

# Factors Affecting Mental Wellbeing Survey 2023

**Participants**  
**247**

**Male**  
**149 60%**

**Female**  
**98 40%**

**Negative Feel**  
**16%**

**Positive Feel**  
**25%**

**Self Doubt**  
**59%**

Self Doubt

Positive

Negative

## Mental Health Survey

The Mental Health Survey had **247** entries

**59%** of participants were **unaware** of their **own mental state**. **55%** of **Females** reported experiencing **Self-Doubt**, which is **7% lower** than the **62%** of **Males** who reported the same.

☐ Female

☐ Male

**Insight:** Females may be more Self-Aware than Males when it comes to their Own Self-Doubt.

### Impact of Physical Activity & Feelings

● % Negative  
● % Positive  
● % Self Doubt

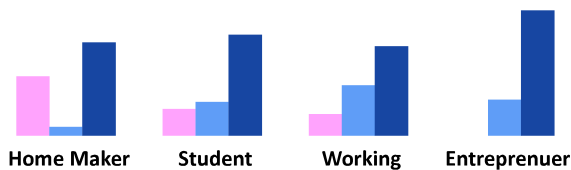


### Lifestyle Factor: Physical Activities

Participants who engaged in **Vigorous Physical Activity** had a **High Positivity** rate of **42%** and **Low Negativity** rate of **9%**. However, they also had a **50%** Self-Doubt rate compared to others.

**Insight:** Physical Activity can Positively impact Emotional Responses.

### Impact of Emotional Responses to Profession



### Financial Factor : Profession , Financial Worries Per Month.

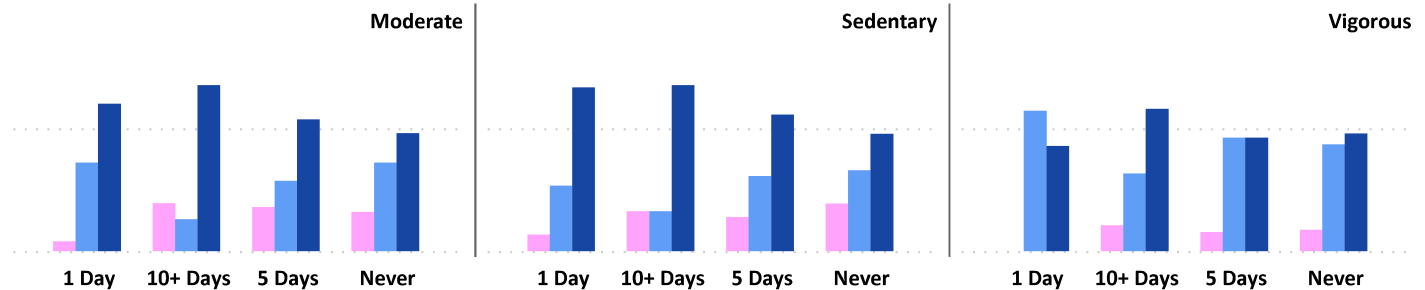
Of all the respondents, **Homemakers** had the **Highest Negative** views.

**Entrepreneurs** were **Not** classified as having **Negative** responses.

**Positive male** respondents are **Not** classified as **Homemakers**.

**Insight:** Vigorous Physical Activity influences Financial Worries Positively.

### Co-Relation of Physical Activity & Monthly Financial Worries to Emotional Responses



### Impact of Relation Status to Emotional Responses

Relation Status	% Negative	% Positive	% Self Doubt
Single	15%	27%	59%
Married & Super Happy	10%	41%	48%
Married & Not Happy	20%	0%	80%
Married & Happy	21%	26%	53%
In Relation & Super Happy	17%	17%	67%
In Relation & Not Happy	67%	0%	33%
In Relation & Happy	15%	10%	75%

### Psychosocial Factor : Relationship Status

Married or In Relationship individuals who were **Not Happy** had **0% Positivity** score.

Male Individuals Married or In Relation had **0% Positivity** score.

Married & Super Happy were **Less Negative** & **Max 42%** Positive.

**Insight:** One's Relationship status can have an impact on their Emotional Responses.