Final Report

Student Lifestyle and Mental Health Analysis Across Education Levels

**Objective**

The primary goal of this report is to analyze how different educational levels affect students' physical activity, screen time, sleep duration, and mental health. The insights can support targeted interventions and student well-being programs

**Key Visual Insights**

**1. Physical Activity by Education Level**

* Higher education students (MA, MSc, MTech) show significantly greater levels of physical activity compared to school-level students (Class 8–12).
* Class 8 and Class 12 students record the lowest physical activity, possibly due to academic pressure or lack of awareness.

**2. Screen Time vs Physical Activity**

* There is an evident **negative correlation** between screen time and physical activity.
* As physical activity increases, screen time tends to decrease.
* BTech and BA students exhibit frequent spikes in screen time, suggesting heavy academic or recreational digital use.

**3. Mental Health Distribution by Education Level and Gender**

* Mental health issues are more commonly reported by **female students**, especially in MTech and MSc levels.
* Class 8 and Class 12 students also show considerable mental health-related entries.
* Gender-based patterns call for focused mental health awareness and resources.

**4. Sleep Duration by Age**

* Students across all age groups (14–27 years) mostly report **6 to 8 hours of sleep**.
* Younger students (15–18) maintain consistent sleep schedules, while older students show slightly more variability.
* Adequate sleep remains a common habit but still varies by academic pressure and age.

**5. Summary Statistics**

| **Indicator** | **Value** |
| --- | --- |
| Average Physical Activity (hrs/week) | **5 hours** |
| Average Screen Time (hrs/day) | **6.9 hours** |
| Average Sleep Duration (hrs) | **6 hours** |
| Total Mental Health Cases Reported | **1,000** |
| Total Students Analyzed (Age Count) | **20,342** |

**Conclusions**

* **Higher education levels** tend to promote healthier physical habits but may also come with mental health burdens.
* **Screen time** is a critical factor impacting physical activity and potentially mental health.
* **Sleep duration** remains fairly stable, yet quality and consistency should be assessed further.
* **Mental health support** needs to be more inclusive and sensitive to gender and educational stress levels.