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rEPORT BY:

aRNAB DUTTA CHoudHuRY

S. aRAVIND

rAJAT gAUR

pROGRAMMING FOR DATA SCIENCE | Dr. Sudeep Mallick

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**Objective**

Assessing perception of people towards meditative practices in our society.

**Description**

Mediation and its benefits are one of the widely discussed topics all over the globe and there are different kinds of practices which are followed by different strata of the society. Our study aims at finding out the perception of people towards such meditative practices and its impact in their lives.

**Questionnaire Design**

The questionnaire for our analysis was designed by the group members. After a few iterations, the rough questions were put in a google form which was eventually rolled out post a successful test response.

**Data Collection Methodology**

Data which has been used in our analysis is Primary Data. It means that this is the fresh data which have been collected by rolling out the forms and reaching out to people for the filling the forms.

The approach which was taken to collect the data can be understood from the following bullet points: -

* Rolling out the final questionnaire via google forms.
* The forms were then rolled to contacts via WhatsApp.
* To get a good mix of respondents the forms were also rolled via social media platforms viz. Meta (formerly known as Facebook, Linkedin and Instagram.

**Questions to be answered via Data Analysis and Visualization based on the responses:**

Observing the basic questions based on preliminary analysis we would be able to answer the gender and age distribution of respondents and whether they meditate or not. Apart from that our objective through this analysis is to generate meaningful insights and trying to adress the following questions:-

Q1) What kind of practices are more often observed among the respondents.

Q2) Which is the primary reason for not doing meditation or unable to bring consistency in meditative practices in one’s life?

Q3) Is there any trend or relation between the age of people and doing meditation?

Q4) What are the effects of meditaion pertainnig to the well being factors in one’s life?

Q5) Which Meditative practice among the listed ones have shown better results in terms of perception about the well being factors?

Q6) Among all the well-being factors, for which two factors the perception of people who do not meditate have been observed as worst. Compare the perception for these two factors with the people who meditate and who don’t.

**Limitations in our Study**

While analysis the data in R, we came across certain limitations which should have been handled more effectively. They have been mentioned below: -

1. **Putting more clarity in questions.**

For instance, in Question – “If you don’t meditate, please select the reason?”, we got the results which we did not anticipate for. We got to know that people who selected they meditate have also given a reason. After talking to random participants who responded in this fashion, we realised that they responded thinking the reason for not maintaining consistency. We could have clarified the question to get more fair responses to eliminate degree of confusion.

1. **Including continuous data in our questionnaire**

In order to maintain the visual flow of respondents, we thought of including categorical questions but while we were analysis the data we realised that at least a few responses could have been in continuous fashion as well such as age so that we could have analysed the correlation among variables more effectively.

**Future Scope of Work**

In order to continue the research and to build a build a suitably fit model, one can include a much larger dataset having mix of different classes (students, working professionals, etc.). Along with that inclusion of more continuous data will help the study to give more clarity to inferences and will build a firm foundation to conclude the impact the meditative practices on our lives.