

STUDENT DEPRESSION AND WELL-BEING : A DATA-DRIVEN ANALYSIS

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INTRODUCTION

This analysis focuses on understanding the factors contributing to student depression by examining a dataset containing details on gender, age, academic pressure, study satisfaction, sleep patterns, dietary habits, financial stress, and family history of mental illness.

Dataset Summary

- Source: Kaggle depression student dataset.
dataset link - <https://www.kaggle.com/datasets/ikynahidwin/depression-student-dataset>
- Key Variables:
 - Gender, Age: Demographic factors.
 - Academic_Pressure, Study_Satisfaction: Indicators of academic well-being.
 - Sleep_Duration, Dietary_Habits: Lifestyle factors.
 - Financial_Stress, Family_History: Stress indicators.
 - Depression, Suicidal_Thoughts: Mental health outcomes.



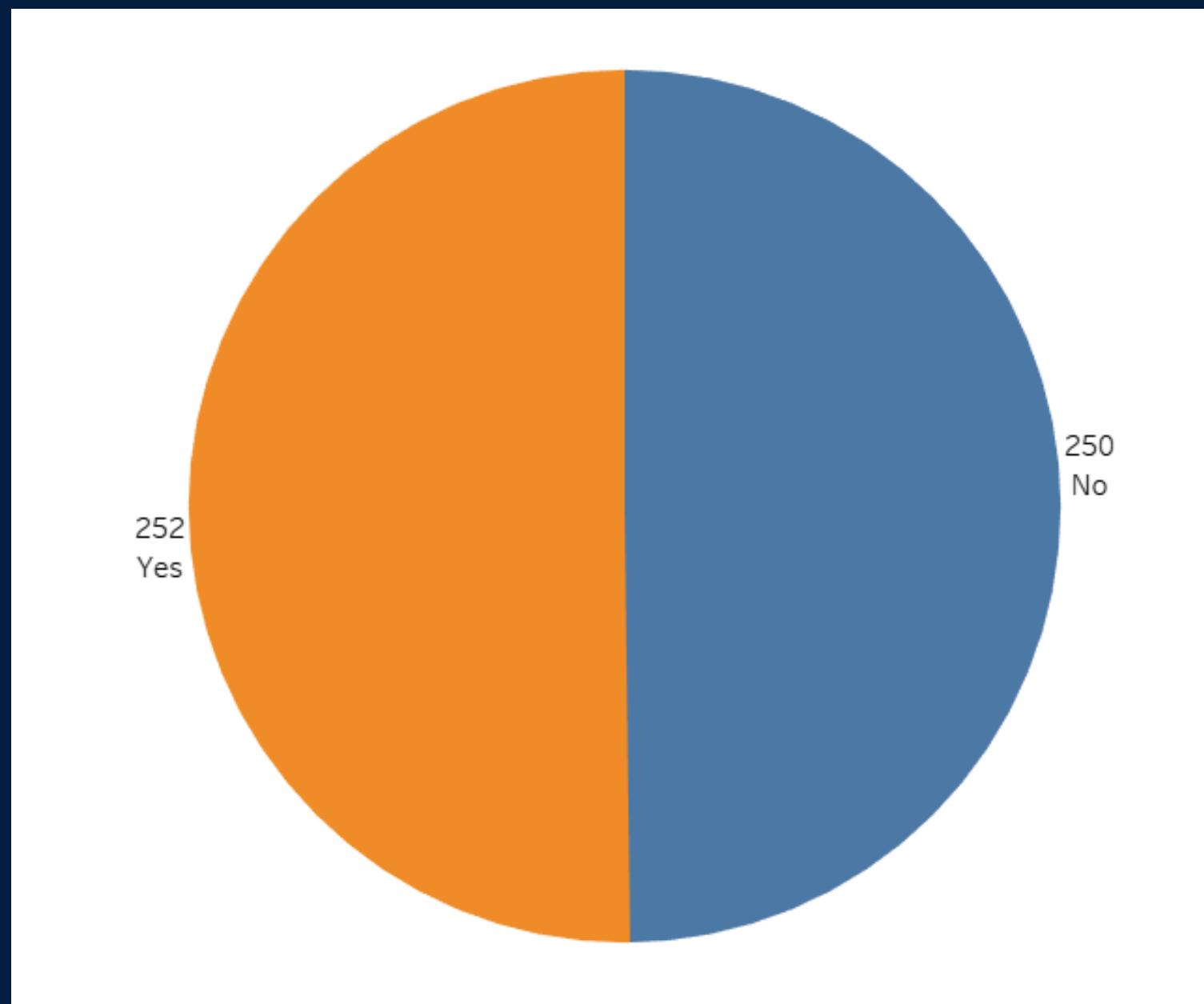
Depression Distribution

- Approximately 50.2% of participants reported experiencing depression.
- The remaining 49.8% of participants did not report depression.

```
1 • SELECT
2     Depression, COUNT(*) AS depression_count
3 FROM
4     depression_school_data
5 GROUP BY Depression;
```

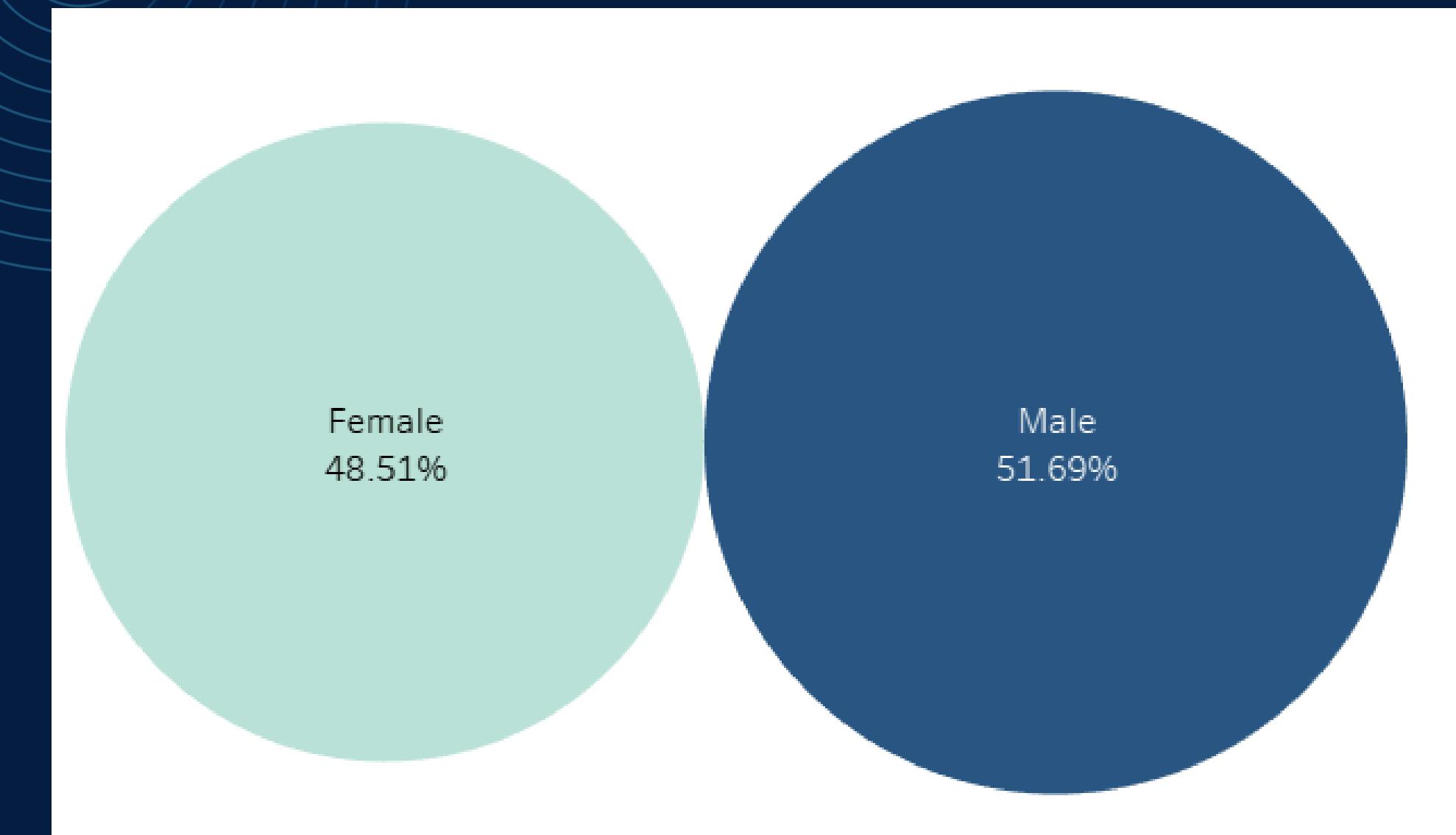
Result Grid | Filter Rows: Export: Wrap Cell Content:

	Depression	depression_count
▶	No	250
	Yes	252



Gender and Depression

It reveals that Males have a higher percentage of depression cases (51.69%) compared to Females (48.51%).

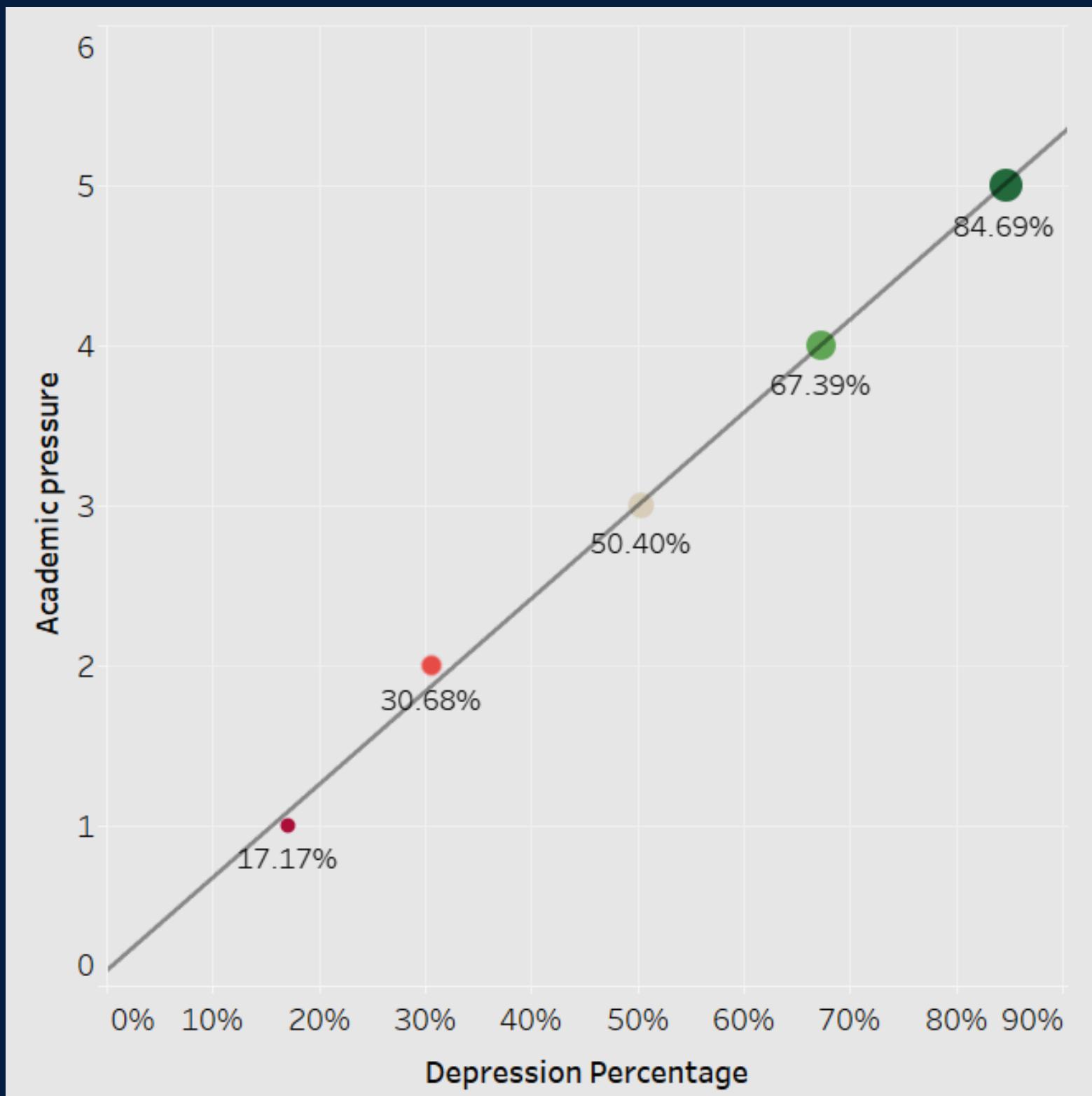
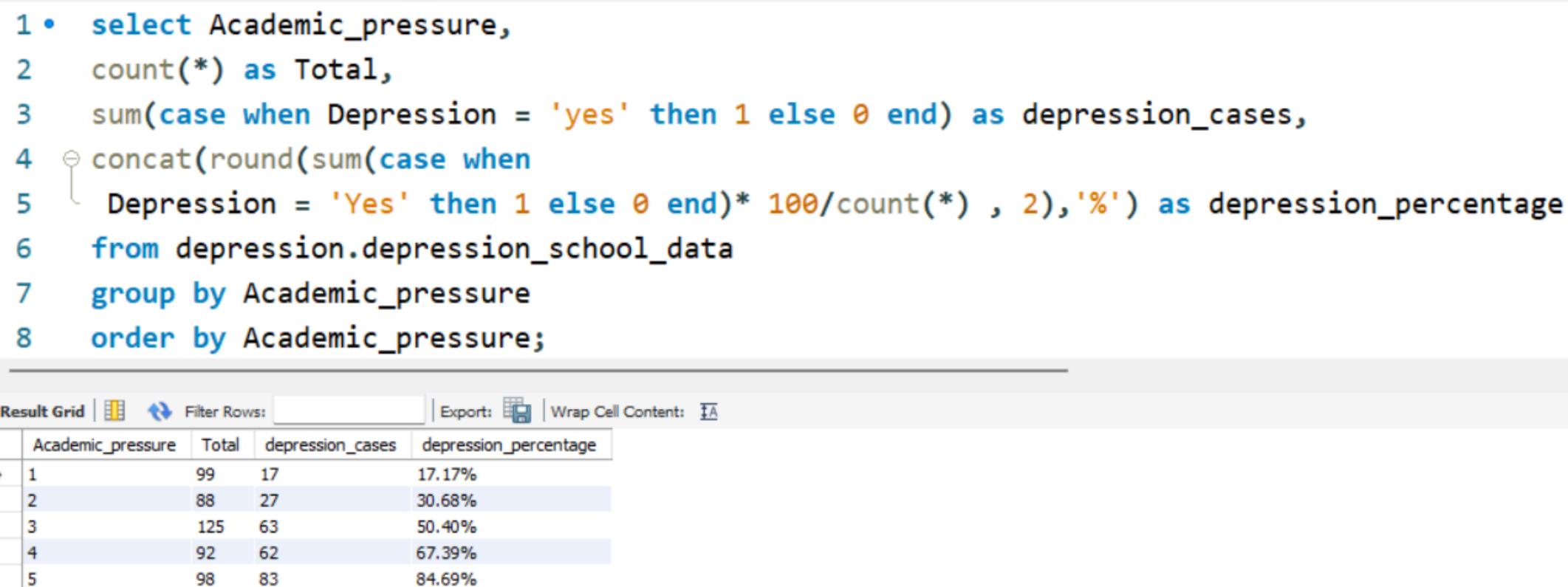


```
1 • select Gender,
2   count(*) as Total,
3   sum(case when Depression = 'yes' then 1 else 0 end) as depression_cases,
4   concat(round(sum(case
5     when Depression = 'Yes' then 1 else 0 end ) * 100/ count(*), 2 ), '%') as depression_percentage
6   from depression.depression_school_data
7   group by gender
8   order by depression_percentage desc;
```

Result Grid				
	Gender	Total	depression_cases	depression_percentage
▶	Male	267	138	51.69%
	Female	235	114	48.51%

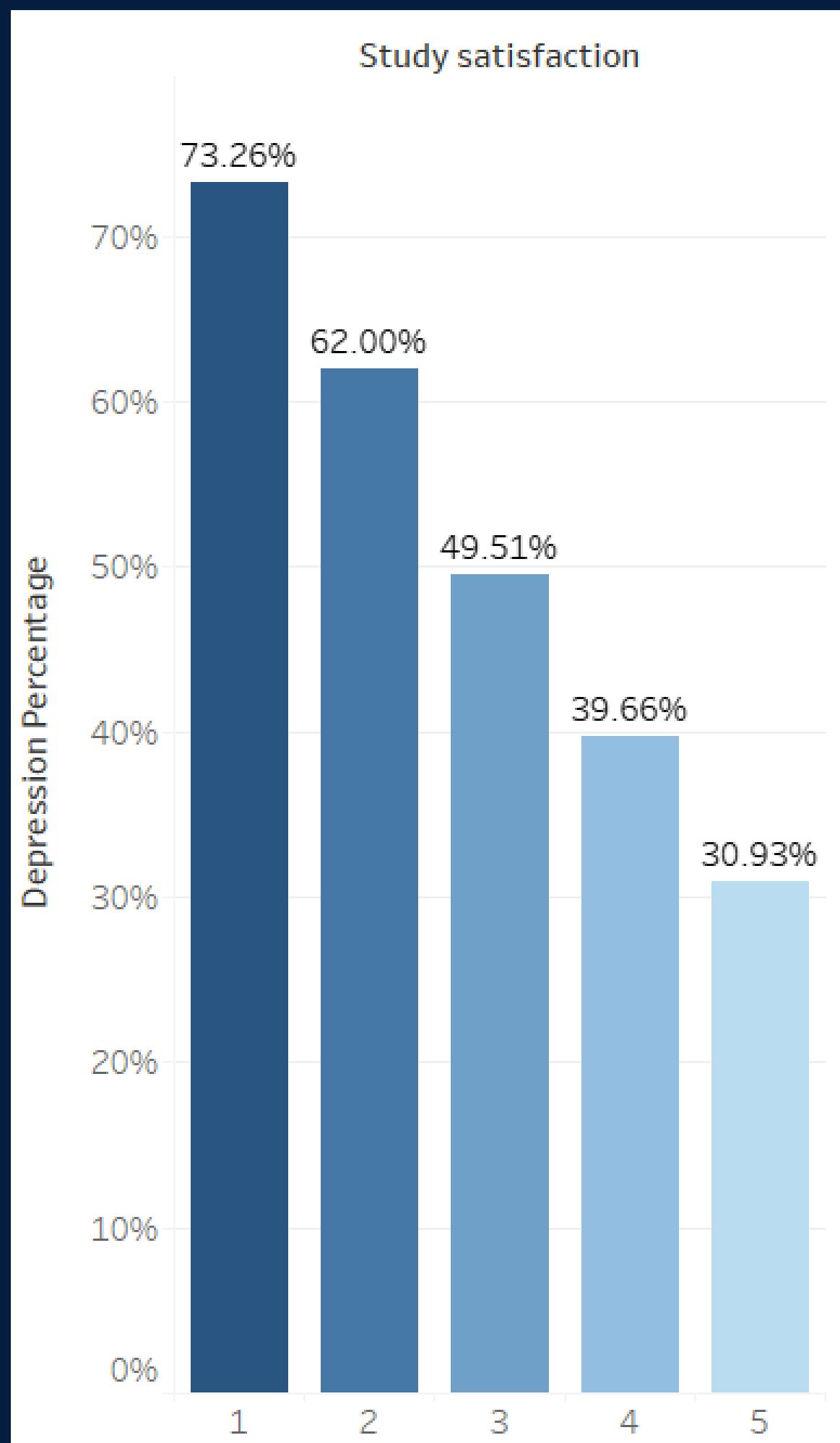
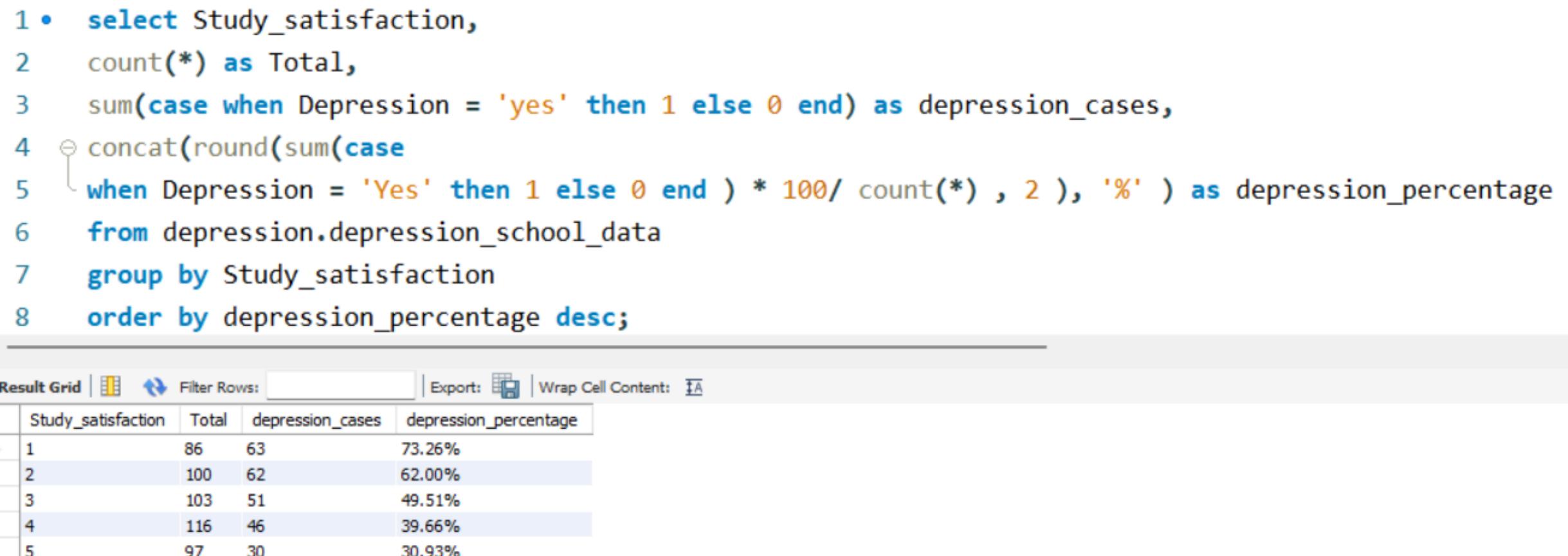
Academic Pressure and Depression

- There seems to be a positive correlation between academic pressure and the chances of students experiencing depression.
- Most Depression: Students with the highest academic pressure (level 5) have the most depression, at 84.69%.
- Least Depression: Students with the lowest academic pressure (level 1) have the least depression, at 17.17%.



Study satisfaction and Depression

- Students with lower study satisfaction report higher depression rates, with 73.26%. Conversely, the most satisfied students show the lowest depression rate at 30.93%, emphasizing the importance of academic satisfaction for mental health.



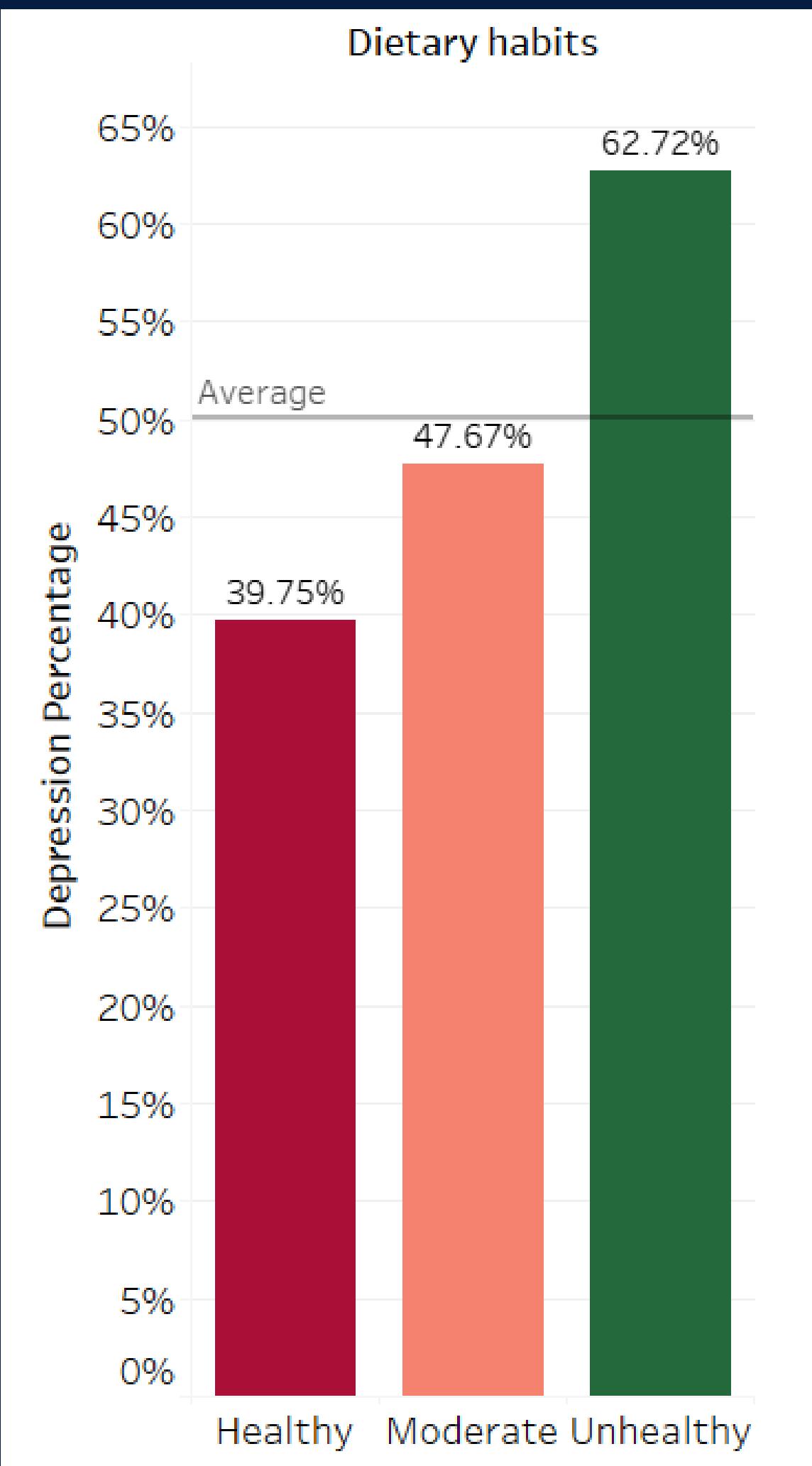
Dietary Habits and Mental Health

Students with unhealthy dietary habits has the highest depression rates (62.72%), while with healthy diets have the lowest (39.75%).

This suggests a strong link between dietary habits and mental health.

```
1 • select Dietary_habits,
2   count(*) as Total,
3   sum(case when Depression = 'yes' then 1 else 0 end) as depression_cases,
4   concat(round(sum(case
5     when Depression = 'Yes' then 1 else 0 end ) * 100/ count(*), 2 ), '%') as depression_percentage
6   from depression.depression_school_data
7   group by Dietary_habits
8   order by depression percentage desc;
```

Result Grid			
Dietary_habits	Total	depression_cases	depression_percentage
Unhealthy	169	106	62.72%
Moderate	172	82	47.67%
Healthy	161	64	39.75%



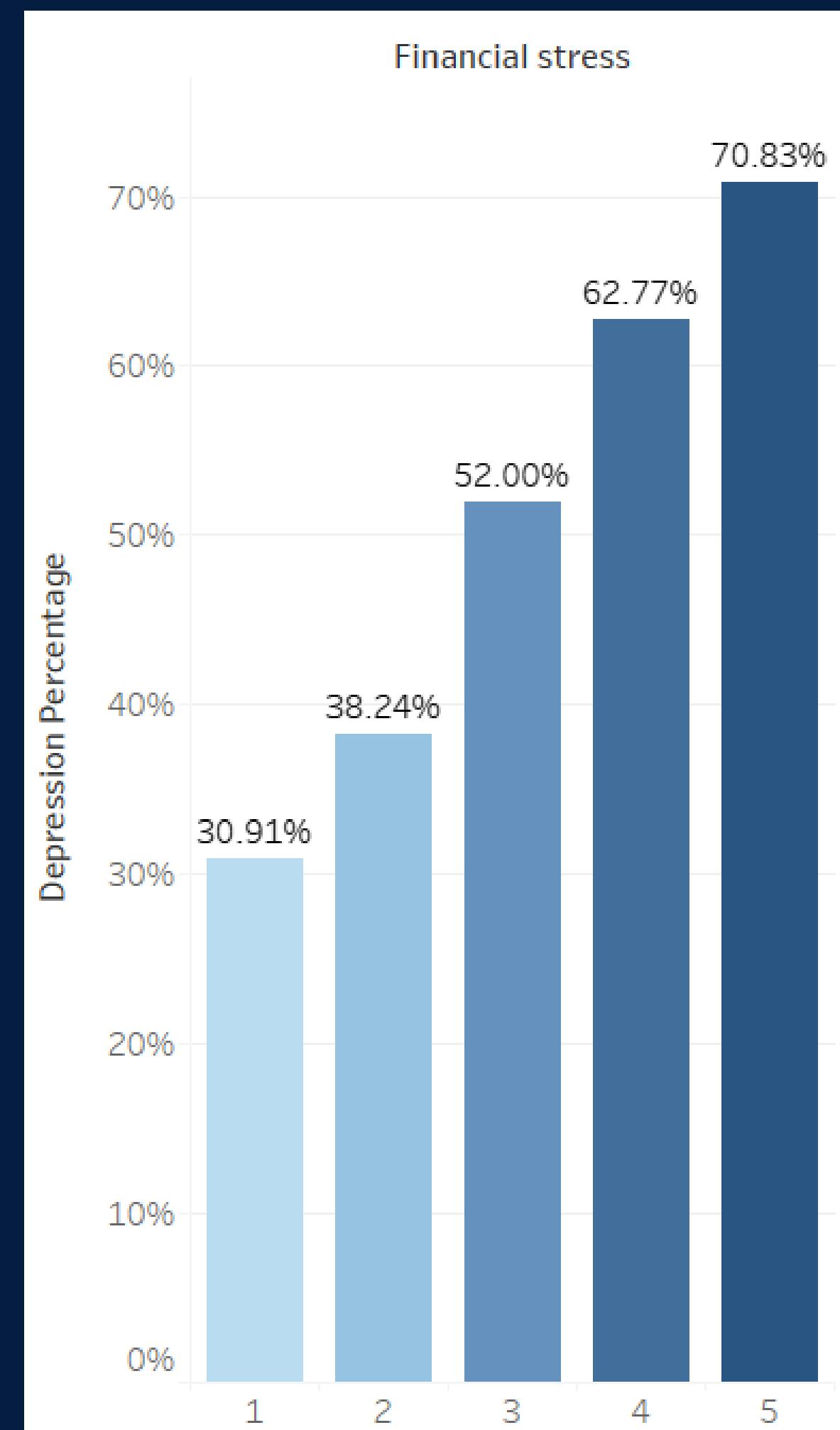
Impact of financial stress on Depression

There is a strong link between financial stress and depression. As financial stress increases, so does the likelihood of depression.

```
1 • select Financial_stress,  
2   count(*) as Total,  
3   sum(case when Depression = 'yes' then 1 else 0 end) as depression_cases,  
4   concat(round(sum(case when  
5     Depression = 'Yes' then 1 else 0 end ) * 100/ count(*), 2 ), '%') as depression_percentage  
6   from depression.depression_school_data  
7   group by Financial_stress  
8   order by depression_percentage desc;
```

Result Grid | Filter Rows: Export: Wrap Cell Content:

	Financial_stress	Total	depression_cases	depression_percentage
▶	5	96	68	70.83%
	4	94	59	62.77%
	3	100	52	52.00%
	2	102	39	38.24%
	1	110	34	30.91%



VISUAL SUMMARY

01

Depression by Gender:

Males: 51.69%,

Females: 48.51%.

02

Academic Pressure:

Level 5: 84.69%,

Level 1: 17.17%.

03

Study Satisfaction:

Low Satisfaction: 73.26%,

High Satisfaction: 30.93%.

04

Dietary Habits:

Unhealthy: 62.72%,

Healthy: 39.75%.



KEY FINDINGS

1. Depression by Gender -

Males reported slightly higher depression rates (51.69%) compared to females (48.51%).

2. Impact of Academic Pressure -

Depression rates increased with academic pressure, peaking at 84.69% for students experiencing the highest level (Level 5).

3. Study Satisfaction -

Students with low satisfaction levels reported a depression rate of 73.26%, compared to 30.93% among those with high satisfaction.

4. Dietary Habits -

Students with unhealthy diets showed a depression rate of 62.72%, whereas those with healthy diets reported only 39.75%.

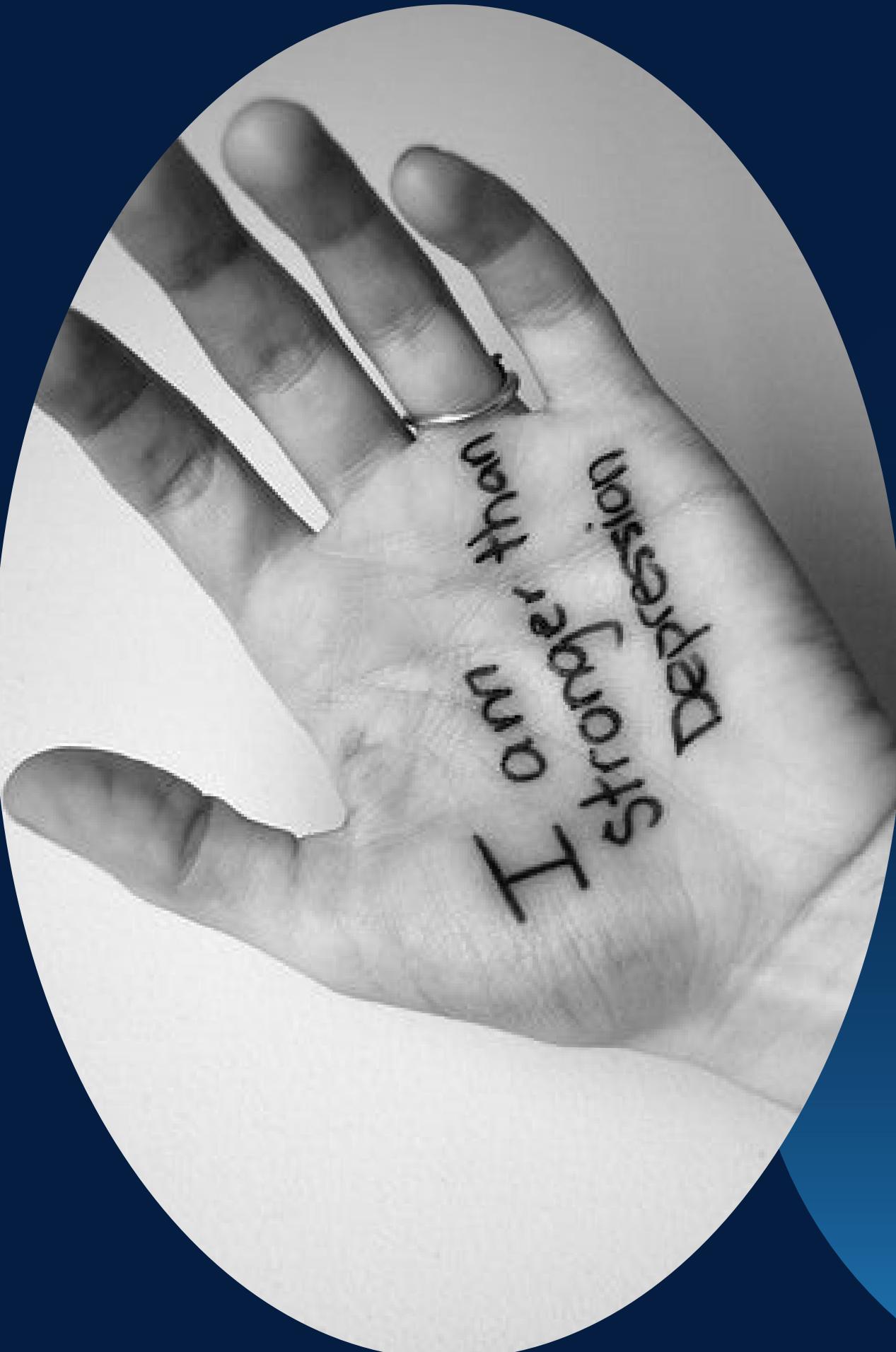
5. Financial Stress -

Depression likelihood increased significantly with financial stress.



GET RID OF DIPRESSION

- Aim for 7-8 hours of sleep per night. Consistent sleep schedules help regulate mood and cognitive function.
- Break down academic tasks into smaller, manageable goals to avoid feeling overwhelmed.
- Regular physical exercise releases endorphins and reduces stress, which can significantly improve mood.
- Stay connected with friends and family. Social support plays a critical role in mental health.
- A healthy diet supports overall well-being and mood regulation.
- Practice relaxation techniques to manage stress effectively, such as deep breathing, meditation, or mindfulness.
- If depression symptoms persist, seek professional help from a counselor or therapist.



SUPPORT IN DEPRESSION

Helplines

1. National Helpline for Mental Health:

Mental Health Support Helpline (KIRAN):

Phone: 1800-599-0019

2. Suicide Prevention Helplines:

aasra helpline (For suicide prevention):

Phone: 91-9820466726

3. Vandrevala Foundation:

Phone: +91 9999 666 555

Online Therapy Platforms:

1. YourDOST:

Website: www.yourdost.com

Offers counseling and mental health support via chat, call, or video, connecting users to professional counselors and psychologists.

2. Therapify:

Website: <https://therapifyindia.com>

Offers online therapy sessions with certified counselors and psychologists.

NGO Support for Mental Health:

1. The Live Love Laugh Foundation:

www.thelivelovelauthfoundation.org

Focuses on creating awareness around mental health issues, providing support, and guiding individuals to the right resources.

2. Mental Health Foundation India (MHFI):

<https://mhfi.in/>

A non-profit organization working for mental health awareness and providing help through various programs.

Reach out early: If you or someone you know is struggling with depression or mental health issues, it's essential to reach out for help at the earliest. Early intervention can prevent worsening symptoms.

Thank's For Watching

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