

2023

## Mental Health Aviation Students

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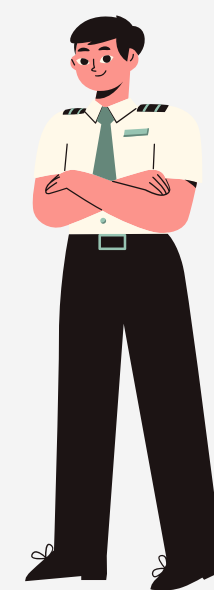
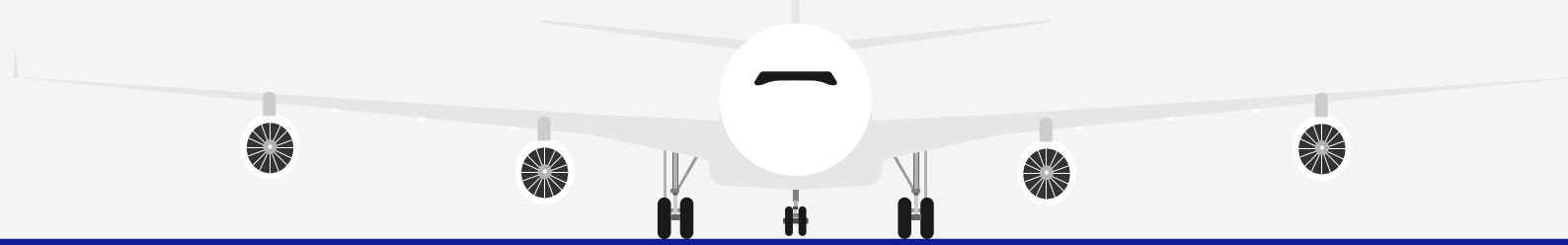
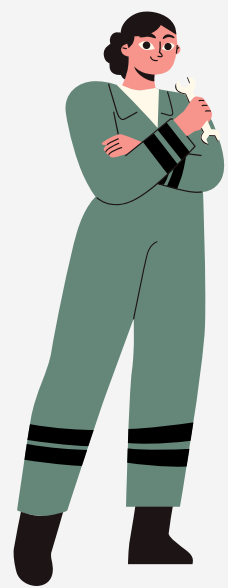
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### Scholarly Commons Citation

Natha, K., Rajendran, P., & Selvaganesan, S. (2023). Mental Health Aviation Students. , (). Retrieved from <https://commons.erau.edu/student-works/203>

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# MENTAL HEALTH IN AVIATION STUDENTS

## Germanwings Flight 4U 9525

Date of incident: March 24, 2015  
Overview: The 27 year old co-pilot purposefully crashed into the French Alps, killing all 150 persons on board. According to ongoing investigations, the co-pilot suffered from serious depression due to high stress occupation.

## Jordanian Student Pilot Suicide

Date of incident: October 11, 2016  
Overview: After disregarding his flight instructor and getting into a dispute, the student pilot, 28 year old Feras Freitekh, intentionally crashed the plane near East Hartford. The incident concluded to be a suicide attempt owing heightened stress levels.



Keren Natha  
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## UND Aerospace Student Suicide

Date of incident: October 18, 2016  
Overview: John Hauser, a 19-year old North Dakota student, killed himself by crashing his aircraft into a farm field near Buxton. Preliminary investigations revealed that his depressive symptoms were recognised through text messages to his loved ones. He was afraid his ongoing depression would keep him grounded and put a stop to his flying career.



Changes in the Industry

Social/Relationship Strain

Financial Issues

Fatigue/Lack of Sleep

Adaption to Changes

Irregular Work Schedule

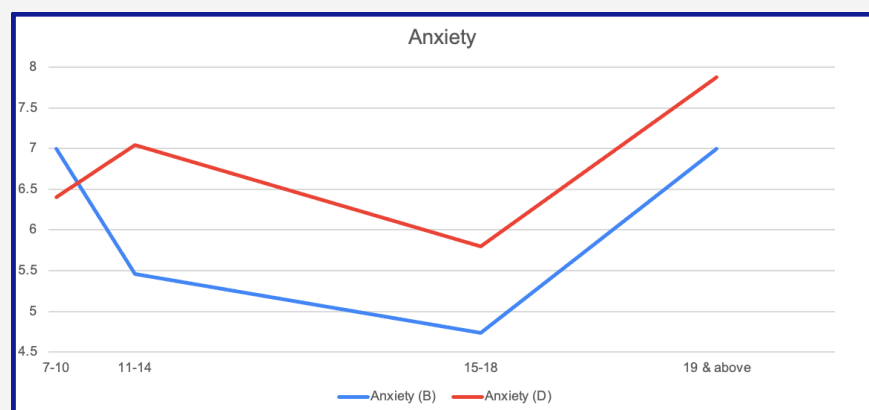
Work/Life Balance

## Importance of Mental Health in Aviation students

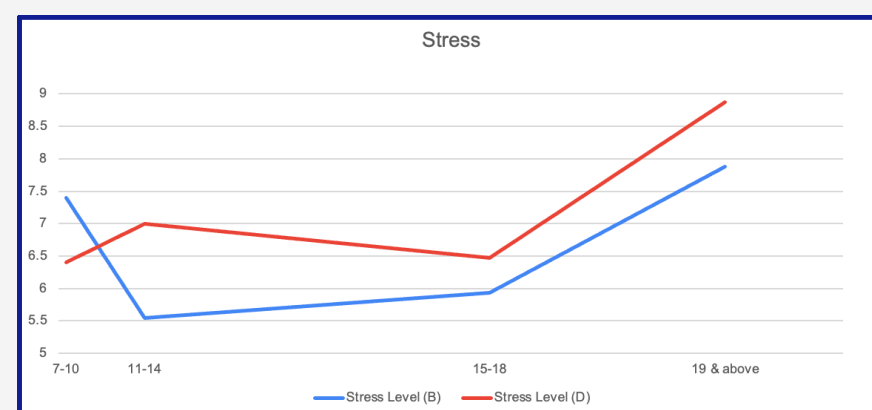
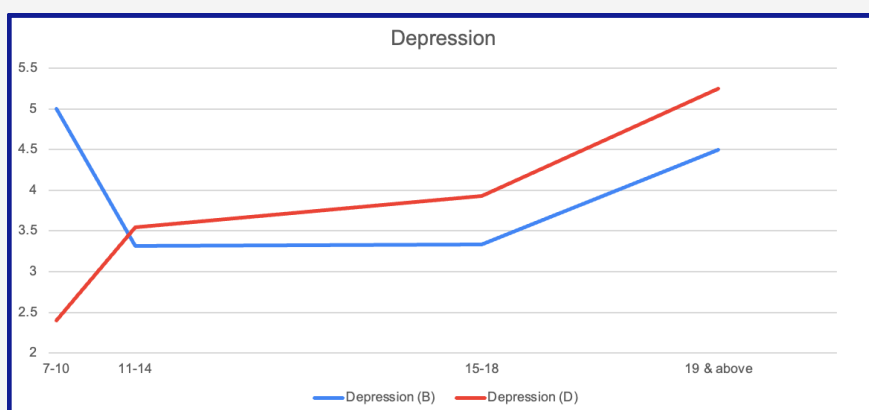
According to a study done by the American College Health Association, 24% of students in 2021 met the criteria for severe psychological distress and 51% of students met the criteria for moderate psychological distress. University can take a toll on students and cause mental health challenges. Aviation students are of no exception. The mental health challenges, if not dealt with properly, can further deteriorate and cause issues such as depression. This could risk students' career, and could be a threat to not only their safety, but the safety of potential passengers and other individuals. Thus, this study will allow better understanding of how academic achievements affect mental health in aviation students. This will also allow us to find measures to safely and healthily deal with the stress and challenges, ensuring a safer industry for students, professionals, and passengers.



## Existing Study

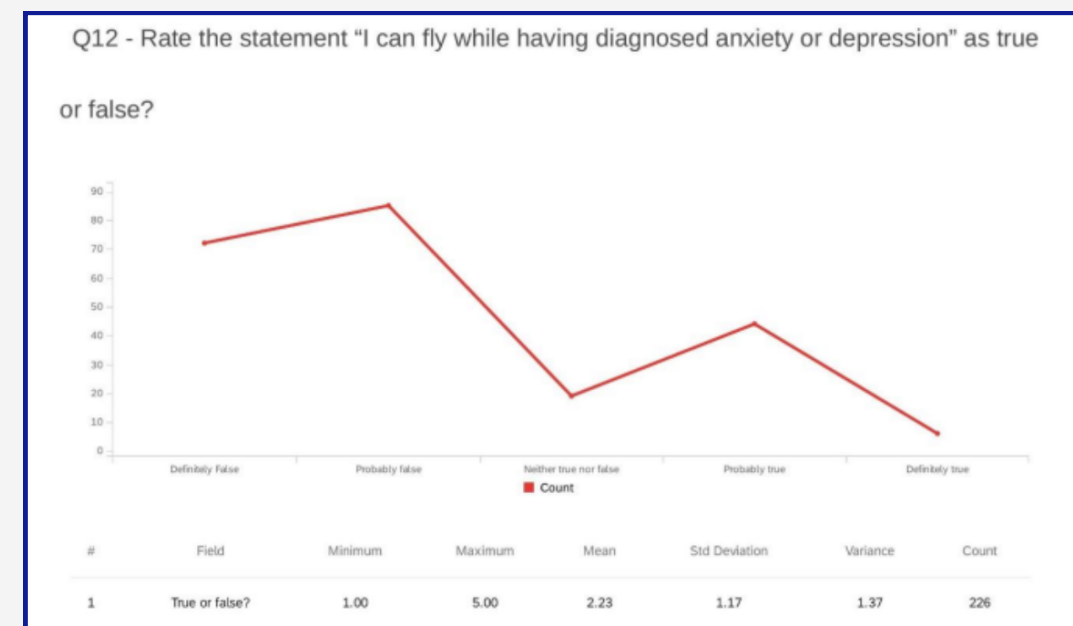


Sample data depicting anxiety, depression, and stress levels of students before and during national (N/O level) exams collected in our existing study. The data depicts a significant rise in mental health challenges during exams as compared to before exams.



In our existing study, we chose to focus on the mental health of youth and young adults in Singapore first. This made us aware of the importance of mental health in aviation and thus, are pursuing this study.

## Past Studies



Aspiring pilots believe that if they were to be diagnosed with mental illness, they will not be able to progress in their career. This prevents them from seeking professional help, causing their mental health to deteriorate, posing a threat both for themselves and for passengers.

Graph taken from Mental Health in Aviation: A Study of Aviation Students on Their Perceptions of the Federal Aviation Administration's Rules Governing Mental Health.

## Research Question

How does academic achievements, such as GPA, affect the mental health of university students and fresh graduates in the aviation industry?



Contribute to our survey!