academic stress and family stress have a significant positive impact on depression levels among undergraduates. In turn, depression has a significant negative impact on academic performance, showing that students with high depression levels tend to perform poorly in their studies. The study also found that depression partially mediates the relationship between both stress factors and academic performance, meaning that stress indirectly reduces performance through depression.

These results highlight the importance of mental health awareness and support systems within university environments. Students who experience academic pressure and family issues are more likely to become depressed and struggle with their studies. Hence, providing counseling services, stress management programs, and family education is essential for improving student success.

Overall, this research contributes to the existing body of knowledge by identifying how stress and depression together affect the academic lives of university students and offering useful directions for future educational and mental health strategies.

**Key Words:** Academic Stress, Family Stress, Depression Level, Academic Performance, Eastern University, Sri Lanka.

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