Capstone Two - Project Proposal:

The Impact of Social Media on Mental Health and Emotional Well-Being

Problem Statement Formation:

The project aims to investigate the correlation between the amount of time individuals spend on social media and its effects on their mental health and emotional well-being over the next six month. Specifically, it will predict the dominant emotions experienced by users and analyze survey data to identify patterns and clusters related to mental health risks.

Context:

With the increasing prevalence of social media, concerns about its impact on mental health have grown. This project seeks to provide a data-driven understanding of these impacts to inform healthier social media engagement strategies.

Criteria for Success:

Success will be measured by the ability to accurately predict users' dominant emotions based on social media usage data and identify meaningful clusters in survey responses that correlate with different mental health outcomes. The insights should be actionable and provide clear recommendations for users and mental health professionals.

Scope of Solution Space:

The project will encompass data collection, emotion prediction modeling, clustering analysis, and result interpretation. It will focus on social media usage patterns, self-reported emotional states, and survey responses related to mental health.

Constraints:

- Data privacy and ethical considerations in handling sensitive mental health data.
- Limited access to high-quality, comprehensive datasets.
- Potential biases in self-reported data and survey responses.

Stakeholders:

- Social media users seeking to understand the impact of their usage on mental health.
- Mental health professionals looking for data-driven insights.
- Social media companies aiming to promote healthier user engagement.
- Researchers in the fields of psychology and data science.

Data Sources:

- **Kaggle Social Media Usage and Emotional Well-Being Dataset:** Ideal for predicting the dominant emotion, with better results achievable by grouping emotions into positive, negative, or neutral categories.
- **Kaggle Social Media and Mental Health Dataset:** Suitable for clustering analysis to differentiate user profiles based on mental health indicators.