

Introduction

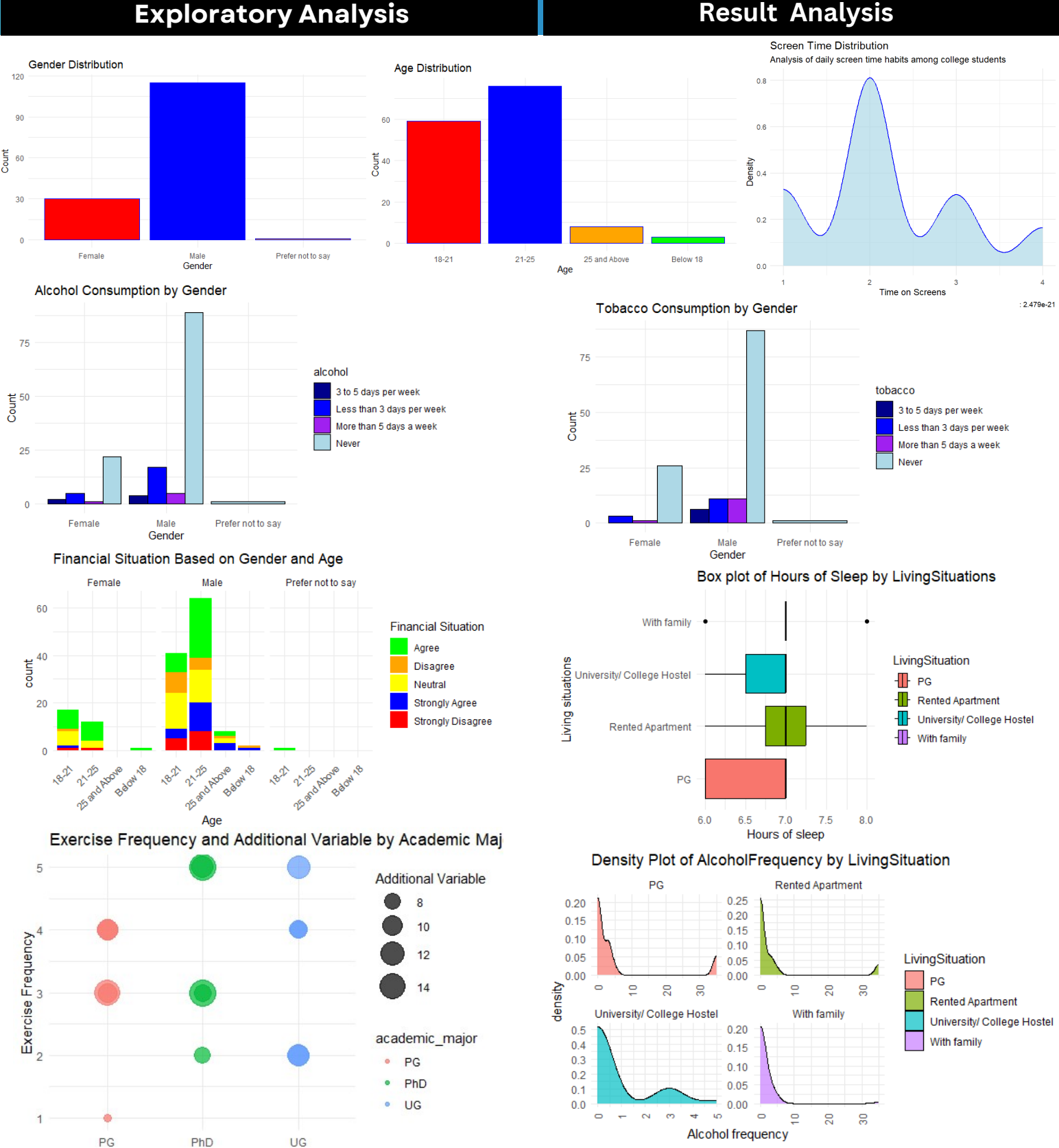
This study delves into the lifestyle choices of students based on academic, social and economic situations. It aims to understand the extent to which students' backgrounds impact their preferences in their overall lifestyle.

Research Questions

- Q1. Is there any significant difference in the consumption of alcohol and tobacco products between male and female students?
- Q2. Does age and gender of students impact their lifestyle choices based on financial conditions?
- Q3. Is the average time spent on screens by students more than 3 hours per day?
- Q4. Is there a significant difference in the frequency of engaging in physical activity or exercise per week among students in different academic majors or fields of study (UG, PG, PhD)?
- Q5. Is there a statistically significant difference in the average hours of sleep between individuals living in different living situations (Paying Guest, With family, etc.)?
- Q6. Does the average alcohol consumption frequency differ significantly among individuals living in different living situations (Paying Guest, With family, etc.)?

Dataset

COLUMN	DESCRIPTION
Age	Range: - below 18, 18 to 21, 21 to 25, 25 and above
Gender	Male, Female, prefer not to say
Academic Major	UG, PG, Ph.D
Year of Study	1, 2, 3, 4, 5, and others (current year of study)
Living Situation	PG, Hostel, Apartment, with family
Chronic Medical Conditions	Respondents can indicate if they have any chronic medical
Employment Status	Part-time, Unemployed, prefer not to say.
Specific Lifestyle Goals	Respondents can choose if they have particular lifestyle goals with options: yes or no.
Sleep Duration	Average sleep duration: - <6, 6 to 8, or >8 hours
Physical Activity (per week)	Average frequency: - never, <3, 3 to 5, >5 days
Dining Out Frequency	Average frequency: - never, <3, 3 to 5, > 5 days
Tobacco Product Usage Frequency	Average frequency: - never, <3, 3 to 5, > 5 days
Alcohol Consumption Frequency	Average frequency: - never, <3, 3 to 5, >5 days
Screen Time	Average frequency: - <3, 3 to 6, 6 to 9, >9 hours
Peer Pressure	Impact of peer pressure on lifestyle choices
Financial Influences	Impact of budget on lifestyle choices
Academic Stress	Impact of academic pressure on lifestyle choices
Support Received	Whether any support was received for lifestyle decisions.
Awareness	Awareness of the impact of lifestyle choices on academic performance and behaviour
Strategies	Any strategy adopted for balancing academic pressure and healthy lifestyle.



Data Preprocessing

- The variable names have been revised to concise and meaningful formats for ease of reference during the execution of R code.
- Converted the demographic variables to factor type.
- A numerical representation has been introduced for lifestyle choices and the factors on which they depend, originally expressed in characters.

Limitations

- Our dataset is limited. The bigger the size of dataset is, the more accurate the results become.
- The dataset contains some biased data points. In some cases the number of data samples falling under a specific category is quite more than the number of data samples from other categories.

Test Results

Tests	P Value
Q1	0.6466
Q2	0.150, 0.349, 0.690
Q3	< 2.2e-16
Q4	0.292
Q5	0.3149
Q6	0.0112

Findings

- There is no significant difference between the two groups of male and female students in terms of alcohol and tobacco consumption.
- There is no significant evidence to suggest differences in the mean effect of financial situation on lifestyle based on age, gender, or their interaction.
- Therefore, there is significant evidence that the average screen time is different from 3 hours.
- There is evidence of a difference in exercise frequency among academic majors.
- The analysis suggests that there are significant variations in alcohol consumption frequency based on living situations,
- There is no significant evidence to suggest a difference in mean hours of sleep between individuals living in PG accommodations and those living with family

Conclusions

- Our data set contains more number of data points for male students as compared to female students.
- It has the maximum number of data points for students in the age bracket of 21-25 years.
- It can be seen that the maximum number of students do not smoke or drink.
- The number of female students smoking or drinking for more than 5 days a week is the least.
- There are some students who have relatively higher levels of combined tobacco and alcohol consumption compared to the majority of students.
- Students staying in PG or Rented apartments are more likely to consume alcohol frequently than those who are staying in a hostel or with family.

Feedback