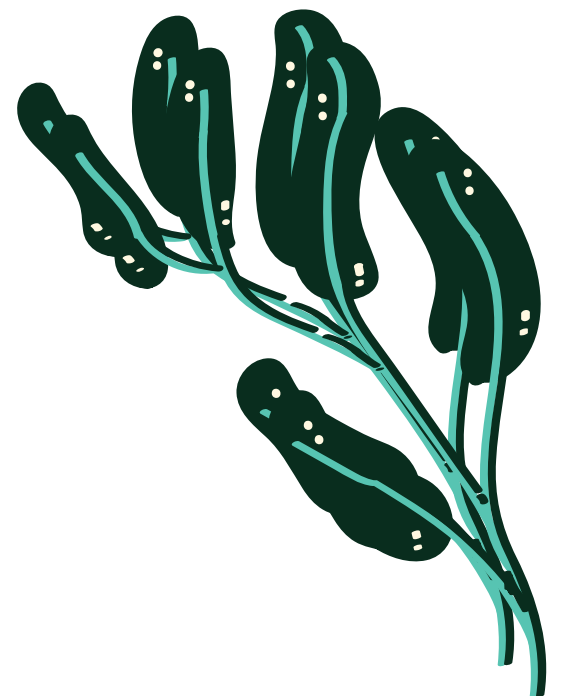
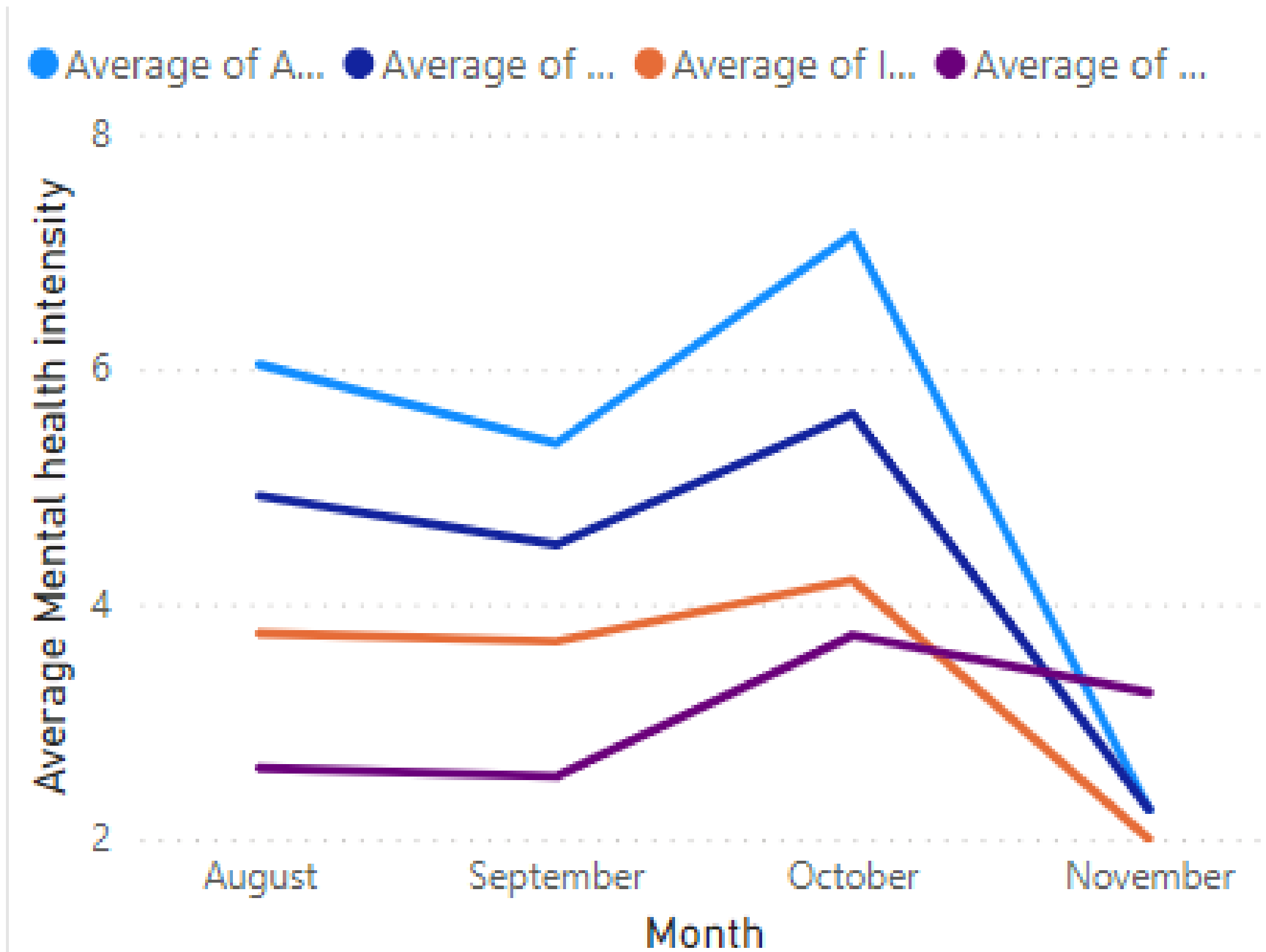


MUSIC AND MENTAL HEALTH ANALYSIS

Author: Scholar Chepkirui

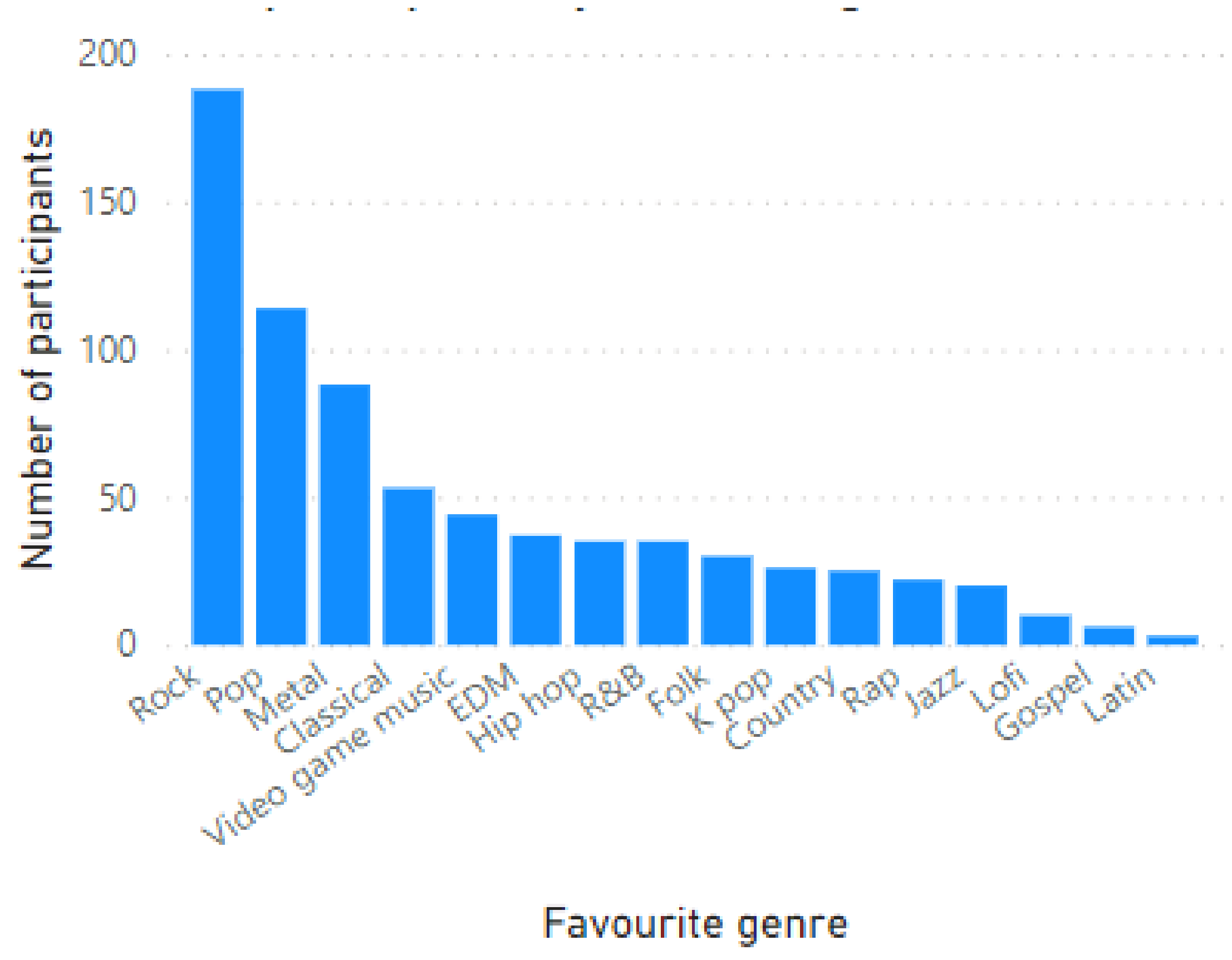


Trend of mental health intensity



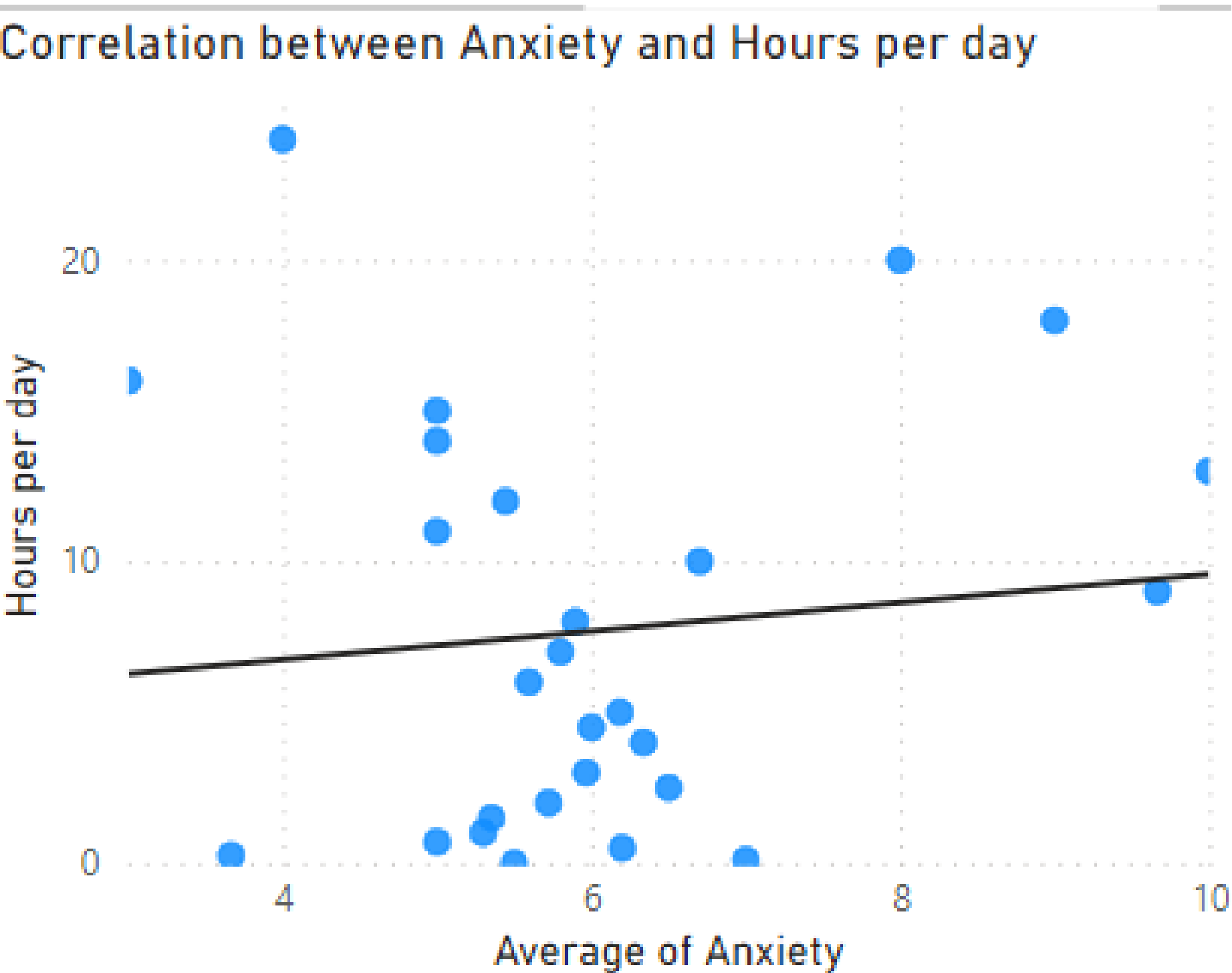
There was a high average mental health intensity during the month of October. Generally, the feelings of anxiety are the highest while the feelings of OCD are the lowest.

Number of participants by favourite genre

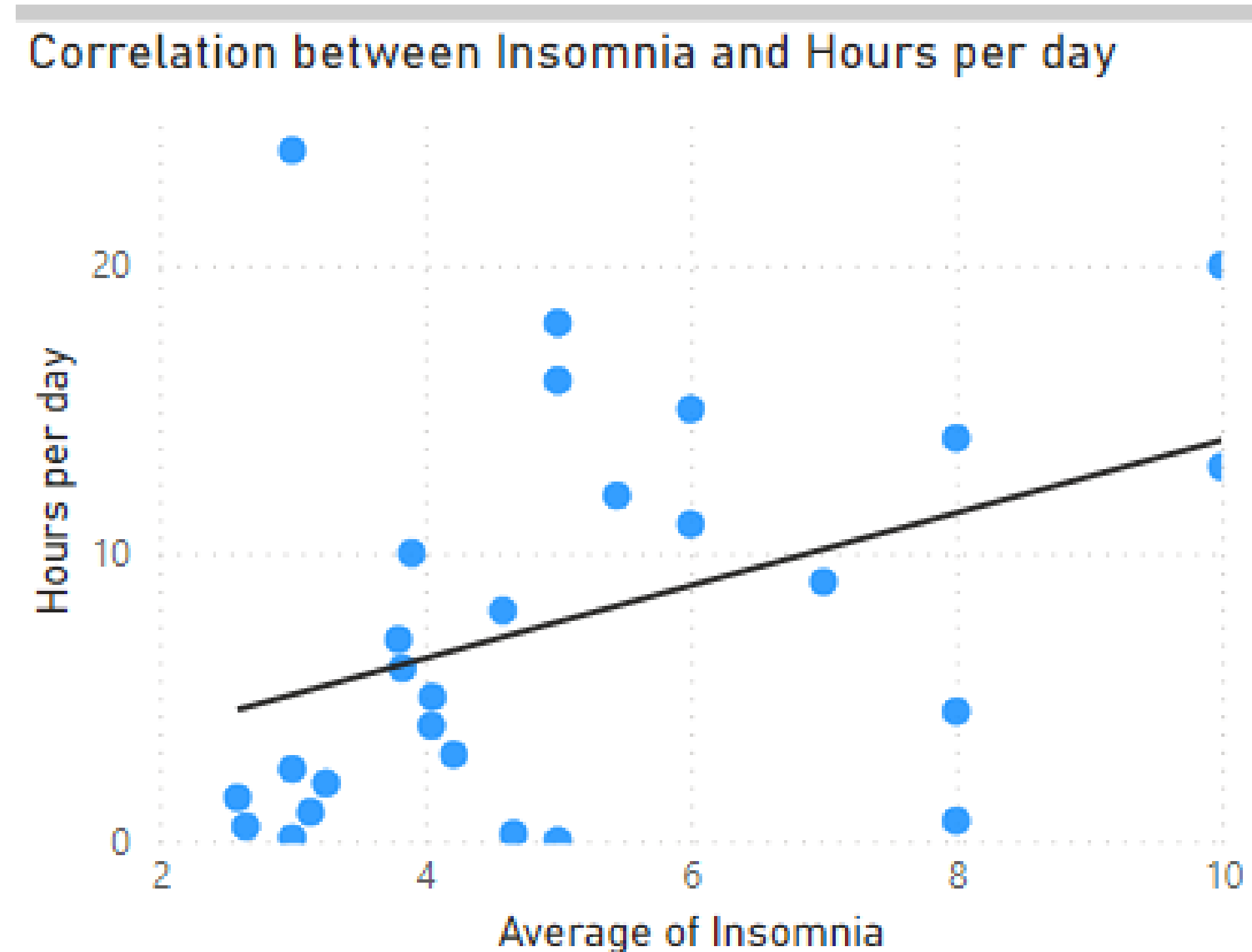


The favourite genres of most participants are Rock and Pop. A few participants like Lofi, Gospel and Latin.

Correlation between mental health and hours per day

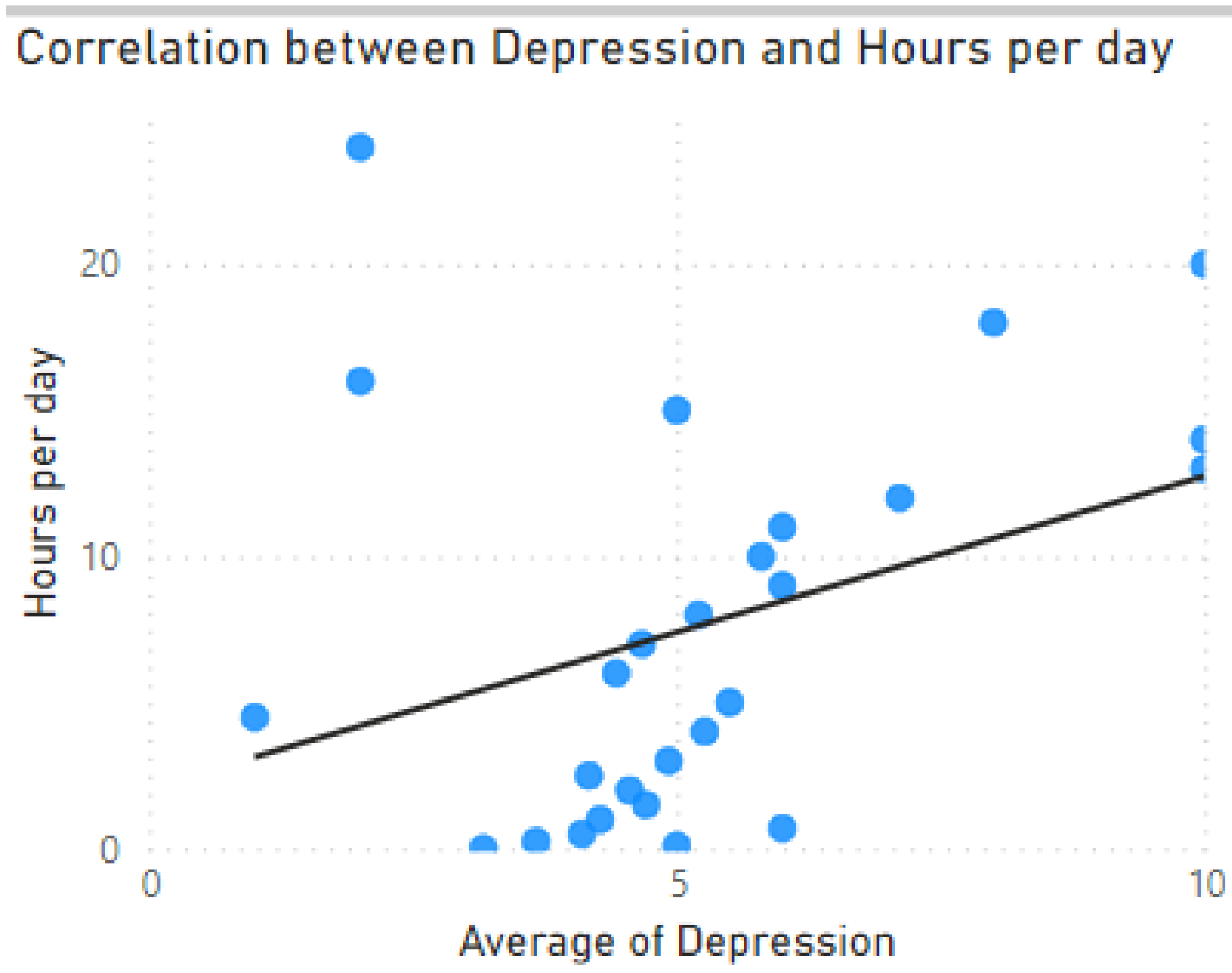


Low positive correlation between anxiety and hours per day.

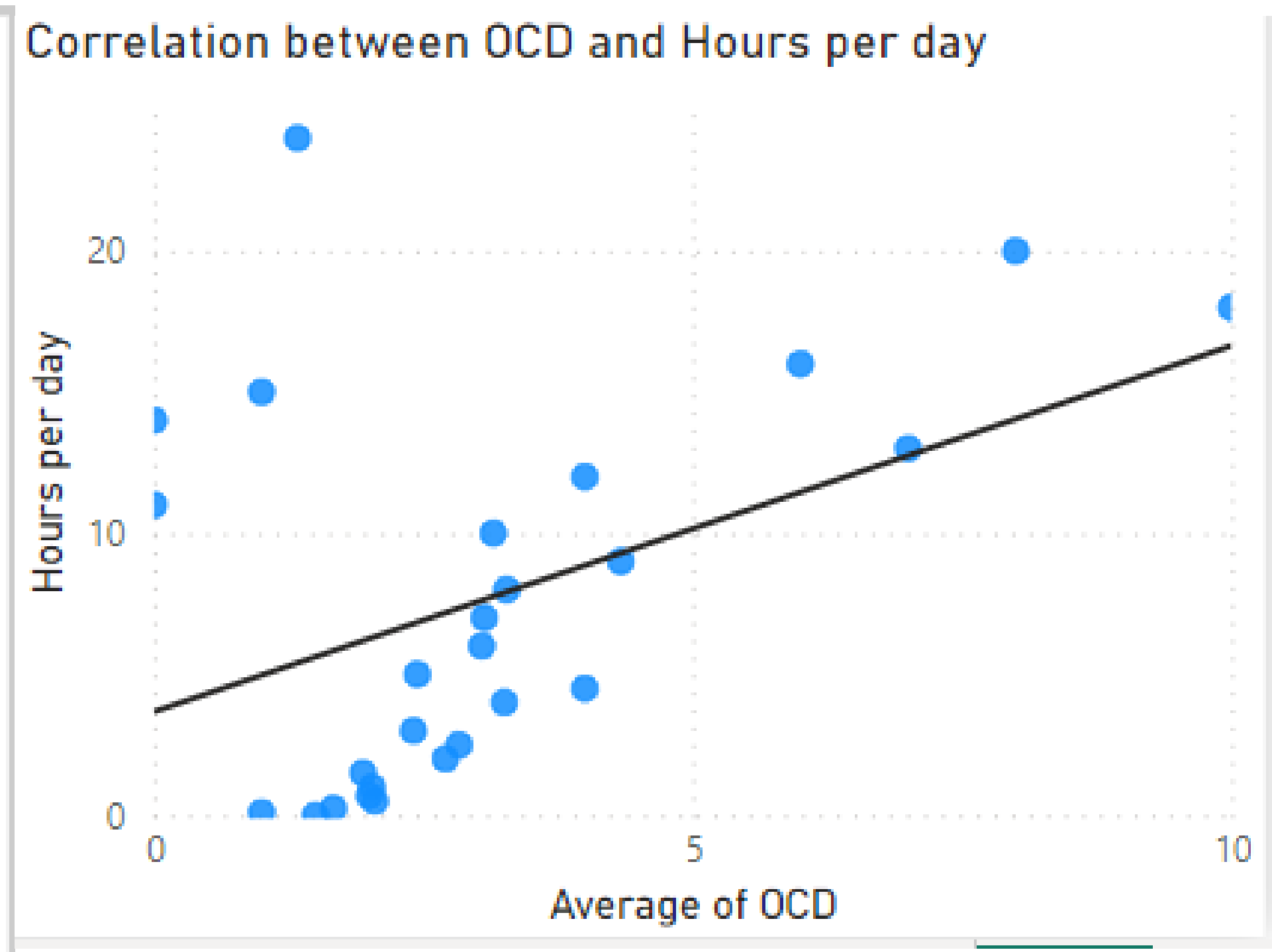


High positive correlation between insomnia and hours per day.

Correlation between mental health and hours per day



High positive correlation
between depression and hours
per day.

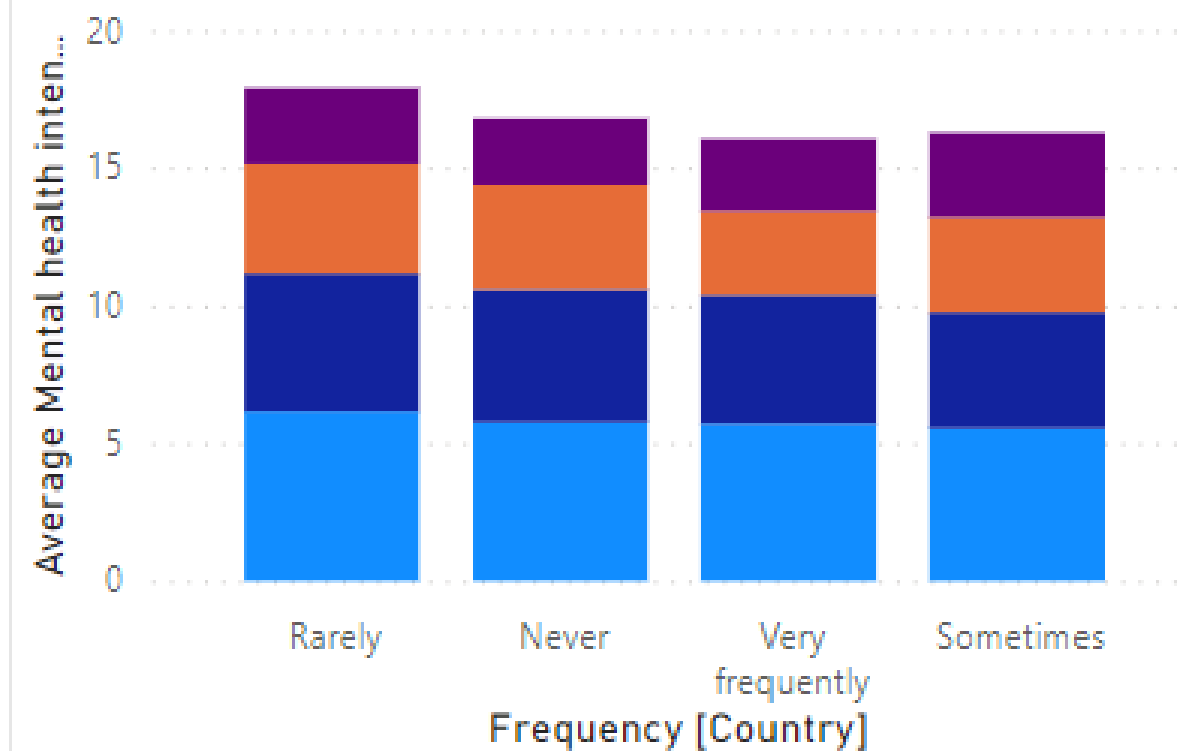


High positive correlation
between OCD and hours per day.

Average mental health intensity by genre frequencies

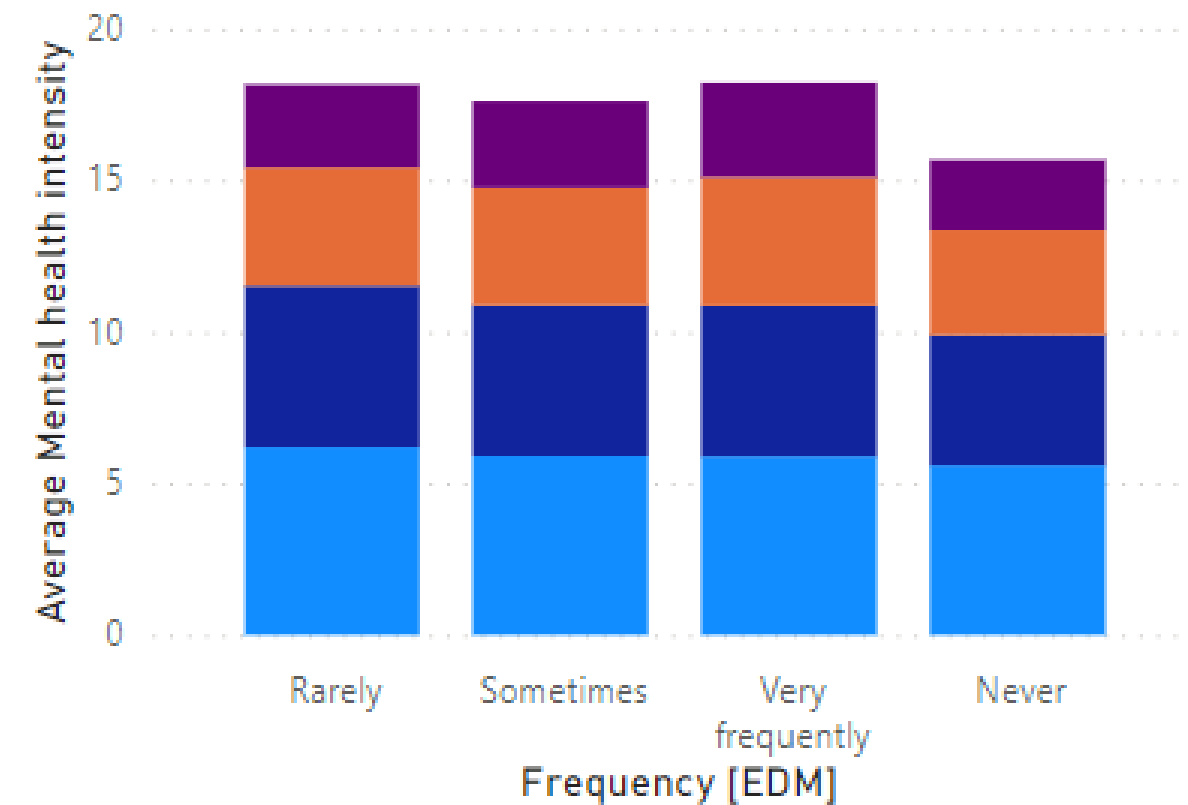
Average mental health intensity by Frequency [Country]

● Average of A... ● Average of ... ● Average of I... ● Average of ...



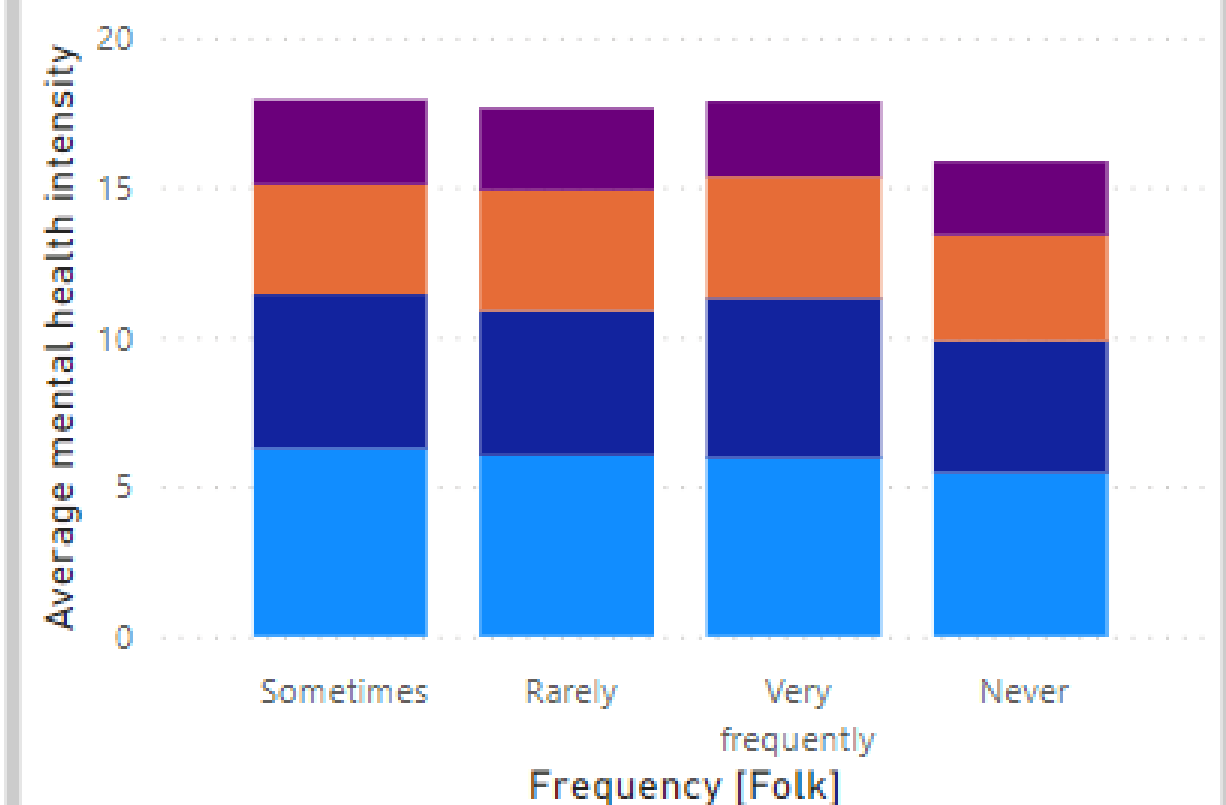
Average mental health intensity by Frequency [EDM]

● Average of A... ● Average of ... ● Average of I... ● Average of ...



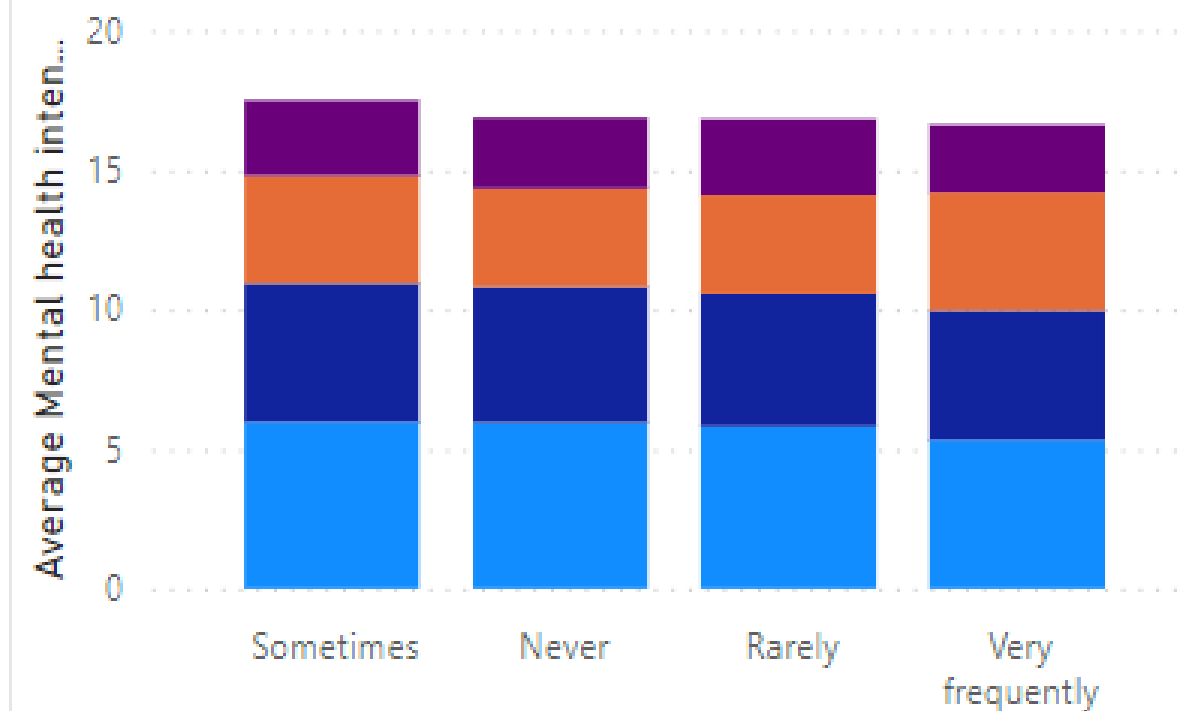
Average mental health intensity by Frequency [Folk]

● Average of A... ● Average of ... ● Average of I... ● Average of ...



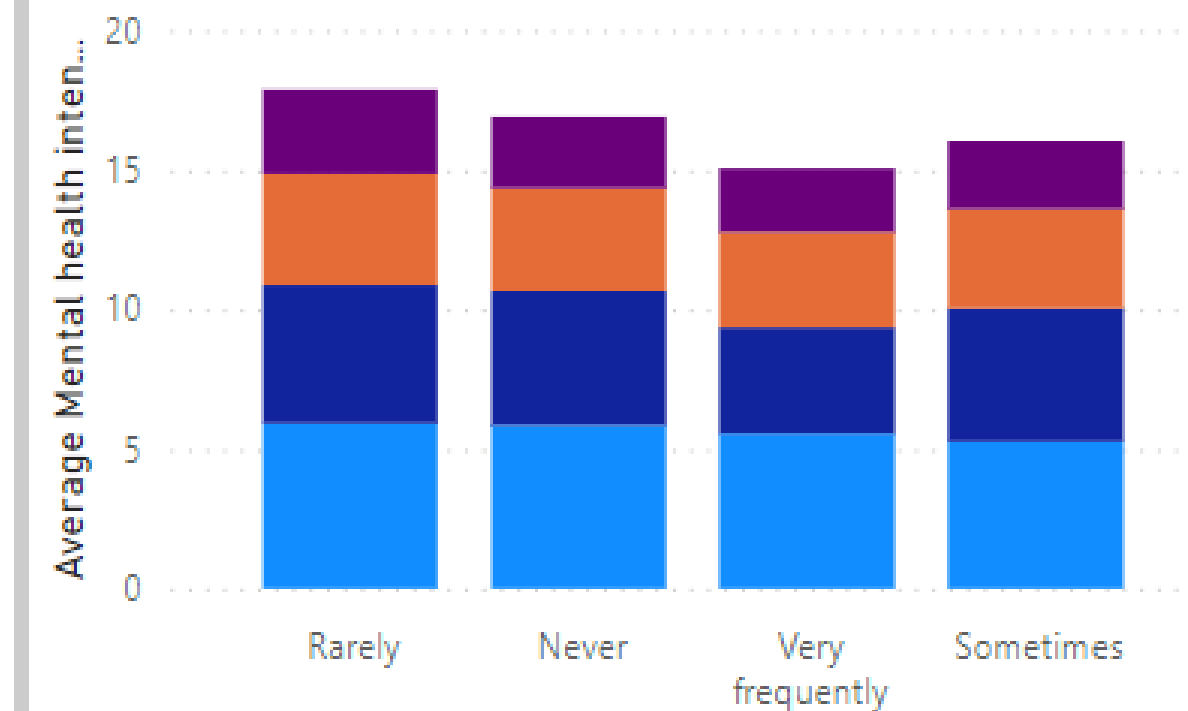
Average mental health intensity by Frequency [Classical]

● Average of A... ● Average of ... ● Average of I... ● Average of ...



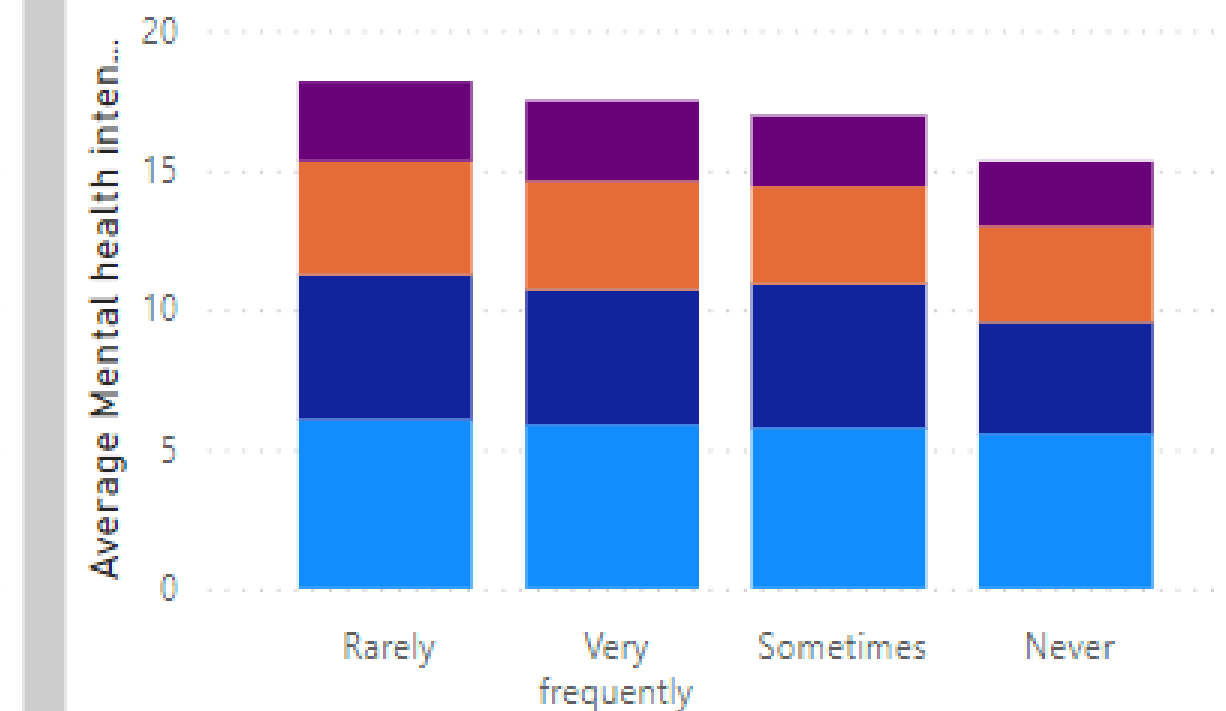
Average mental health intensity by Frequency [Gospel]

● Average of A... ● Average of ... ● Average of I... ● Average of ...



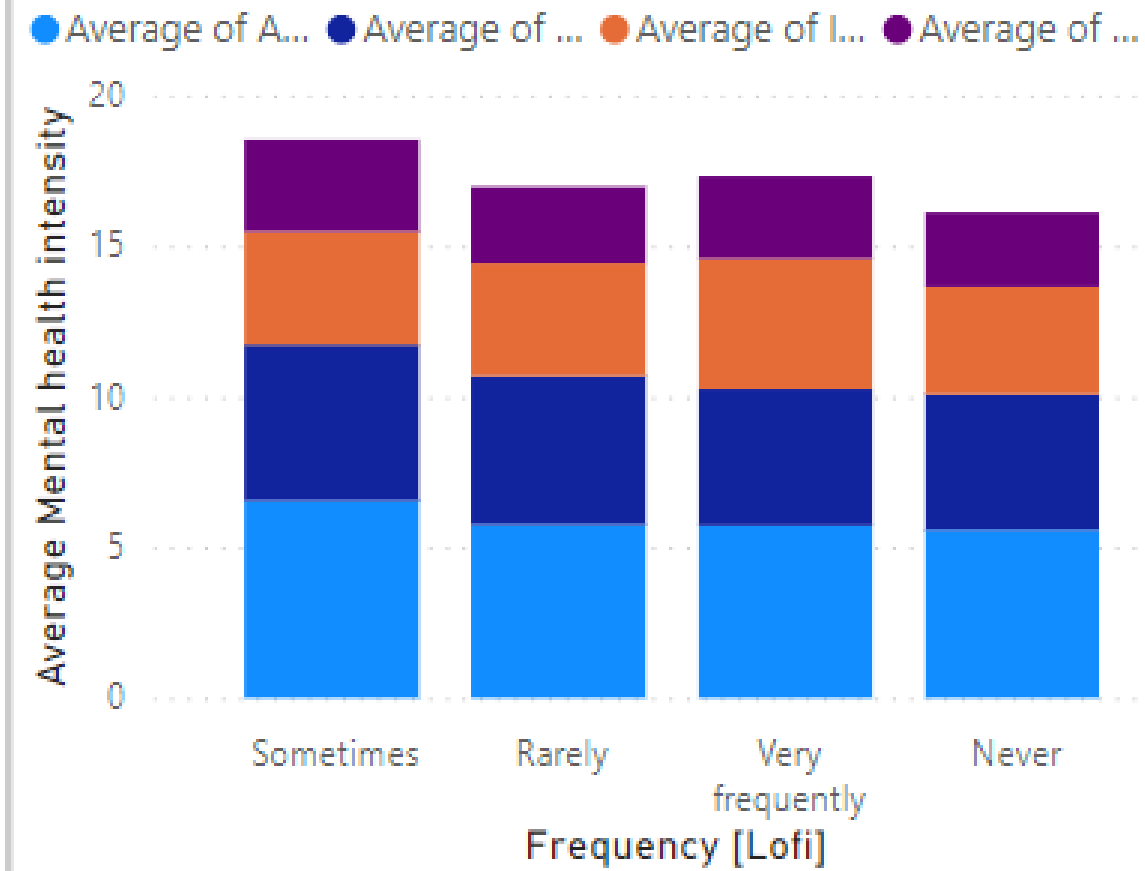
Average mental health intensity by Frequency [Hip Hop]

● Average of A... ● Average of ... ● Average of I... ● Average of ...

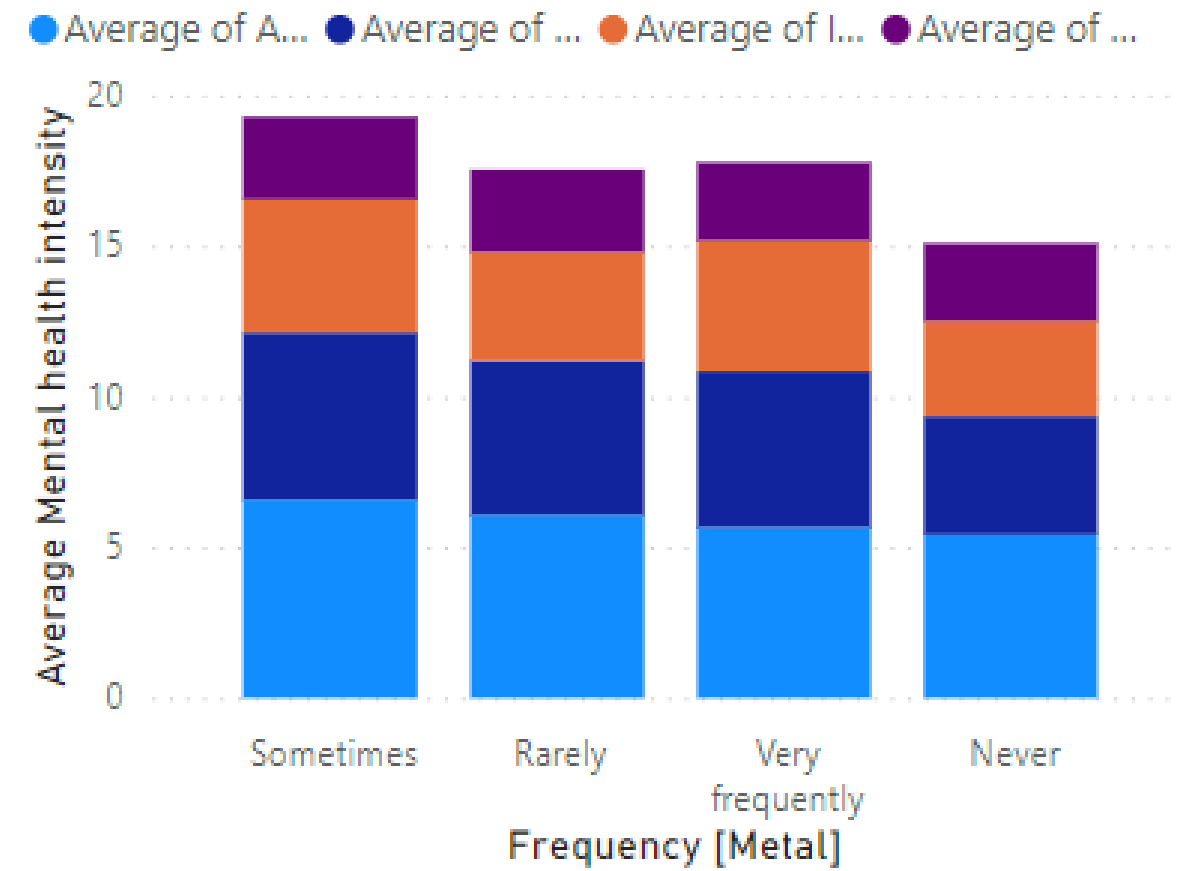


Average mental health intensity by genre frequencies

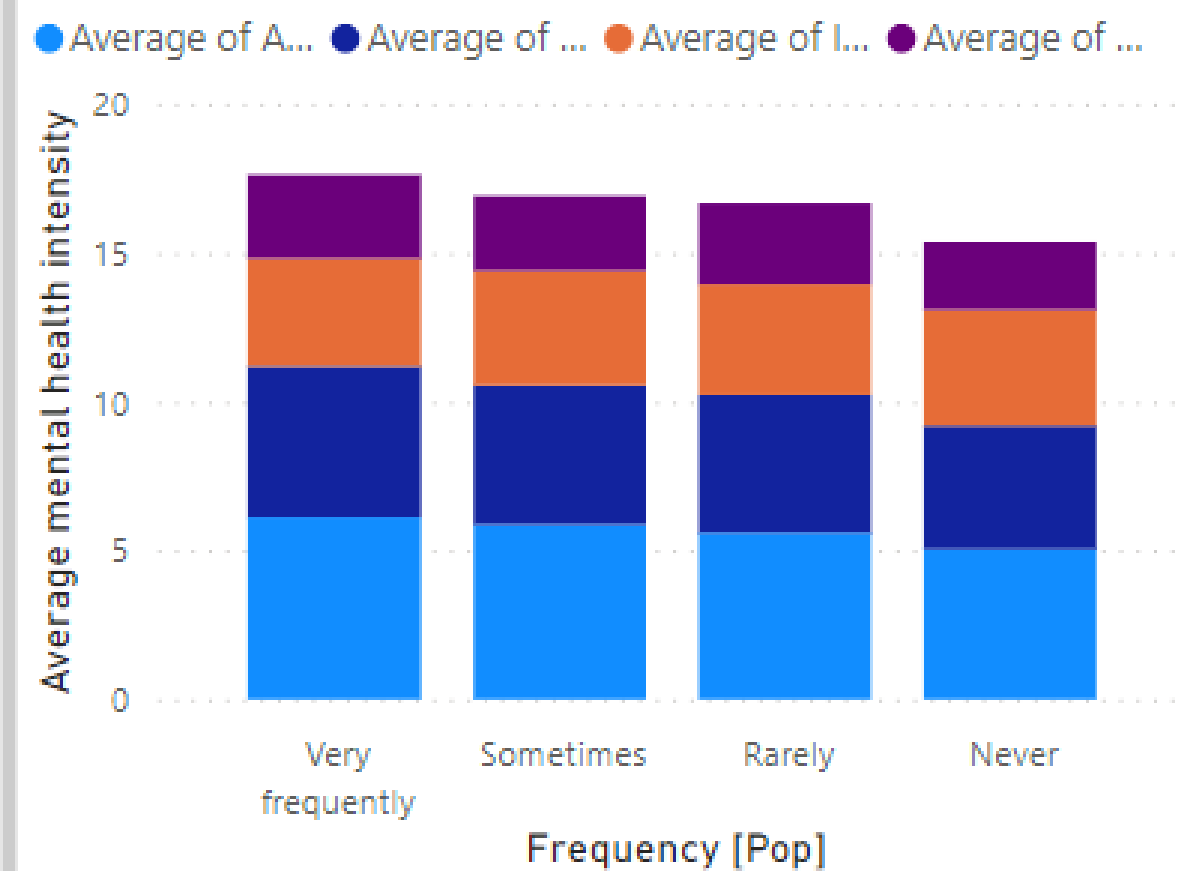
Average mental health intensity by Frequency [Lofi]



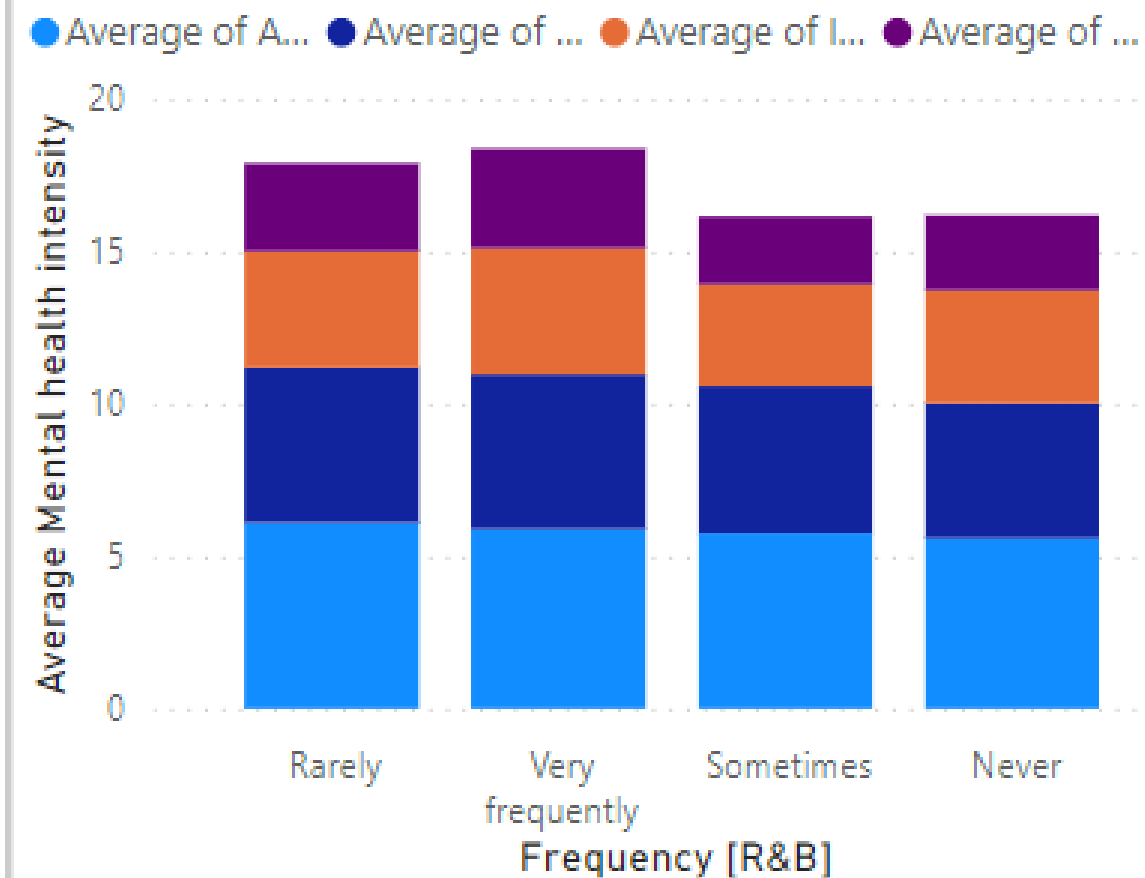
Average mental health intensity by Frequency [Metal]



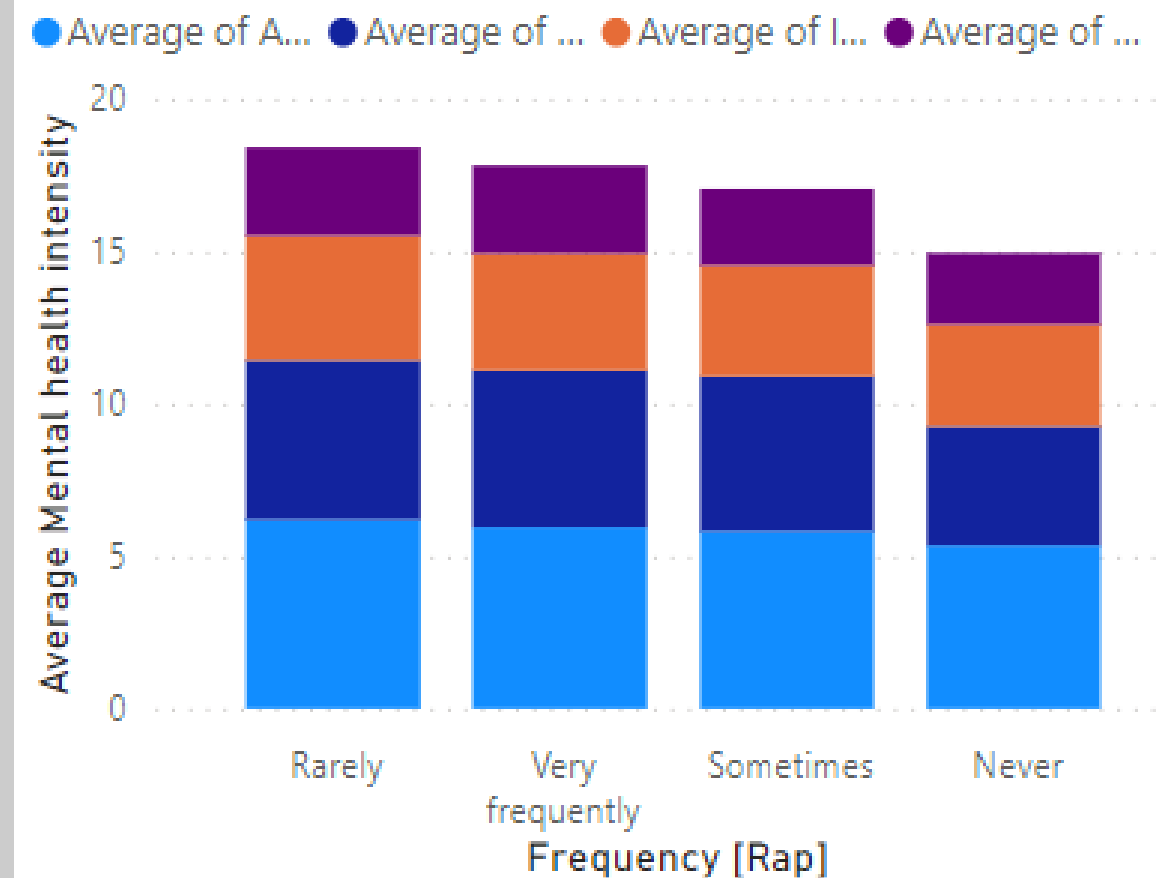
Average mental health intensity by Frequency [Pop]



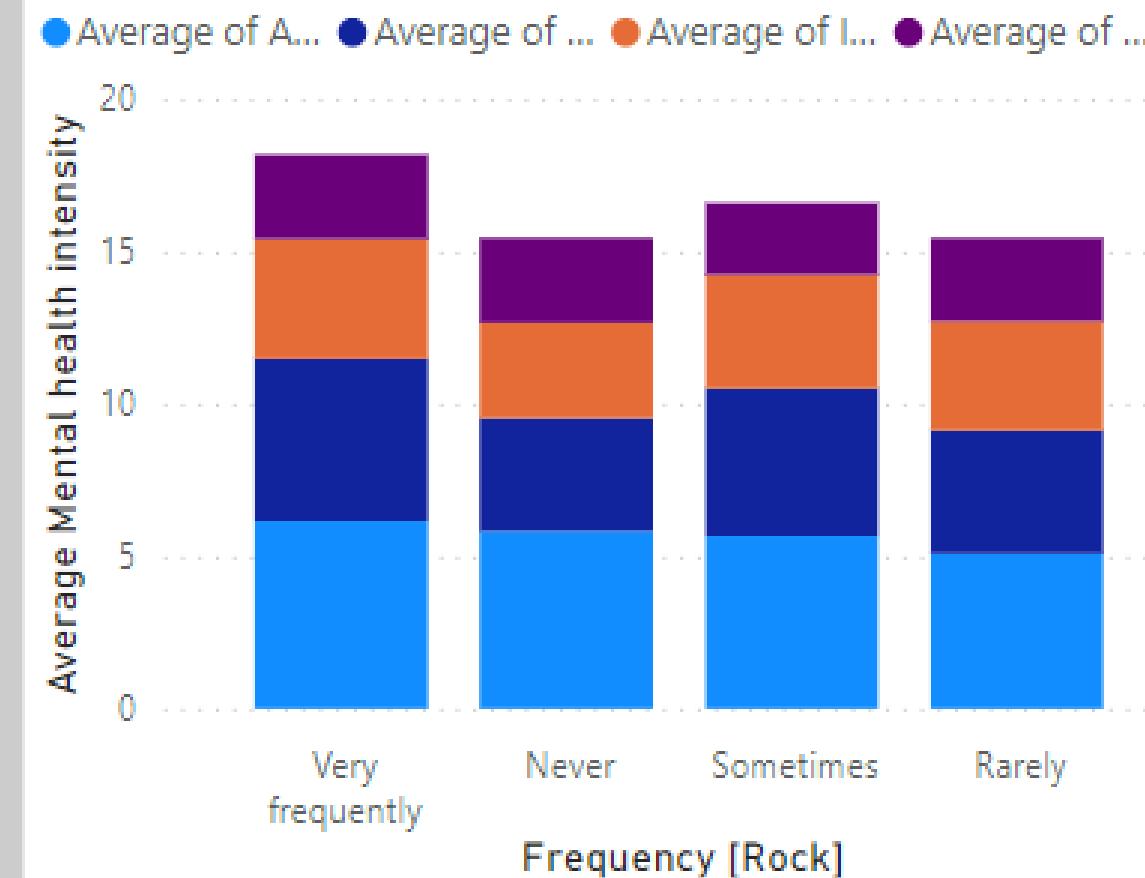
Average mental health intensity by Frequency [R&B]



Average mental health intensity by Frequency [Rap]

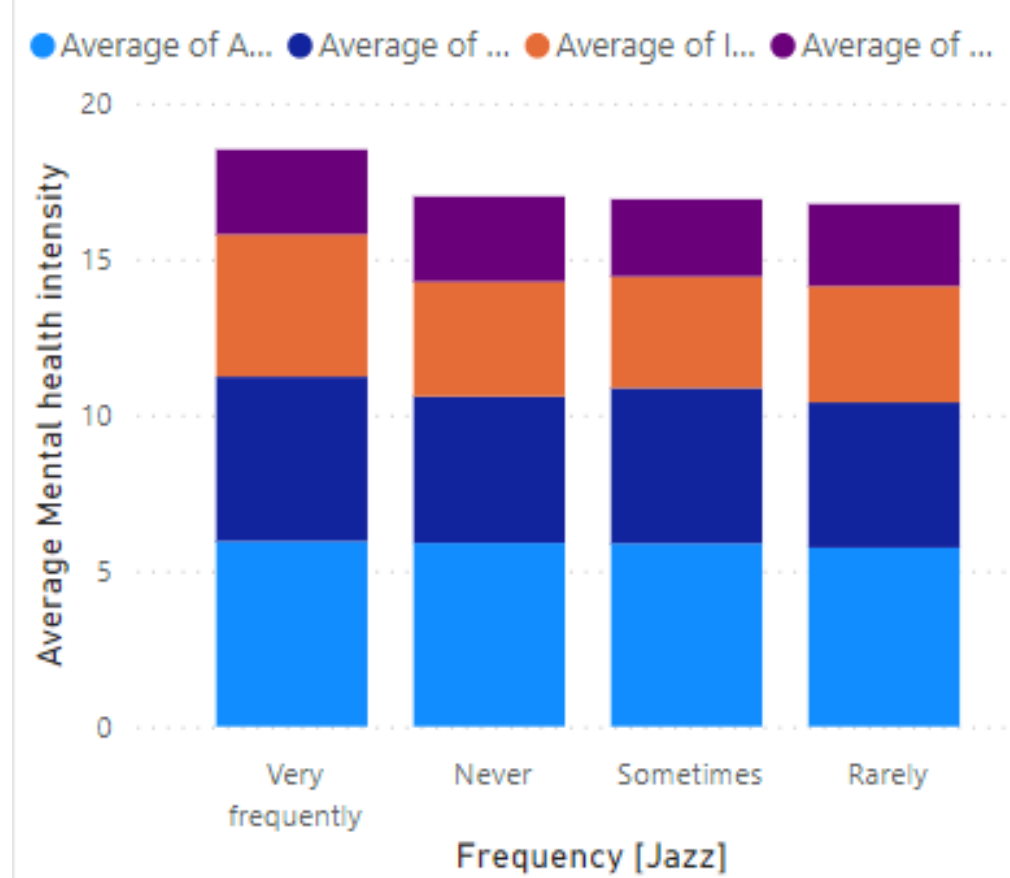


Average mental health intensity by Frequency [Rock]

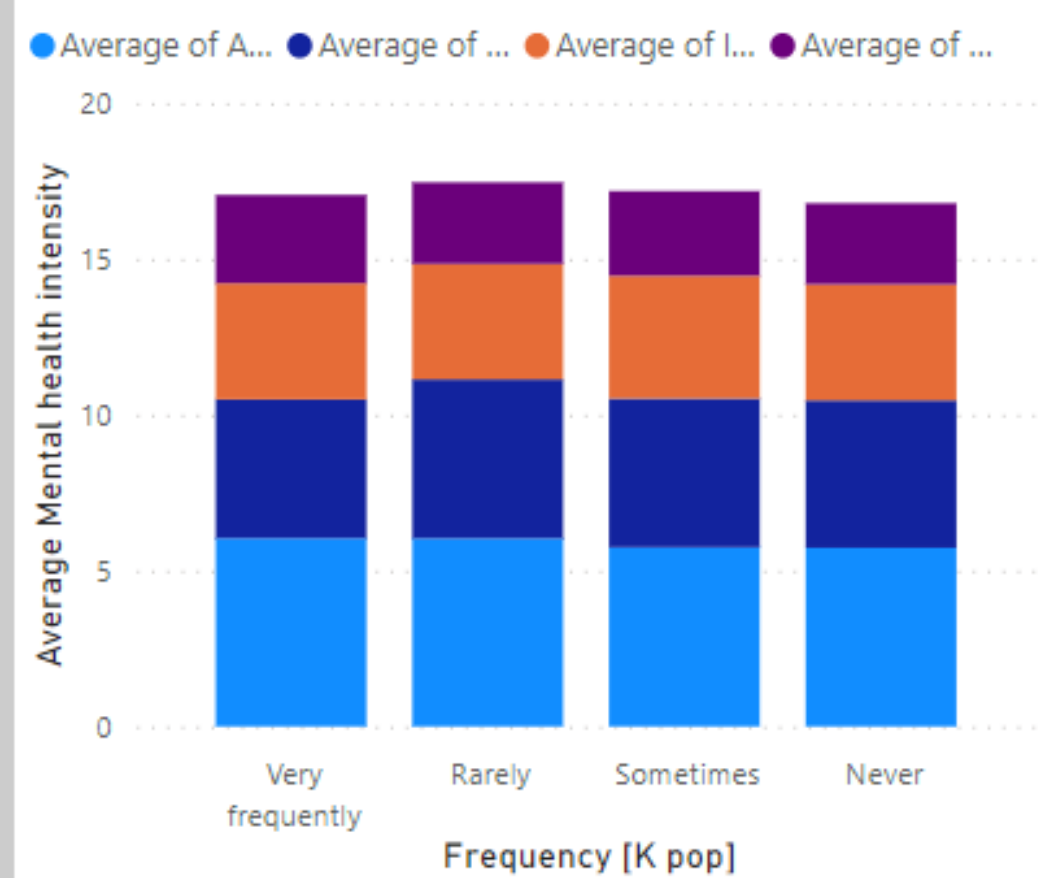


Average mental health intensity by genre frequencies

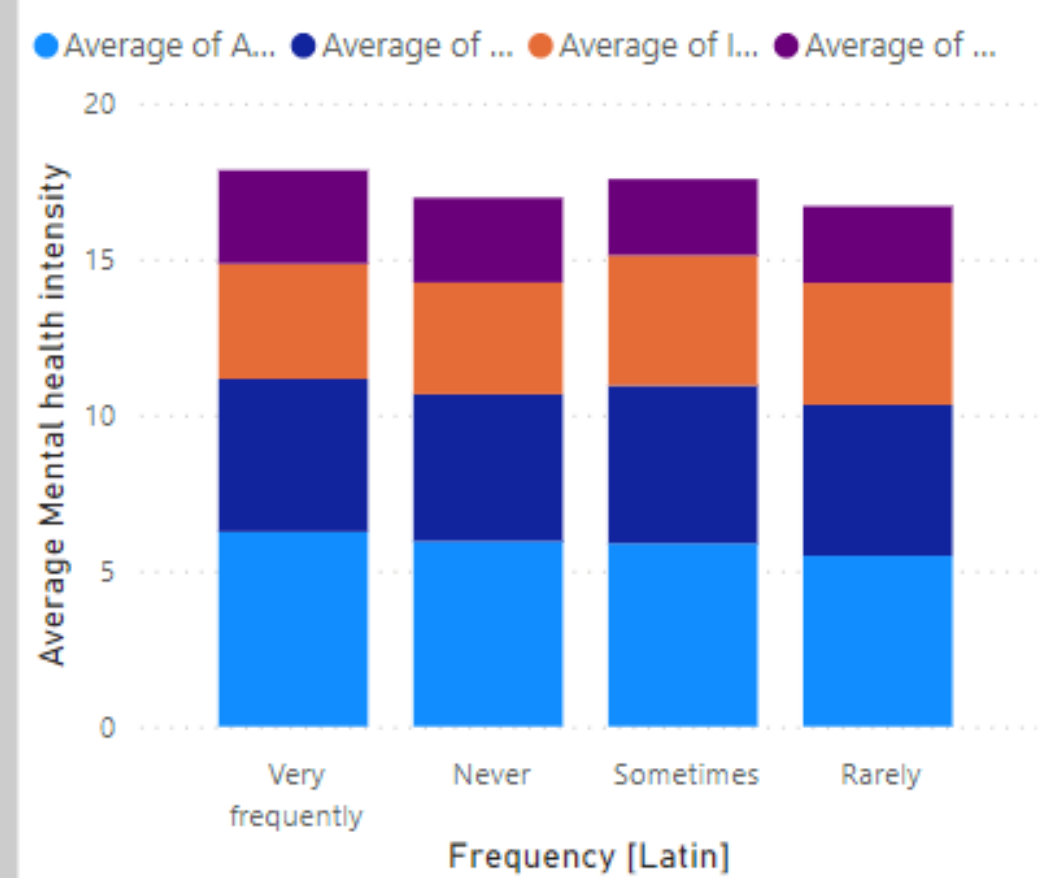
Average mental health intensity by Frequency [Jazz]



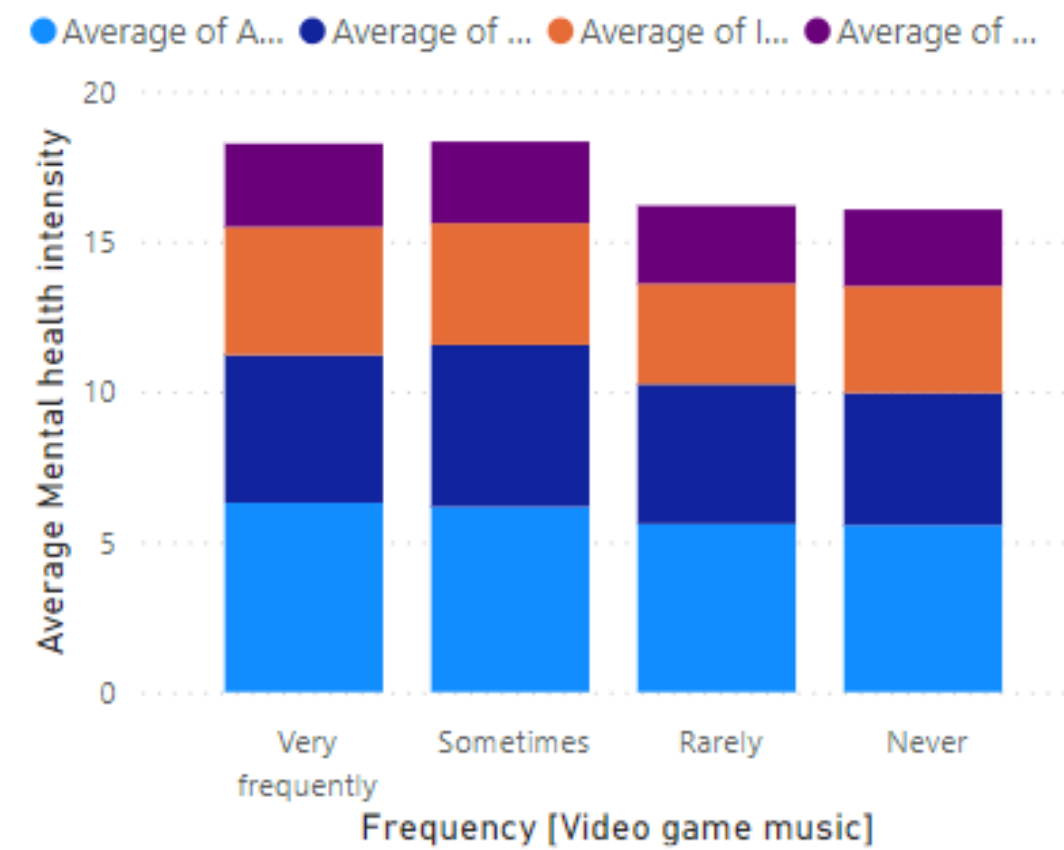
Average mental health intensity by Frequency [K pop]



Average mental health intensity by Frequency [Latin]



Average mental health intensity by Frequency [Video game music]



Summary of mental health by genre frequencies

The participants with the lowest intensity of feelings of anxiety, depression, insomnia, and OCD:

- Never listen to EDM, Folk, Hip hop, K pop, Lofi, Metal, Pop, R&B, Rap and Video game music genres.
- Rarely listen to Jazz, Latin and Rock genres.
- Sometimes listen to Country and Gospel music genres.
- Very frequently listen to Classical genres.

Conclusions and Recommendations

- People with high levels of anxiety, depression, insomnia, and OCD should spend more hours per day listening to music.
- The music genre that should often be used during therapy sessions is Classical.
- Other music genres that should be considered are Country and Gospel music genres.



THE END

