

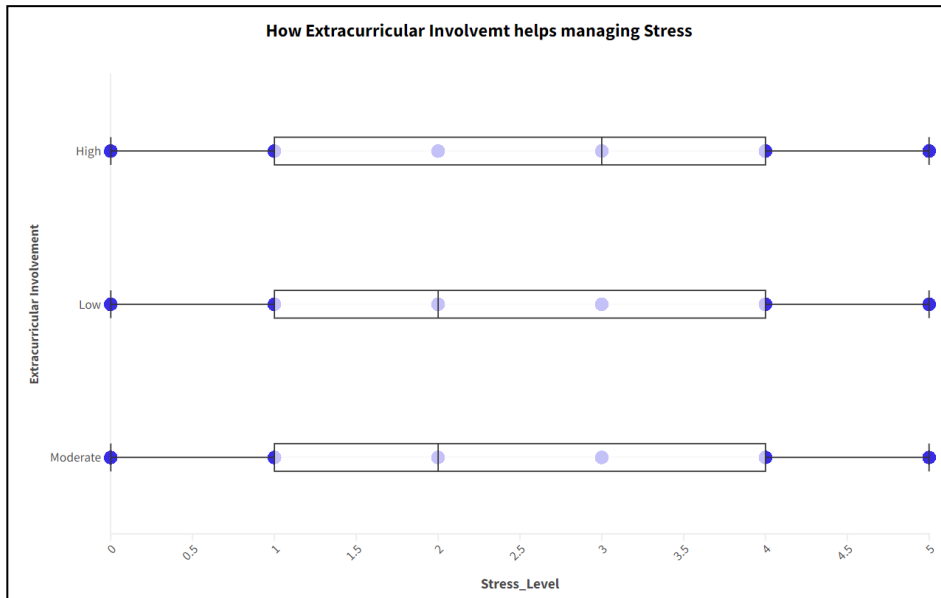
# Visualizations

*Note: Some charts are interactive, please check the charts by clicking on the link provided.*

**Objective:** Goal for this assignment is to create visualizations that will help tell a story regarding your investigation of the topic of your choice.

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

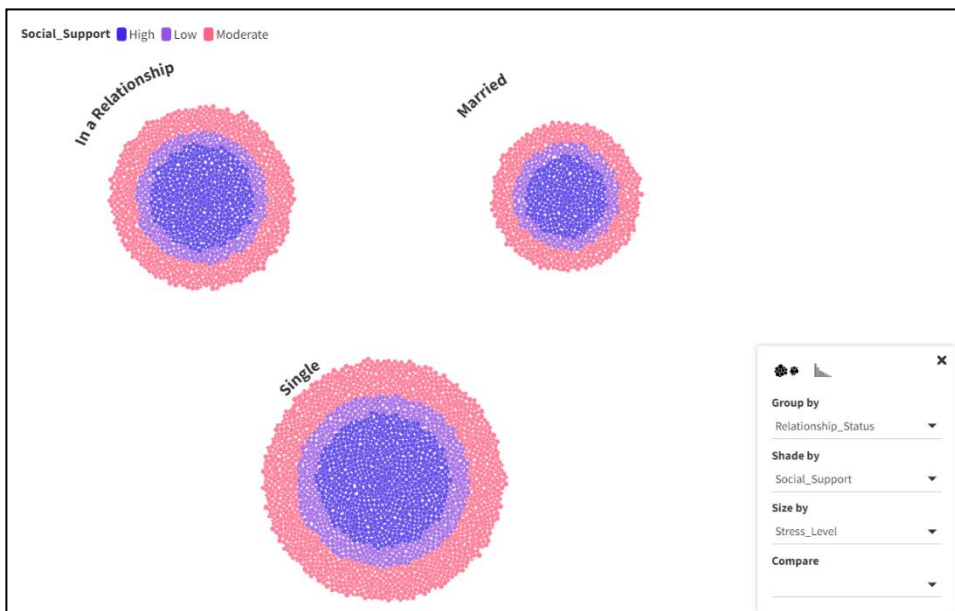
Link: <https://public.flourish.studio/visualisation/15454651/>



This particular graph shows how involvement in extracurricular activities has numerous advantages that might help you manage your stress levels. Participating in extracurricular activities offers a beneficial treatment for stress, promotes social relationships, increases self-confidence, and imparts practical time management skills, all of which help with stress management and general wellbeing.

## 2. How relationship status affects stress level depending on social support?

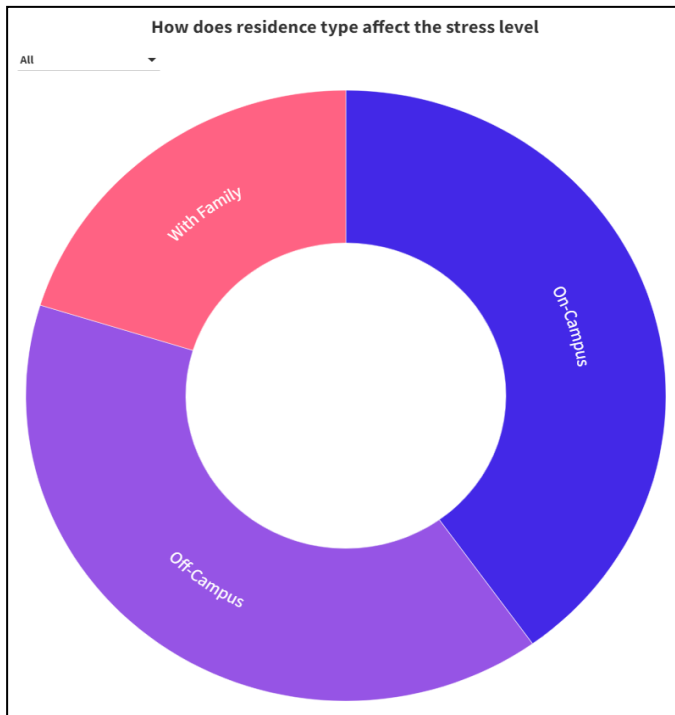
Link: <https://public.flourish.studio/visualisation/15465222/>



Relationship status plays a vital role, as both the presence and quality of a romantic relationship can impact emotional well-being. It also varies based on how much social support is available to the student and if the student uses counseling services. These factors are crucial for mental health assessment.

### 3. How does residence type affect one's stress level?

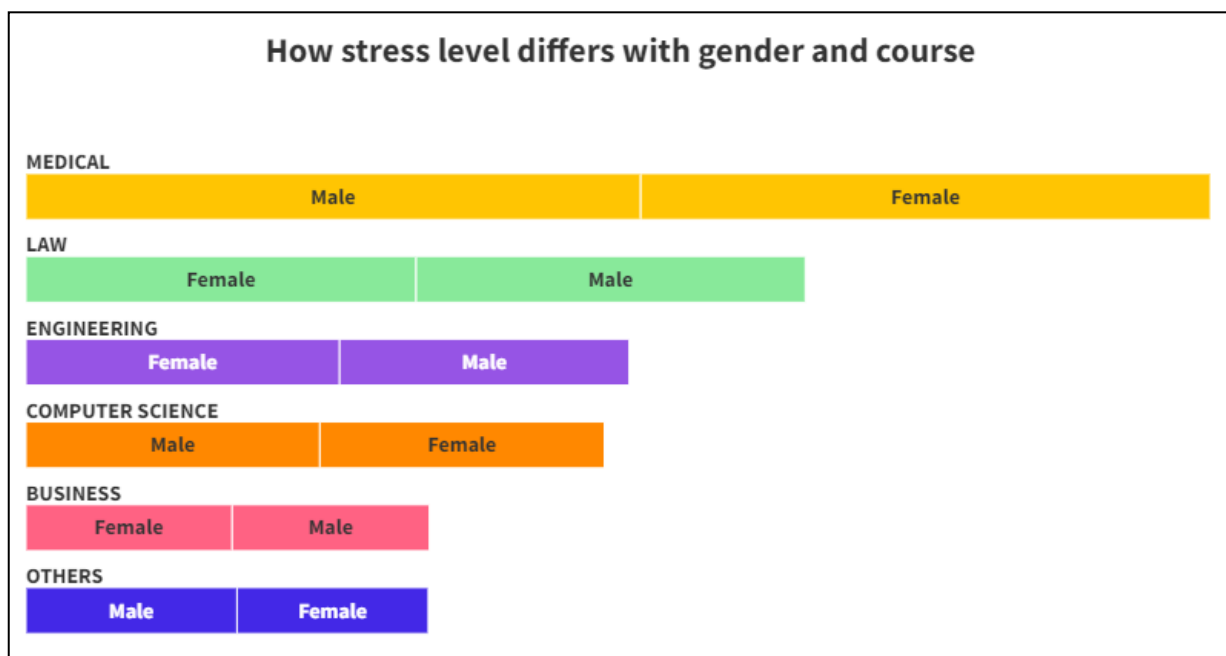
Link: <https://public.flourish.studio/visualisation/15463651/>



This graph illustrates how different living situations can affect stress levels. Living with supportive family members can lessen stress by offering emotional and practical help, whereas living alone might raise stress owing to a lack of social and emotional support, underscoring the important influence of family presence on stress levels. Each situation presents unique challenges, affecting an individual's stress levels differently. This relationship is thus important to visualize the data.

### 4. How stress level differs with gender and course?

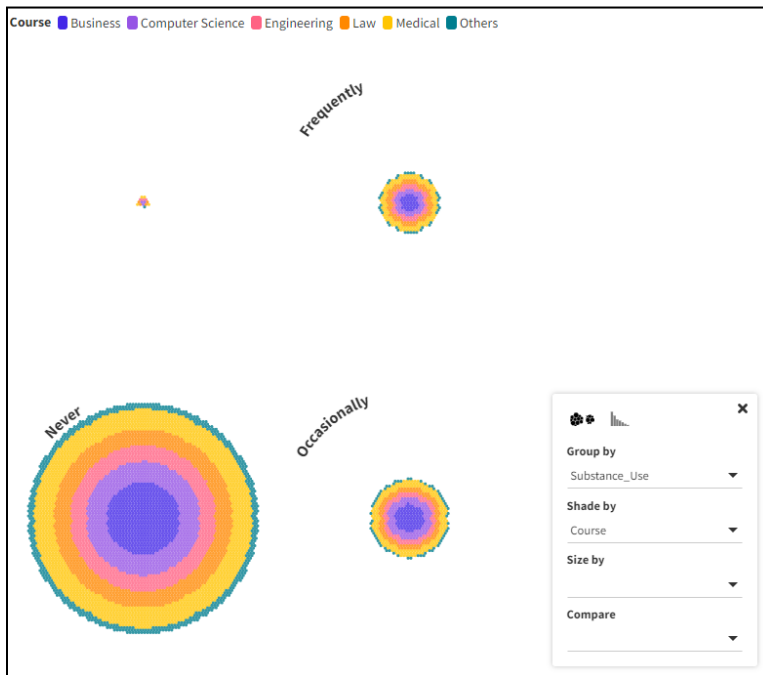
Link: <https://public.flourish.studio/visualisation/15462902/>



Stress levels are greatly influenced by the nature of a course, including workload, difficulty, and deadlines. Stress can be increased by difficult coursework or overbearing academic pressure, but supportive, well-balanced learning environments can assist reduce stress by encouraging productive coping mechanisms and a sense of accomplishment. Education programs might have varying effects on stress management depending on gender. The distribution of how a course and gender impacts stress levels is depicted in the following chart.

### 5. Does stress level lead to substance use?

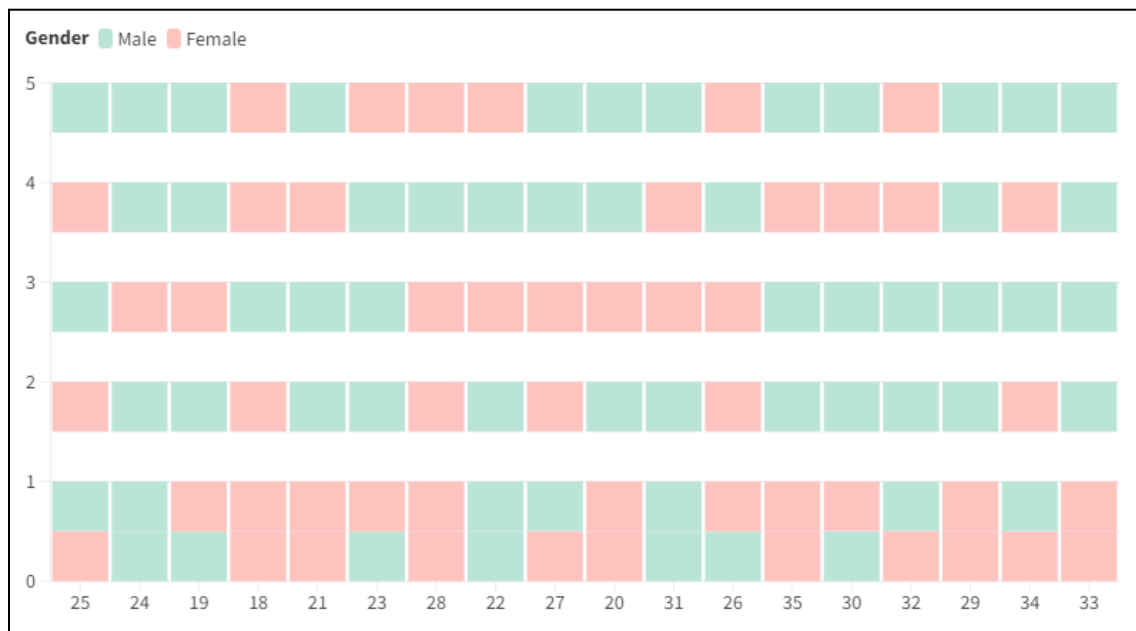
Link: <https://public.flourish.studio/visualisation/15464036/>



Stress can lead to substance use as individuals may turn to substances like alcohol or drugs in an attempt to cope, seeking temporary relief from stressors. Similarly, high stress levels can be caused by substance usage. This is an important factor for studying the student's mental health. This chart depicts what number of people have turned to use any kind of substance.

### 6. How does gender matter in stress level based on age?

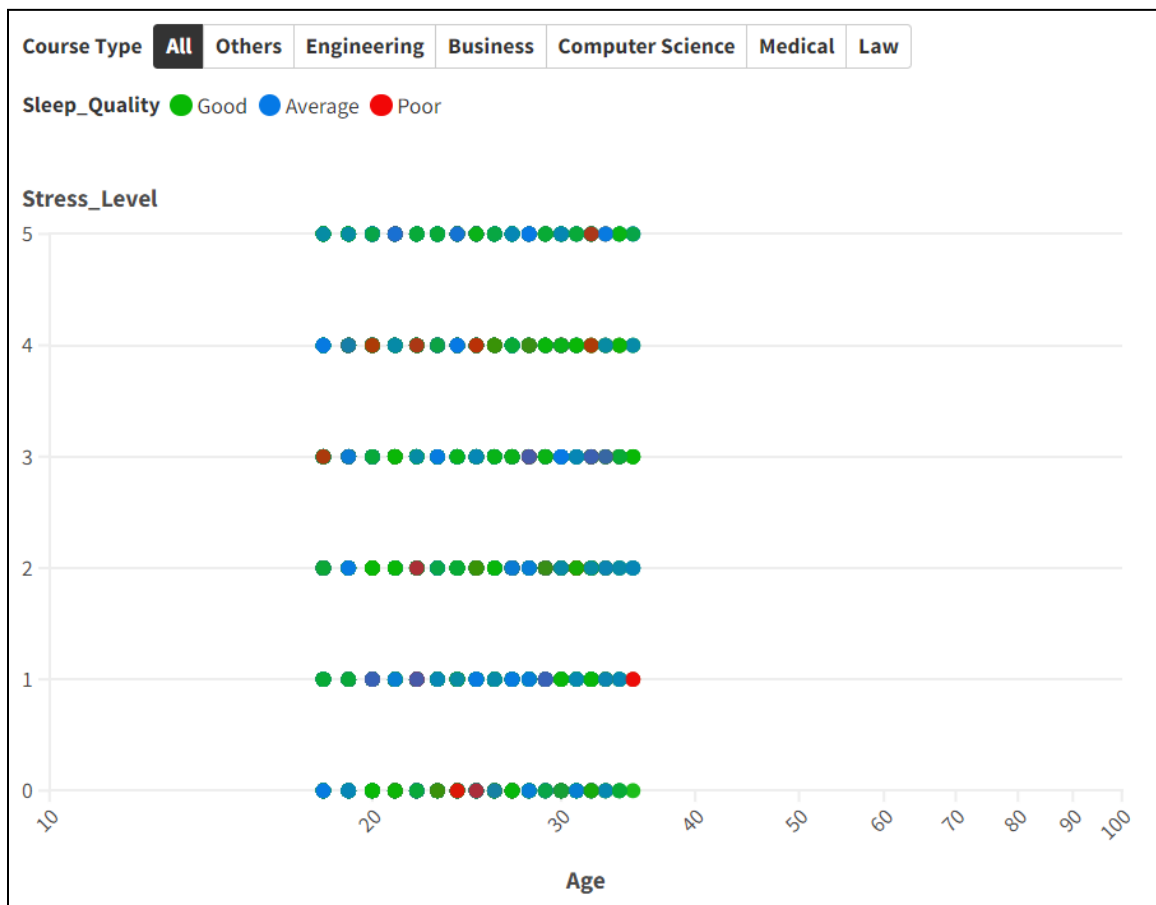
Link: <https://public.flourish.studio/visualisation/15465399/>



As students' progress, stress often shifts towards managing coursework, part-time jobs, and financial responsibilities, impacting both genders in their unique ways. This chart will help illustrates how stress levels change with age and how these patterns may vary between males and females.

### 7. How sleep quality is affected by stress?

Link: <https://public.flourish.studio/visualisation/15466699/>



Quality sleep plays a crucial role in regulating stress levels. Poor sleep can disrupt the body's stress hormones, leading to increased anxiety and irritability. Conversely, getting sufficient, restful sleep improves resilience to stress, enhances emotional well-being, and promotes overall mental health.