

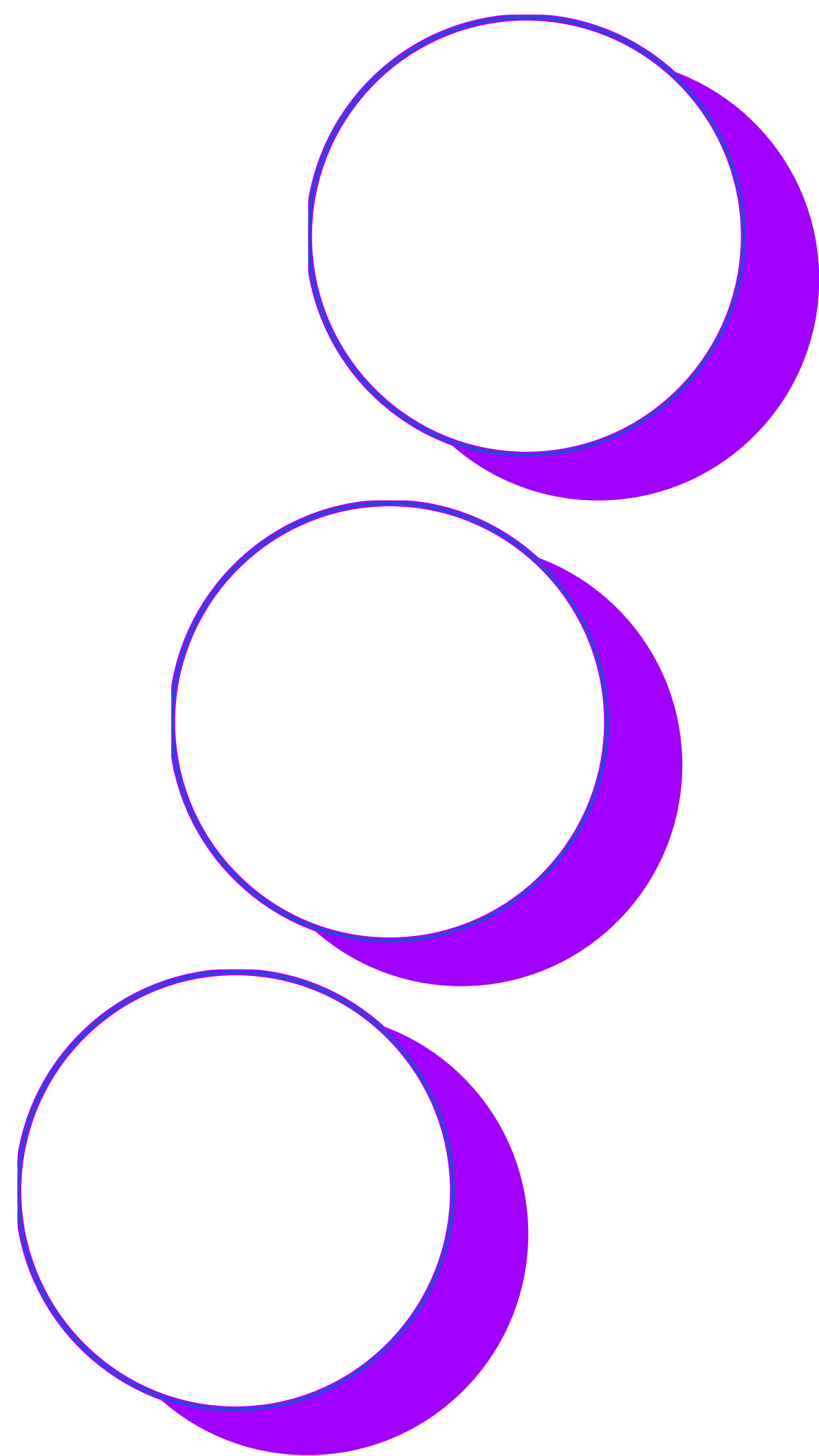


Music and Therapy Survey Project Analysis



Today's agenda

Project recap
Problem
Process
Insights
Summary

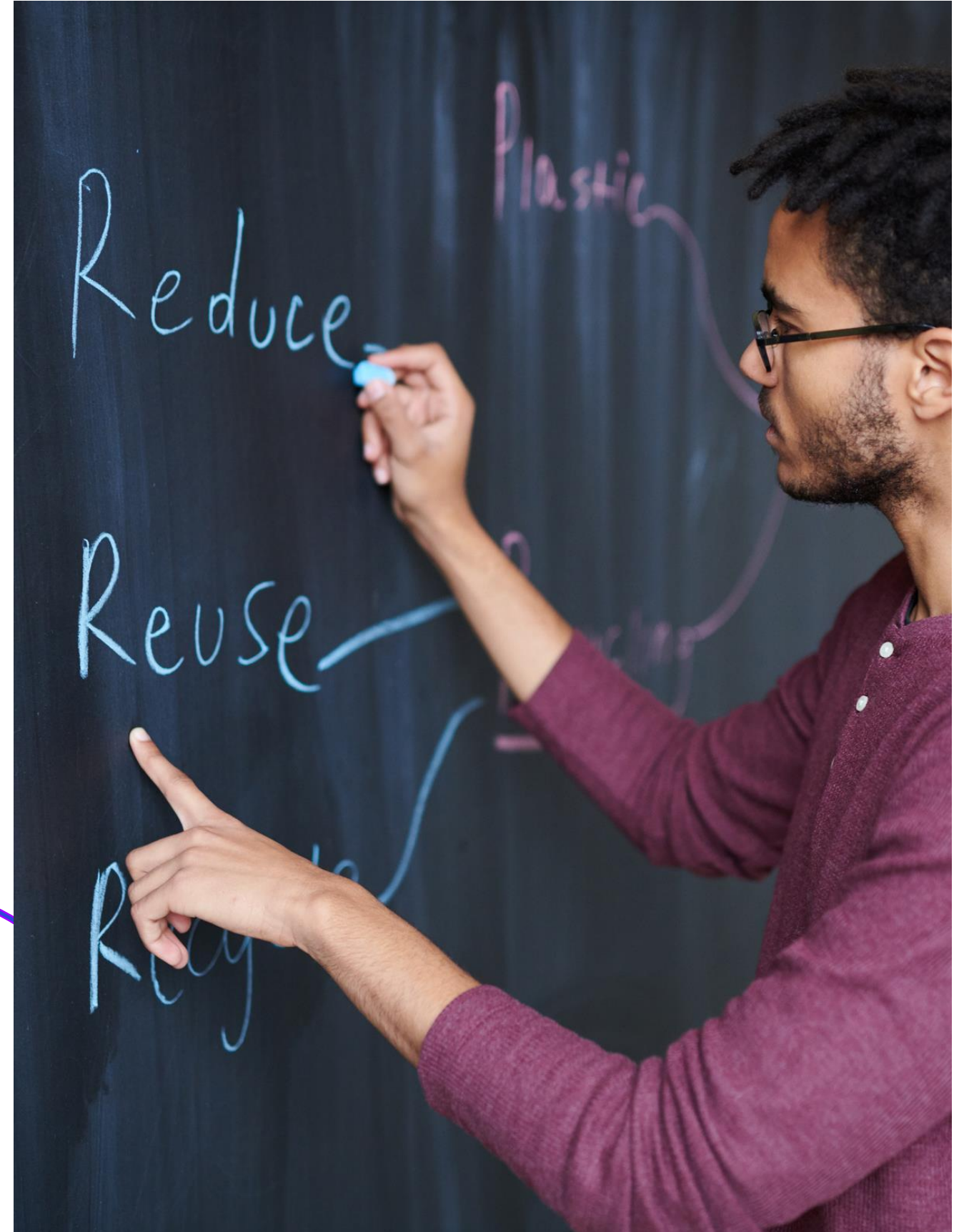


Project Recap

- 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.



Process

1

Extract data from the source

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

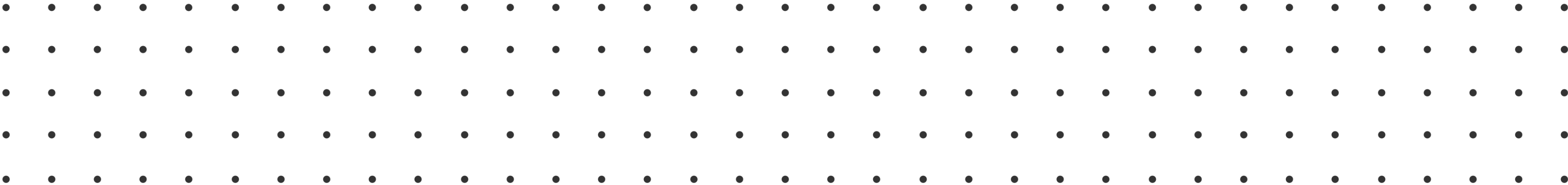
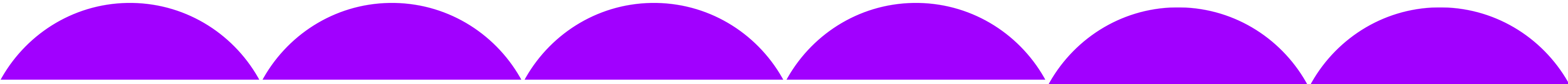
Average of Anxiety

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

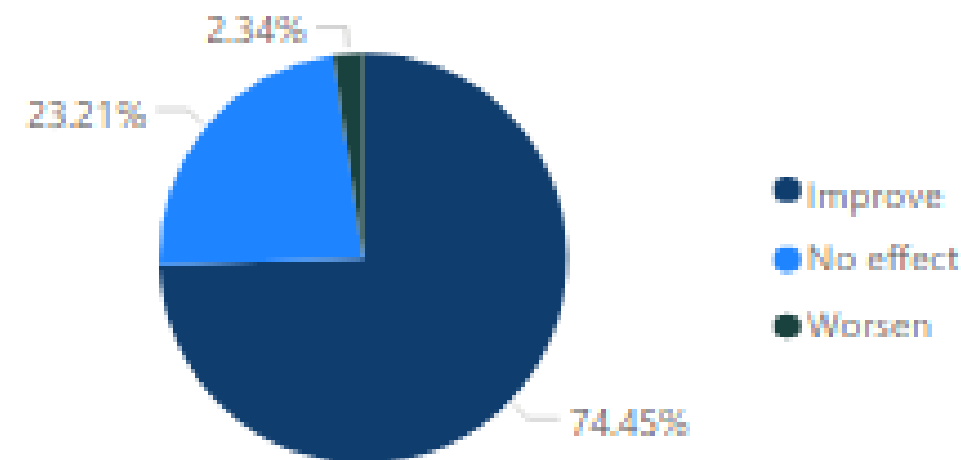
2.65

Average of OCD

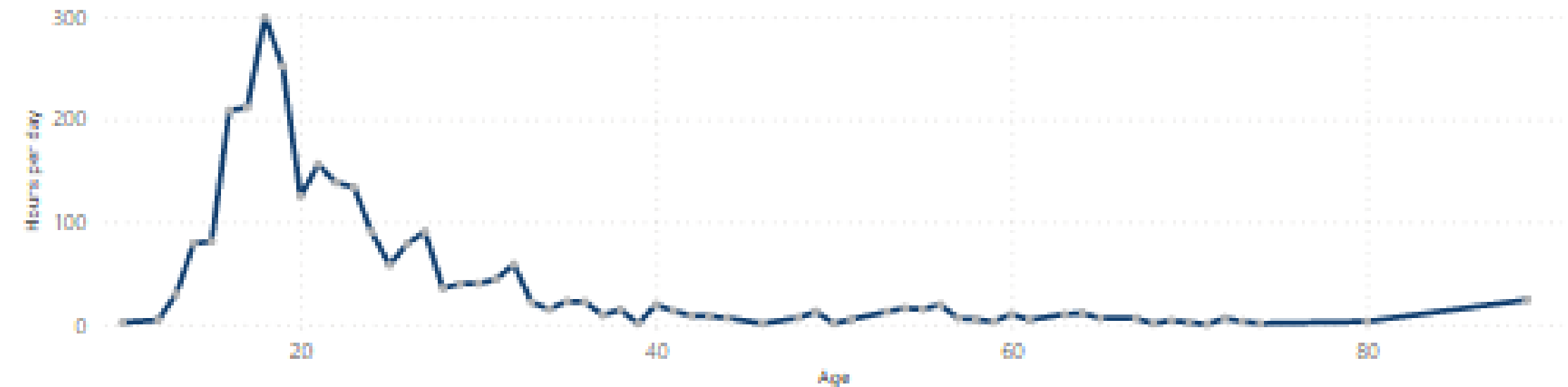
3.59

Average of Hours per day

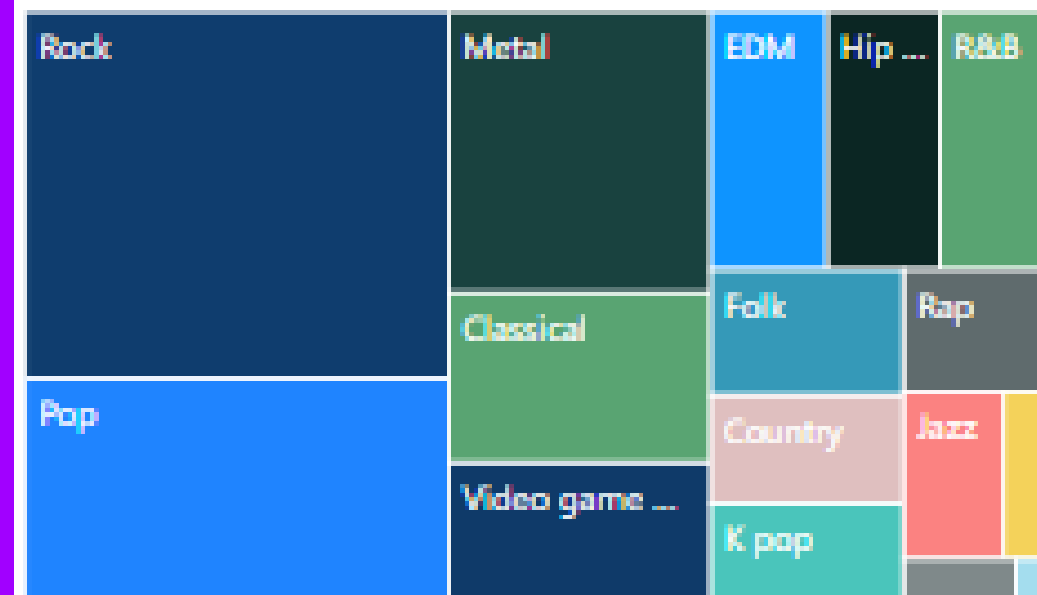
Music effects



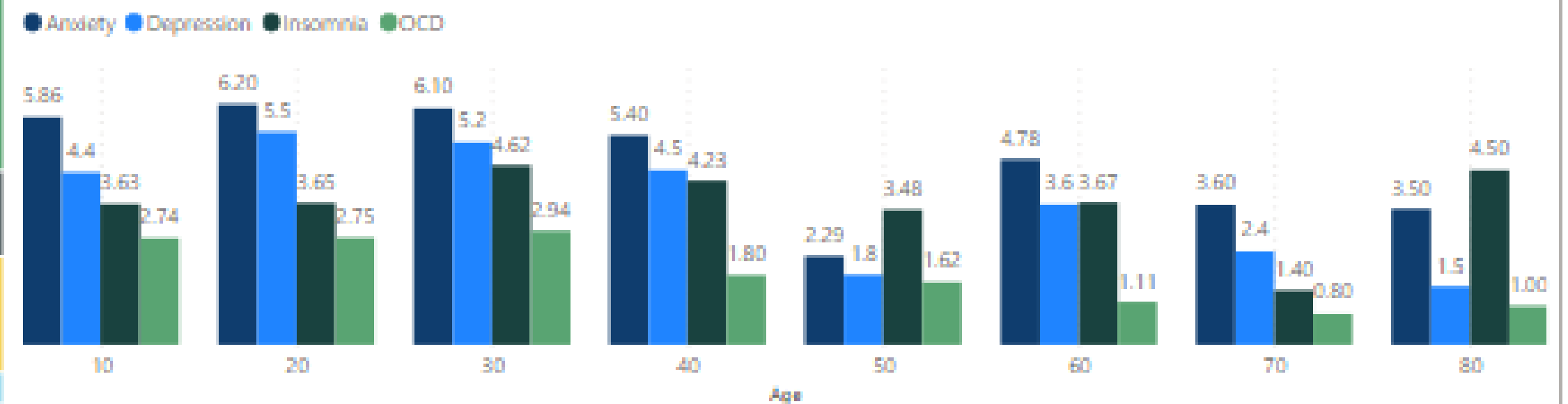
Hours per day by Age



Favorite Genre

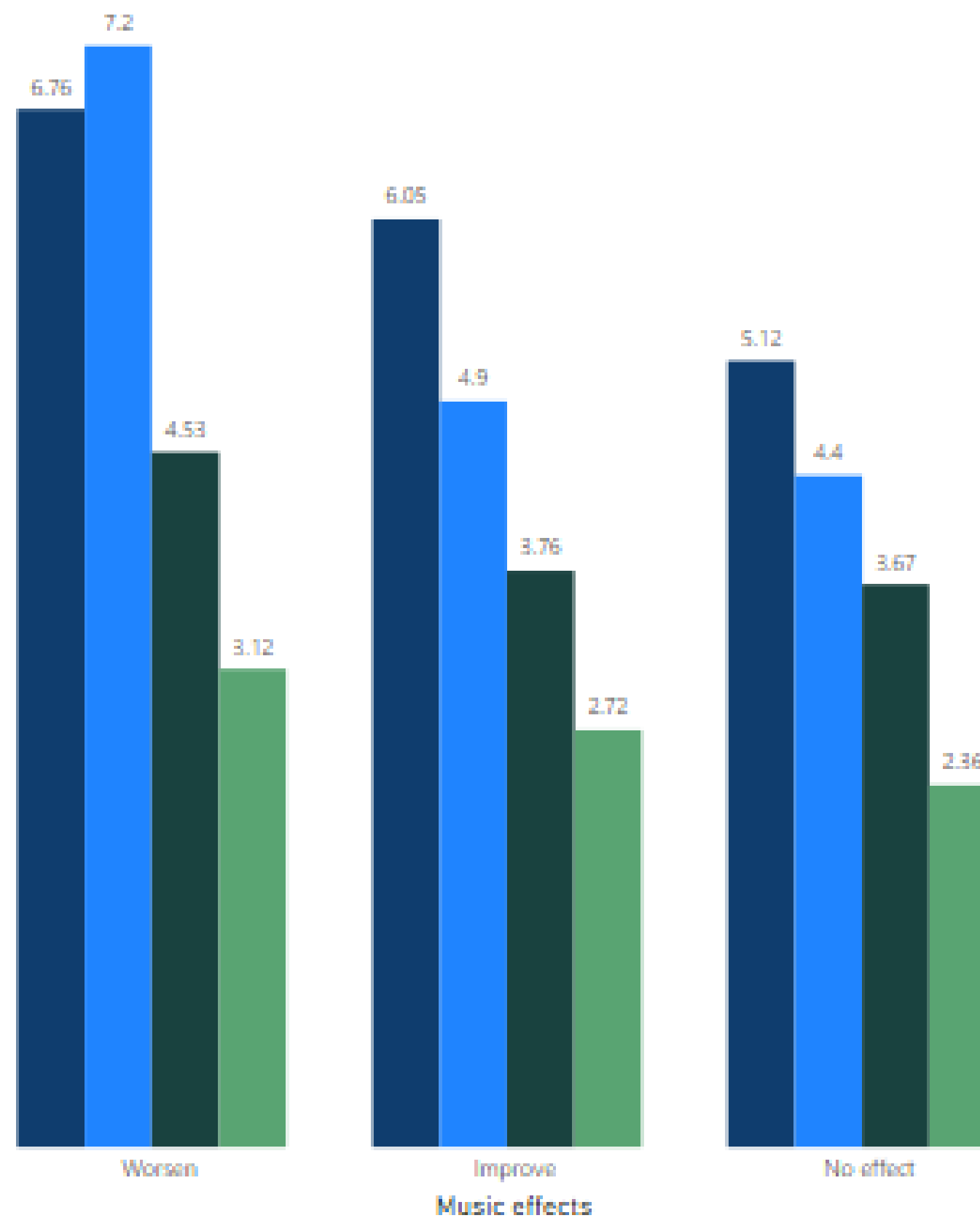


Average of Anxiety, Depression, Insomnia and OCD by Age

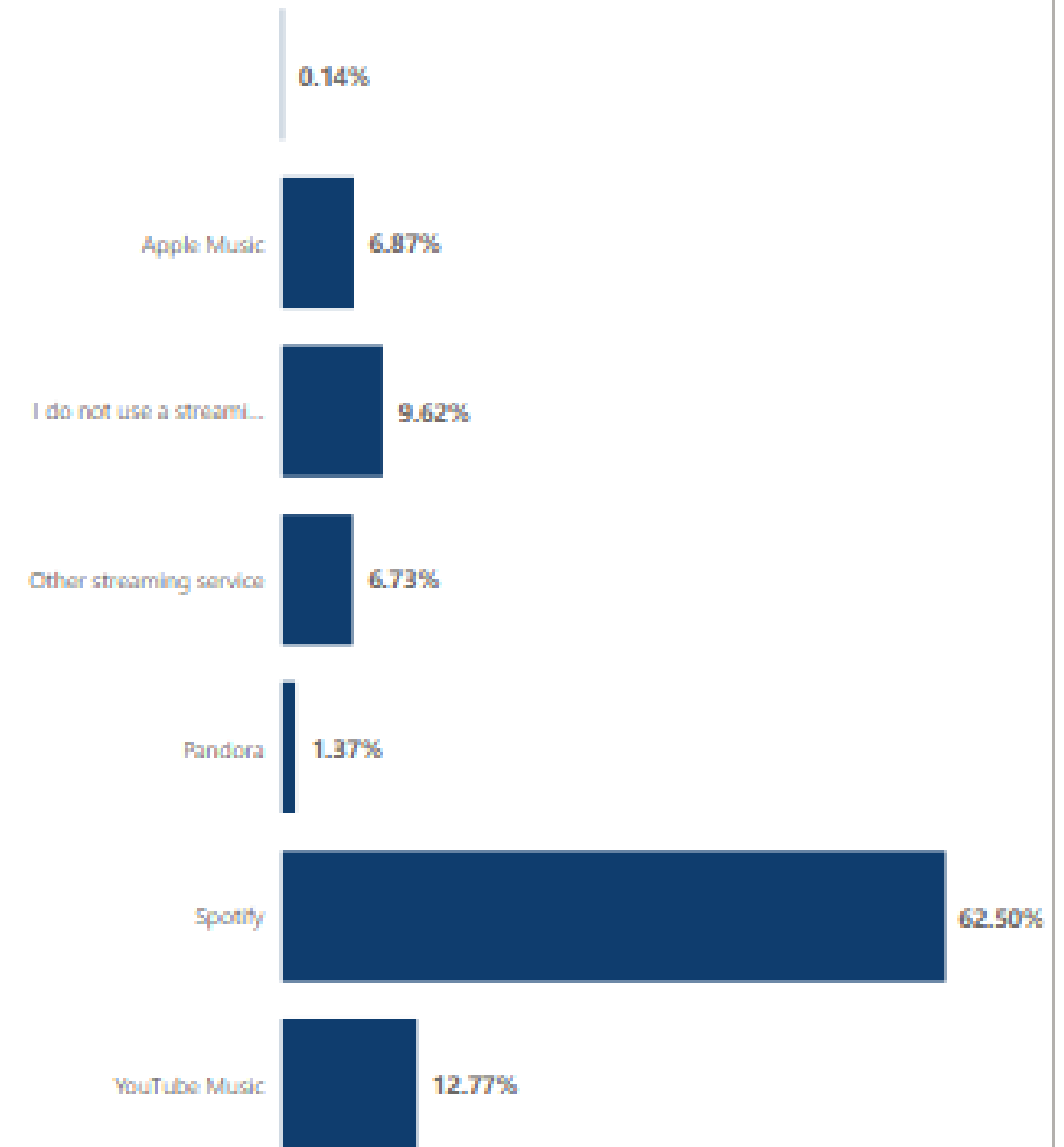


Average of Anxiety Depression, Insomnia, and OCD by Music effects

● Anxiety ● Depression ● Insomnia ● OCD



streaming service

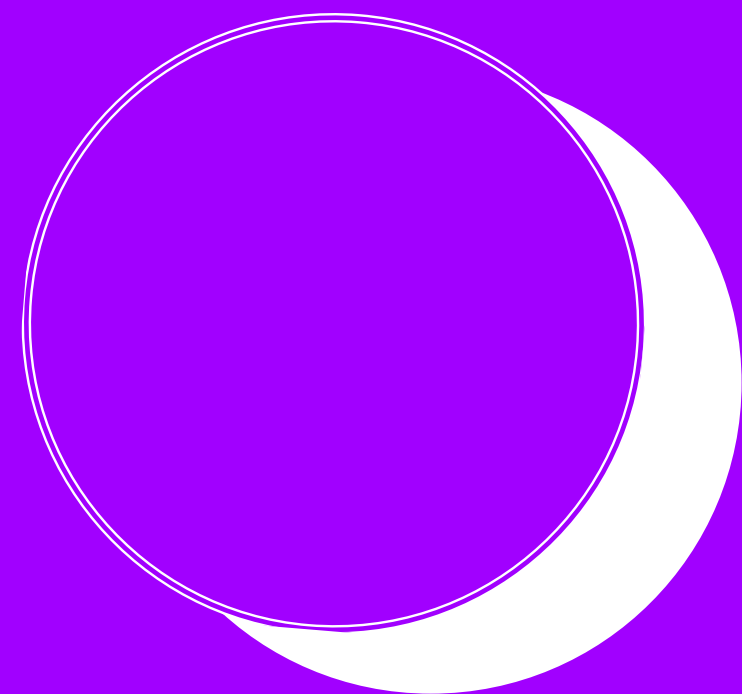


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Summary

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.

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Thank you!