

(ADHD) Mental Health analysis of the university students using MS Excel and Power BI tools

Data Source : Kaggle

**Data analysis project by:
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About Dataset

Dataset updated : 5th Jan.2024

Dataset provided by The University of Cape Town

Description: A sample data of 506 South African first-year undergraduate students

(age 18-22 years) to investigate:

- (a) The number of students who have experienced mental health difficulties before starting University.**
- (b) The number of students who had been to a therapist.**
- (c) The number of students who had been diagnosed with a mental illness.**
- (d) The number of students who had been prescribed medication for their mental illness.**
- (e) Analysis done age-wise as well as gender-wise to improve the student's academic performance.**



Power BI analysis report



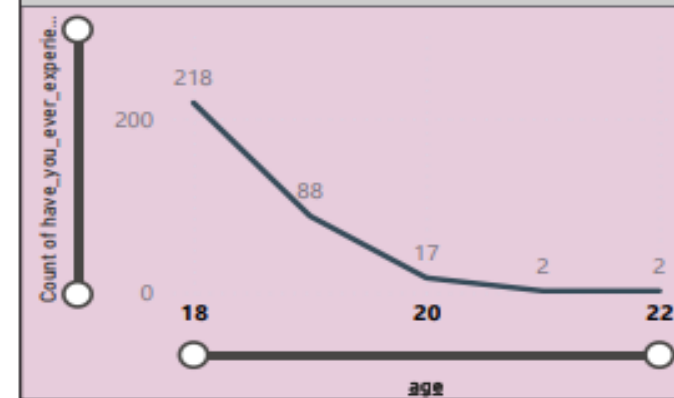
Total no. of students

506

Average age of students
experienced mental
health problems
(in years)

18.43

No. of students who have experienced
mental health issue (Age 18-22 yrs)



Students currently on medication for
a mental illness

Count of
are_you_currently_using_prescribed_psychiatric
_medication_for_a_mental_illness_or_symptoms
_of_one

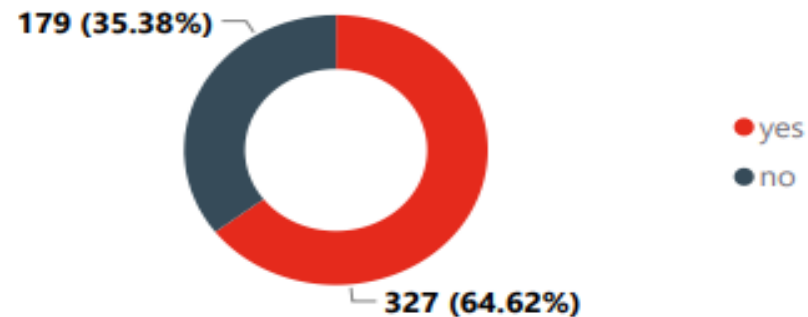
60

Students currently in therapy or
counselling for mental illness

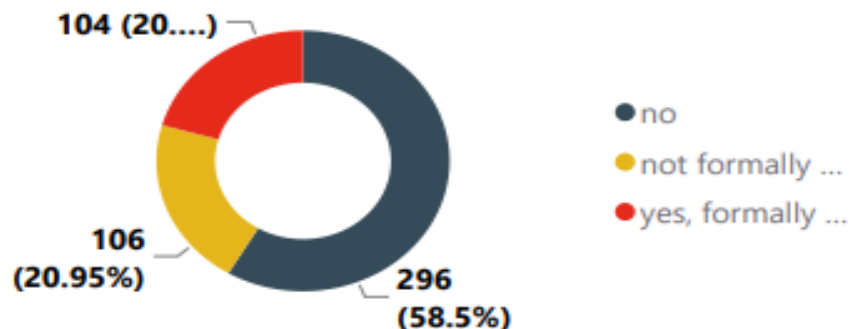
Count of
are_you_currently_in_therapy_or_counselling_fo
r_a_mental_illness_or_symptoms_of_one

42

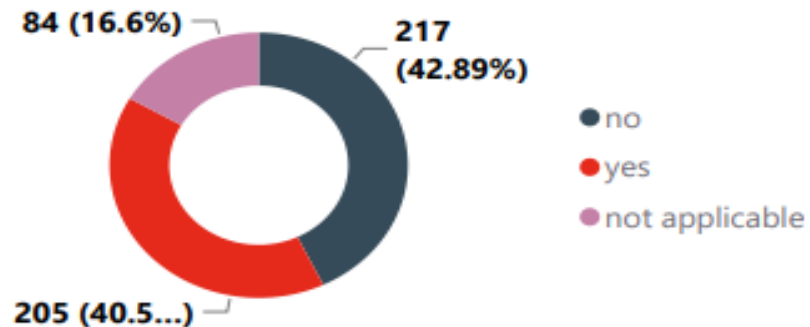
Count of students who have experienced mental health
difficulties before starting University



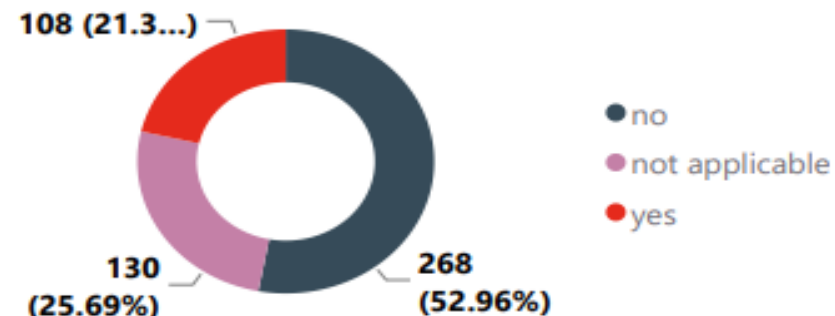
Count of students who had been diagnosed with a mental
illness



Count of students who had been to Therapist for mental
health issues

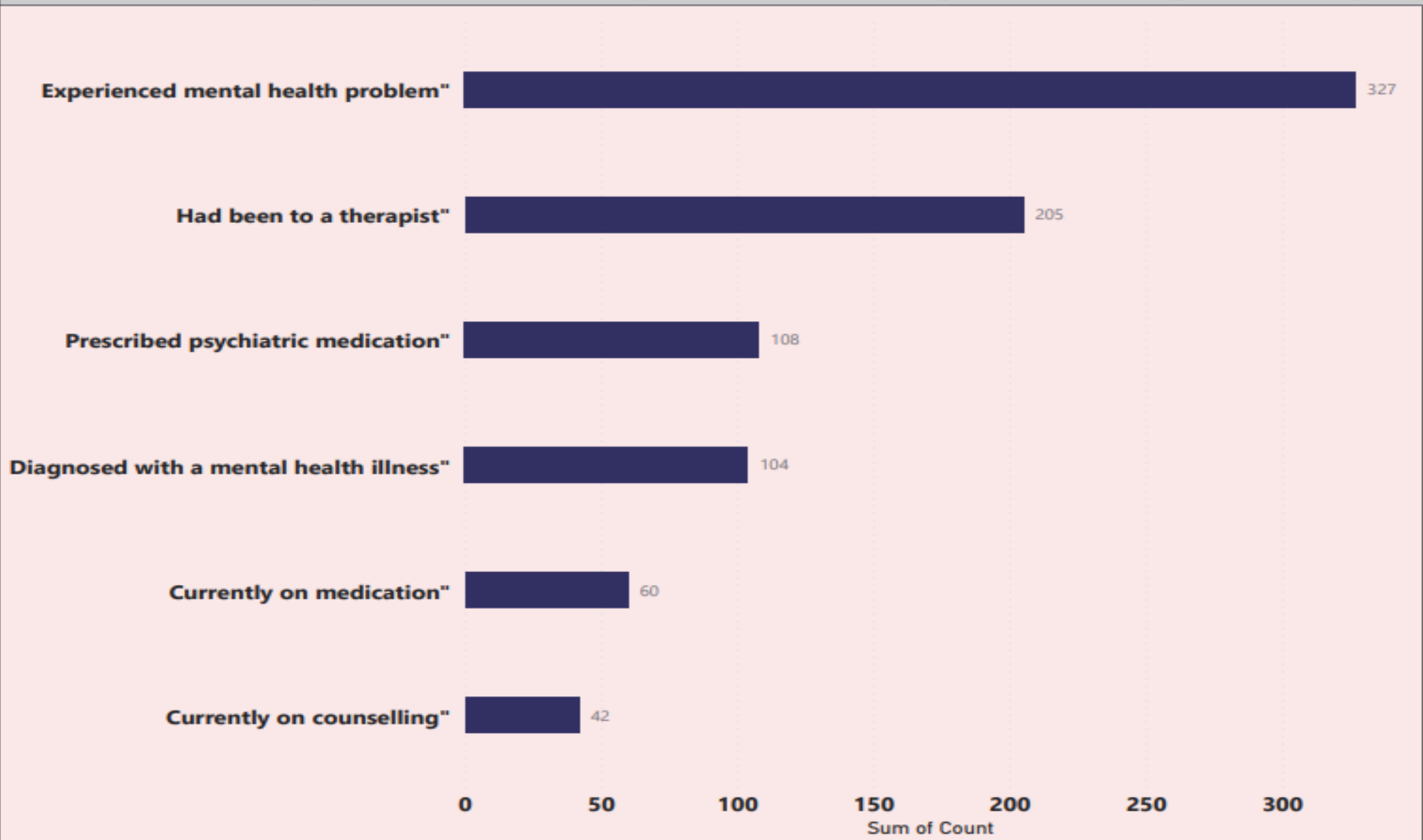


Count of students who had been prescribed psychiatric
medication for a mental illness or symptoms



Power BI analysis bar chart

Mental Health Analysis of 506 University Students from Cape town S.A. (age 18 to 21 yrs)



Gender-wise analysis in Power BI chart showing no. of University students who experienced mental health problems.



Age-wise analysis in Power BI chart showing no. of university students experienced mental health problems.



Conclusion :

The ADHD (Attention Deficit/Hyperactivity disorder) data analysis shows the following observations:

- Students in the **first year** of the university are more likely to experience mental health difficulties and symptoms.
- Age-wise analysis showed that students age between **18** and **19** year experience more mental health problems.
- Gender-wise analysis showed that a greater number of **female** students have experienced this problem more compared to male and others.
- **64%** students have experienced mental health difficulties, out of which **20%** had been diagnosed with a mental illness. **40%** had been to a therapist and **21%** had been prescribed with a psychiatric medicine.

Possible Reasons :

According to BMC (Bio-Med Central) Public Health article, it is observed that the following factors might trigger the mental health of students who have newly started going to university:

- Study and work pressure
- Home sickness
- Loneliness
- Bullying
- Money worries and
- Relationship trouble

The reason behind **female** students experiencing more mental health issues as compared to male could be due to **familial responsibilities or sexism.**

Older age groups may cope better due to emotion-regulation strategies improving with age.

Solution:

According to the BMC (Bio-Med Central) Public Health article, the following factors could reduce the risk of mental health difficulties amongst first year university student:

- **Engaging in learning activities:** Strongly and positively associating with characteristics of adaptability, happiness and wellbeing.
- **Good induction activities:** Positively and strongly associating with a sense of community at university and with lower levels of loneliness.
- **Leisure activities:** To manage stress, facilitate the development of companionship, and enhancing mood are positively associated with flourishing.
- **Friendship:** Important for maintaining mental health and provide opportunities to be developed and supported.
- **Counselling:** Counselling can help identify unhelpful patterns or thought processes that can hold you back and prevent you from making progress and moving forward.

Project : Kavita Shinde