

Does the kind of

Music

you indulge in affect your

Mental Health?

...

Objective

This analysis examines how music can be used as a therapy to enhance an individual's mental health and well-being. It focuses on the relationship between music preference, age, and its impact on one's mood, stress levels, and other related factors.

The Data

https://www.kaggle.com/datasets/catherinerasgaitis/mxmh-survey-results?datasetId=2659407&language=R&select=mxmh_survey_results.csv

The original data consists of 33 attributes, for the purpose of my analysis I only use 11

The data consists of different kinds of ordered categories

- Age
- Hours.per.day

Type: Integer

- Anxiety
- Depression

Type: Ordered Category
Ranges between 0 and 10

- Frequency..Classical.
- Frequency..Pop

Type: Ordered Category
Never, Rarely, Sometimes, Very Frequently

- Fav.genre
- Music.effect

Type: Character

Type: Ordered Category
Improve, No effect, Worsen

Questions I am trying to answer :

Objective 1

What is the distribution of mental health disorders among the respondent

Objective 2

Is there a correlation between the duration of listening to music and mental health scores?

Objective 3

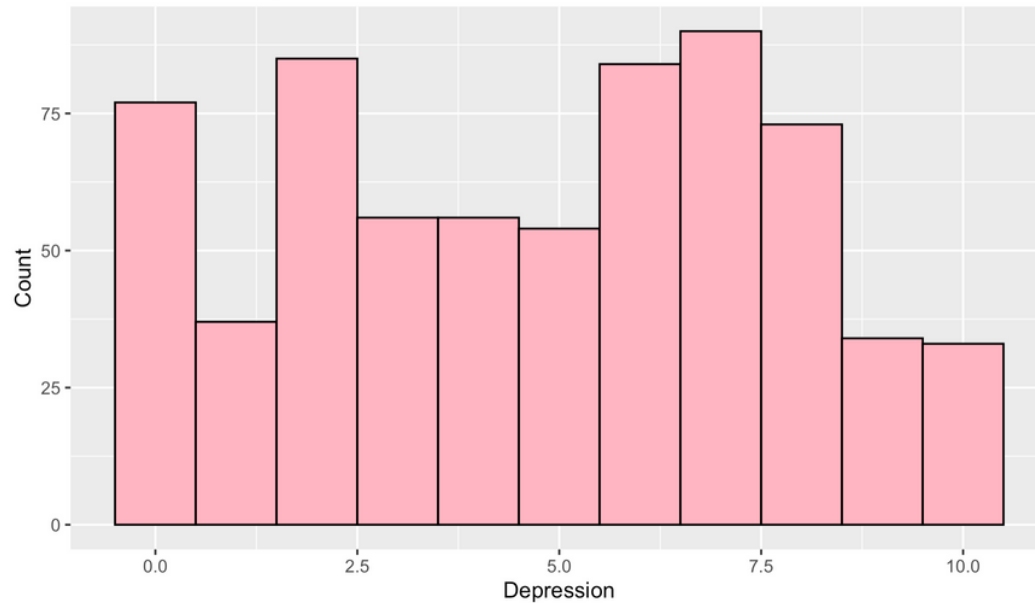
Are there differences in mental health scores based on the genre(s) of music listened to?

Objective 4

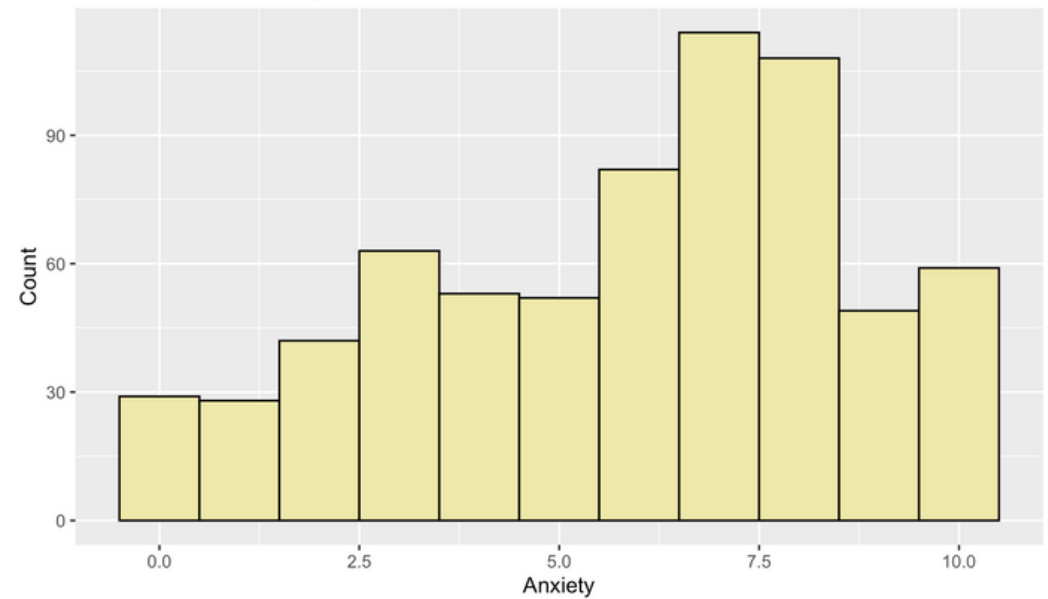
Are there any interesting patterns or relationships between mental health scores, music genres, and other variables in the dataset that warrant further investigation?

Mental Health Data Distribution

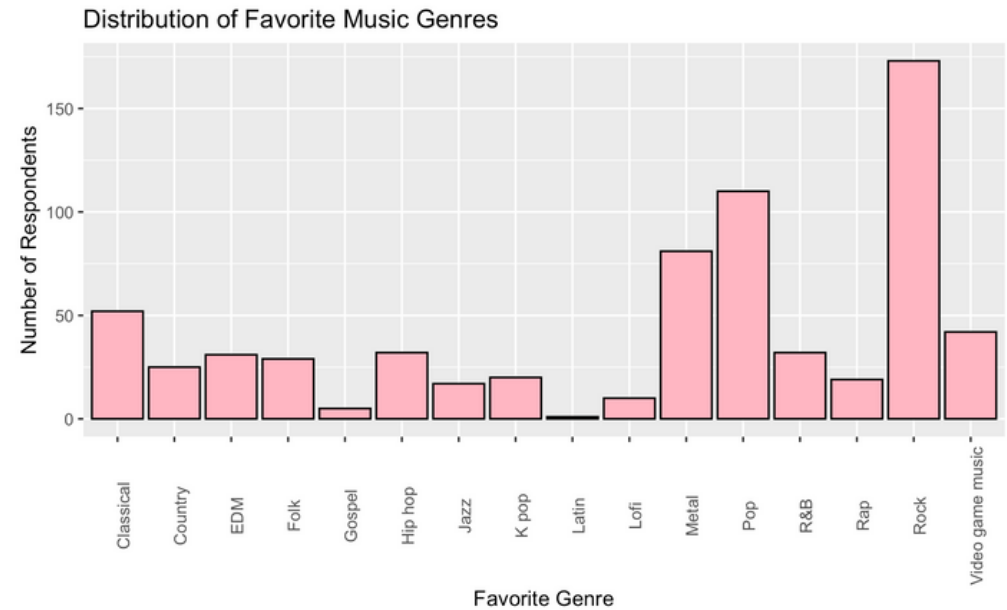
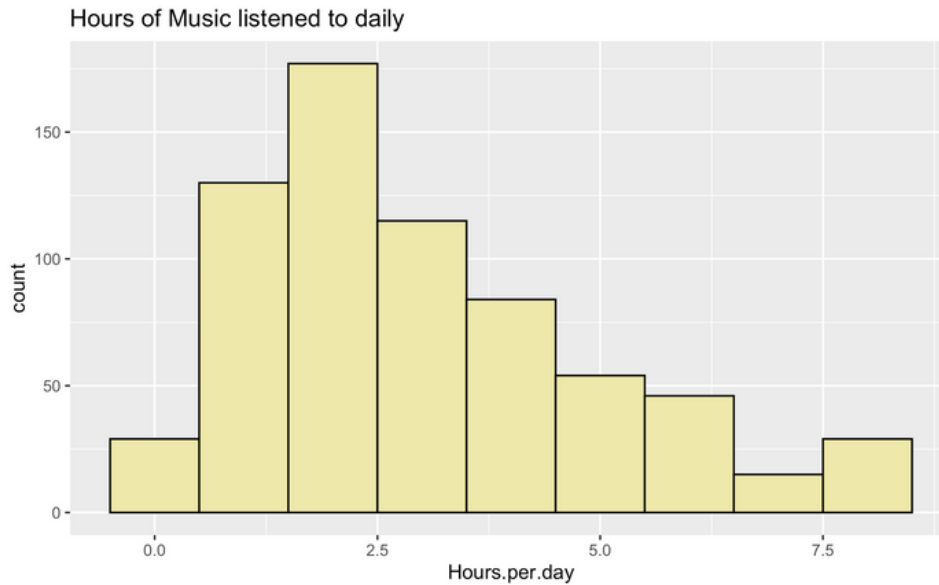
Distribution of Depression



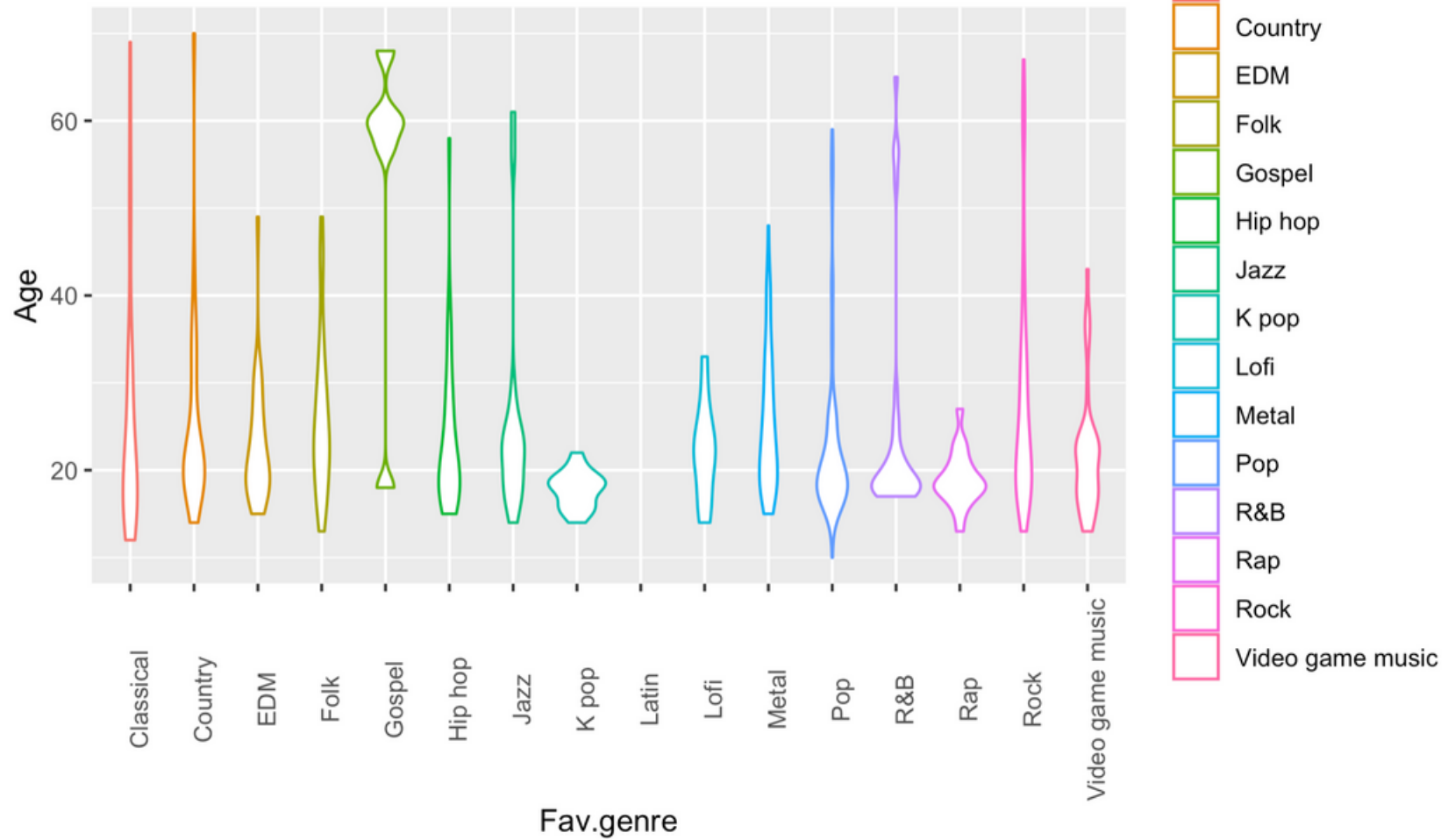
Distribution of Anxiety



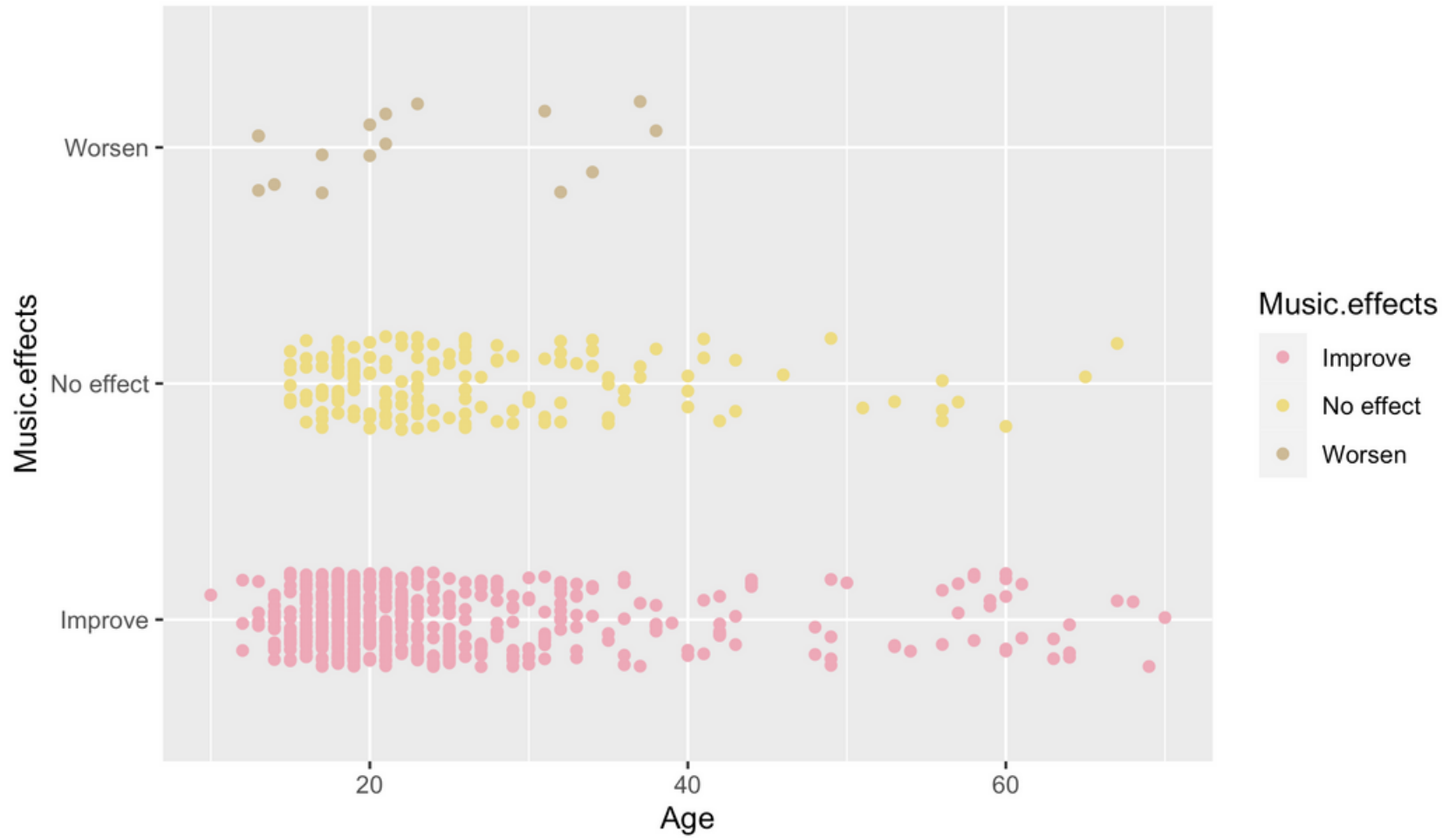
Music Data Distribution



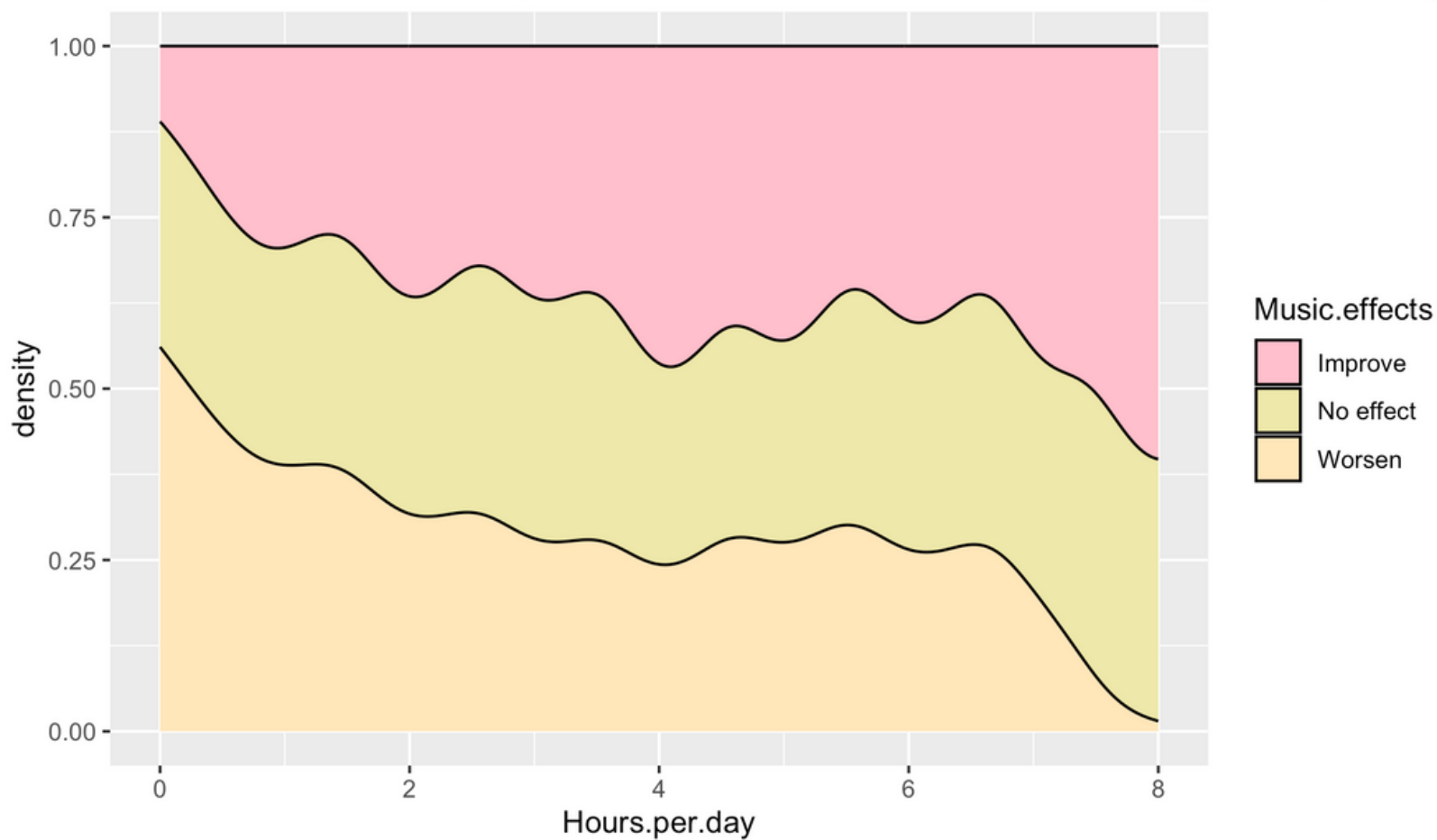
How does age impact the genre of music?

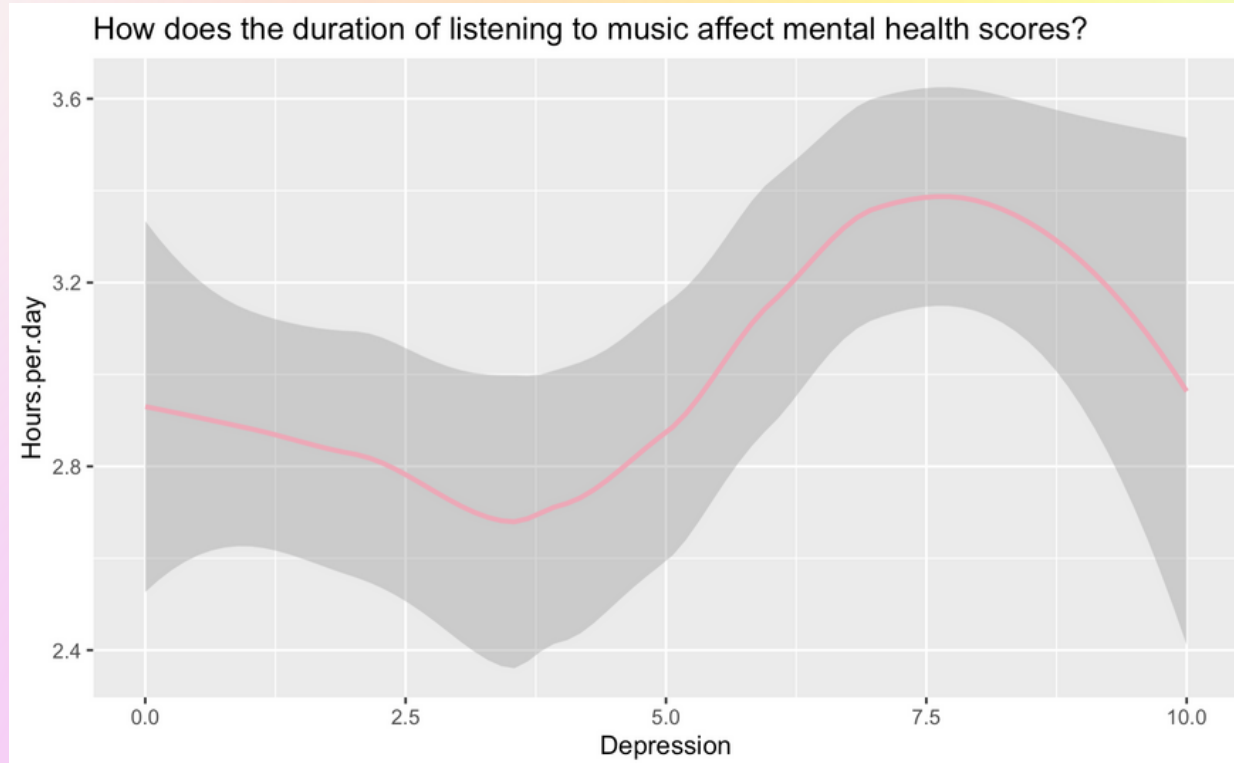


How does age impact the effect of music?



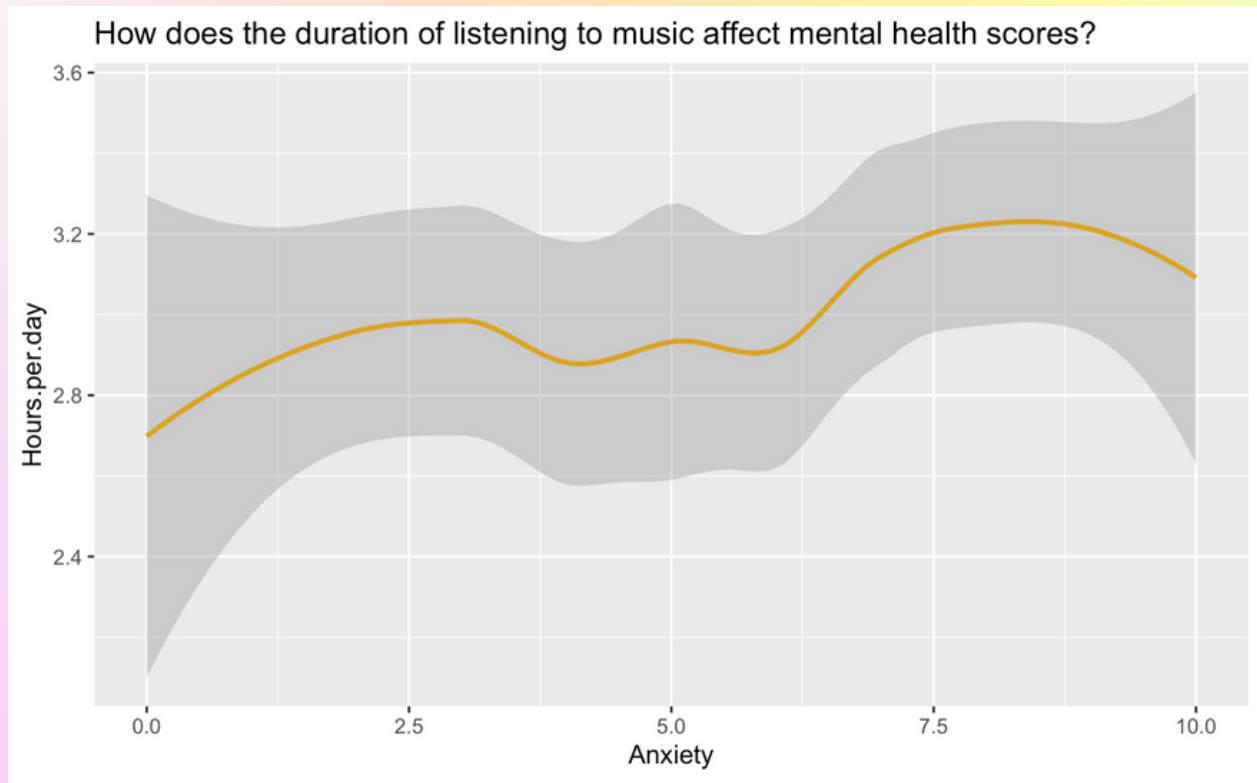
How does music affect a person based on the number of hours they listen per day?





**Does listening to more
hours of music help?**

10

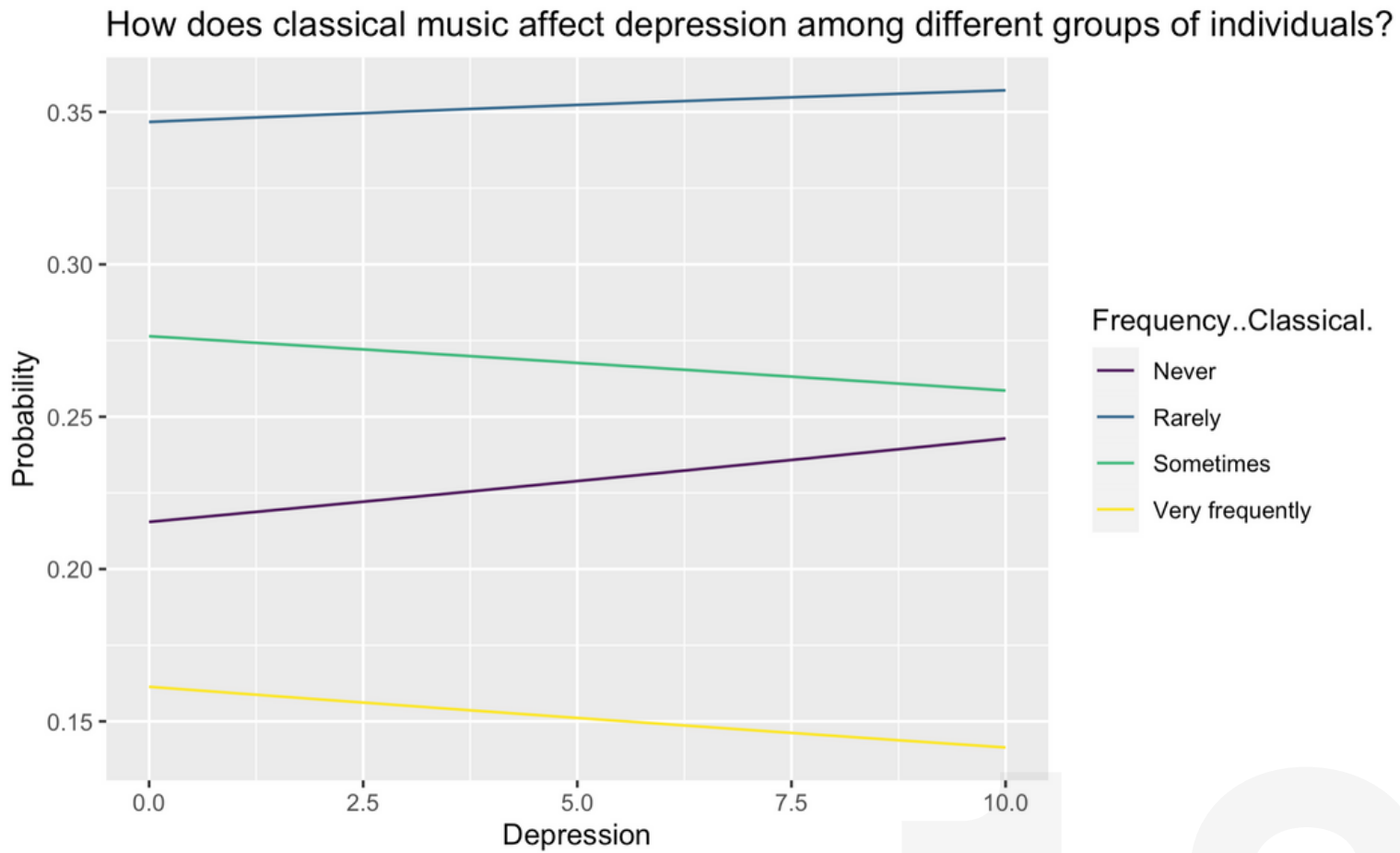


Does listening to more hours of music help?

Classical Music / Mental Health

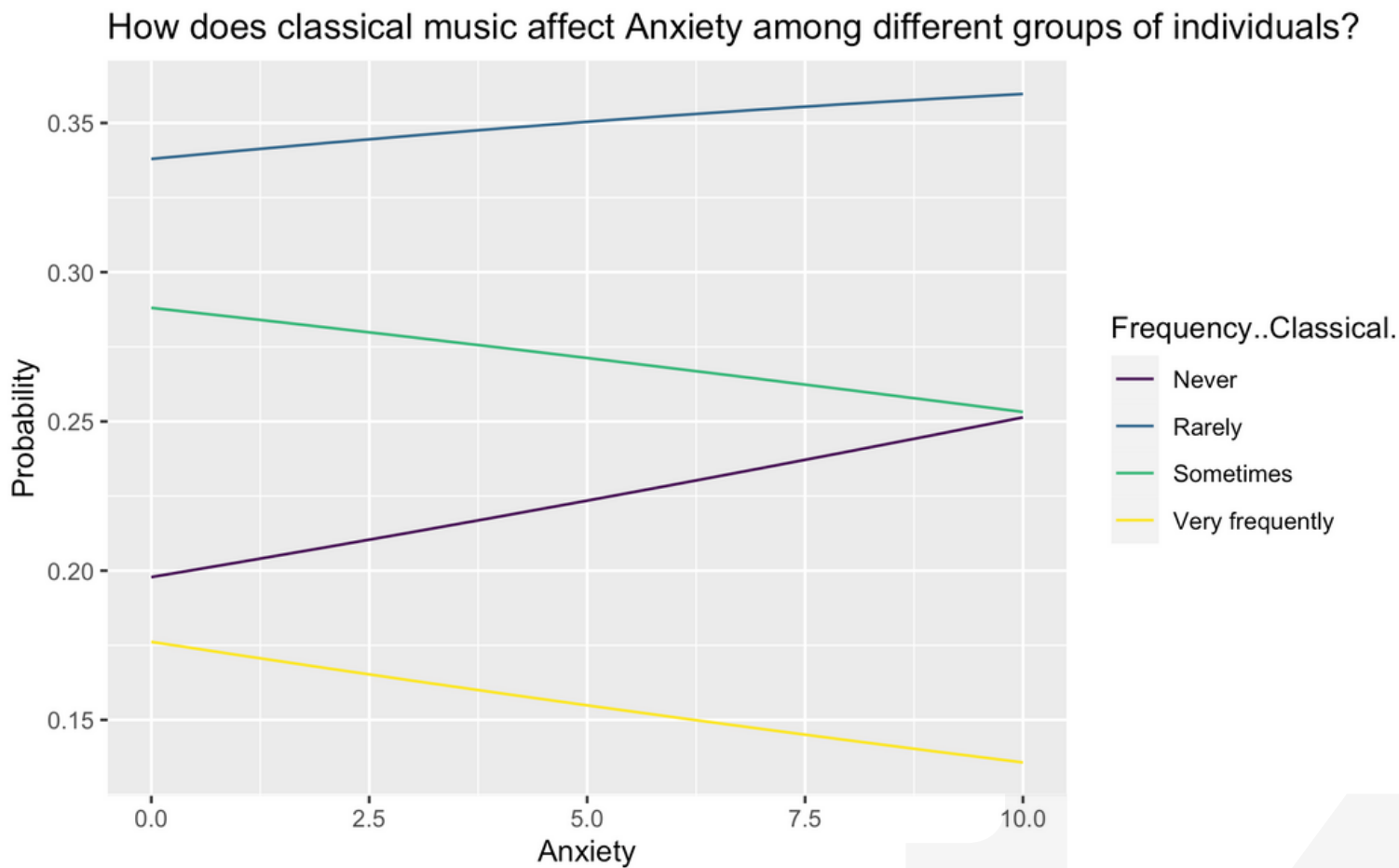
Applying a proportional odds logistic regression model

••



Applying a proportional odds logistic regression model

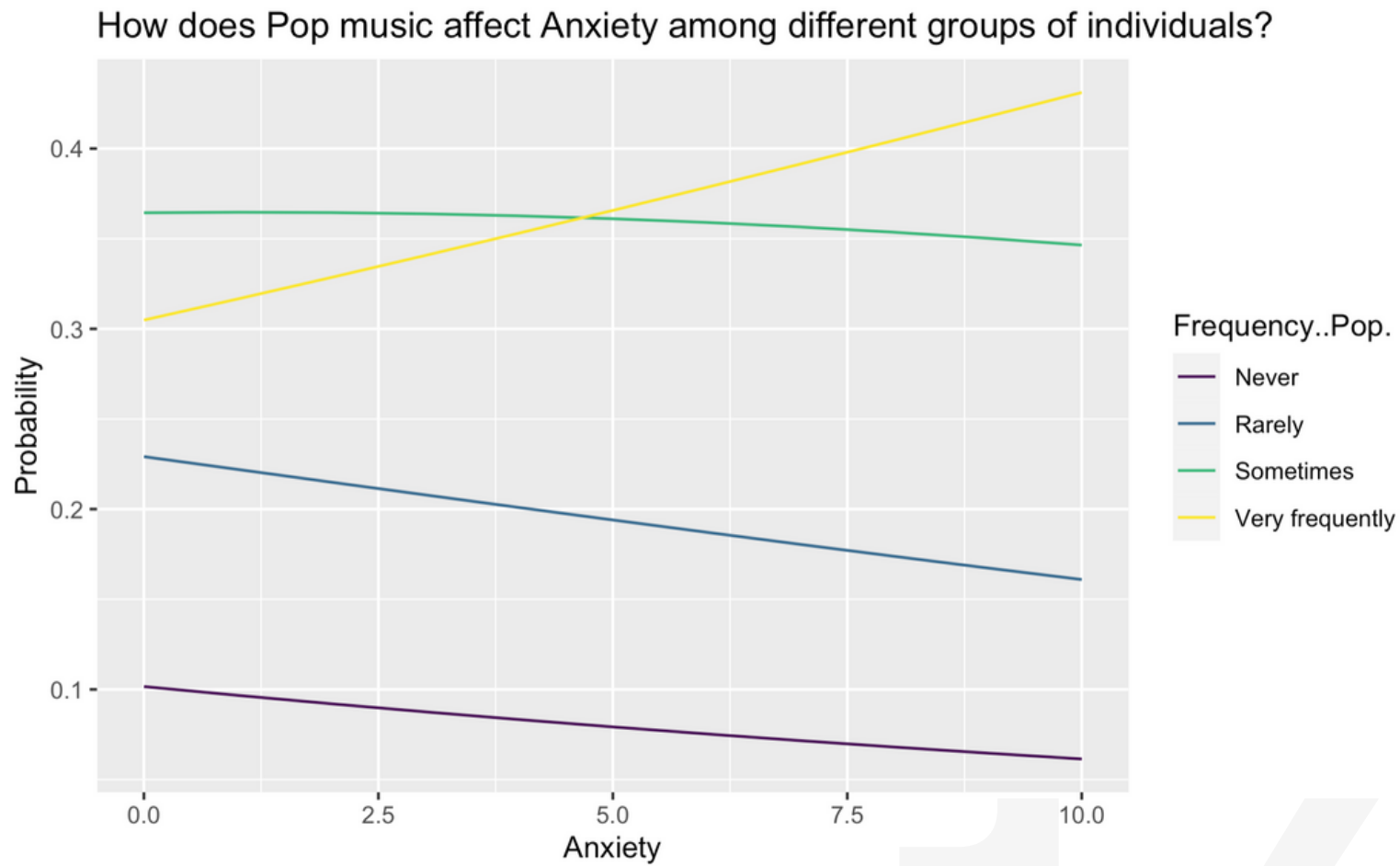
..



Pop Music / Mental Health

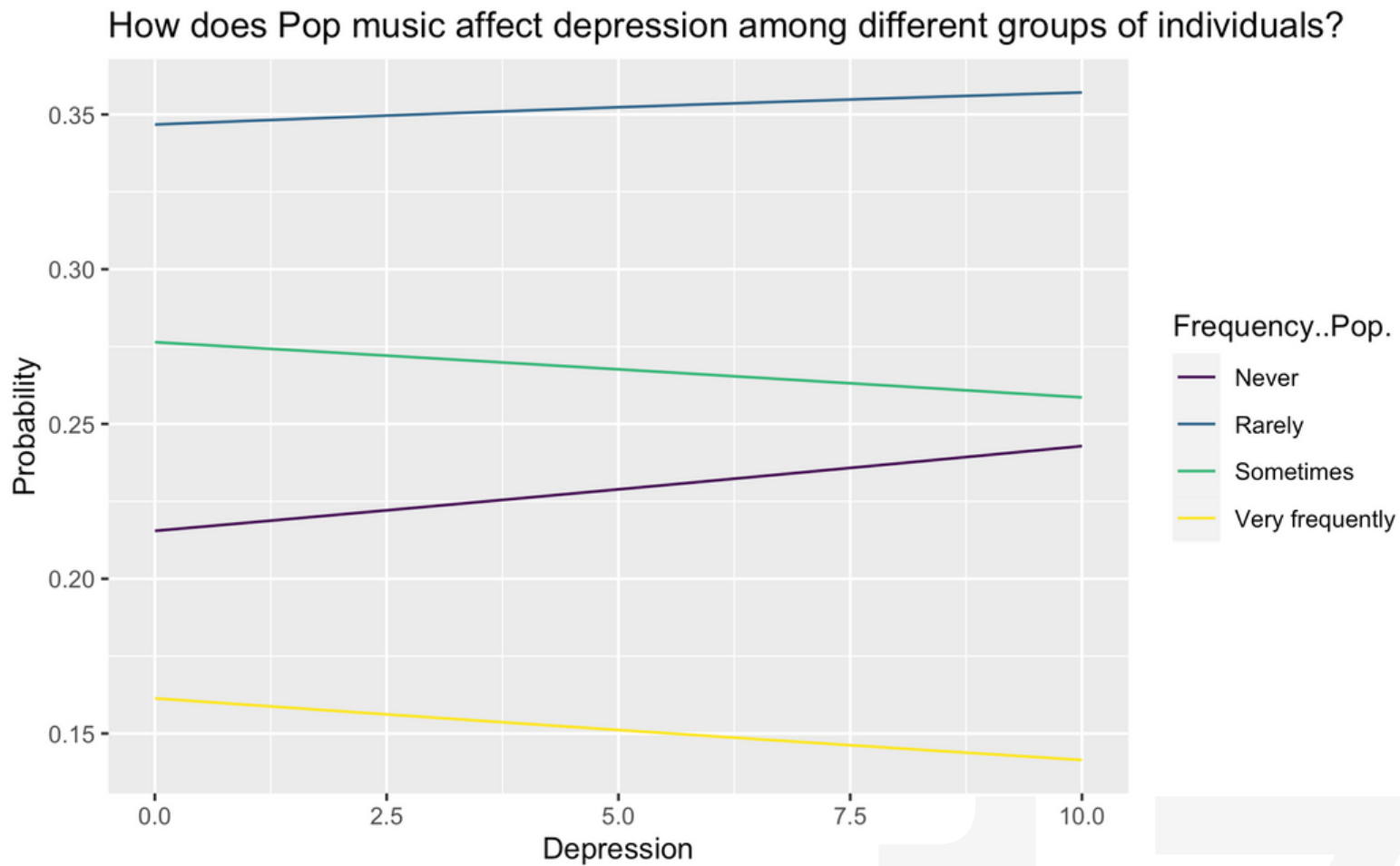
Applying a proportional odds logistic regression model

• •



Applying a proportional odds logistic regression model

• •



Thank you!

