

Analysis on Student Depression

A Comprehensive Data Analysis Report



Data insights



- Data Source: Kaggle
- Tools used: Power BI
- **More males reported** higher levels of suicidal thoughts and unhealthy conditions.
- Average **age** of students is 26.24 years.
- More males are studying compared to females.
- Females have Higher financial stress compared to males.

General Statistics

- **Average Study Hours:** 6.40 hours
- **Study Satisfaction:** 3.80
- **Financial Stress:** 2.93
- **Academic Pressure:** 3.00



Student depression analysis

26.24

Average of Age

3.00

Avg. Academic Pressure

6.40

Avg. Study Hours

3.08

Avg. Study Satisfaction

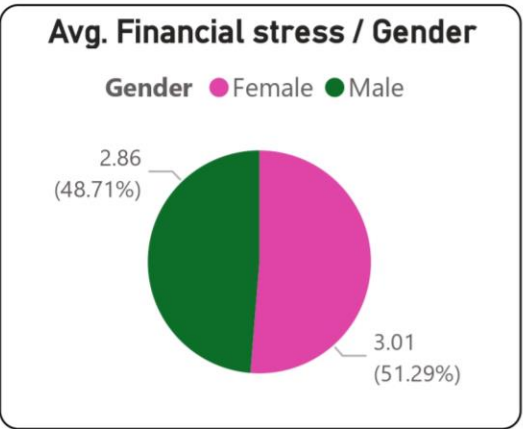
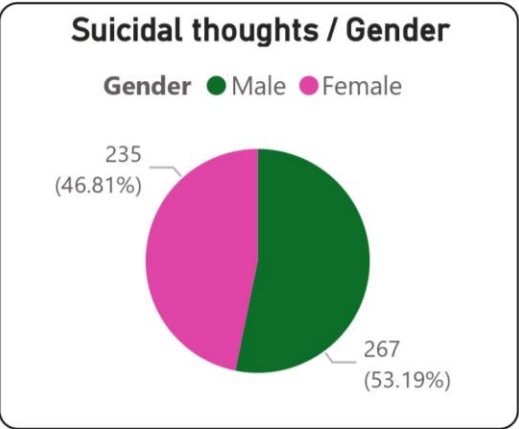
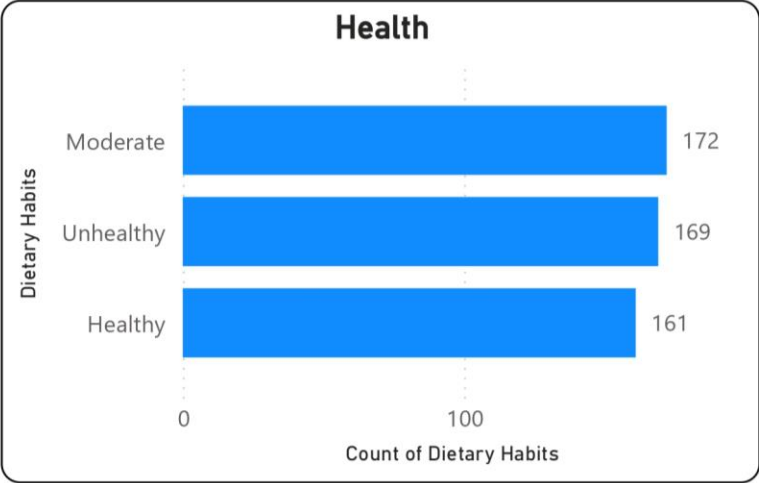
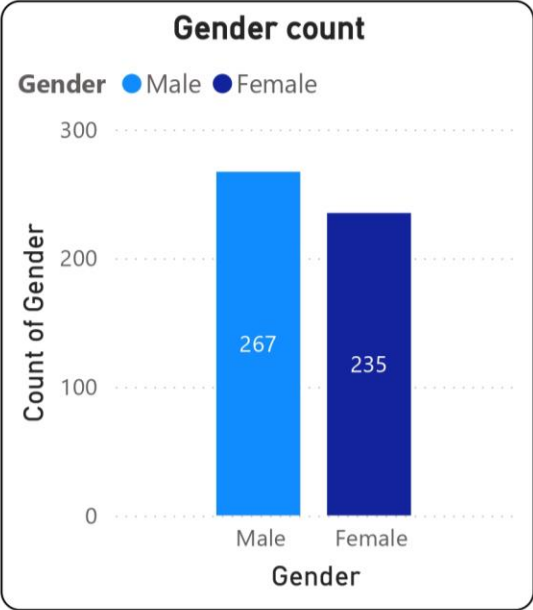
2.93

Avg. Financial Stress

Gender

☐ Female

☐ Male



Avg. Female Study Hours

6.25

Avg. Female Study Satisfaction

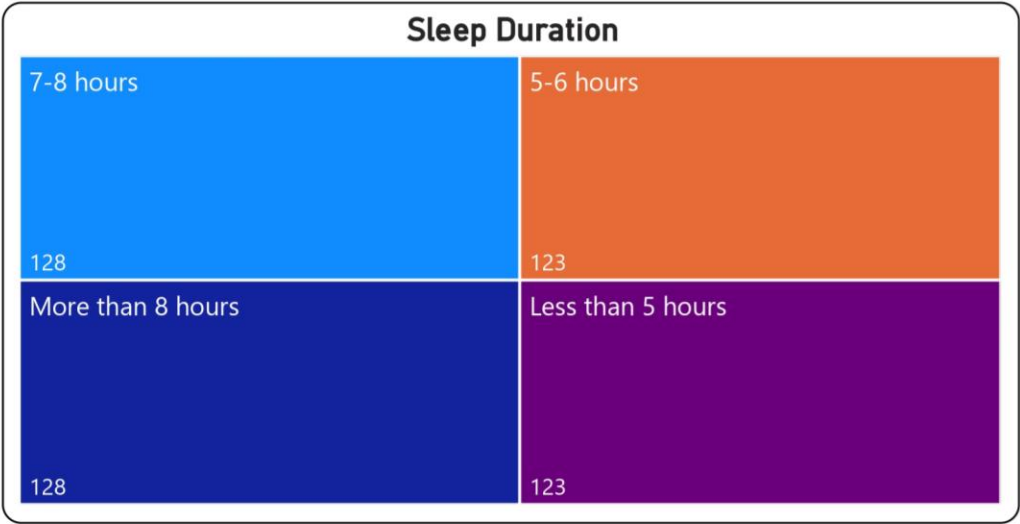
3.07

Avg. Male Study Hours

6.54

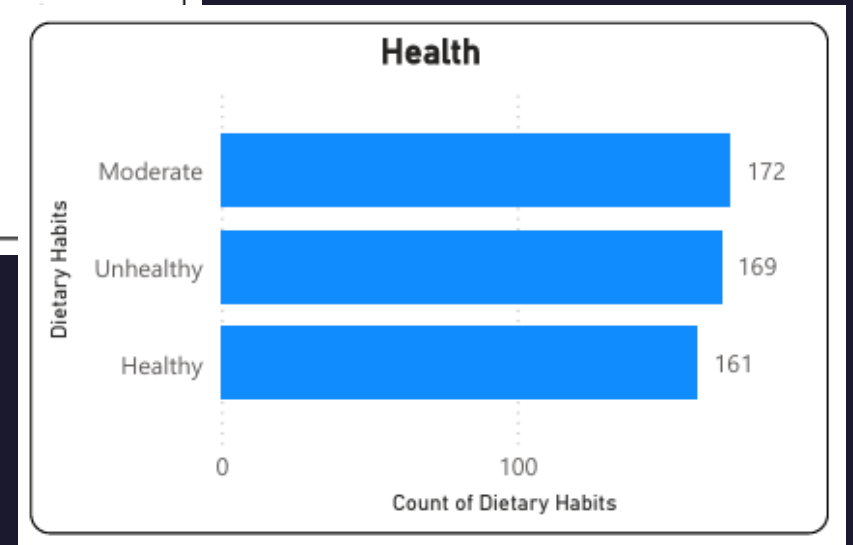
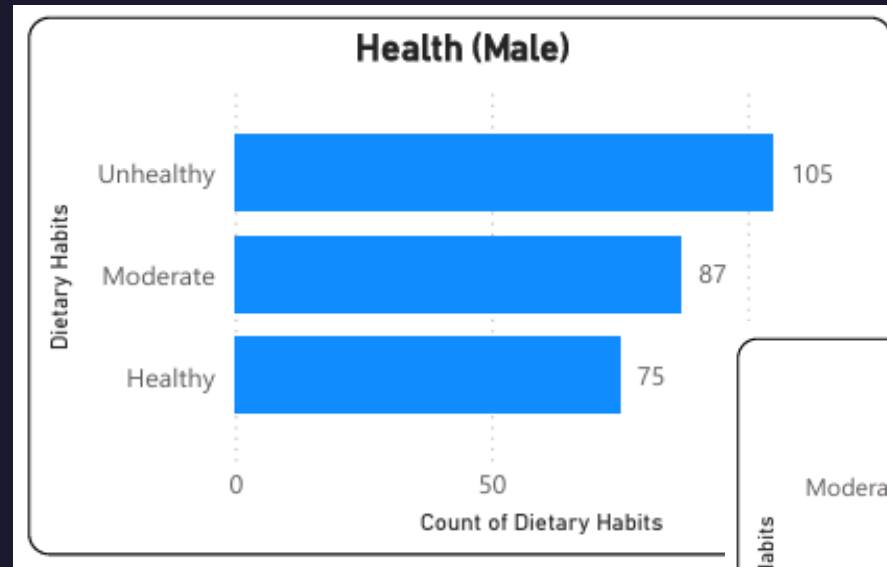
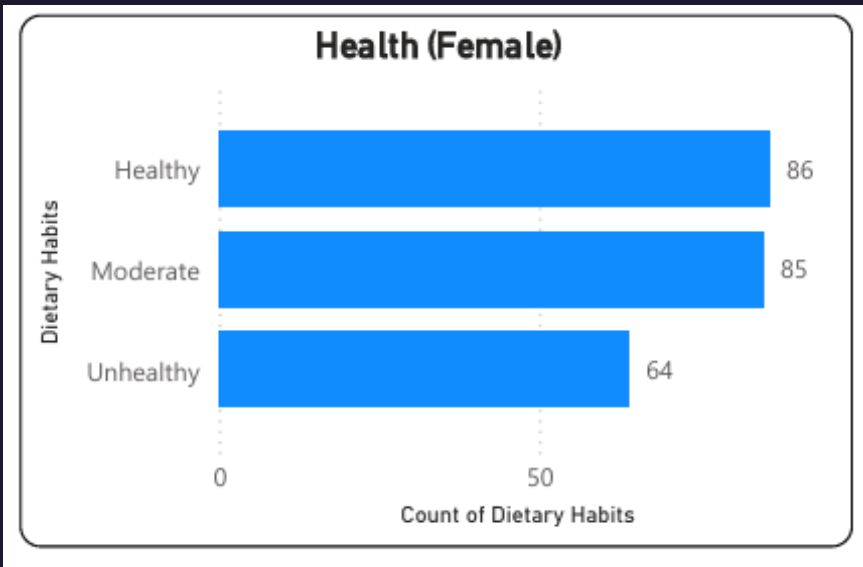
Avg. Male Study Satisfaction

3.08



Health Insights

- Avg. Students are moderate in health
- Females are generally healthier than males.
- Males report higher levels of Un healthiness.



Male Students

Student depression analysis

26.43
Average of Age

2.99
Avg. Academic Pressure

6.54
Avg. Study Hours

3.08
Avg. Study Satisfaction

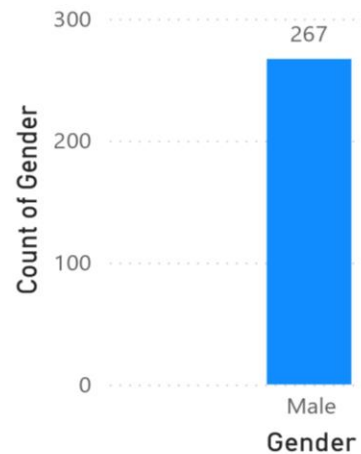
2.86
Avg. Financial Stress

Gender

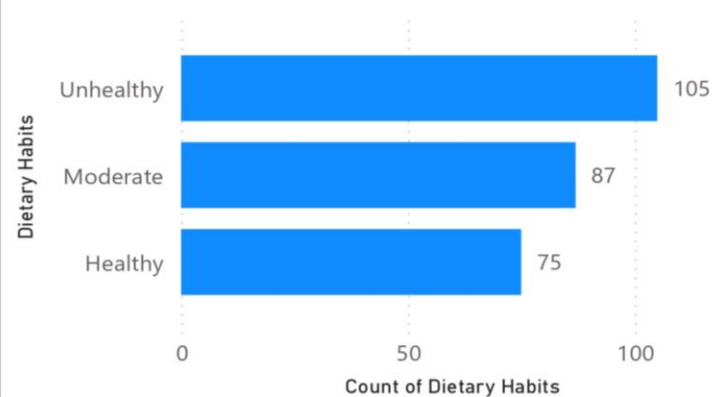
☐ Female
☒ Male

Gender count

Gender ● Male

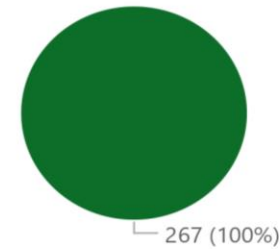


Health (Male)



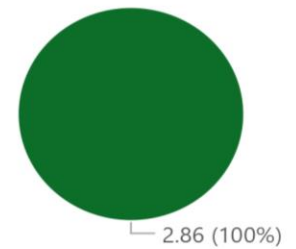
Suicidal thoughts / Gender

Gender ● Male



Avg. Financial stress / Gender

Gender ● Male



Avg. Female Study Hours

(Blank)

Avg. Female Study Satisfaction

(Blank)

Avg. Male Study Hours

6.54

Avg. Male Study Satisfaction

3.08

Sleep Duration

More than 8 hours

27.34%

Less than 5 hours

25.47%

5-6 hours

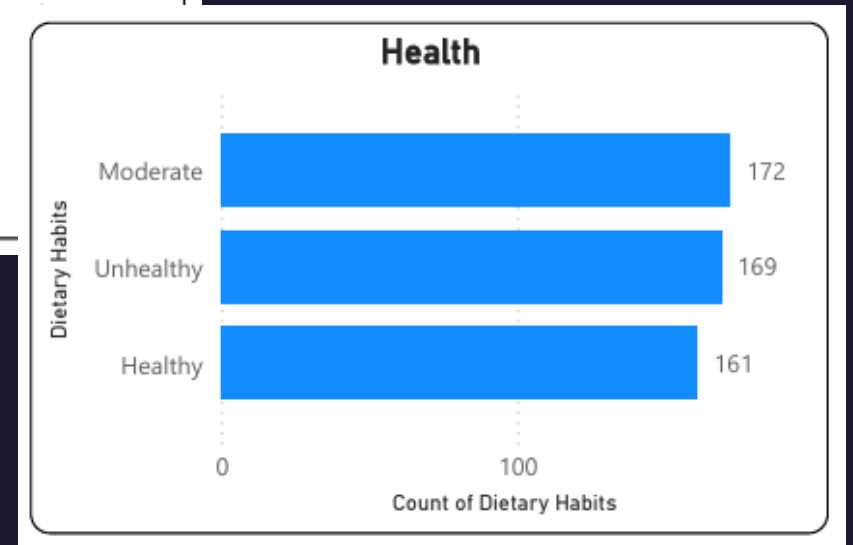
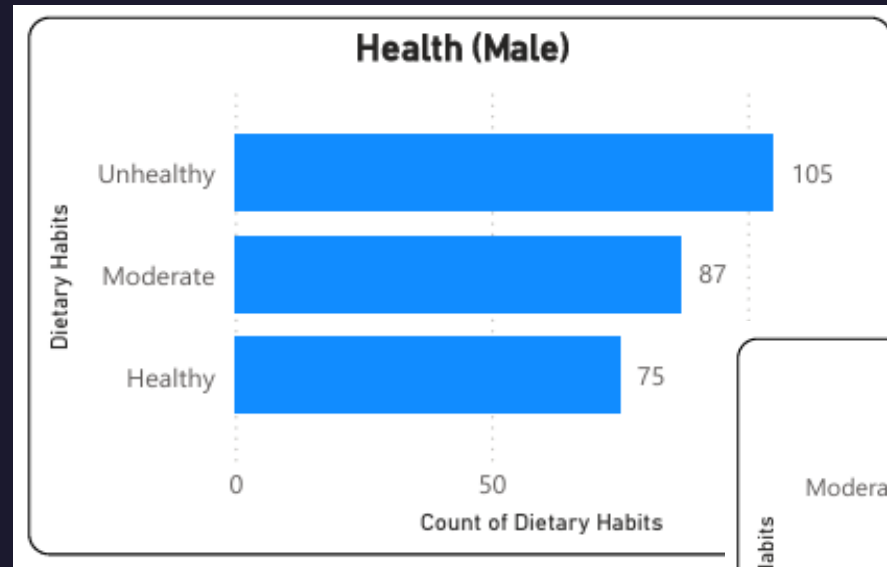
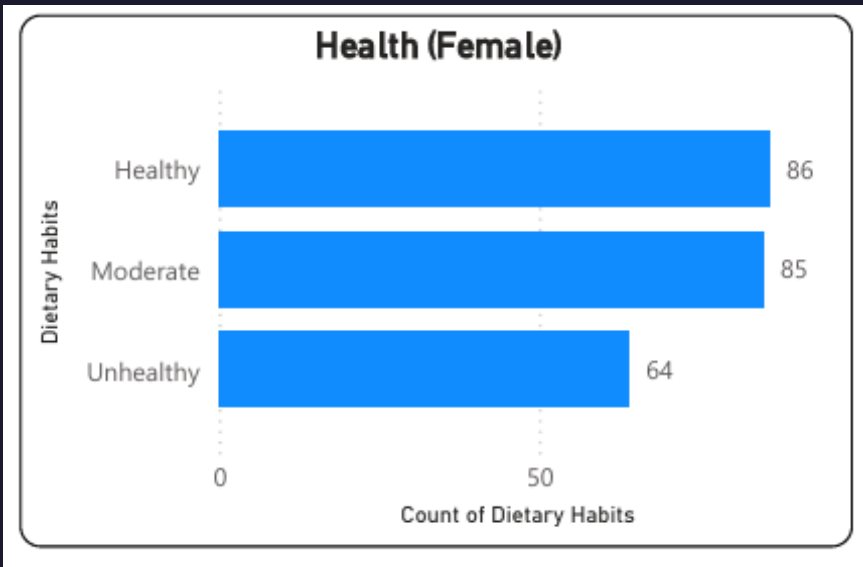
25.09%

7-8 hours

22.10%

Health Insights

- Avg. Students are moderate in health
- Females are generally healthier than males.
- Males report higher levels of Un healthiness.



Female Students

Student depression analysis

26.02
Average of Age

3.02
Avg. Academic Pressure

6.25
Avg. Study Hours

3.07
Avg. Study Satisfaction

3.01
Avg. Financial Stress

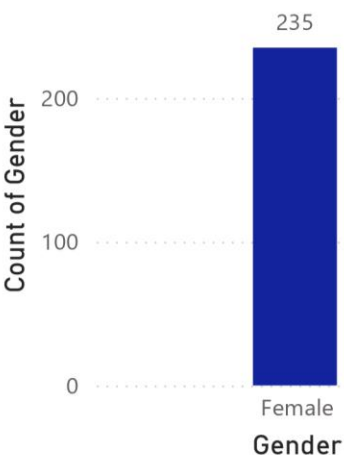
Gender

■ Female

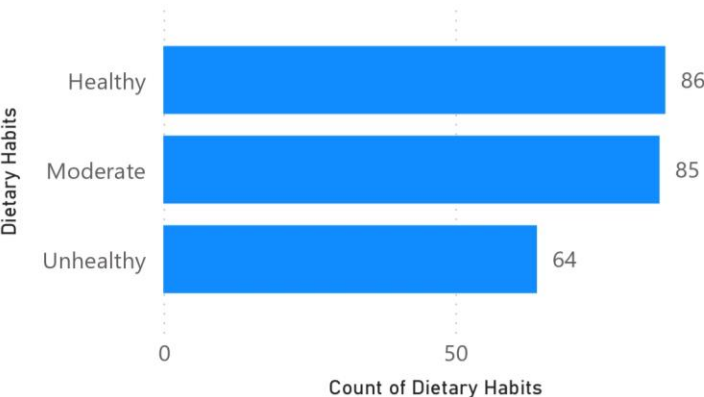
□ Male

Gender count

Gender ● Female

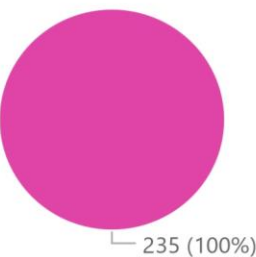


Health (Female)



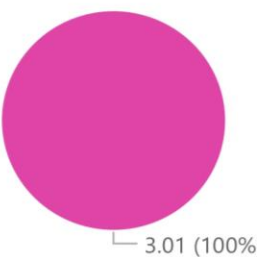
Suicidal thoughts / Gender

Gender ● Female



Avg. Financial stress / Gender

Gender ● Female



Avg. Female Study Hours

6.25

Avg. Female Study Satisfaction

3.07

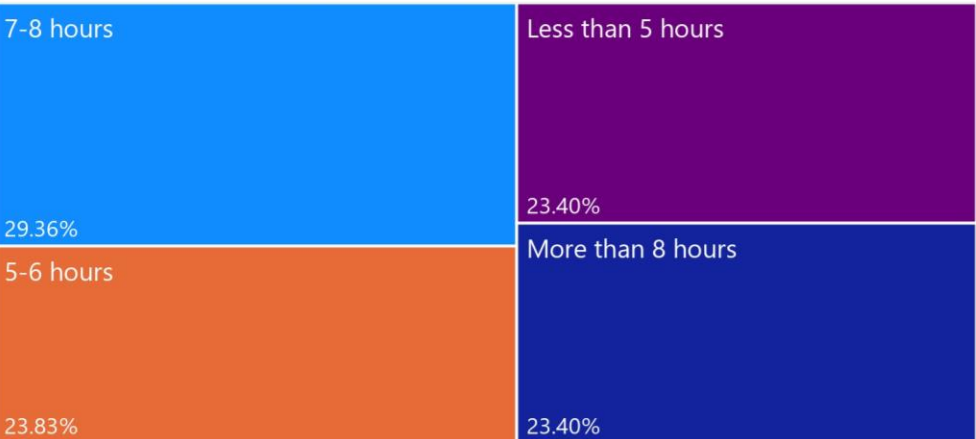
Avg. Male Study Hours

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Avg. Male Study Satisfaction

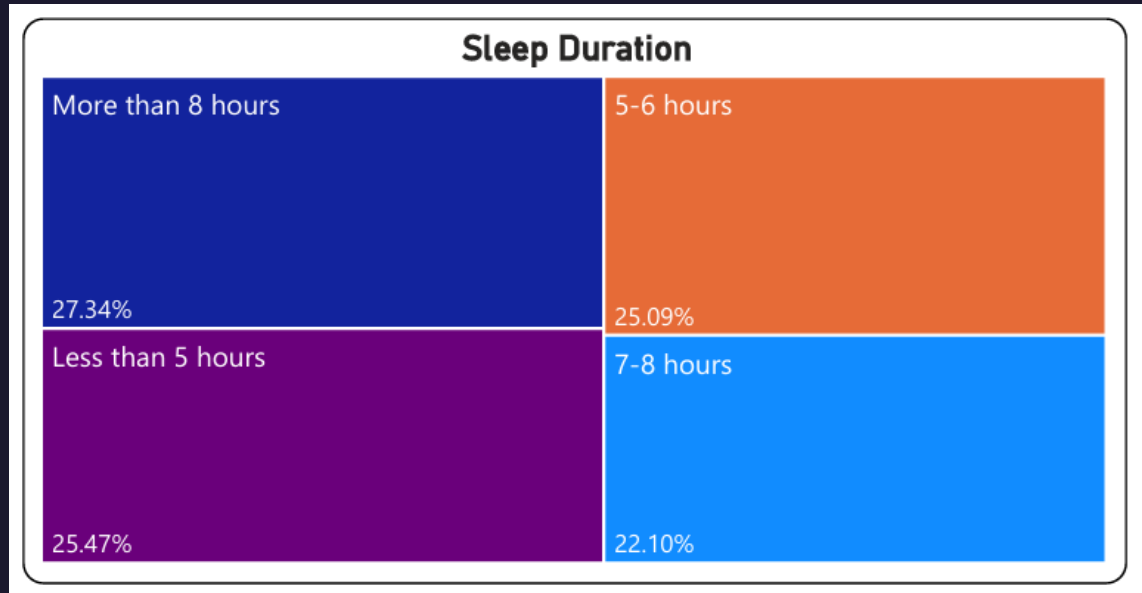
(Blank)

Sleep Duration

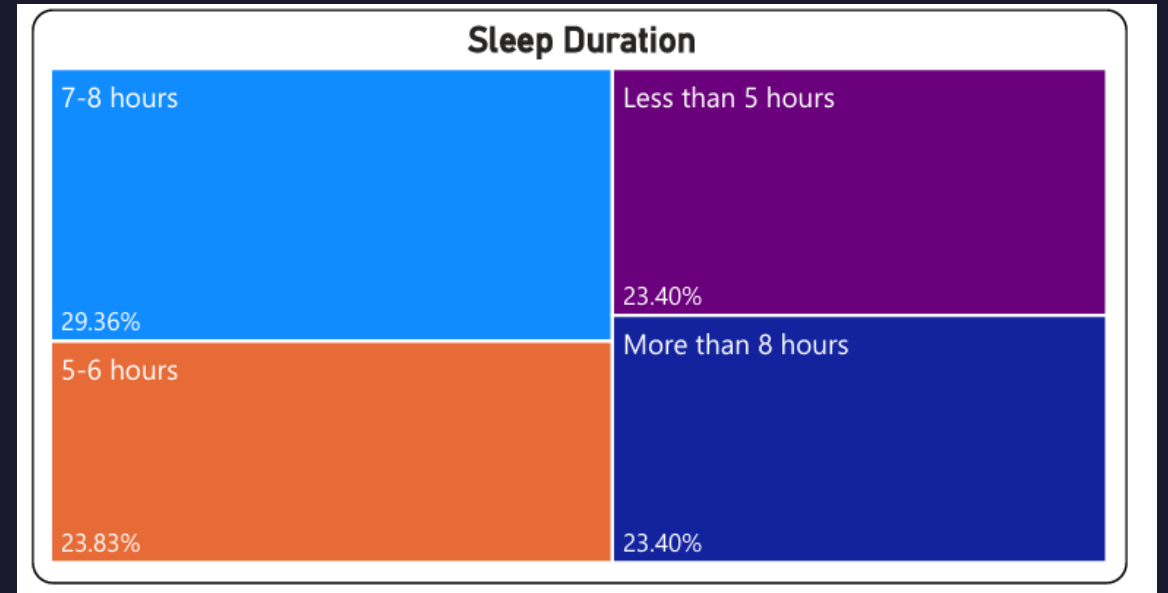


Sleep Patterns

Male



Female



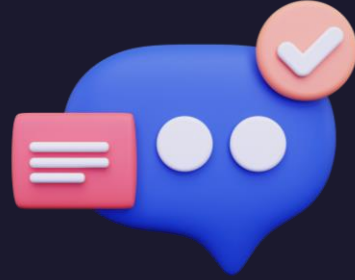
- Females typically have better sleep patterns, with more getting 7-8 hours of rest.
- Males show greater variability, often sleeping either more than 8 hours or less than 5 hours.

Conclusion

- Female students exhibit more consistent and healthier sleep patterns compared to males.
- Males report a higher incidence of unhealthy behaviours and suicidal thoughts.
- Financial stress is notably higher among female students than males.
- Effective mental health support and tailored wellness programs are crucial for improving student well-being.



Suggestions



- Provide Mental Health Support
- Promote Balanced Study Habits
- Improve Sleep Hygiene
- Improve Financial Support Initiatives
- Do meditation to improve focus
- Give some time for sports-related activities to improve physical and mental health



Thank you

