

## ABSTRACT

Engineering education has seen a rapid rise due to industrialization. Students enrolled in engineering institutes face challenges like independent living, increased freedom, concentration difficulties, relationships problems, peer and parental pressure, substance use leading to psychological problems. Psychological problem often lead increase in suicide rates and to decrease in wellbeing.

This situation is more pertinent for academically high achievers like students of Indian Institutes of Technology (IIT). Academically higher achievers compete and secure their position in JEE. A rigorous competition often leads to psychological problems and fall in wellbeing. So, the research objective focuses on exploring the relationship and effect of depression, anxiety and quality of life on academic performance- Quantitatively and Qualitatively. It also tries to understand the moderating effect of annual income on depression, anxiety, quality of life and academic performance.

Results from the study found (a) State and trait anxiety affect academic performance but to a small extent. Anxiety seems to be weak factor in influencing CGPA (b) Self-reported depression thus seems to be able to account for academic performance only partially- overall wellbeing and quality of life markers are better indicators of academic performance (c) The results related to QOL and academic achievement of students indicates that, within the four factors in the QOL questionnaire, the factor of "Social relationship" has the highest effect on academic performance (d) Findings suggest that annual income acts as a moderator in influencing CGPA to small extent (e) *The results from qualitative study show that among other factors, students' involvement in extracurricular activities has a major contribution towards their psychological wellbeing.*

So, the thesis believes maintaining a healthy social relationship plays a salient role for better grades and mental health. This study would be a forerunner of further research to understand the mental health of residential college students and designing various programs to detect students who could be more at risk of succumbing to anxiety or depression.