Student Mental Health Assessment

Google site: https://sites.google.com/view/cva-project1/home

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Purpose/Motivation

Aim of the project:

Our main objective is to understand mental health of the students. We wish to improve the awareness among individuals and analyze patterns which can help in prevention.
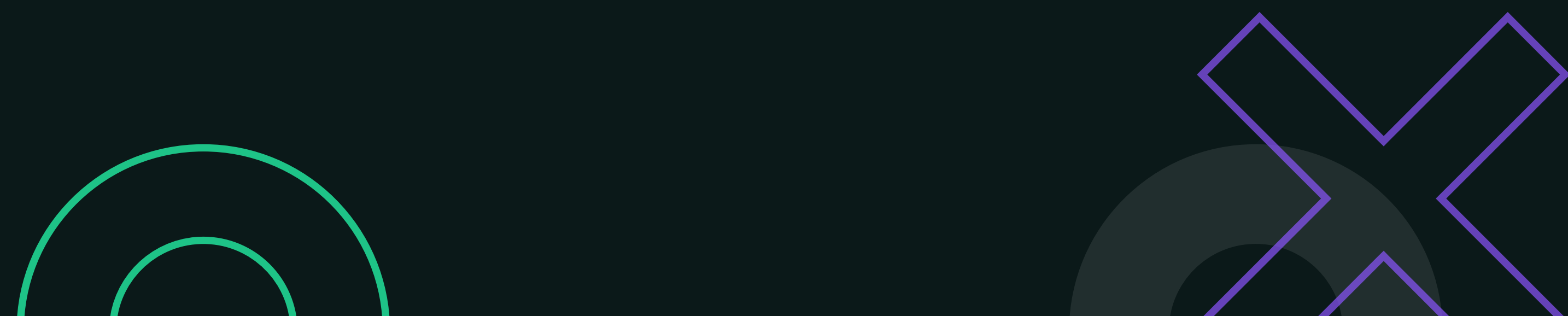
Why we chose this topic

By doing so, we aim to reduce stigma surrounding mental health, fostering a more accepting and understanding community.

Our goal is to encourage individuals to understand if they are struggling and ensure the sustainability of mental health efforts to create a long-lasting impact on individuals and communities.

We wish to help find the "patterns" or "habits" which increase the tendency of having mental health issues.

What questions do we answer

How is extracurricular involvement related to/help in stress level?

How stress level differs with gender and course?

How does residence type affect the stress level?

Does stress level lead to substance use?

What questions do we answer

How does gender matter in stress level based on age?

How relationship status affects stress level depending on social support?

How is sleep quality and course taken related to stress level ?

Overview of Correlations found

Participating in extracurricular activities has a positive impact on reducing stress levels.

Our dataset revealed a concerning stigma for seeking professional help for mental health issues, emphasizing the need to address and reduce stigma to encourage treatment-seeking behavior.

Challenges faced

1. Since the dataset was huge we faced issue using flourish for creating data visuals.

2. Our dataset had very few numerical data as it was survey based data.

Dataset link: https://www.kaggle.com/datasets/sonia22222/students-mental-health-assessments/data

Conclusion

The well-being of students depends a lot on their mental health, which affects how they do in school and how they feel.

When a student's mental health is in a good place, they are more likely to do well in their studies, pay attention in class, and participate in activities. They tend to feel happier, more confident, and better able to handle the challenges that come their way.

Conversely, when a student is struggling with their mental health, it can have a negative effect on their schoolwork. They might find it hard to concentrate, experience more stress and anxiety, and even skip school. Additionally, their general well-being and happiness can be compromised, affecting their relationships with friends and family.

In a nutshell, a student's mental health is like the engine that drives their school performance and overall sense of contentment. It's vital to pay attention to and support their mental well-being to ensure they have the best opportunities to succeed and lead fulfilling lives.

Thank you