

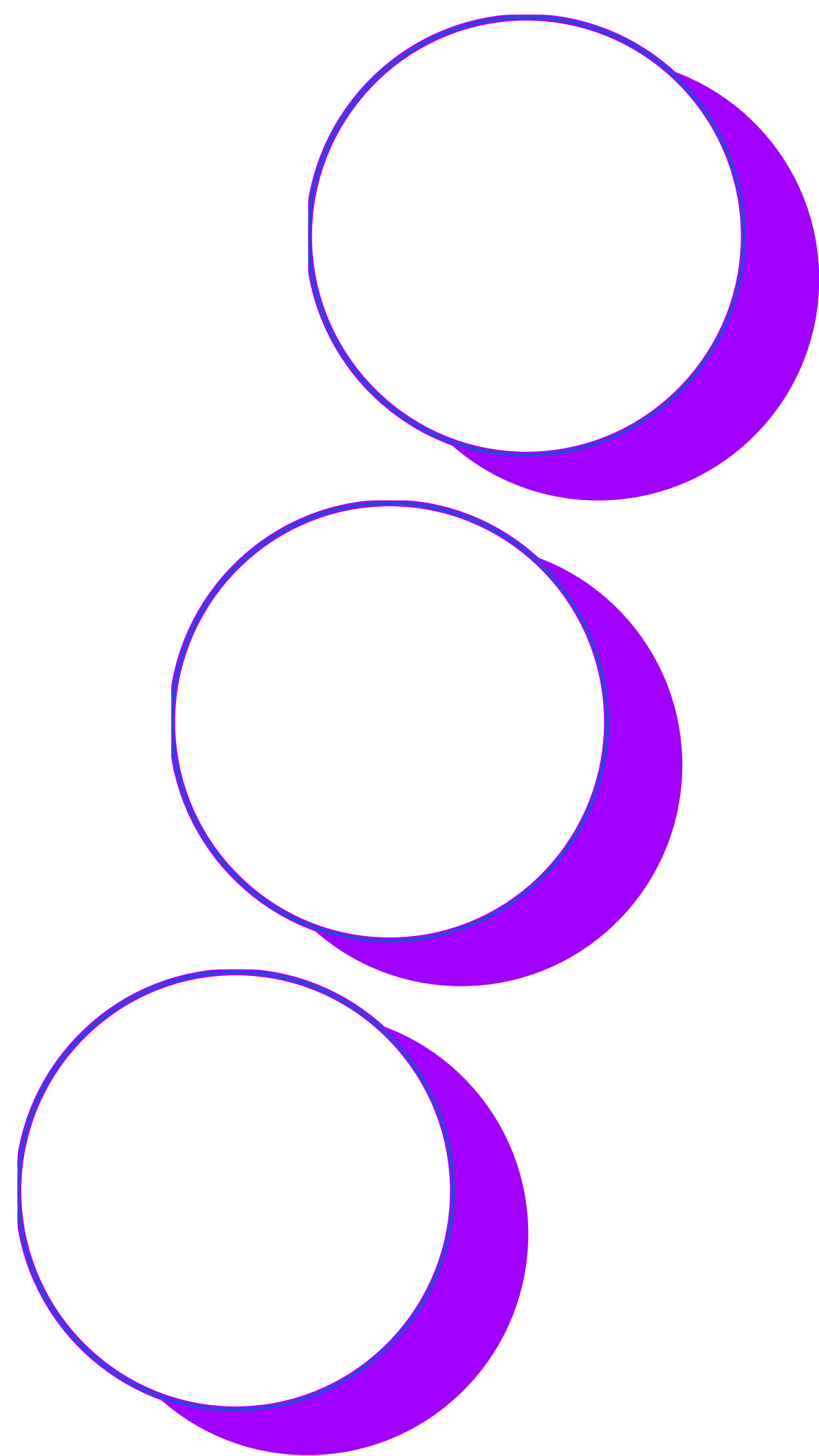


Music and Therapy Survey Project Analysis

A decorative grid of small black dots arranged in 5 columns and 20 rows on the left side of the slide.

Today's agenda

Project recap
Problem
Process
Insights
Summary



Project Recap

- A survey was conducted to assess the impact of music on people's mental health and mood in general. The survey includes details like musical preferences, listening habits, and overall state of mind. Respondents were given 16 genres of music for which they ranked the frequency of listening to each. The responses ranged from never, to very frequently.
- Moreover, the respondents also ranked the intensity of their feelings of anxiety, depression, insomnia, and OCD on a scale of 1 to 10.

Problem:
The impact of music
in the therapy of
respondents.



1

Extract data from the source

Process

2

Removing unrelated columns

3

Removing some of blank cells

4

Calculating some of the averages

5

Visualizing data

Insights

25.14

Average of Age

3.75

Average of Insomnia

4.80

Average of Depression

5.85

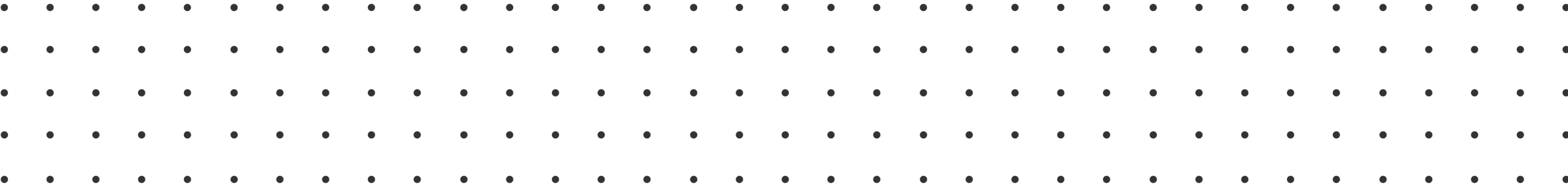
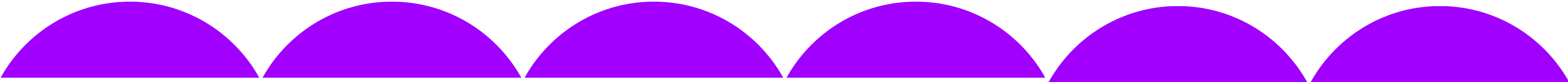
Average of Anxiety

2.65

Average of OCD

3.59

Average of Hours per day



Dashboard of Music and Therapy survey

25.14

Average of Age

3.75

Average of Insomnia

4.80

Average of Depression

5.85

Average of Anxiety

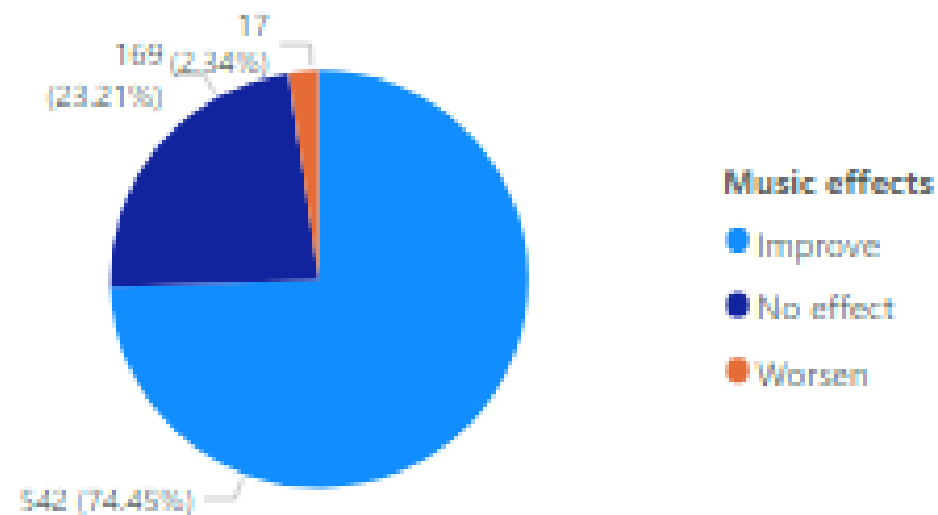
2.65

Average of OCD

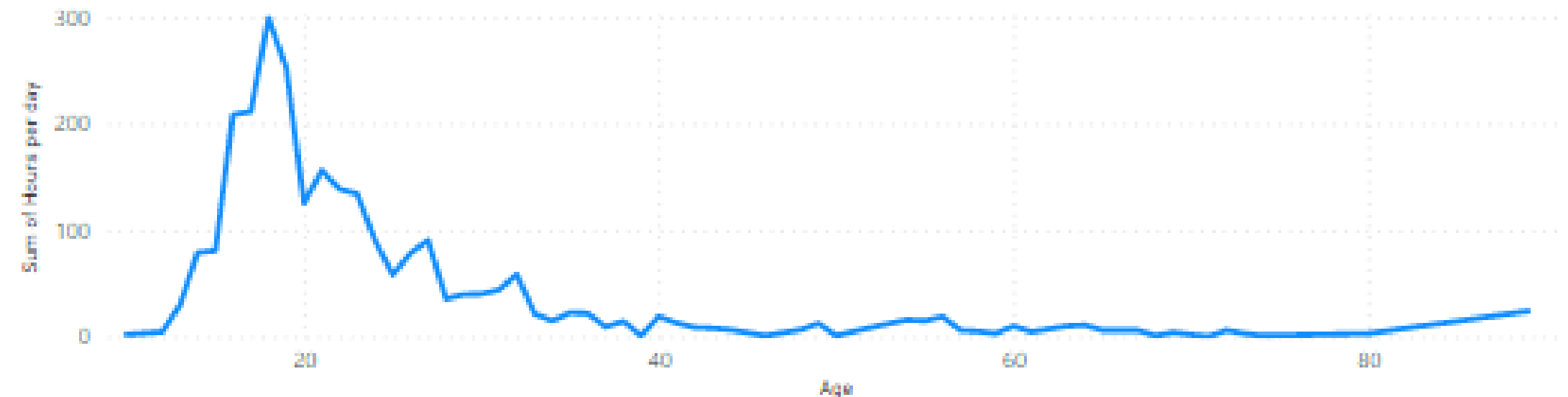
3.59

Average of Hours per day

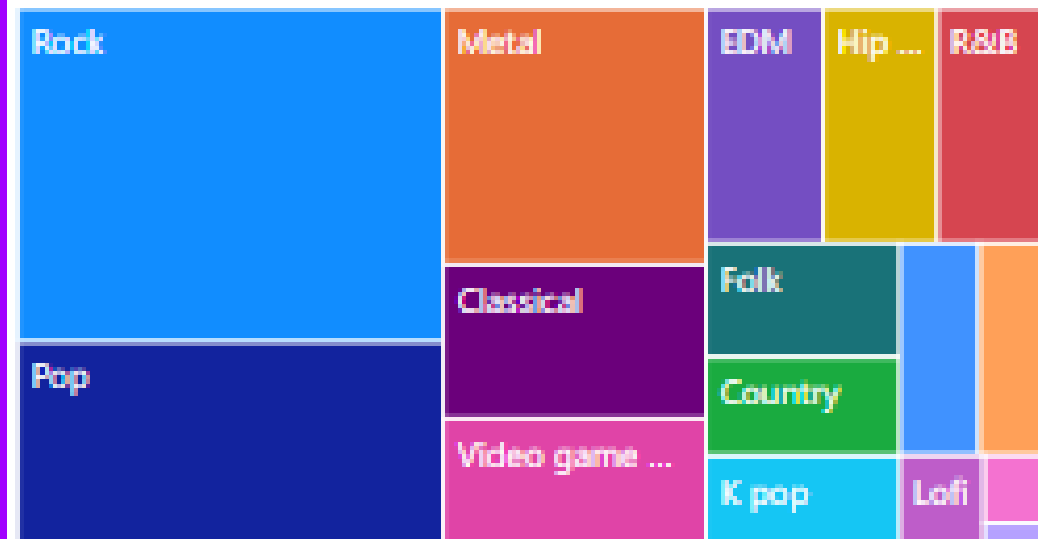
Count of Music effects by Music effects



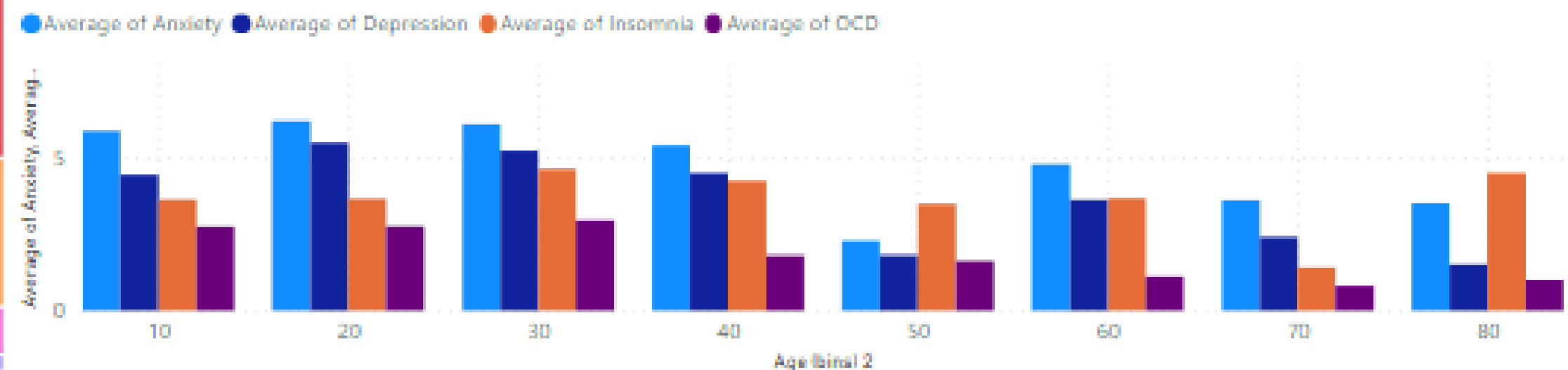
Sum of Hours per day by Age



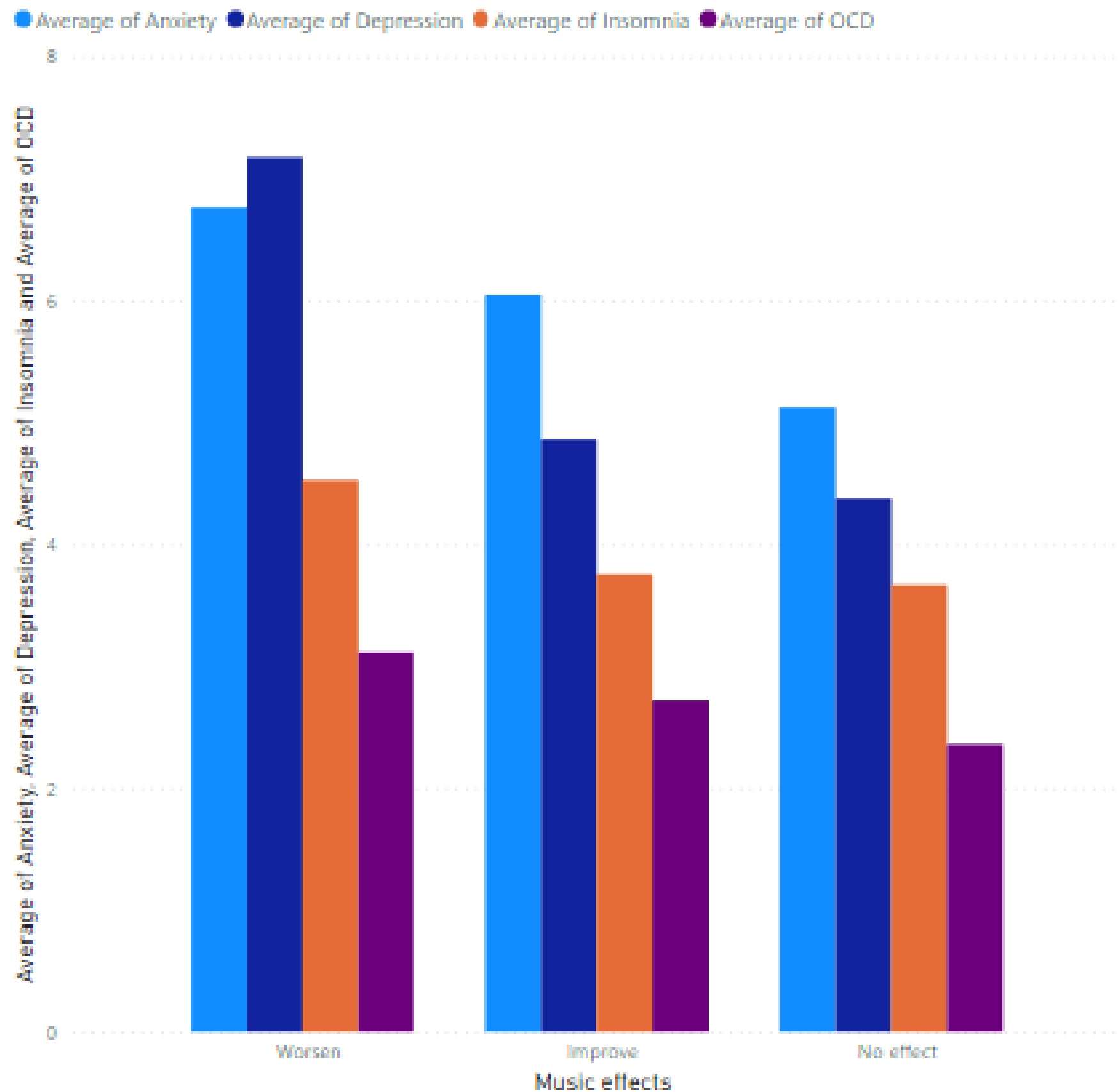
Count of Fav genre by Fav genre



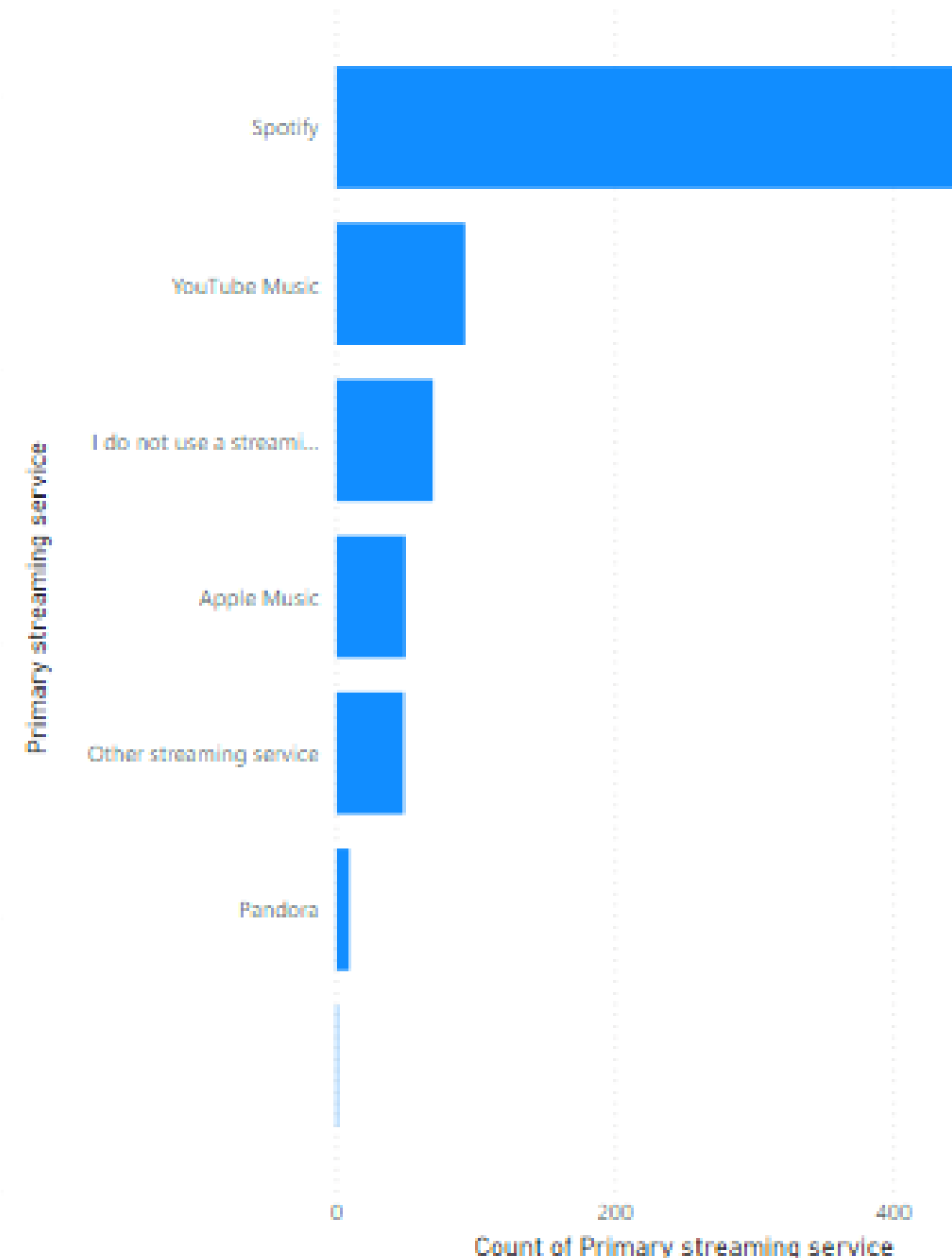
Average of Anxiety, Average of Depression, Average of Insomnia and Average of OCD by Age



Average of Anxiety, Average of Depression, Average of Insomnia and Average of OCD by Music effects



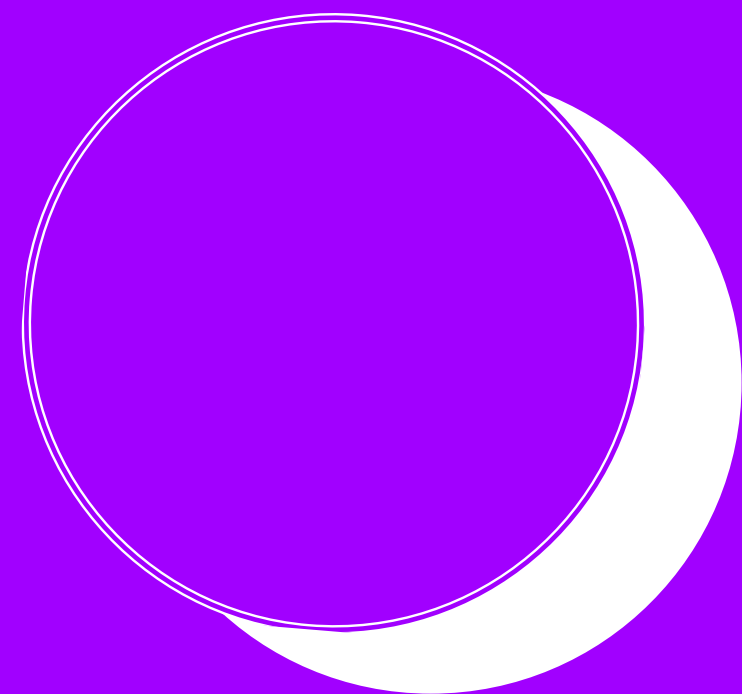
Count of Primary streaming service by Primary streaming service



Summary

We found that the percentage of those who improved was 75 percent and that those whose condition worsened did not exceed 2 percent, and it was noted that they had the highest rate of depression. Rock music represents the highest rate of listening, and the largest total number of listening hours was at the age of twenty. Spotify was the highest listening platform.

A diagram consisting of two horizontal rows of dots. Each row contains 20 dots, evenly spaced. The dots are arranged in a regular grid pattern, with 20 dots in the top row and 20 dots in the bottom row.



Thank you!