

REPORT STUDENT STRESS FACTOR

The aim of this project is to analyze the various factors contributing to student stress and how these factors correlate with their academic performance, sleep quality, headache frequency, and involvement in extracurricular activities.

The analysis indicates a correlation between the frequency of participation in extracurricular activities and the reported stress levels. Students engaging more frequently in such activities tend to report varying levels of stress. The sleep quality of students is closely analyzed with the average sleep quality score being around 3.14 on a scale indicating a balance between good and poor sleep habits among the students. On average, students report experiencing headaches about 2.16 times per week. This metric serves as an indicator of physical stress symptoms among students.

A comparative analysis shows that students experiencing more frequent headaches tend to report higher stress levels.

The pie chart reflects the division of students based on their headache frequency and corresponding stress levels.

Academic Performance is measured with an average score of 3.32. The gauge visualization shows the distribution of academic performance, reflecting how stress and other factors may impact grades.

The Visualisations include the dashboard Contains several Visual elements such as bar charts, pie charts and gauge charts that effectively present the data on stress factors, allowing for a Comprehensive View of the Correlations.

This analysis provides Valuable insights into the factors Contributing to student stress and how these factors interrelate. Understanding these relationship is essential for developing strategies to enhance student well-being and academic success.

This report provides a Concise Summary of the key elements and findings from your power BI Project.