

## **ABSTRACT**

The purpose of this study was to look at what factors are causing anxiety problems in college students. The use of a questionnaire is made in order to complete the study's goal and gather data. A total of 310 students from GCU Lahore, UVAS, and UOE Lahore participated in the study. 292 of these individuals answered the questionnaire. Other than demographics, a group of 52 variables is divided into eight groups, with the major factors being physical activity as a stress-management, socioeconomic factor, language anxiety factor, digital fatigue factor, factor related to social support, fear of embracement factor, and performance-related anxiety. For descriptive statistics, percentages and frequency tables are utilized. The underlying variables affecting university students were identified using factor analysis, and the effects of these anxiety-related factors on students of various age groups and genders were then examined using ANOVA and t-tests. According to the data, participating in physical exercise has an important effect on pupils of all ages and genders.