



# GROUP 1 – PROJECT 1

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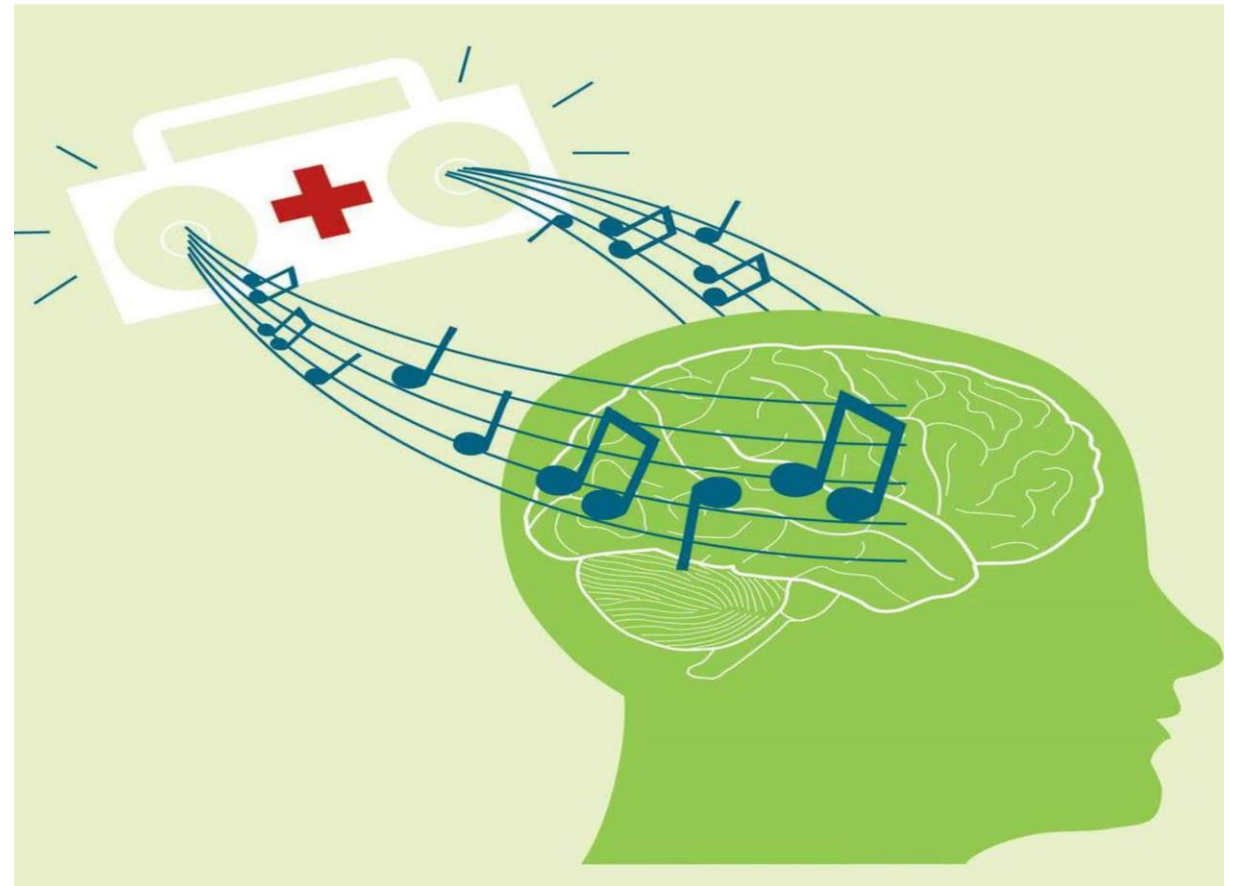







# OBJECTIVE

Our dataset explores the correlation between mental health and music preferences, examining factors like age, genre, streaming service usage, and types of mental health concerns.

# OUR DATA SET AND WHY WE CHOOSE IT

- We selected this dataset because mental health is a critical and widely discussed societal topic.
- Exploring how music influences mental well-being felt meaningful, as it combines two deeply personal and impactful areas.
- Additionally, some team members work in the fields of music and mental health, making this dataset especially relevant and inspiring to our project goals.

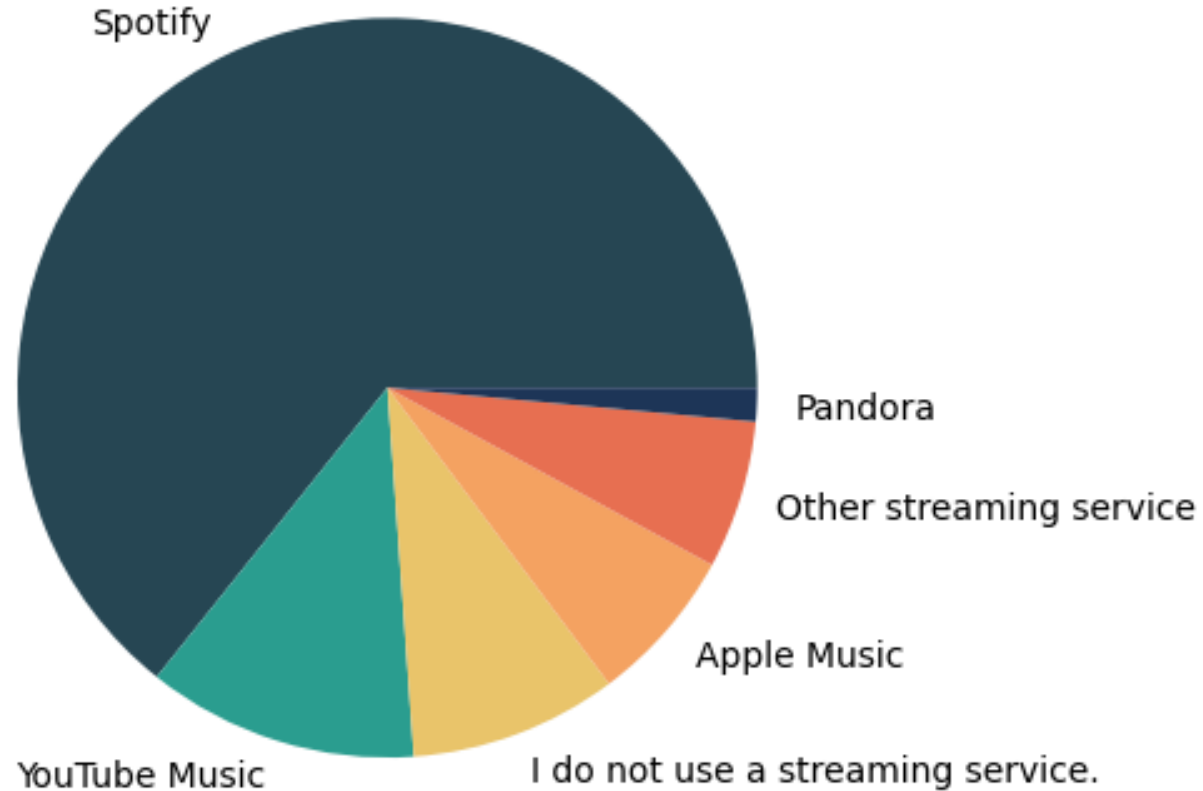


- Dataset Overview our dataset explores the correlation between mental health and music preferences, focusing on factors such as:
-   Age
-  Music genre
-  Streaming service usage
-  Types of mental health concerns



# POPULAR STREAMING SERVICES

Streaming services by popularity





# HIGH LEVEL QUESTIONS

- How does listening to music influence mental health outcomes, and what factors determine whether the effects are improved, worsened, or have no effect?
- How does the number of hours spent listening to music daily affect mental health?
- Does age influence the mental health impact of listening to diverse music genres?

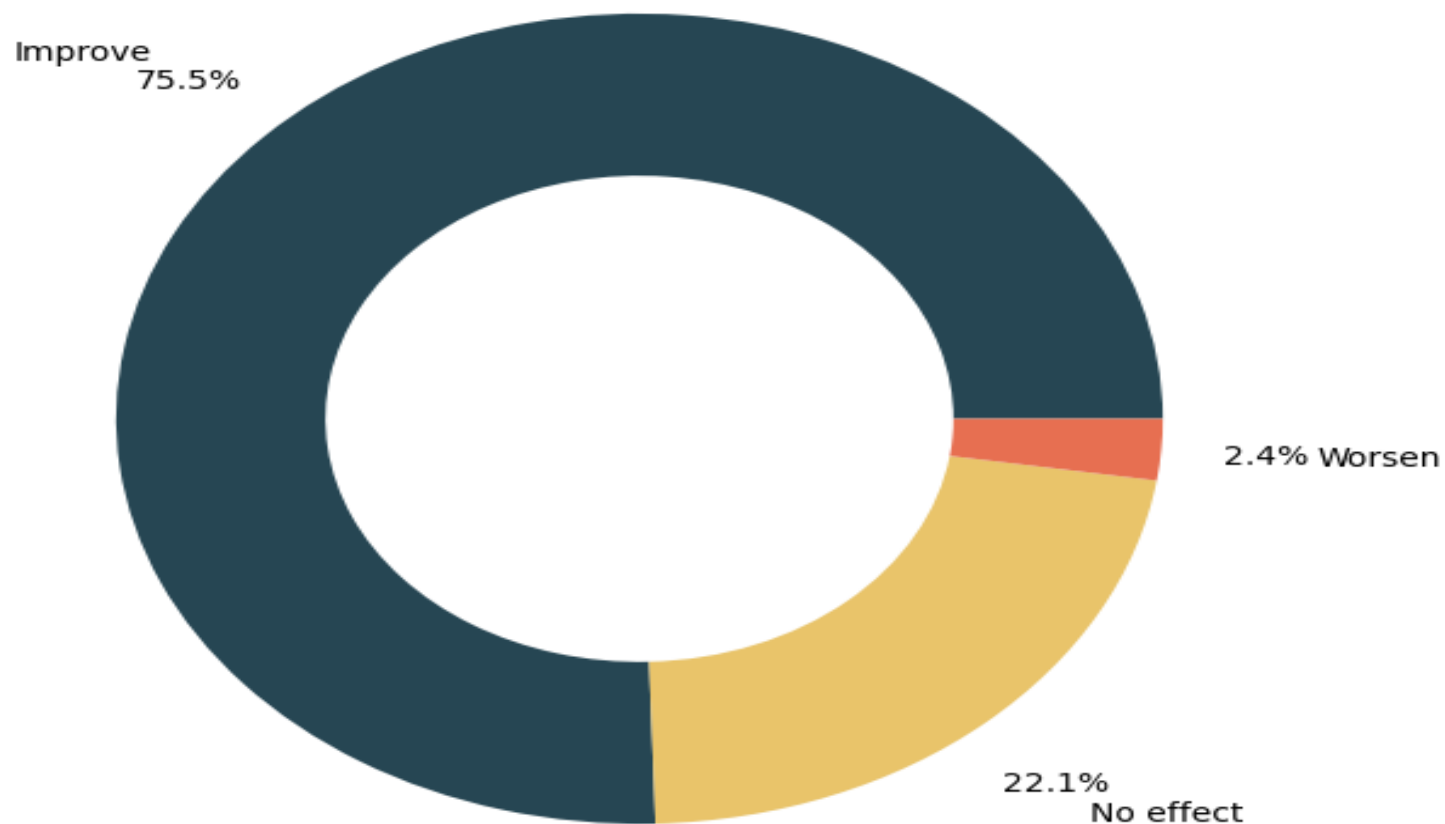
# QUESTION 1

- How does listening to music influence mental health outcomes, and what factors determine whether the effects are improved, worsened, or have no effect?

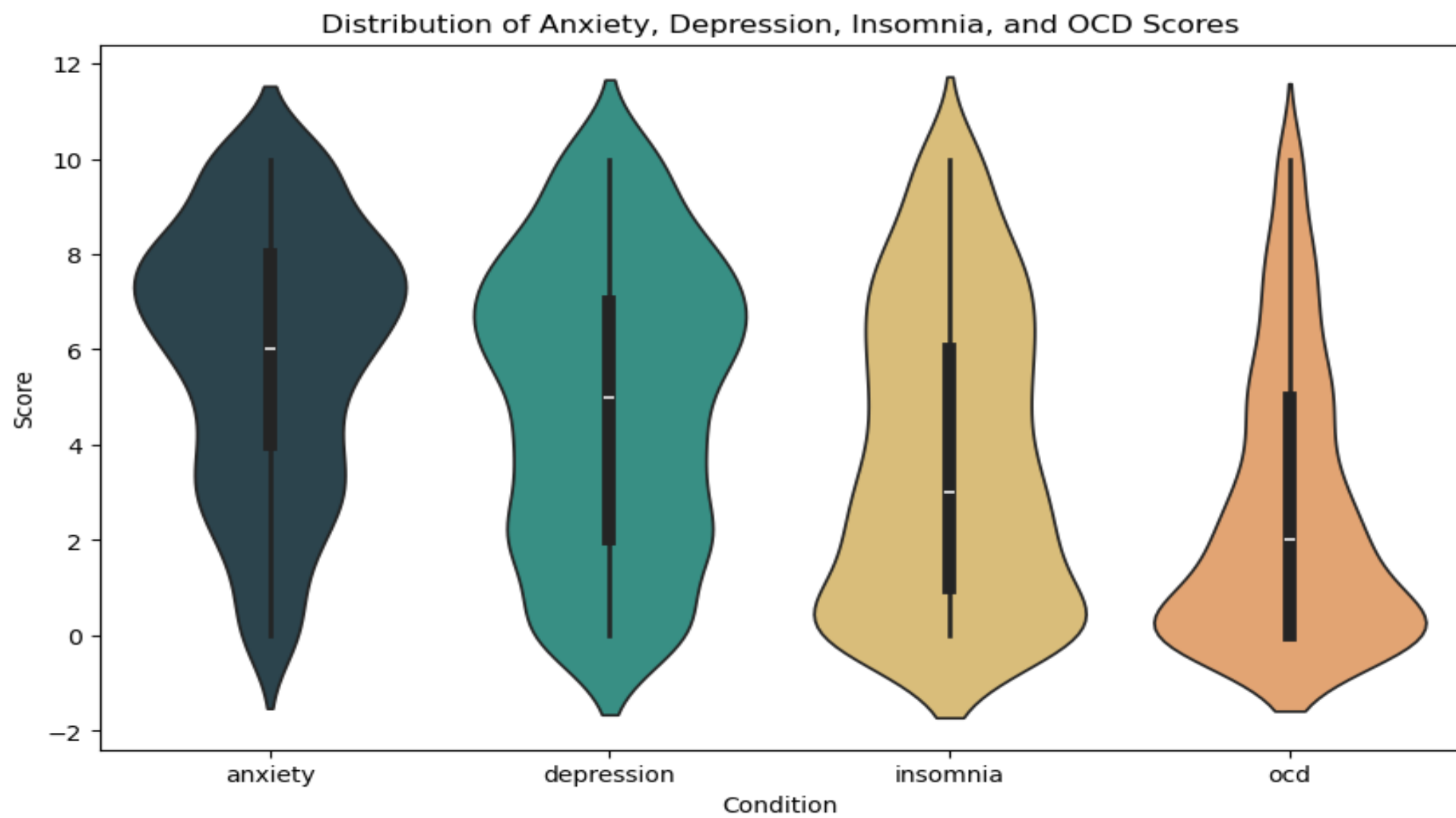


# EFFECTS OF MUSIC ON MENTAL HEALTH

Effects of Music on Mental Health



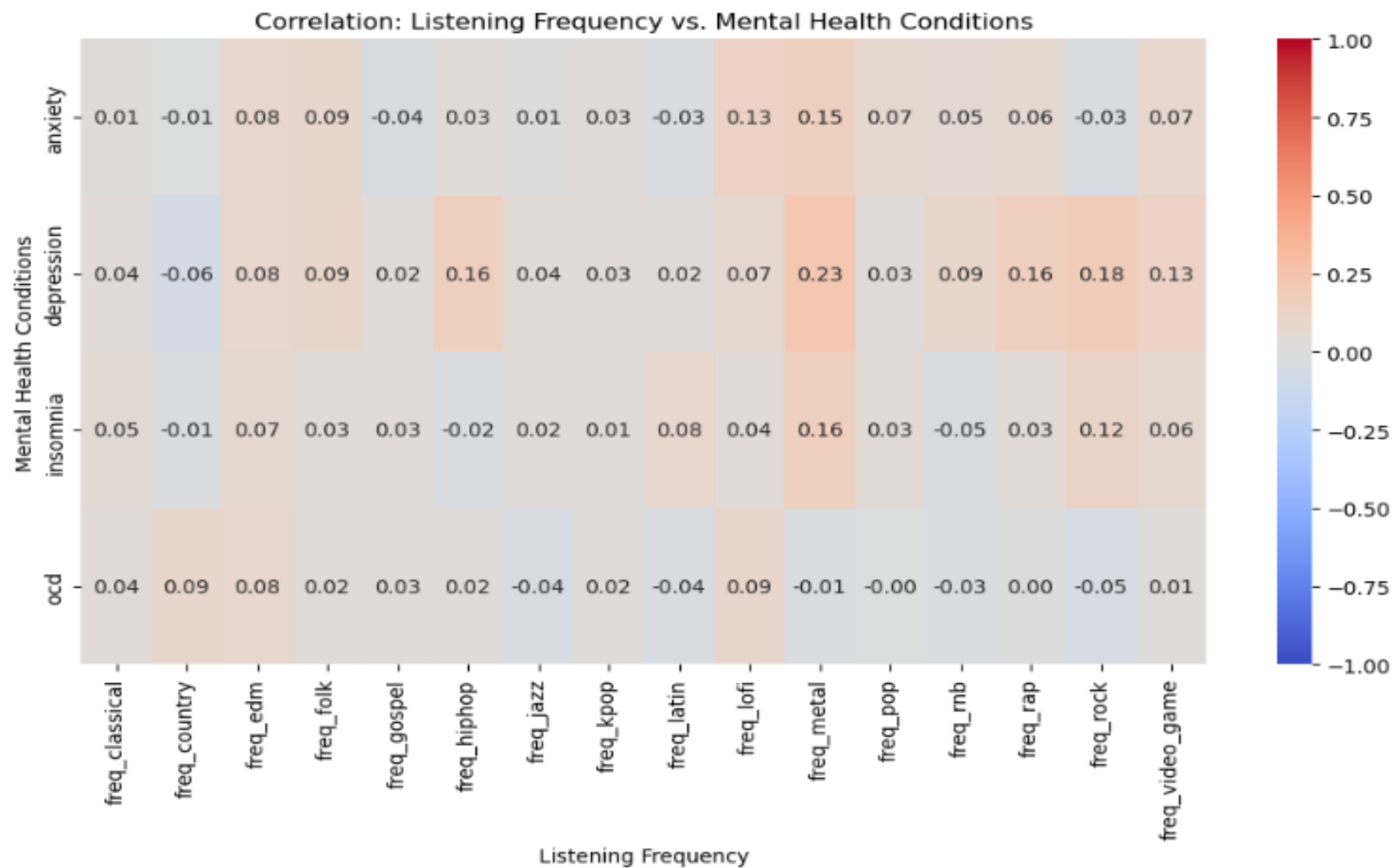


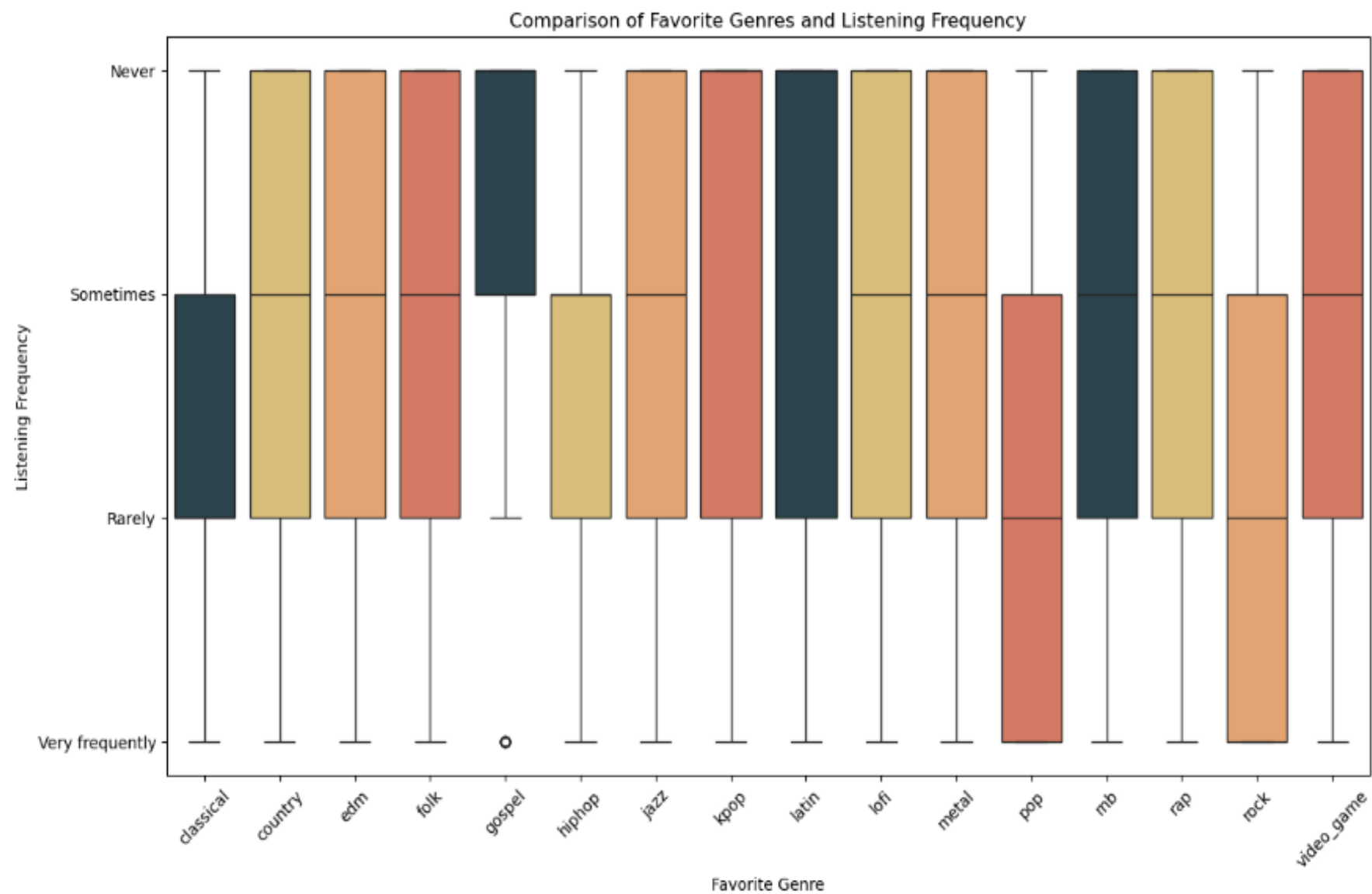




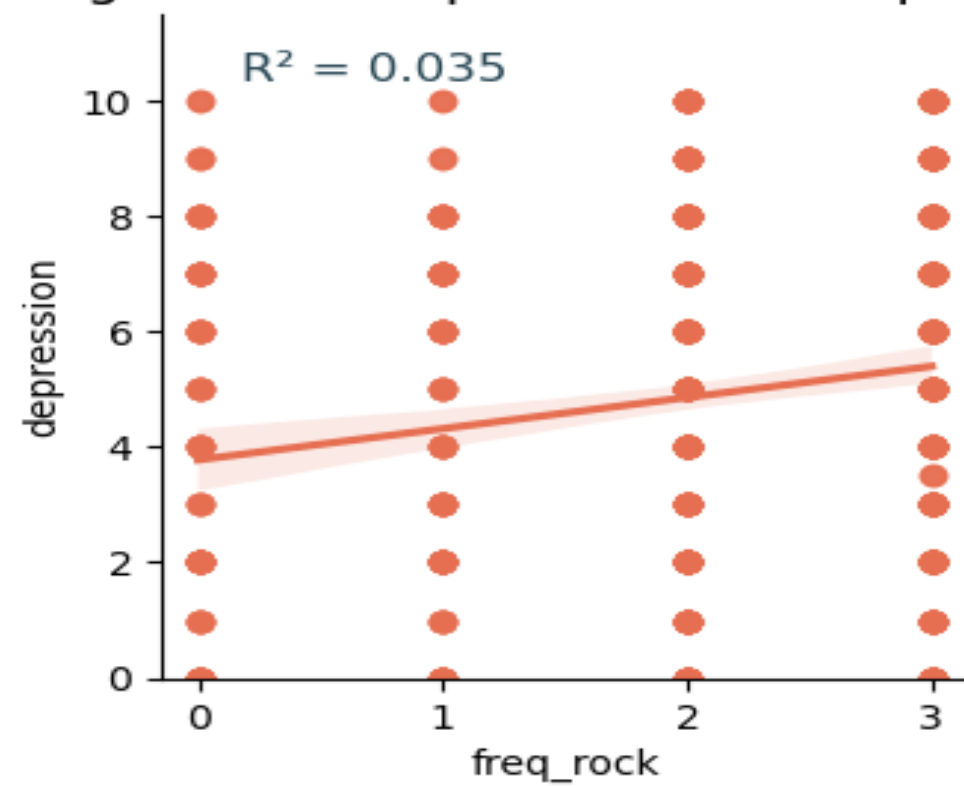
## QUESTION 2

- How does the number of hours spent listening to music daily affect mental health?





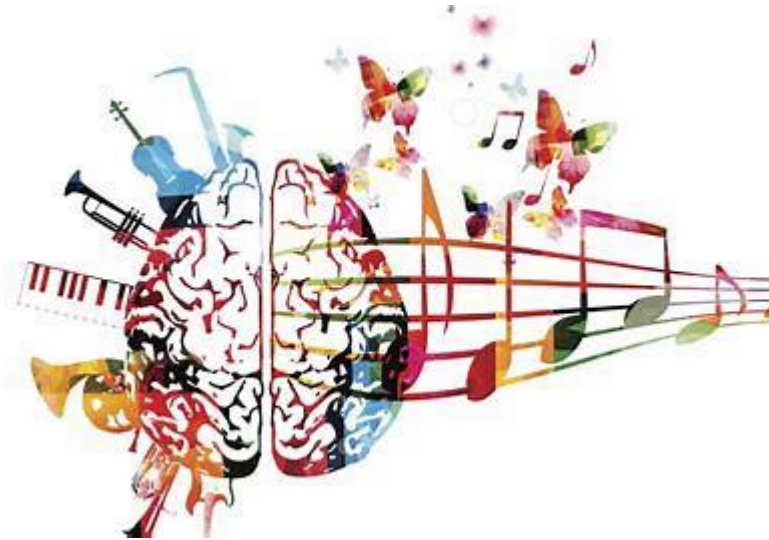
## Linear Regression: Depression vs Frequency of Rock



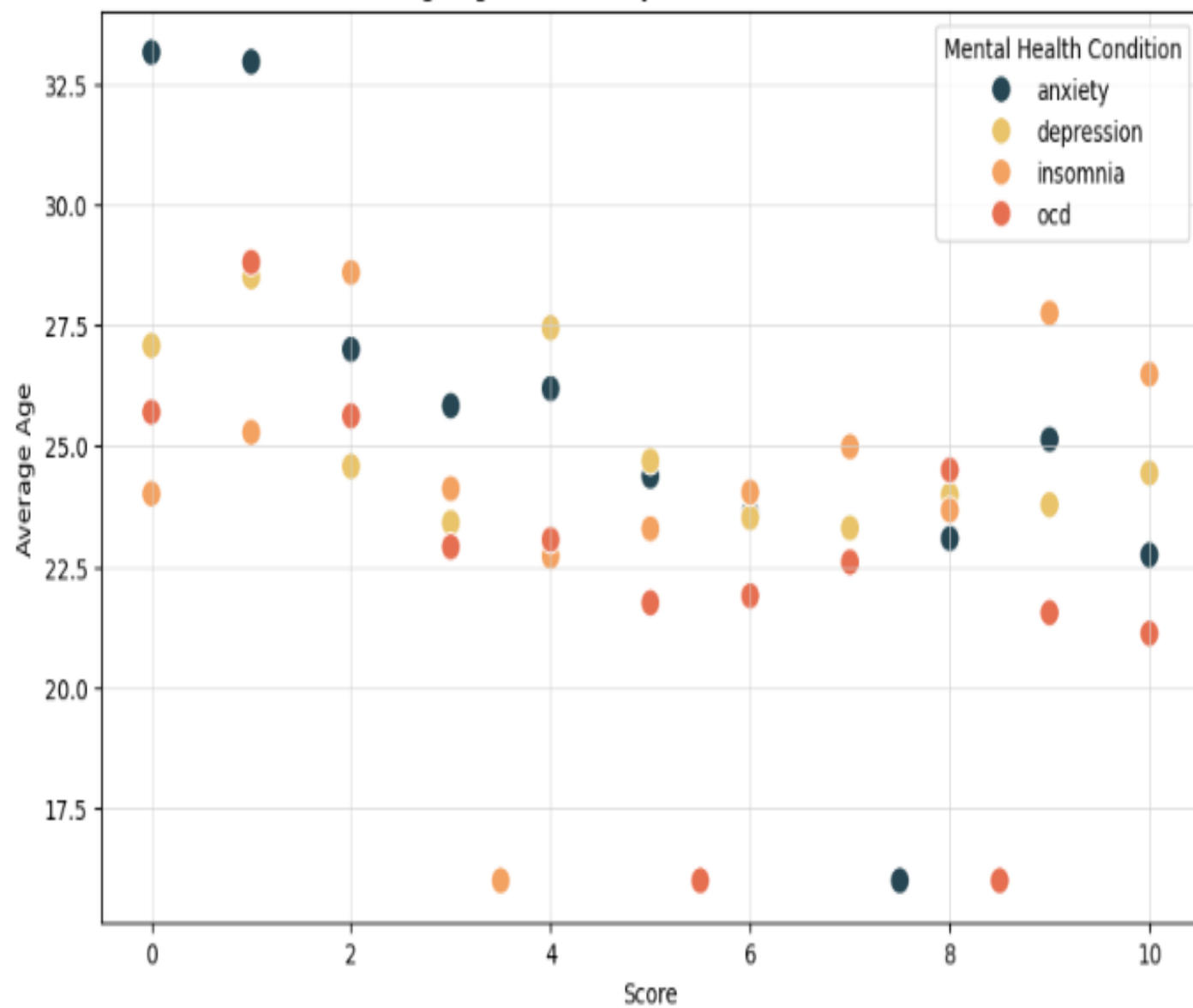


# QUESTION 3

- Does age influence the mental health impact of listening to diverse music genres?



Average Age vs. Score by Mental Health Condition





# BIAS AND LIMITATIONS

- Limitations to the dataset include bias from uneven number of subjects in the age groups.
- Only four mental health conditions were analyzed
  - Anxiety
  - Depression
  - Insomnia
  - OCD



# CONCLUSIONS/FINAL THOUGHTS

- We can conclude that music has a positive effect on mental health.
- Most subjects reported improvement in their conditions after listening, based on our analysis of the dataset

THANK YOU







# BIBLIOGRAPHY

- <https://www.kaggle.com/code/catherinerasgaitis/music-mental-health-eda>