

MUSIC AND MENTAL HEALTH SURVEY

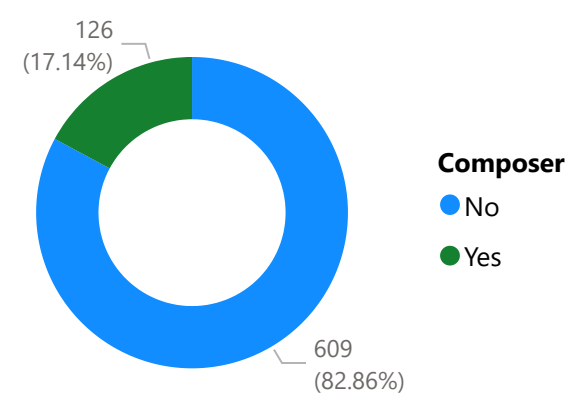
736

People Surveyed

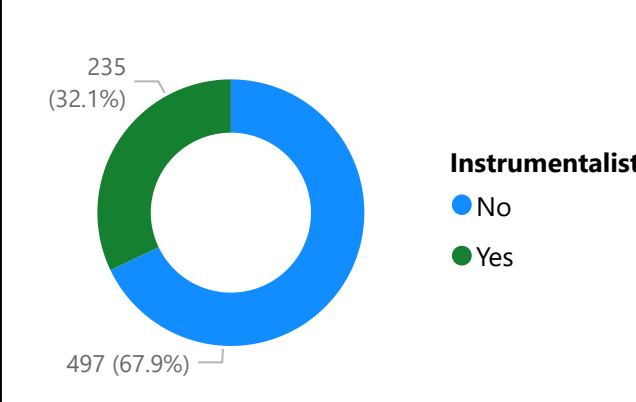
25.21

Average Age

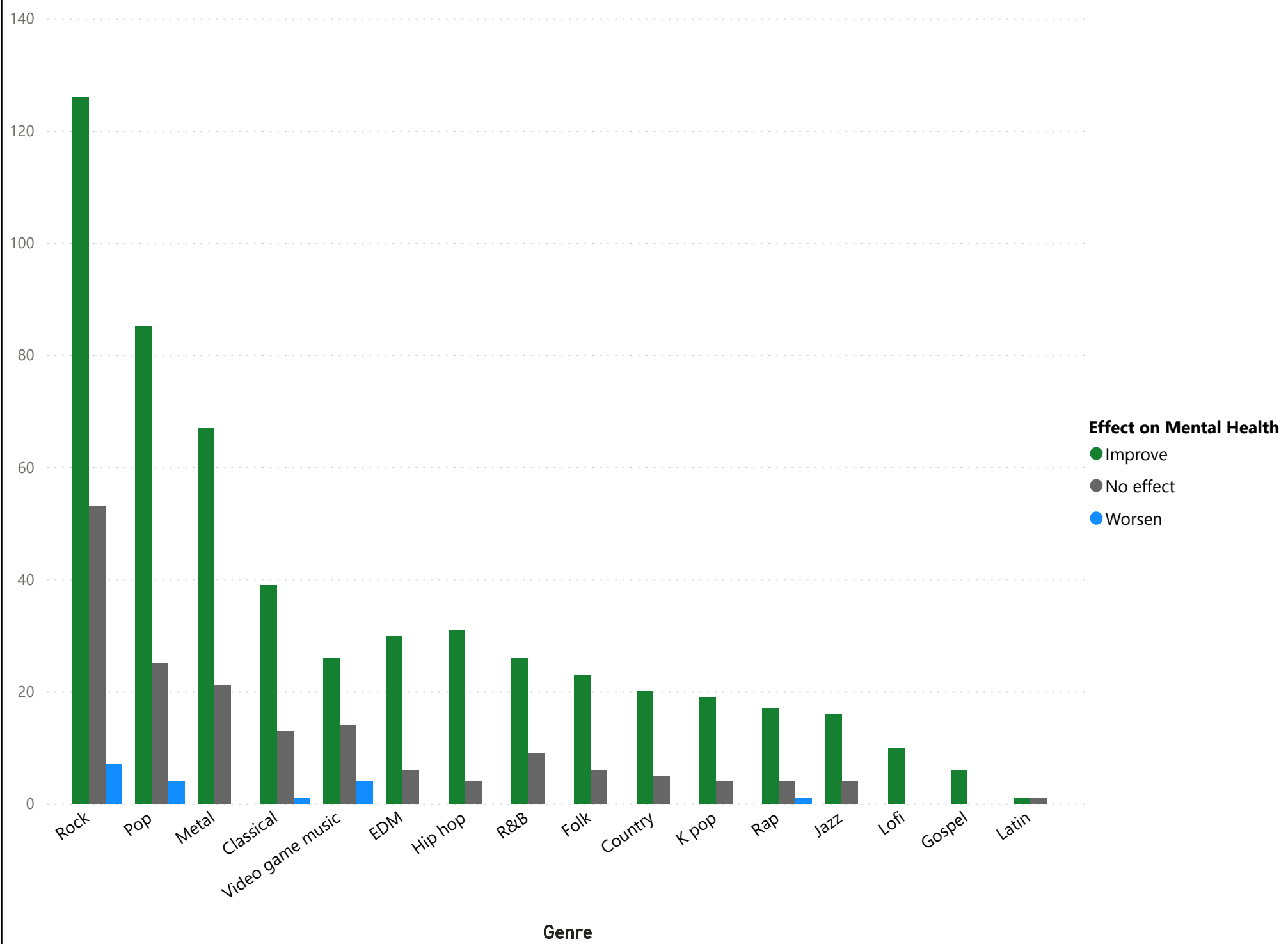
Composers



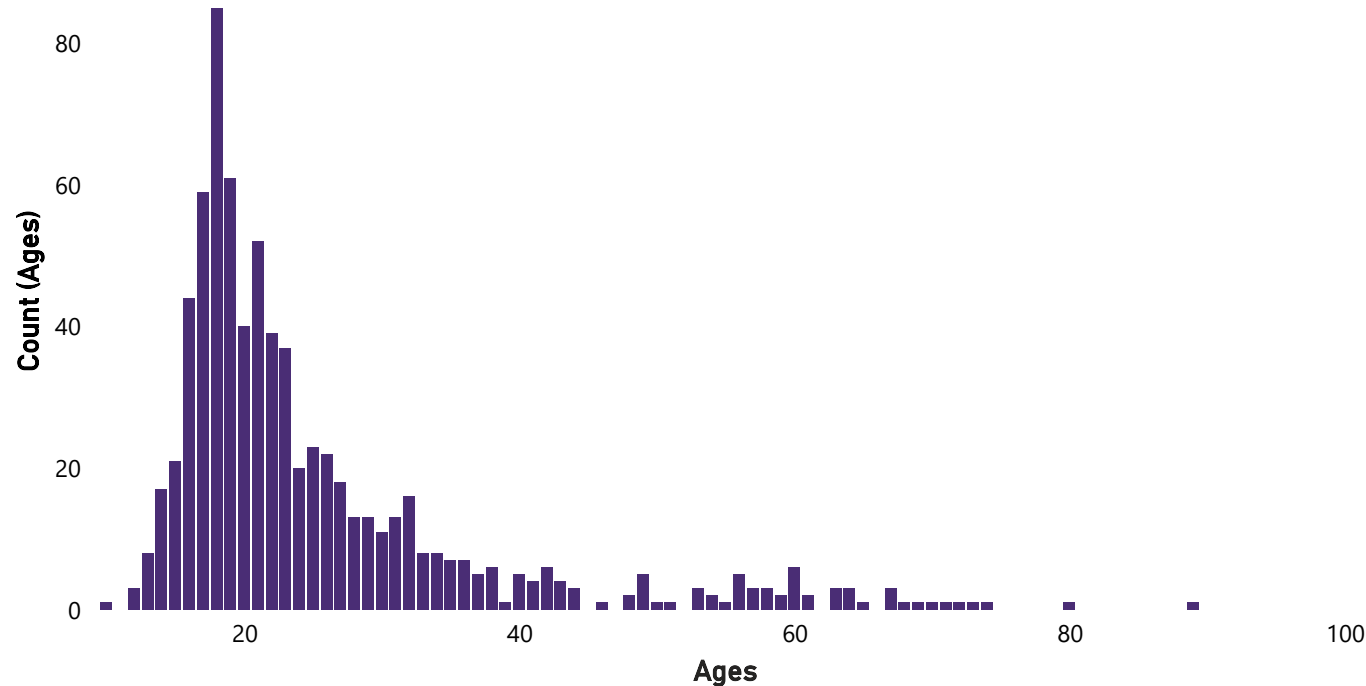
Instrumentalists



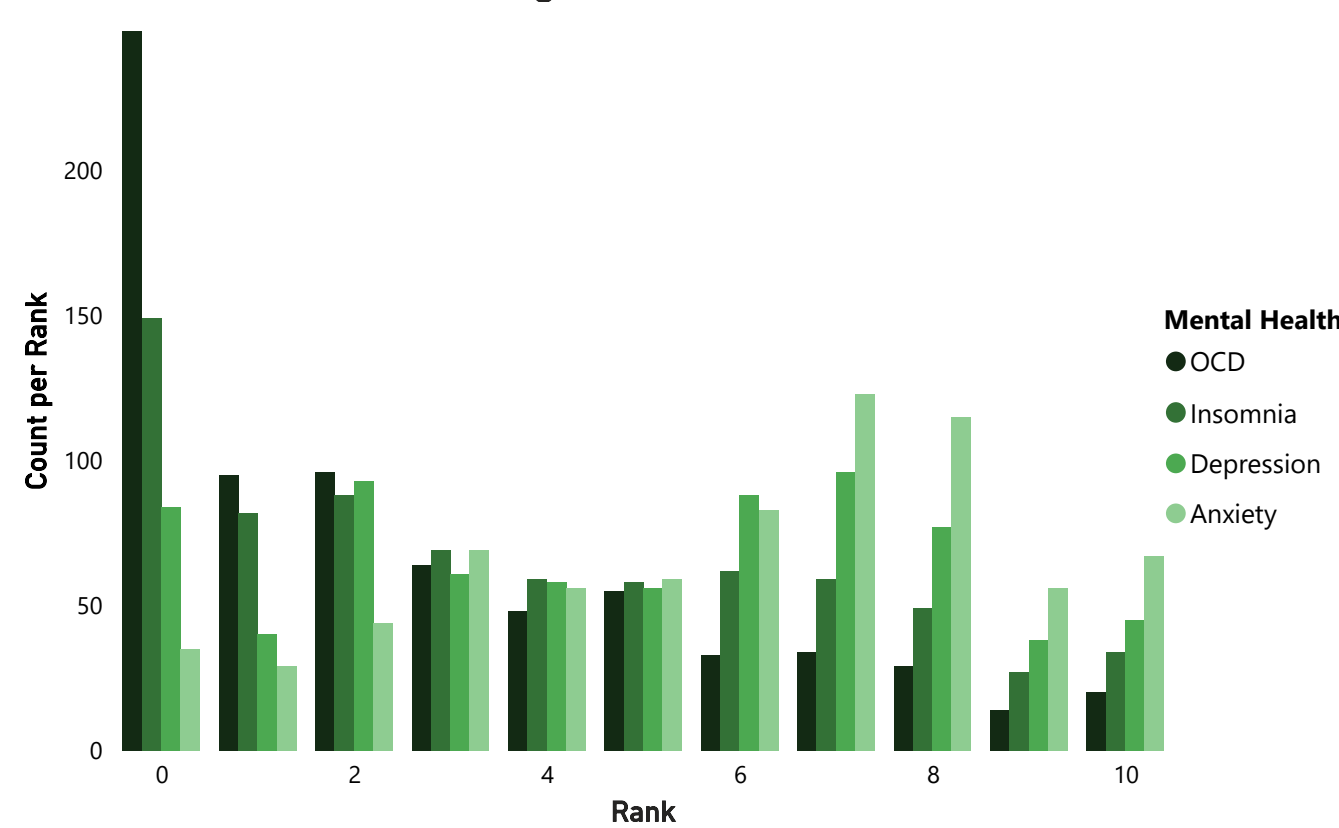
Effect of Favorite Genre



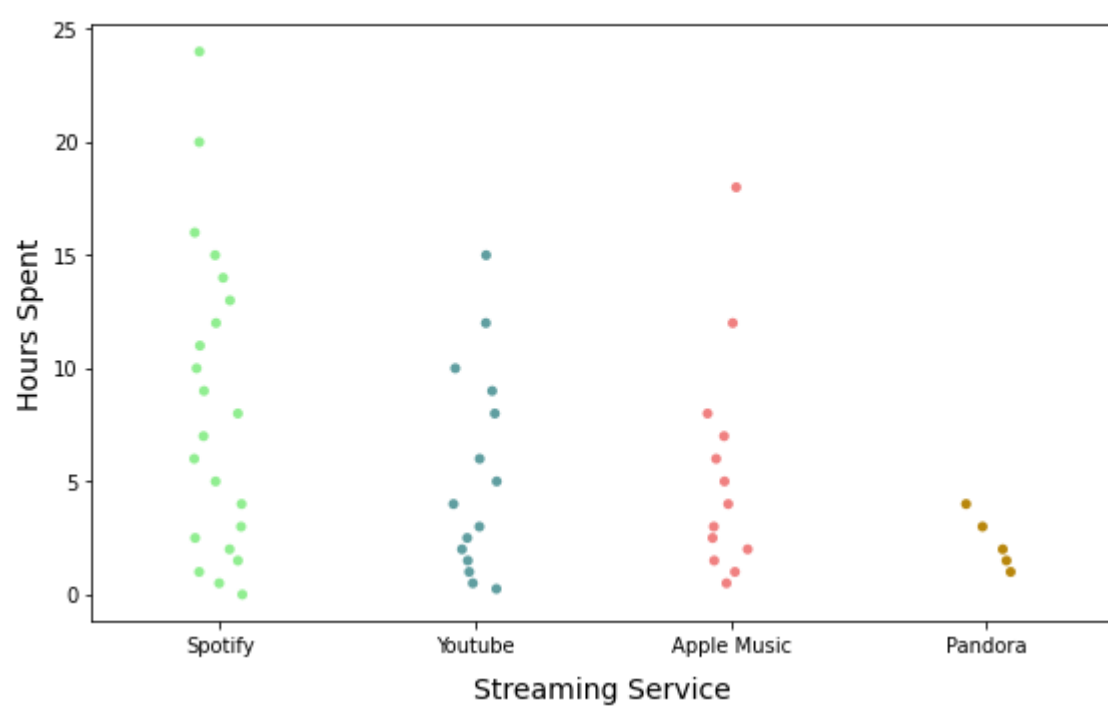
Age Distribution



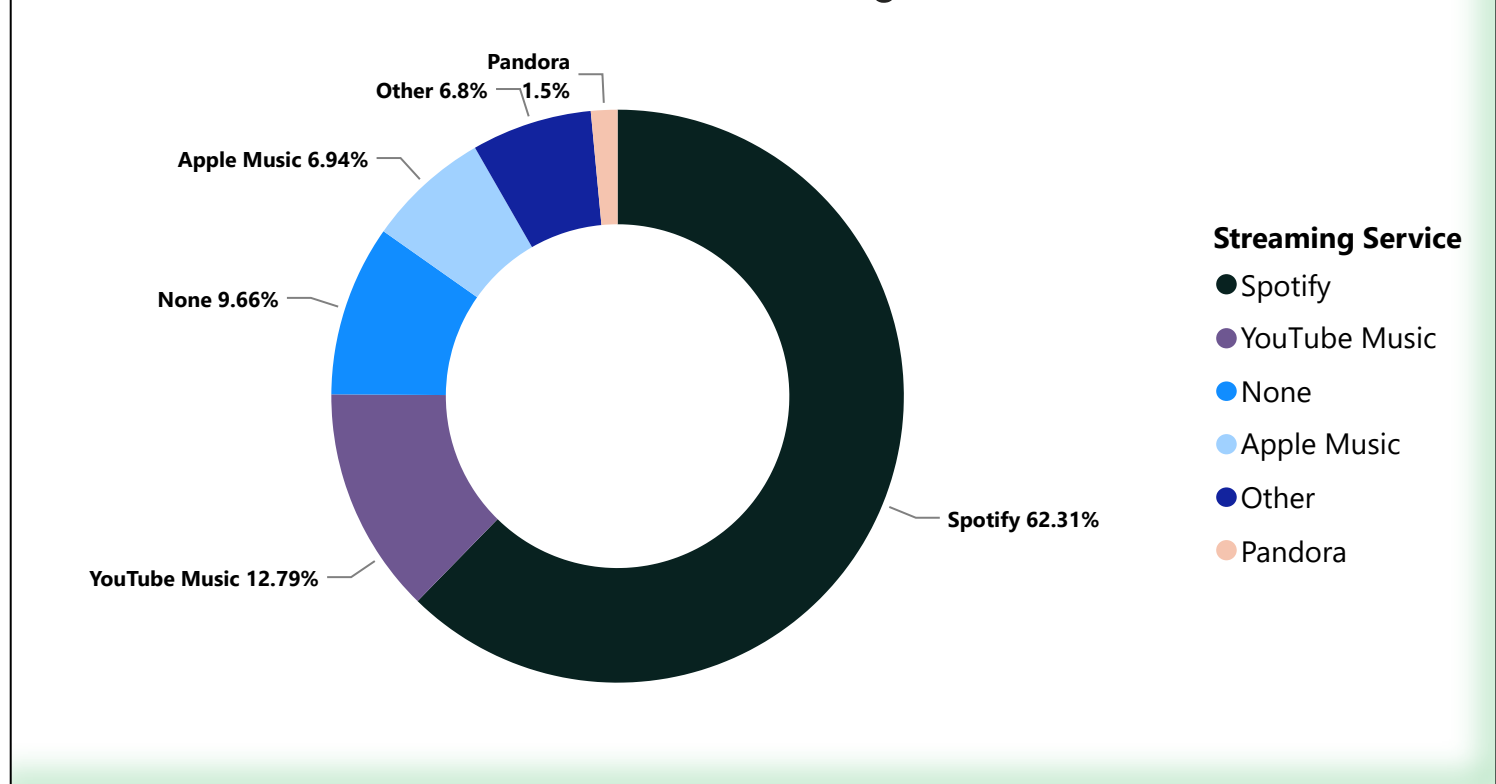
Ranking of Mental Health State



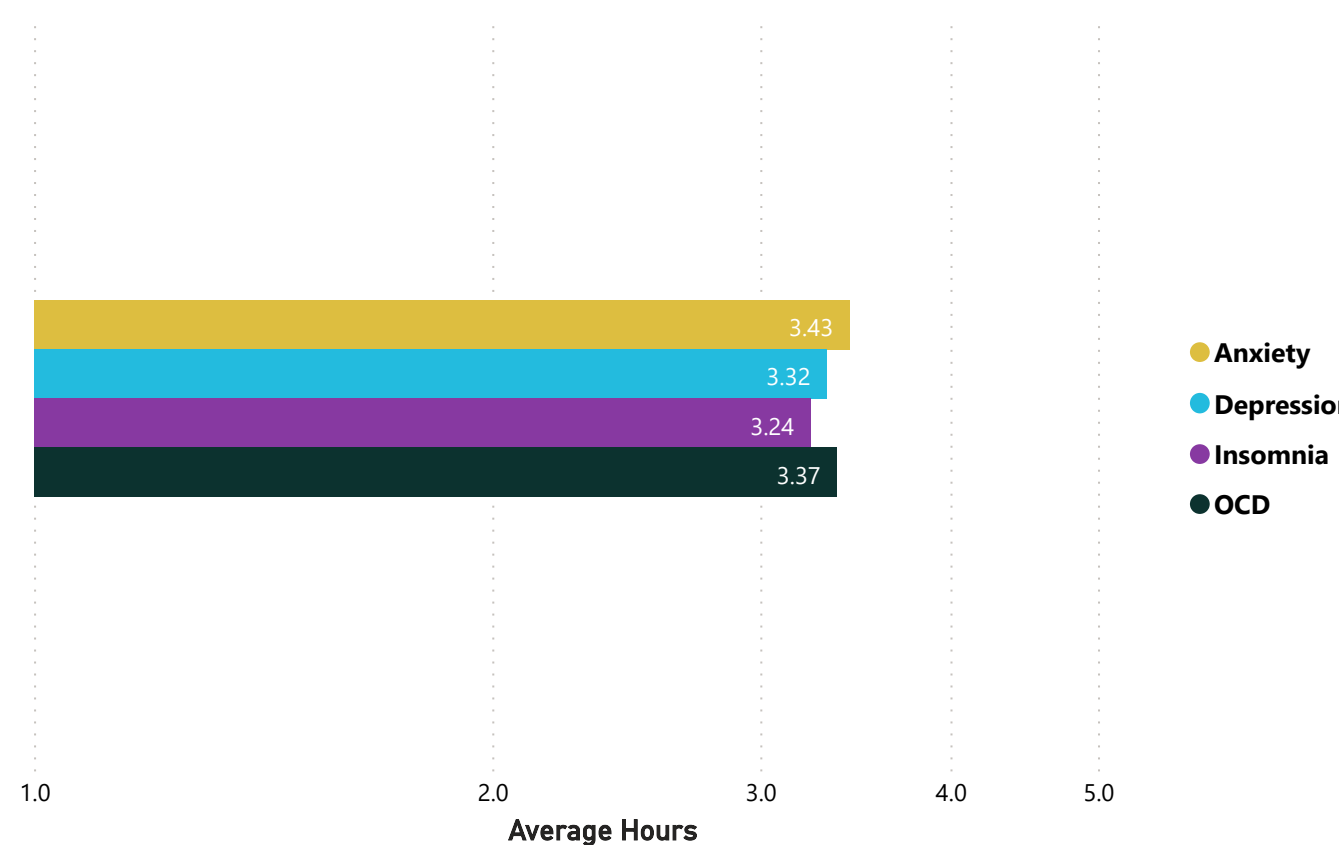
Average Hours Daily on Streaming Service



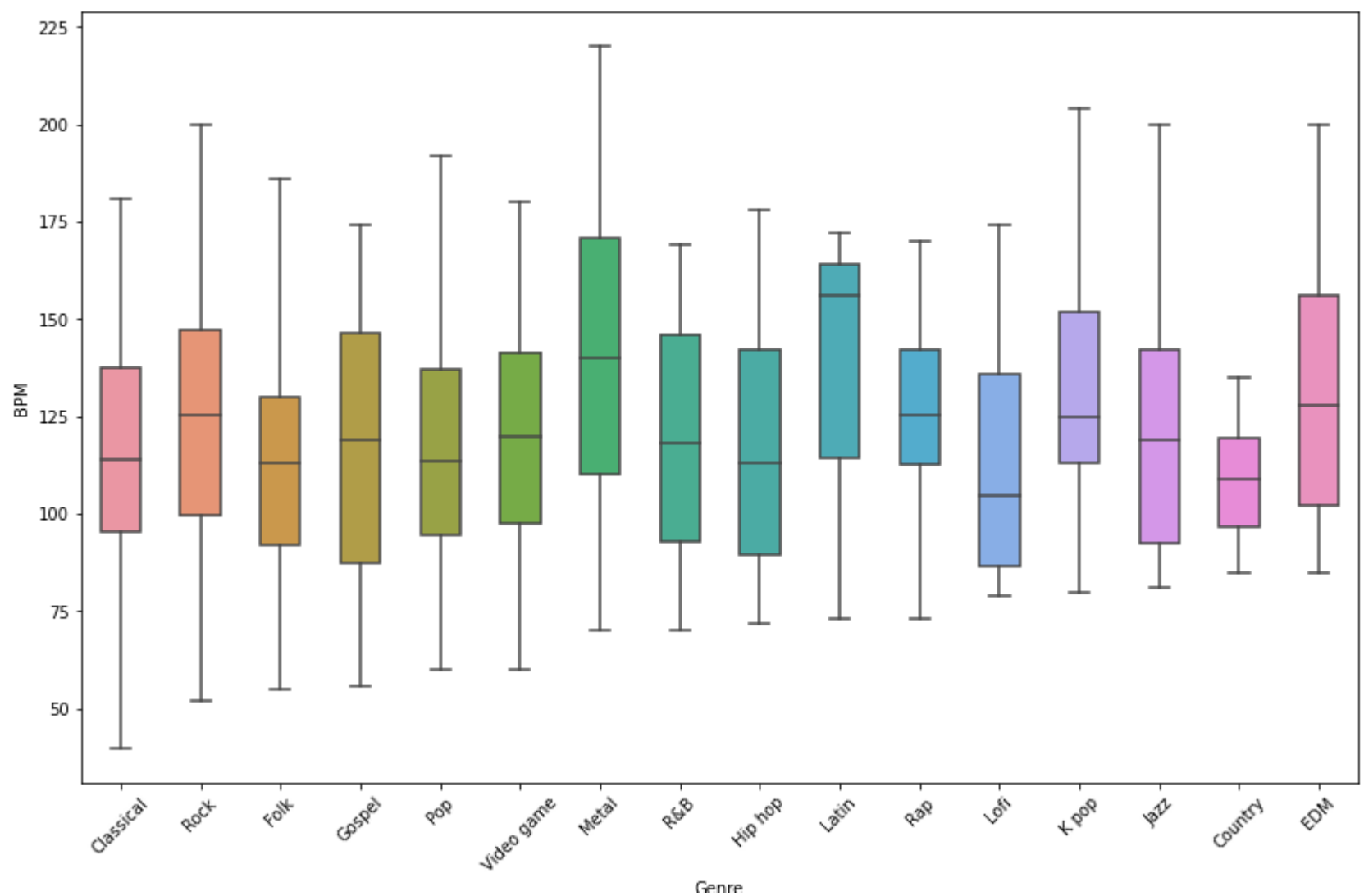
Most Used Streaming Service



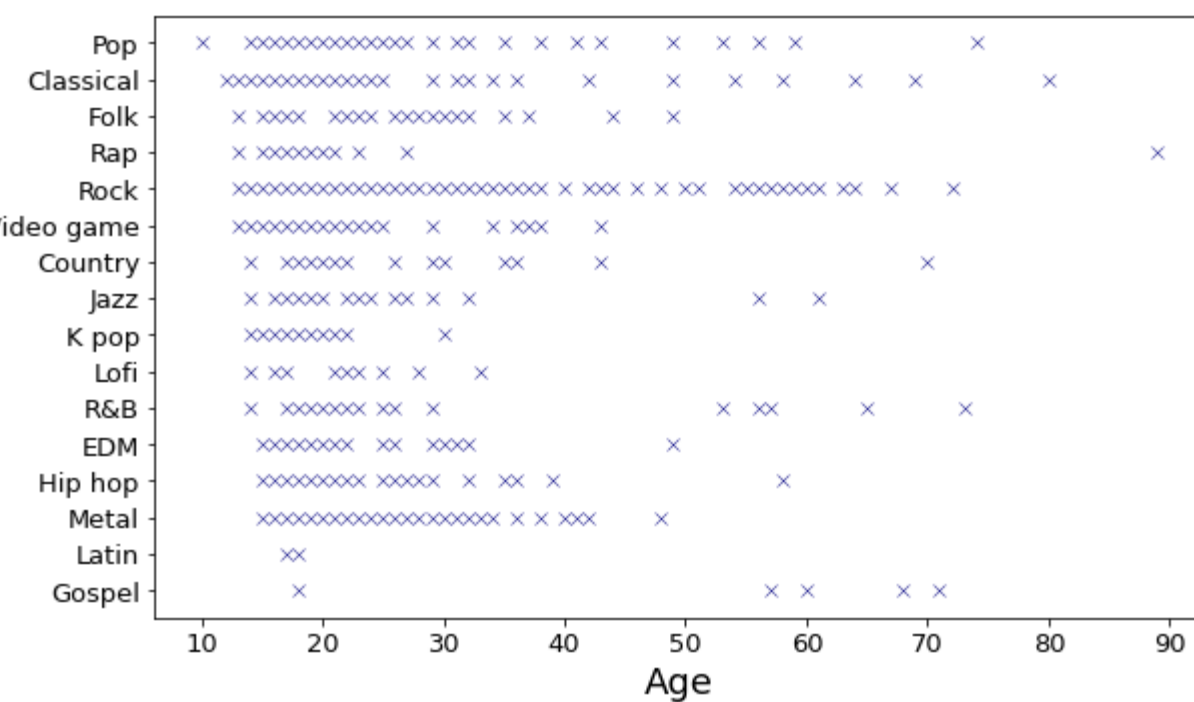
Hours Listened for Individuals with Low MH rankings



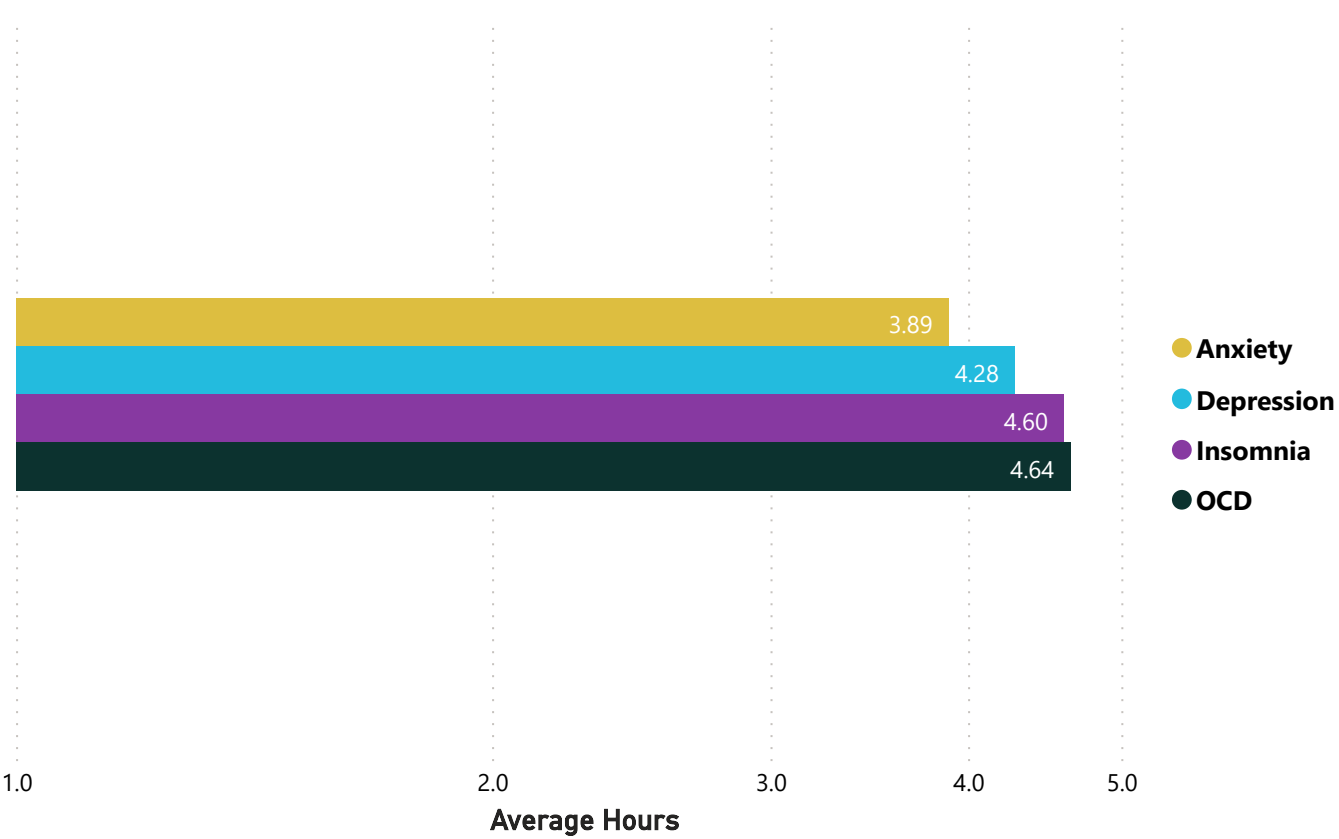
Genre vs BPM



Age Distribution by Genre



Hours Listened for Individuals with Extreme MH rankings



INSIGHTS:

- About **45%** of people surveyed were between ages **16-21**. This number is quite different from the average age of 25.
- 62.31%** of people surveyed use **Spotify** as their primary streaming service.
- Rock** is the most widely listened genre across all ages.
- There is a **strong correlation** between listening to music from a favourite genre and an **improvement** in Mental health state