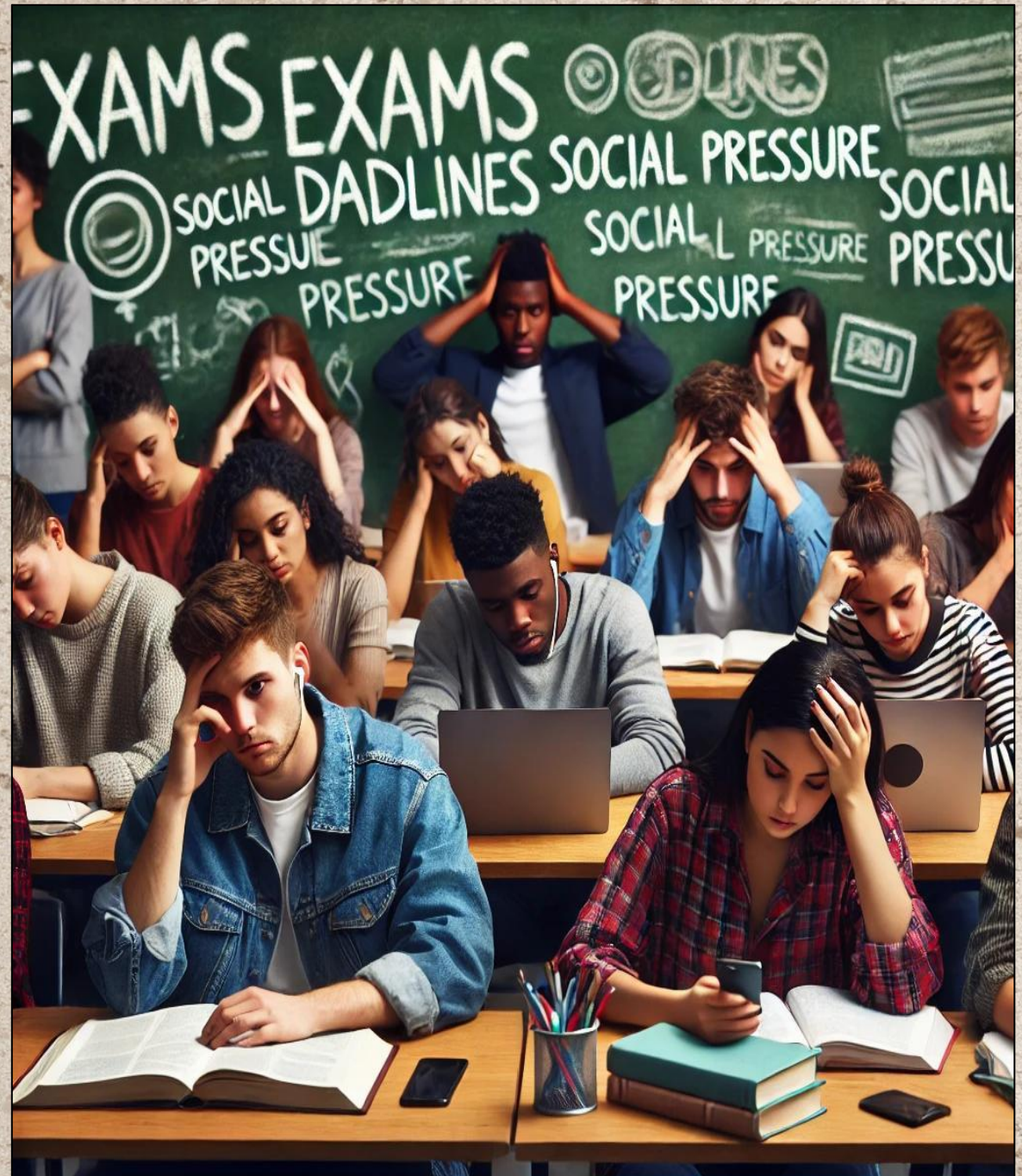


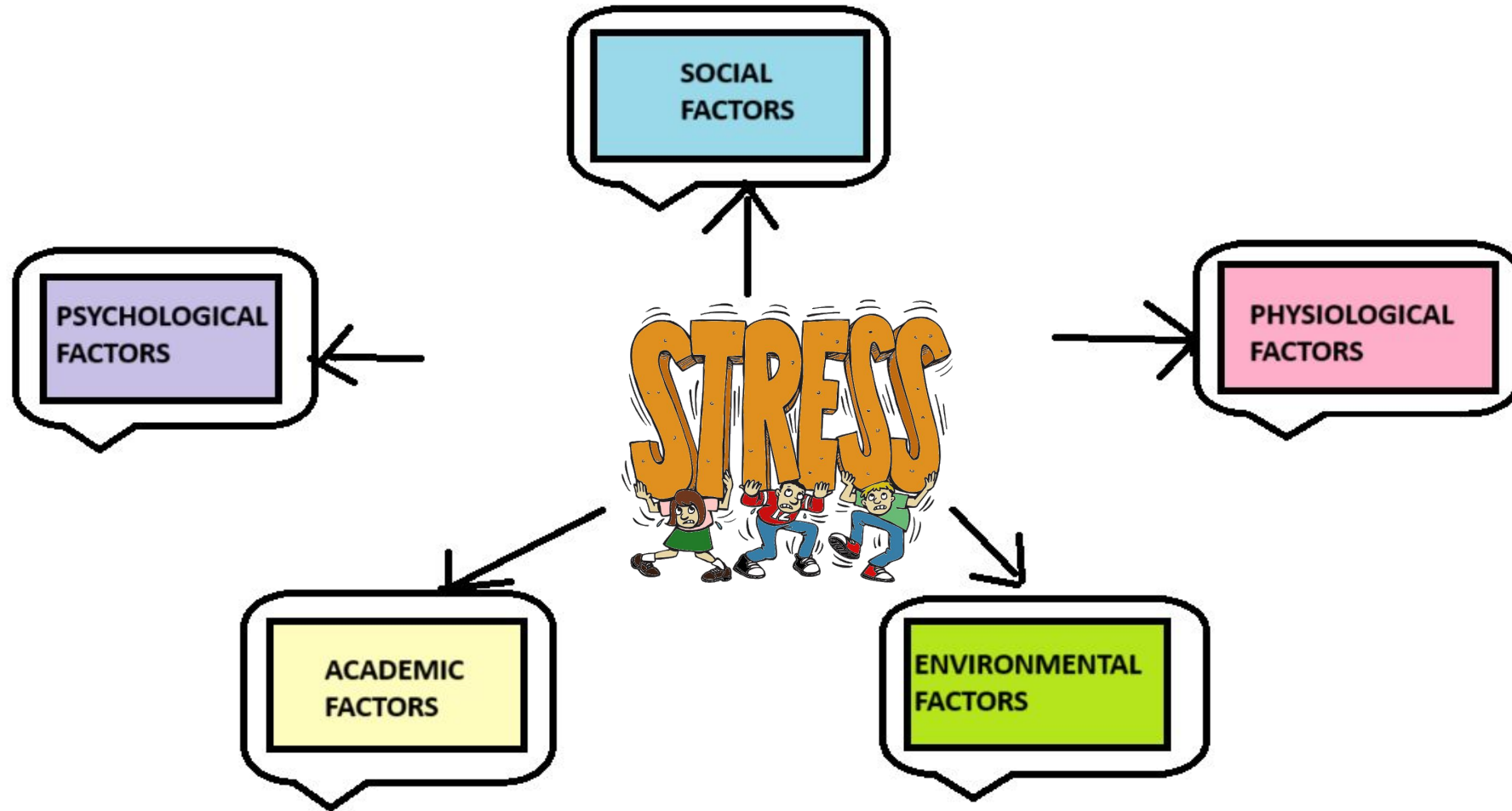
# STUDENT STRESS FACTORS

A Comprehensive Analysis By:  
Sri Vaishnavi Akkaraju





# INTRODUCTION

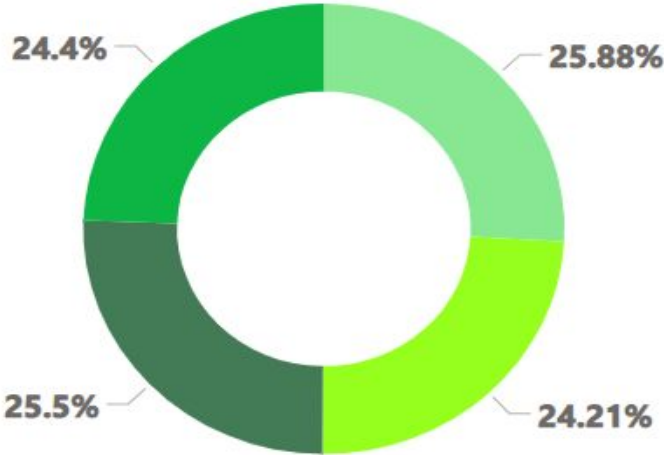


# DESCRIPTIVE STATISTICS

## Psychological Factors:

Healthcare Metrics Analysis of students				
Number of Students	Students With Mental Health Issues	Students with anxiety issues	Students with Self Esteem	Students with depression
1100	542	534	507	511

### Psychological Factors



- Psychological Factors
- Students With Mental Health History
  - Students with Self Esteem
  - Students With Anxiety
  - Students With Depression

# DESCRIPTIVE STATISTICS

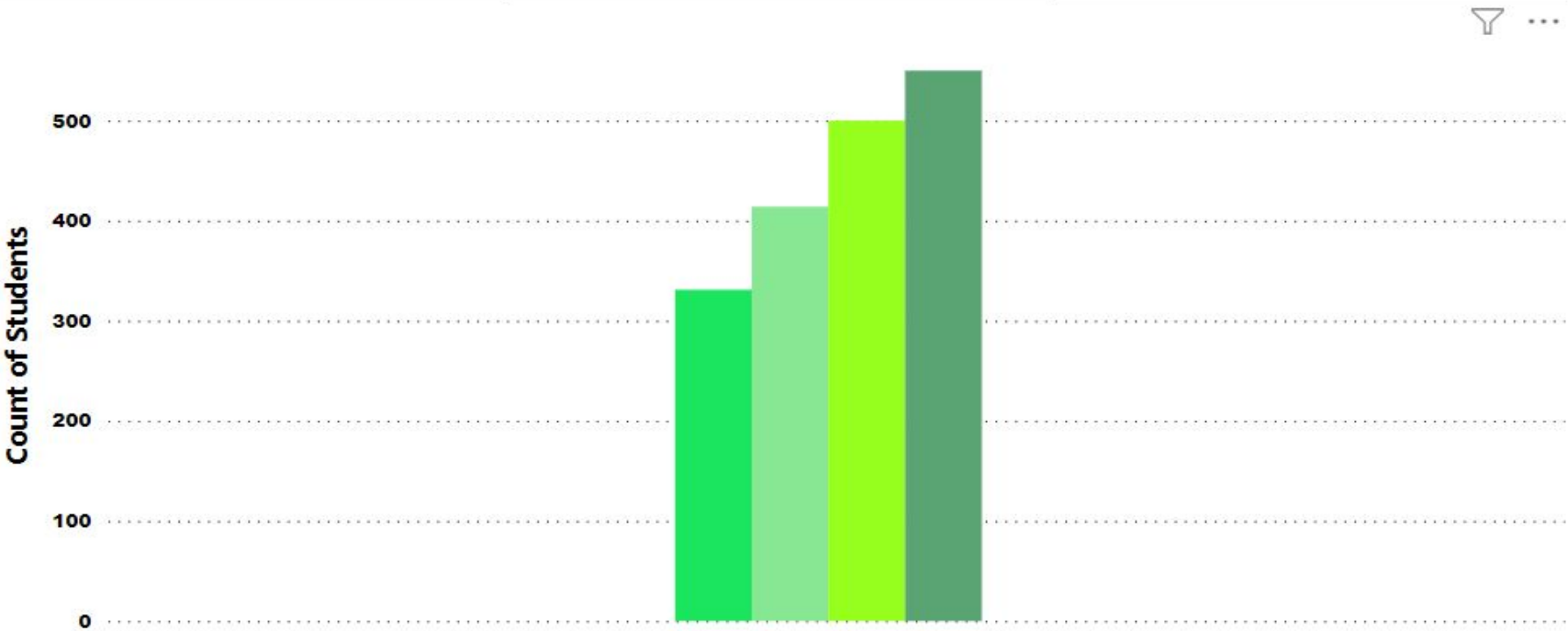
## Physiological Factors:

Students With Frequent Headaches	Students with Blood Pressure	Students with poor sleep quality	Students With Breathing Problems
331	500	550	414

Physiological Factors

Physiological Factors

- Students with Frequent Headaches
- Students With Breathing Problems
- Students with Blood Pressure
- Students With Poor Sleep Quality



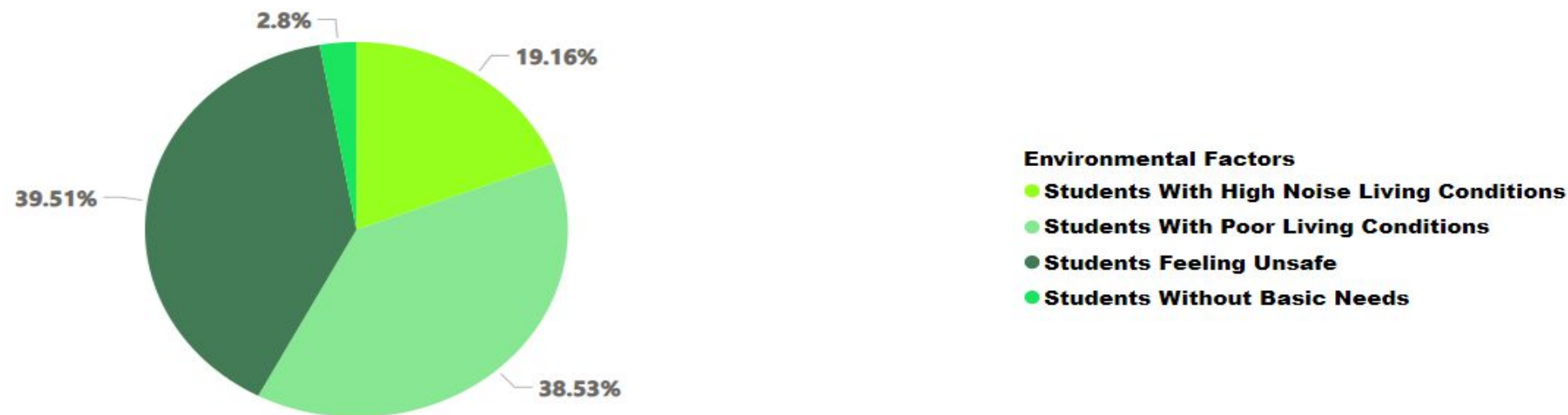


# DESCRIPTIVE STATISTICS

## Environmental Factors:

Students With High Noise Level Living Conditions	Students With Poor Living Conditions	Students Feeling Unsafe	Students Without Basic Needs
274	551	565	40

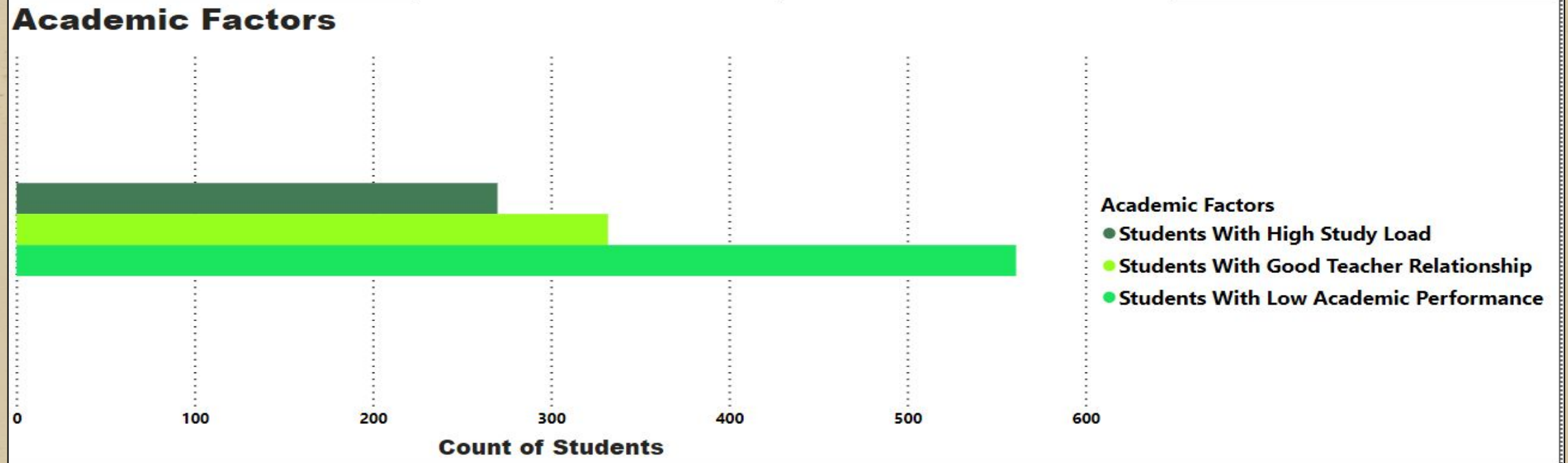
### Environmental Factors



# DESCRIPTIVE STATISTICS

## Academic Factors:

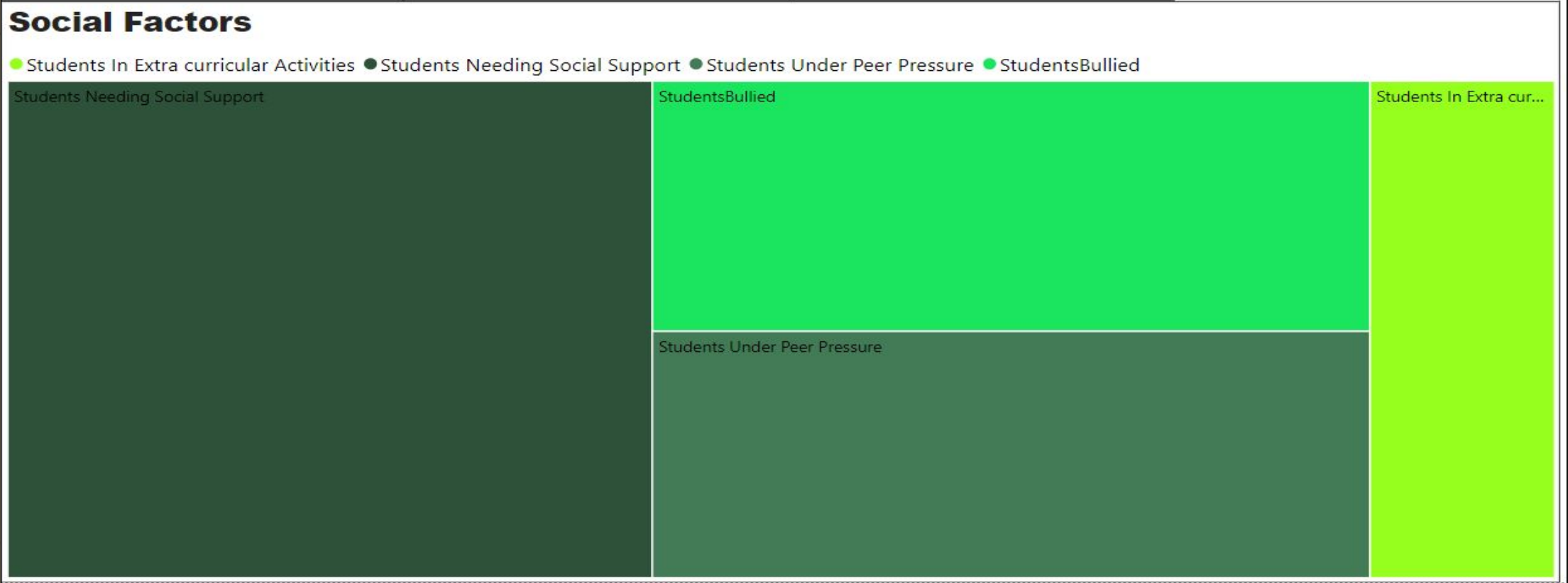
Students With Low Academic Performance	Students With High Study load	Students Having Good Relationships With Teacher	Students with Future career Concerns
561	270	332	544



# DESCRIPTIVE STATISTICS

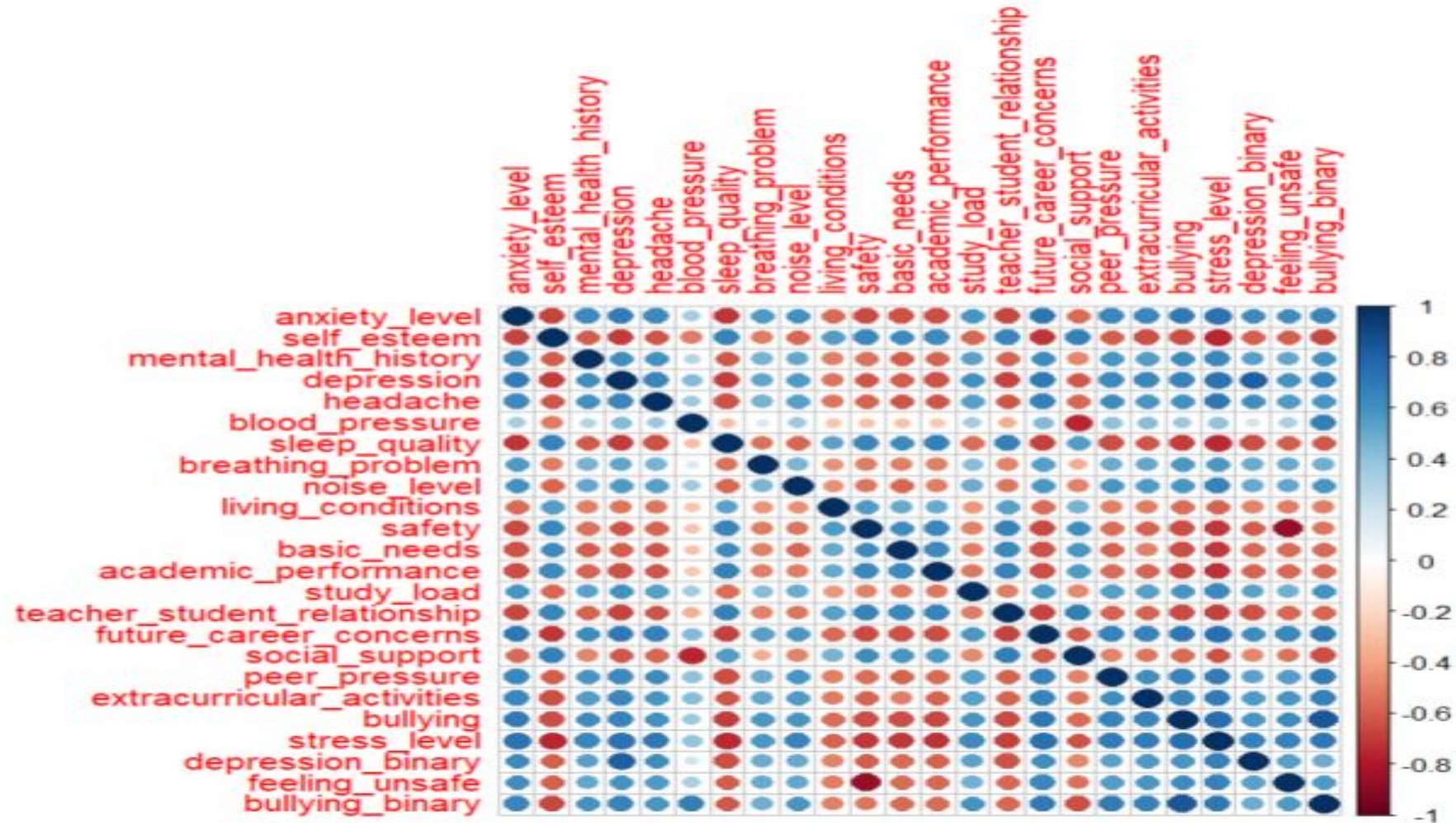
## Social Factors:

Students Requiring Social Support	Students Participating in Extra Curricular Activities	Students Under Peer Pressure	Students Experiencing Bullying
642	184	355	360



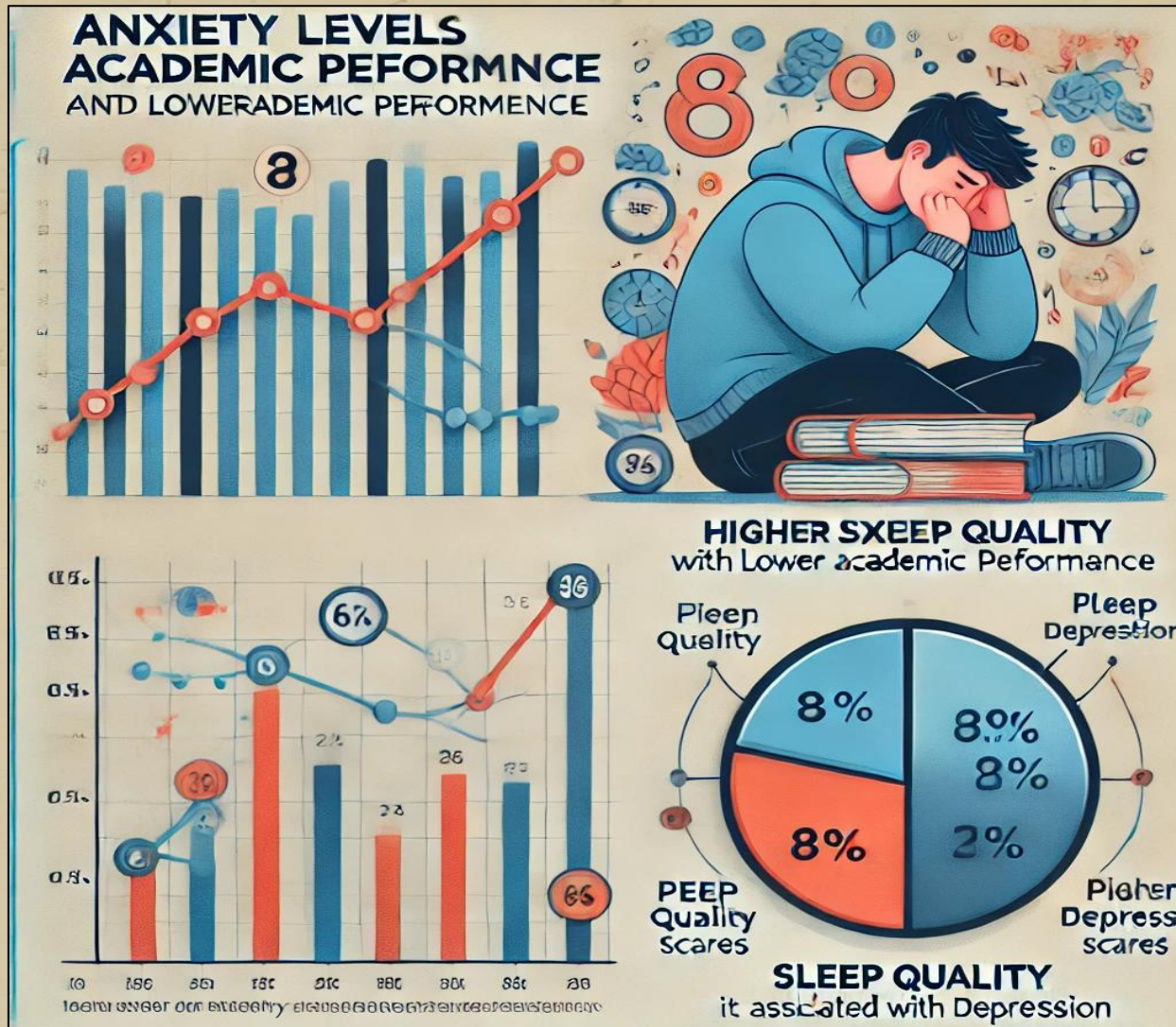


# Correlation Analysis



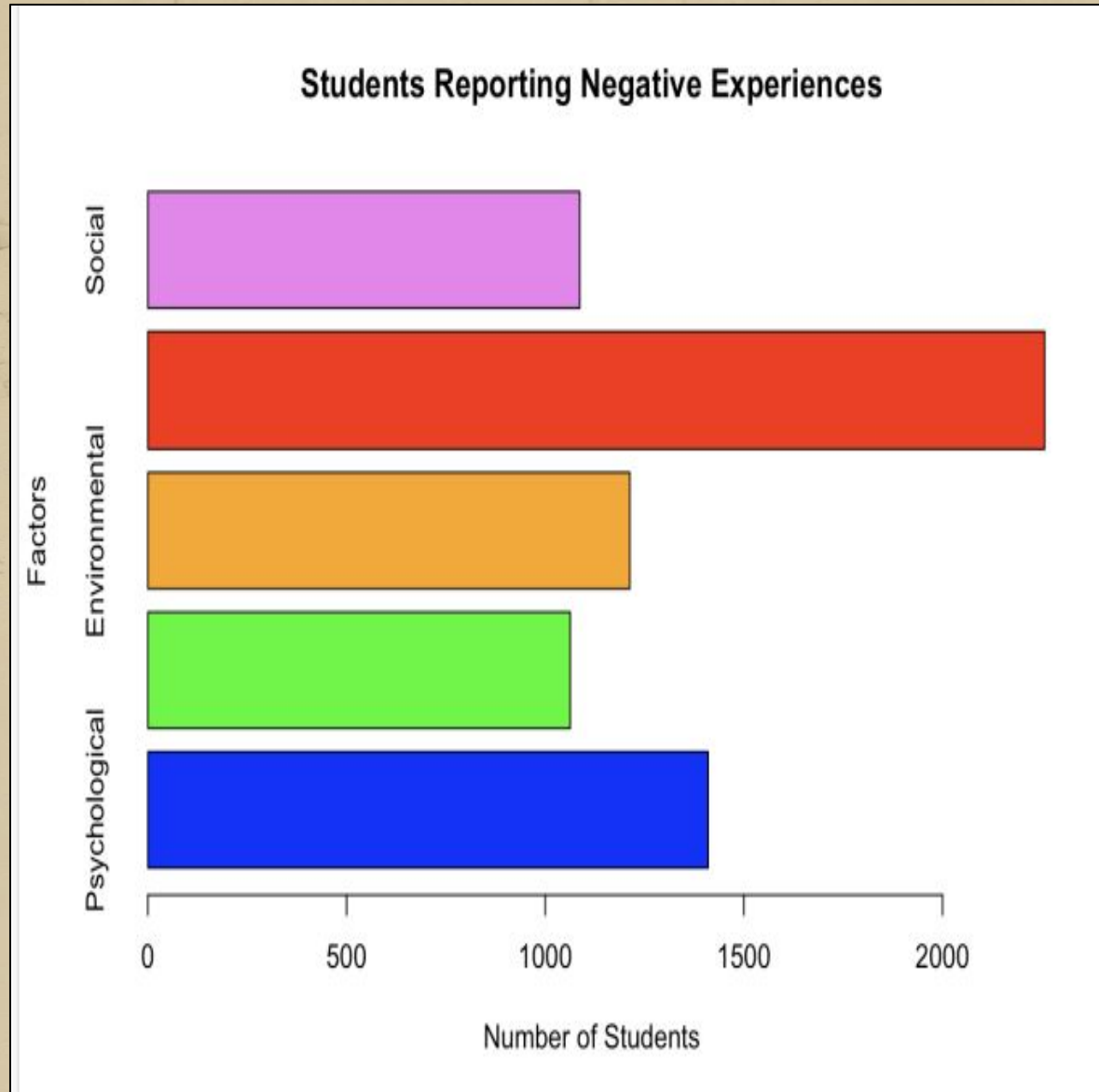


# Comparative Analysis



- A study of 1,100 students shows a direct correlation between anxiety and academic performance: higher anxiety leads to lower grades, with the worst performance linked to the highest anxiety levels (16.72).
- Conversely, as academic performance improves, anxiety decreases, underscoring the impact of mental health on education.
- Additionally, poor sleep quality strongly correlates with higher depression scores (20.78), supporting the connection between sleep disturbances and depressive symptoms.

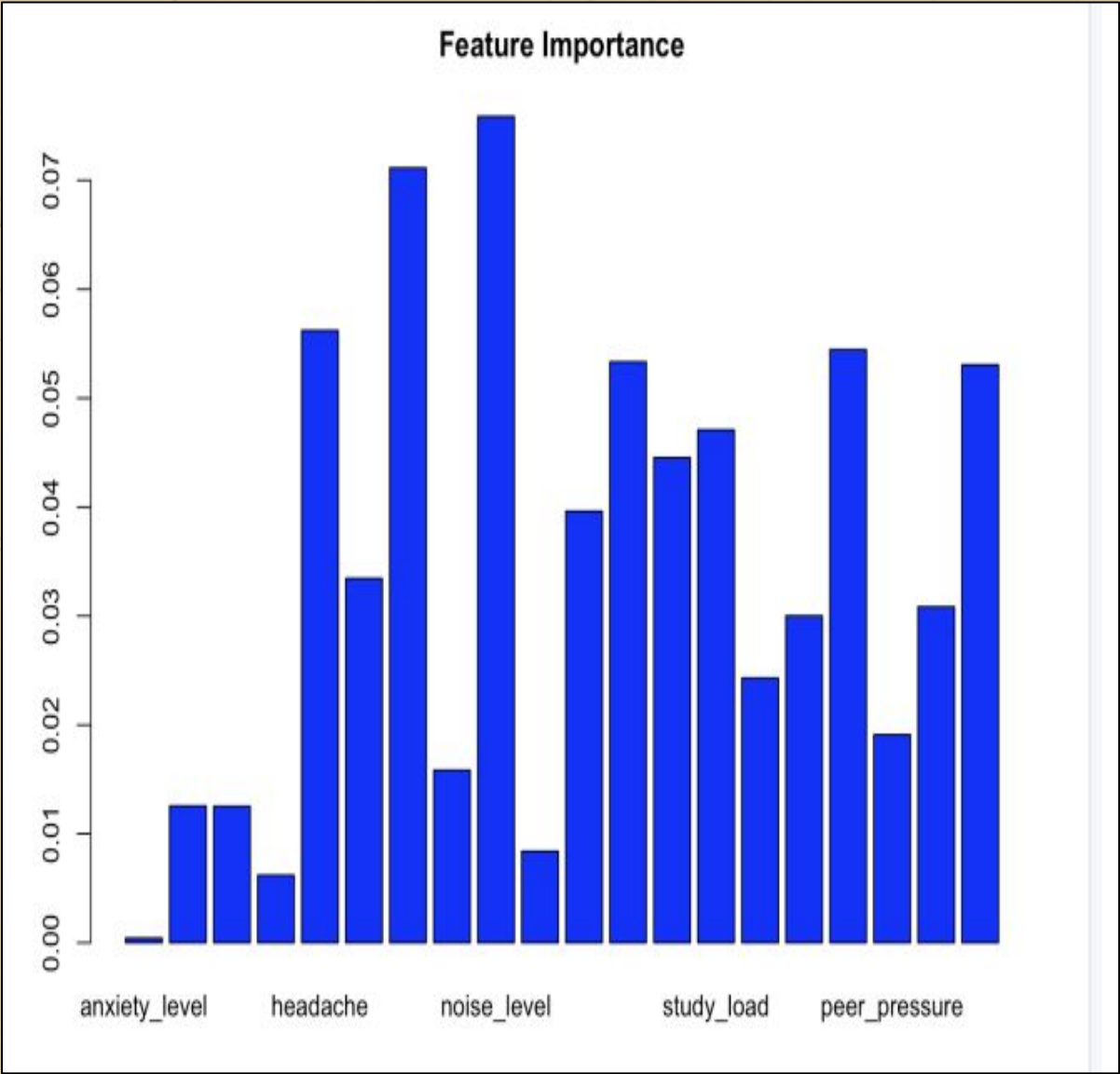
# General Exploration



- 26.44%, report negative academic experiences, which could encompass struggles with coursework, academic pressure, or dissatisfaction with the educational environment.
- 25.98% of students reporting negative personal experiences, potentially relating to issues of self-esteem, personal relationships, or individual challenges.
- 20.97% and 16.11% of students experiencing negative social and psychological events, respectively. These could include social isolation, interpersonal conflicts, or mental health struggles.



# Linear Regression Model



- The model's predictions are highly accurate, with a Mean Squared Error (MSE) of just 0.142, indicating a close fit to the actual data.
- An Adjusted R-squared value of 0.794 and a robust F-statistic of 185.5 affirm the model's effectiveness and statistical significance in forecasting student well-being.

MODEL	VALUE
Mean Squared Error	0.142
Adjusted R-Squared	0.794
F-Statistic	185.5

# Conclusion

- The analysis highlights the complex interplay of psychological, physiological, environmental, academic, and social factors in students' well-being.
- This thorough study shows us the important things that affect how students feel. It highlights the need to help with feelings like self-esteem and sadness, as well as dealing with issues like the surroundings and school difficulties.



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*Thank You*

