

**Sensation Seeking and Mental Health Problems in University
Students**



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Abstract

The present paper was intended to find the link between Sensation Seeking and Mental Health Problems. Sensation seeking was the most primary and the prominent determinant of risk taking behavior. It had been a part of growth and Development. The self-regulatory functions among the sensation seeking personality were also being discussed in this study. The manifestation of Sensation Seeking in our culture was the primary aim of this study. The main hypothesis was to explore the correlation between Sensation Seeking and Mental Health Problems in University Students. The secondary hypothesis was aimed to find out that Private sector university students have more sensation seeking behaviors as compared to the Government sector university students. The primary methodology was to explore the phenomenology of sensation seeking among the university adult population (Undergraduate Programs). In study I, the questionnaire was developed for the students of (BS level), between the ages 19-26, to explore their sensation seeking behaviors; that are prone to seek new experiences and have a greater adaptability towards the change. What were the motives behind these sensation seeking behaviors. Survey was used to discover when and why people were most inclined to take the unnecessary risks? In the findings of the study, there was a weak correlation found between Sensation Seeking and Mental Health Problems because of the limitations and restrictions it set in Pakistan as compared to West. Another reason was the difference in intensity and manifestation of sensation seeking behaviors in our Eastern culture. It was interpreted from this study that the sensation seeking was a universal and a global trait which had sameness in biological characteristic but its manifestation may vary across the culture according to social, familial and behavioral factors.

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