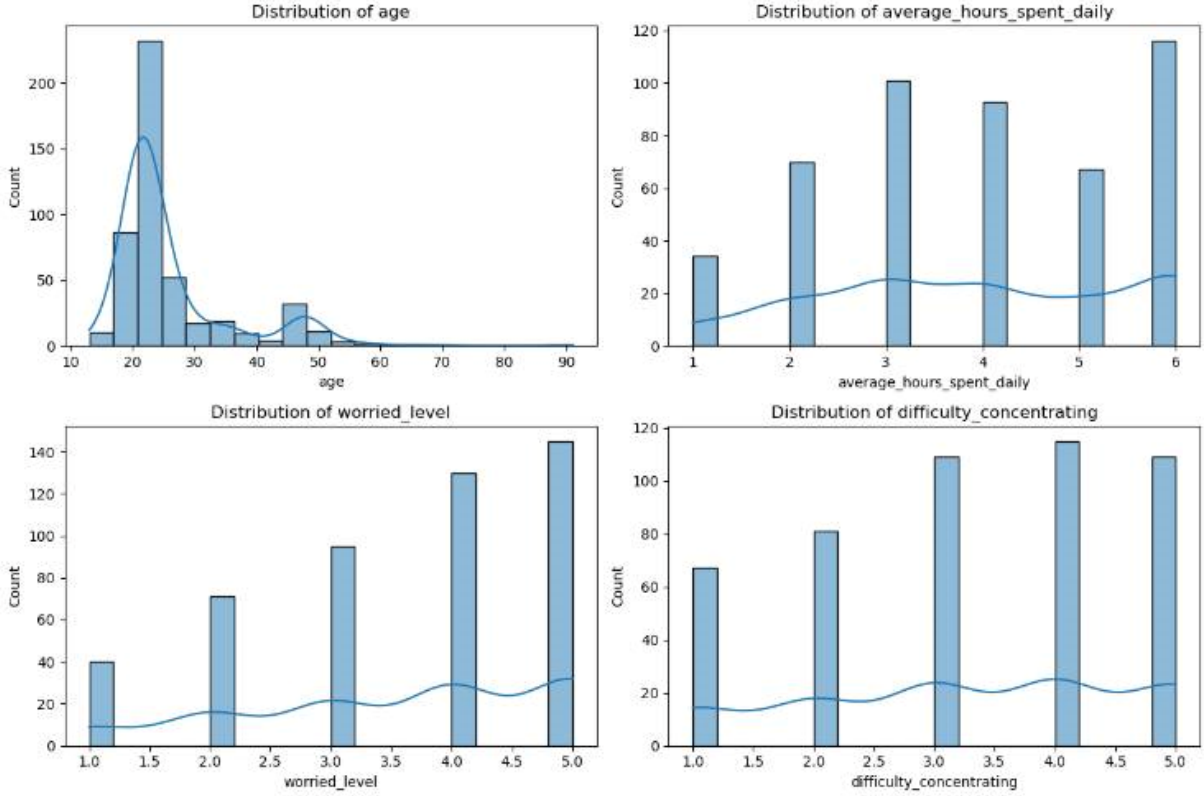
Report on the data distribution

Social media has been linked to depression, anxiety, and loneliness.
Recent studies suggest that people who frequently use social media feel more depressed and less happy with life than those who spend more time on non-screen-related activities.
We conducted the data linking social media usage and its impact on mental health. The results of this analysis are illustrated in the accompanying histograms, columns, and pie charts.

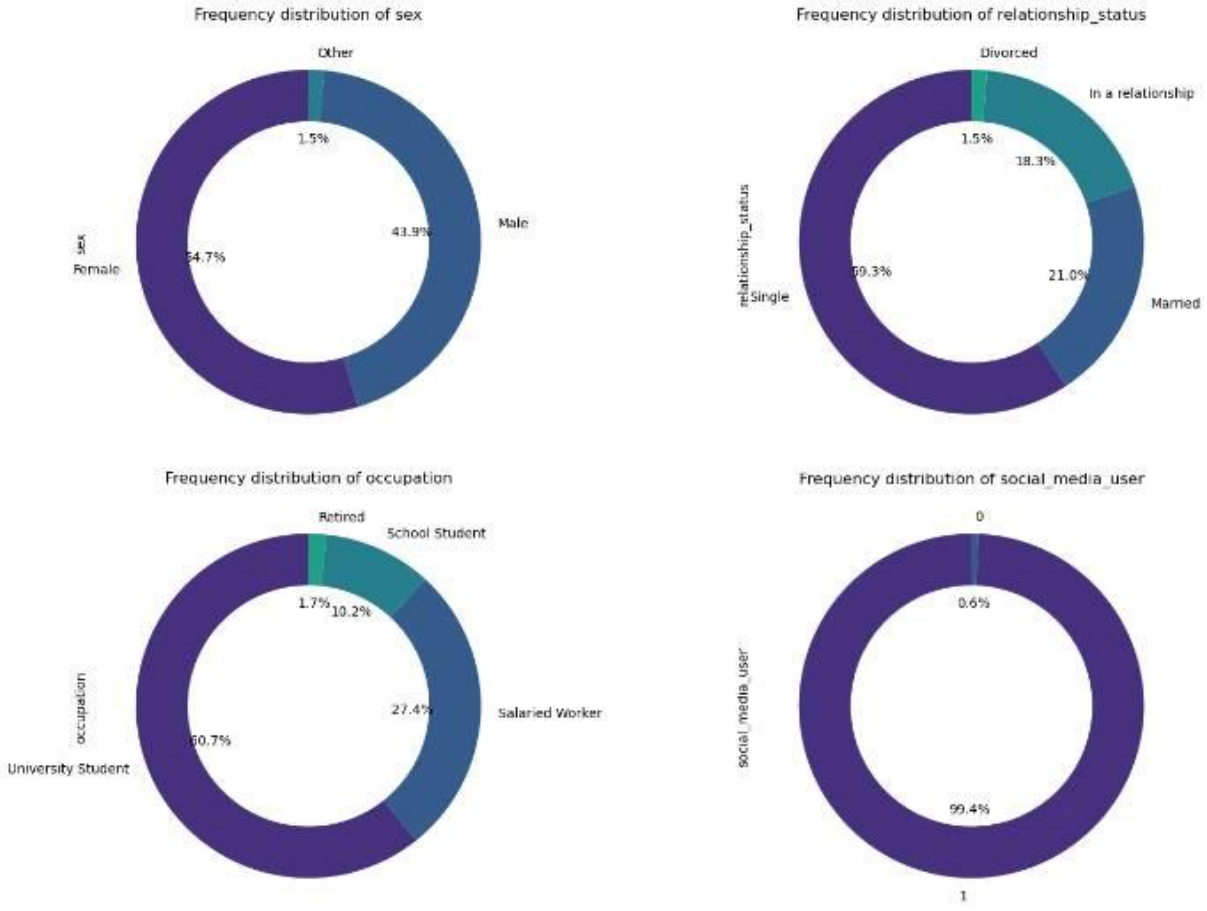


1. These histograms are related to social media and its impact on mental health.

- **Age distribution**: The first histogram shows that the participants are mostly **young** (between 13 and 30 years old). According to a 2018 study, young adults are the most active users of social media and also the most vulnerable to its negative effects on mental health. They may experience more **stress**, **anxiety**, **depression**, and **low self-esteem** due to social comparison, cyberbullying, and online harassment.
- **Average hours spent daily**: The second histogram shows that the participants spend an average of **6 hours** per day on social media. According to a 2019 study, spending more than 3 hours per day on social media is associated with **poor sleep quality**, **reduced attention span**, and **increased risk of addiction**. These factors can impair cognitive functioning and emotional regulation, leading to more mental health problems.
- **Worry level**: The third histogram shows that the participants have a high level of **worry** (between 7 and 10 on a scale of 1 to 10). According to a 2020 study, worry is a common symptom of **generalized anxiety disorder** (GAD), which affects about 4 percent of the population. Social media use can trigger or worsen worry by exposing users to **negative news**, **fear of missing out** (FOMO), and **social pressure**.
- **Difficulty concentrating**: The fourth histogram shows that the participants have a high level of **difficulty concentrating** (between 7 and 10 on a scale of 1 to 10). According to a 2021 article, difficulty concentrating is a common sign of **attention**

deficit hyperactivity disorder (ADHD), which affects about 5 percent of the population. Social media use can cause or exacerbate difficulty concentrating by **distracting** users from their tasks, **overstimulating** their brains, and **reducing** their motivation.

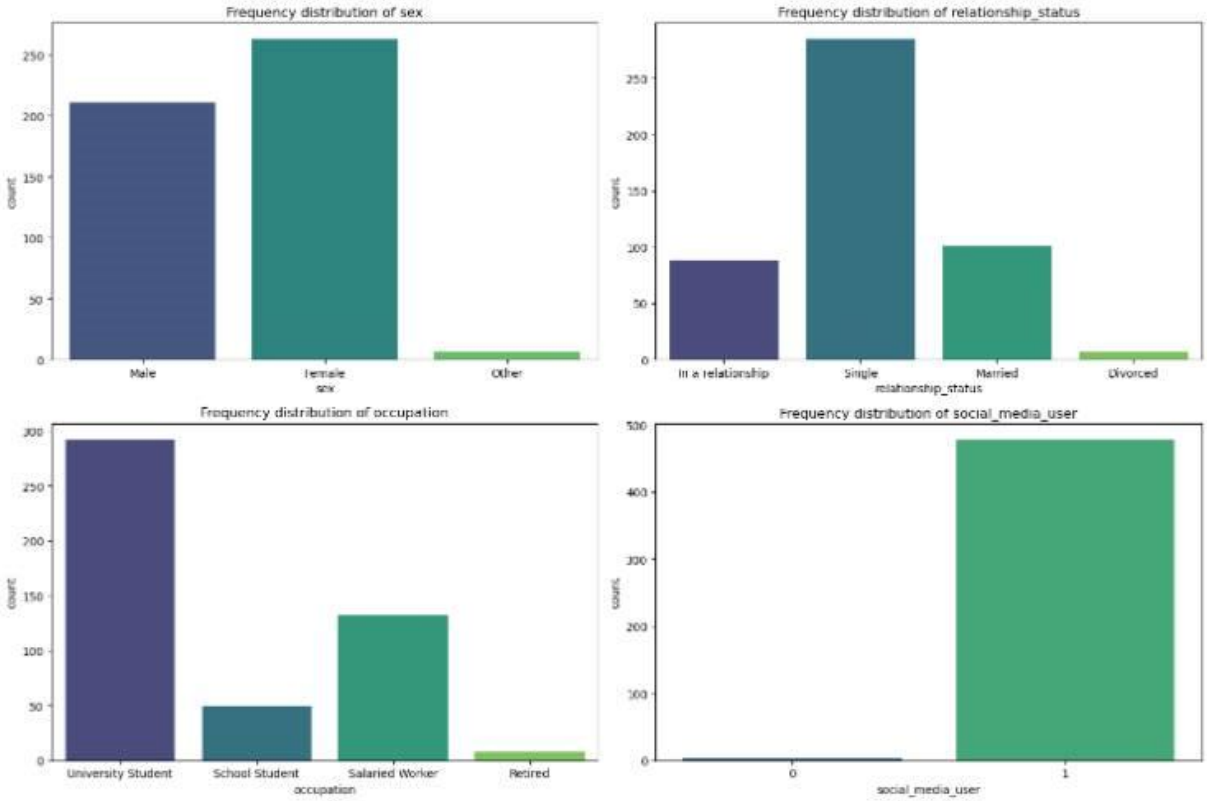
These histograms suggest that there is a **correlation** between social media use and mental health outcomes.



1. These pie charts are related to social media and its impact on mental health.

- **Sex distribution**: The first pie chart shows that there are slightly more **male** than **female** participants in the study. According to a 2018 study, women tend to use social media more frequently and intensely than men and are more likely to experience negative effects such as depression, anxiety, and body dissatisfaction.

- **Relationship status distribution**: The second pie chart shows that most of the participants are **single**, followed by **married**, **divorced**, and **in a relationship**. According to a 2019 study, social media use can have both positive and negative effects on romantic relationships, depending on how it is used. For example, social media can enhance intimacy and communication, but also increase jealousy and conflict.
- **Occupation distribution**: The third pie chart shows that the majority of the participants are **university students**, followed by **salaried workers** and **school students**. According to a 2020 study, social media use can affect the academic performance and well-being of students, depending on the type, frequency, and purpose of use. For example, social media can facilitate learning and collaboration, but also distract and stress students.
- **Social media use distribution**: The fourth pie chart shows that most of the participants are **social media users**, while only a few are **non-social media users**. According to a 2021 article, social media use can have both positive and negative impacts on mental health, depending on how it is used. For example, social media can provide social support and resources, but also trigger addiction and isolation.



3.These histograms are related to social media and its impact on mental health.

- **Sex distribution**: The first histogram shows that there are more **females** and **others** than **males** in the data set. According to a 2018 study, females and non-binary individuals tend to experience more **cyberbullying**, **body dissatisfaction**, and **depression** than males due to social media use.
- **Relationship status distribution**: The second histogram shows that most of the participants are **single** or **in a relationship**, followed by **married**, **divorced**, and **widowed**. According to a 2019 study, social media use can affect the quality and stability of romantic relationships, depending on the level of **trust**, **communication**, and **conflict** between partners.
- **Occupation distribution**: The third histogram shows that the majority of the participants are **university students** or **salaried workers**, followed by **school students** and **retired** individuals. According to a 2020 study, social media use can influence the productivity and well-being of workers and students, depending on the type of **content**, **purpose**, and **frequency** of use.
- **Social media user distribution**: The fourth histogram shows that most of the participants are **social media users**, while only a few are **non-social media users**. According to a 2021 article, social media use can have both positive and negative impacts on mental health, depending on the **duration**, **diversity**, and **balance** of use.

These charts provide some basic information about the characteristics of the participants in the study. However, they do not show the relationship between social media use and mental health outcomes. To answer that question, we would need more data and analysis. For example, we could use statistical methods to test if there is a significant difference in mental health scores between social media users and non-social media users, or between different groups of sex, relationship status, or occupation. We could also use graphical methods to visualize the distribution of mental health scores across different categories of social media use or other factors. These methods would help us to understand the impact of social media on mental health more clearly and accurately.