

## **Abstract**

Higher education students encounter a multitude of complexities and pressures in academic as well as in other aspects of life. During this period, individuals may experience mental health issues such as anxiety, stress, and depression. Spirituality is associated with improved psychological health and wellbeing. Ecospirituality which is rooted in a strong belief in the sacredness of nature and combines spirituality with the environment, can have a substantial impact on alleviating depression, anxiety, and stress among students. The current study aimed at exploring the influence of higher education students' ecospirituality on their depression, anxiety, and stress. The current students (academic session 2023 – 2024) studying in various undergraduate courses and the present students studying in different postgraduate courses at colleges and universities in West Bengal were the target population of the study. Through purposive sampling technique, the students of the sample were selected from twenty-three districts in West Bengal. The final sample size of this research was 1289. The data collection tools included one information schedule about the student, the Ecospirituality Scale constructed by Suganthi in 2019, and the DASS-21 constructed by Lovibond and Lovibond in 1995. Results showed that ecospirituality as well as depression, anxiety, and stress were varied in terms of socio-demographic and academic characteristics of the students. The study established that ecospirituality was negatively associated with depression, as well as anxiety and stress and it also significantly predicted the depression, as well as anxiety and stress of the higher education students. The study discussed on probable causes of the variation in the research constructs. The study provided recommendations and future research directions.