DEFYING THE BLUES: WHY MONDAY IS STATISTICALLY MY BEST START TO THE WEEK

By Ronaldo Rico Jr.

INTRODUCTION

1 **MYTH**: The "Monday Blues" is a cultural stereotype that Monday is the worst day of the week

2 **REALITY**: For students, stress is often driven by deadlines, not the calendar

3 **GOAL**: For students, stress is often driven by deadlines, not the calendar
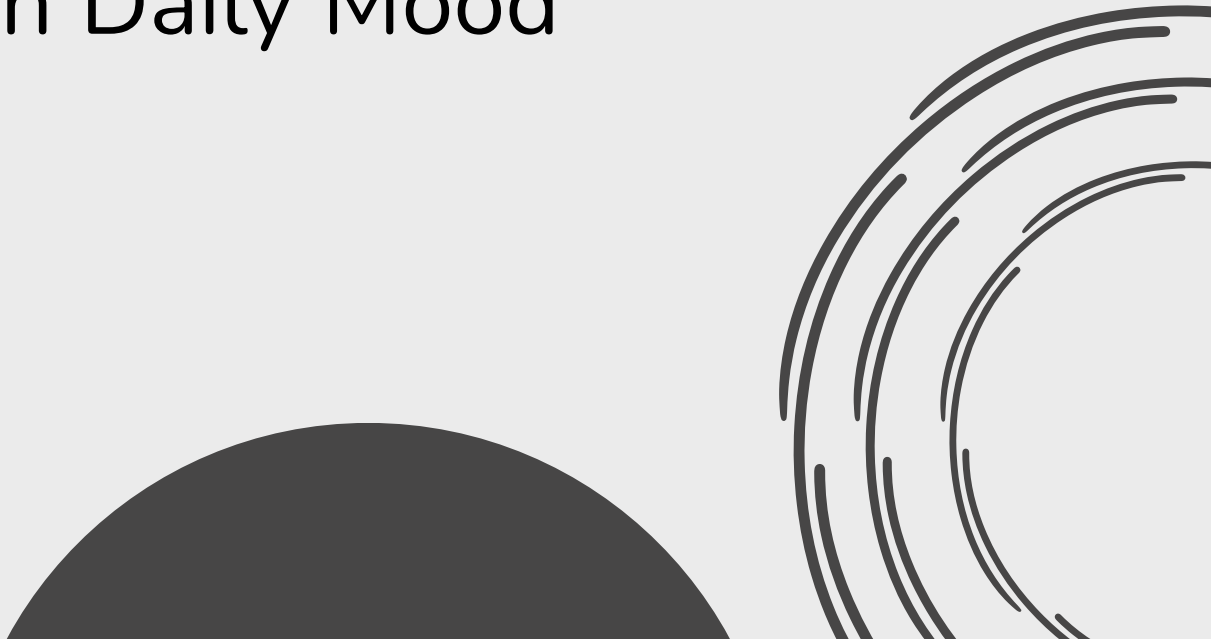
OBJECTIVES

- To quantitatively test the validity of the "Monday Blues" hypothesis by comparing average mood ratings across days of the week.
- To identify the specific day of the week associated with the lowest mood stability and highest negative affect (the "Slump").
- To determine the correlation between mood outcomes and Activity Type (e.g., Studying vs. Entertainment) to understand how academic demands modulate daily affect.

RESEARCH QUESTIONS

1. Does the subject's mood data support the existence of a "Monday Blues" effect, or does it deviate from the general population?
2. If Monday is not the period of peak negative affect, which day represents the true weekly "slump," and is this difference statistically significant?
3. How do specific behavioral choices, such as "Studying" versus "Entertainment," drive the variation in Daily Mood Scores?

HYPOTHESIS

NULL HYPOTHESIS

Monday is **NOT** statistically different and more affective state than Tuesday

ALTERNATIVE HYPOTHESIS

Monday **IS** statistically different and more affective state than Tuesday

DATA COLLECTION

- **DURATION**: 2 Months

- **TIMELINE**: December 1, 2025 to January 31, 2026

- **FREQUENCY LOG**: Every Waking Hours (Hourly)

- **TOOLS**: Google Forms, Google Sheets

- **TOTAL ENTRIES**: 970

DATA COLLECTION

8 FEATURES

| FEATURE	EXAMPLE
Date	12/1/2025 11:00:00
Overall Mood Rating	Positive
Mood Intensity	3 (1-5)
Positive Affect (PANAS + POMS "Vigor/Serenity")	Relaxed, Motivated
Negative Affect (PANAS + POMS "Tension/Depression/Anger/Fatigue")	Stressed, Irritated
Who were you with?	Family
Where were you?	Home
What were you mainly doing?	Studying

PYTHON

NOTEBOOK

EXPLORATORY DATA ANALYSIS

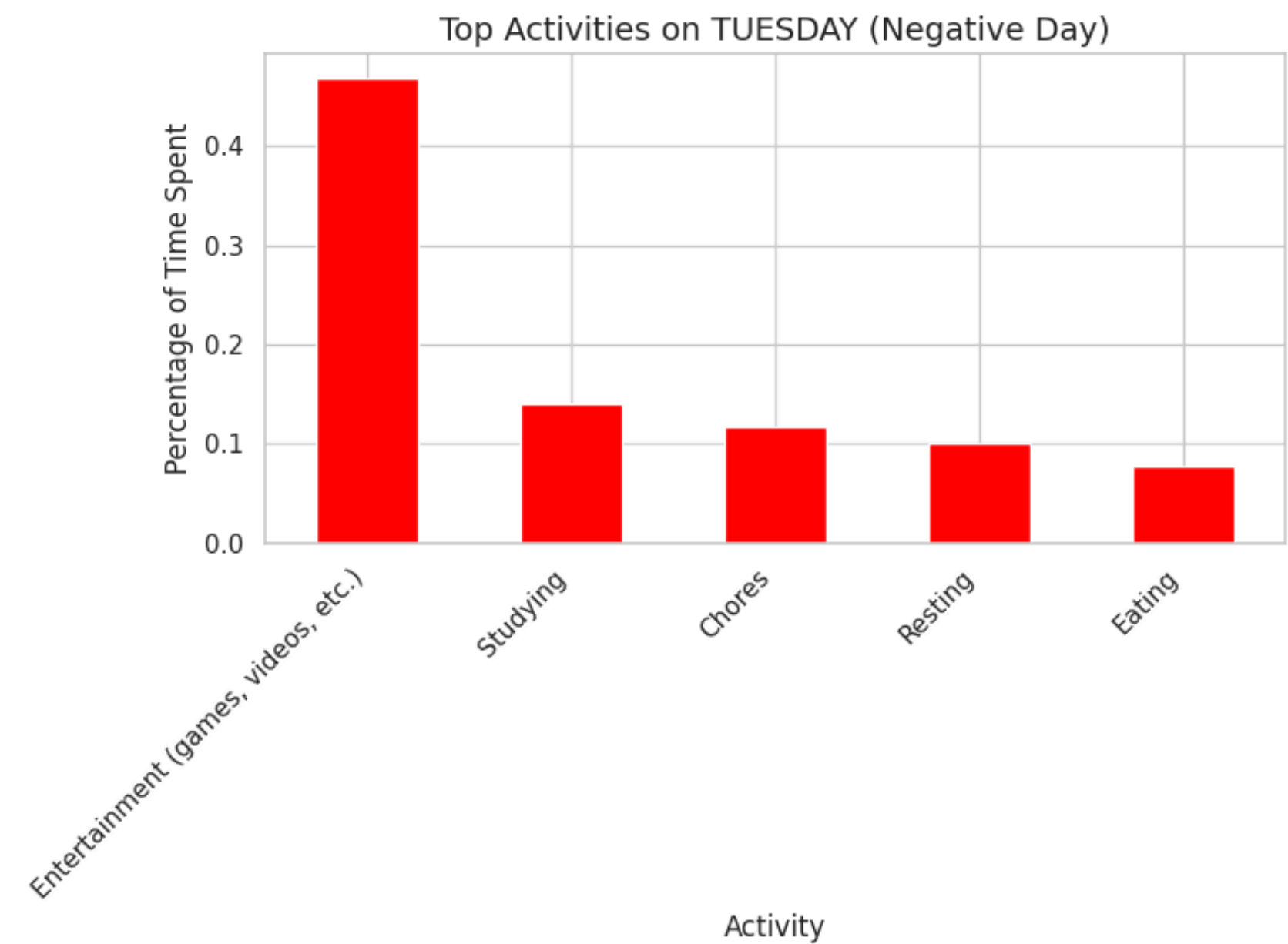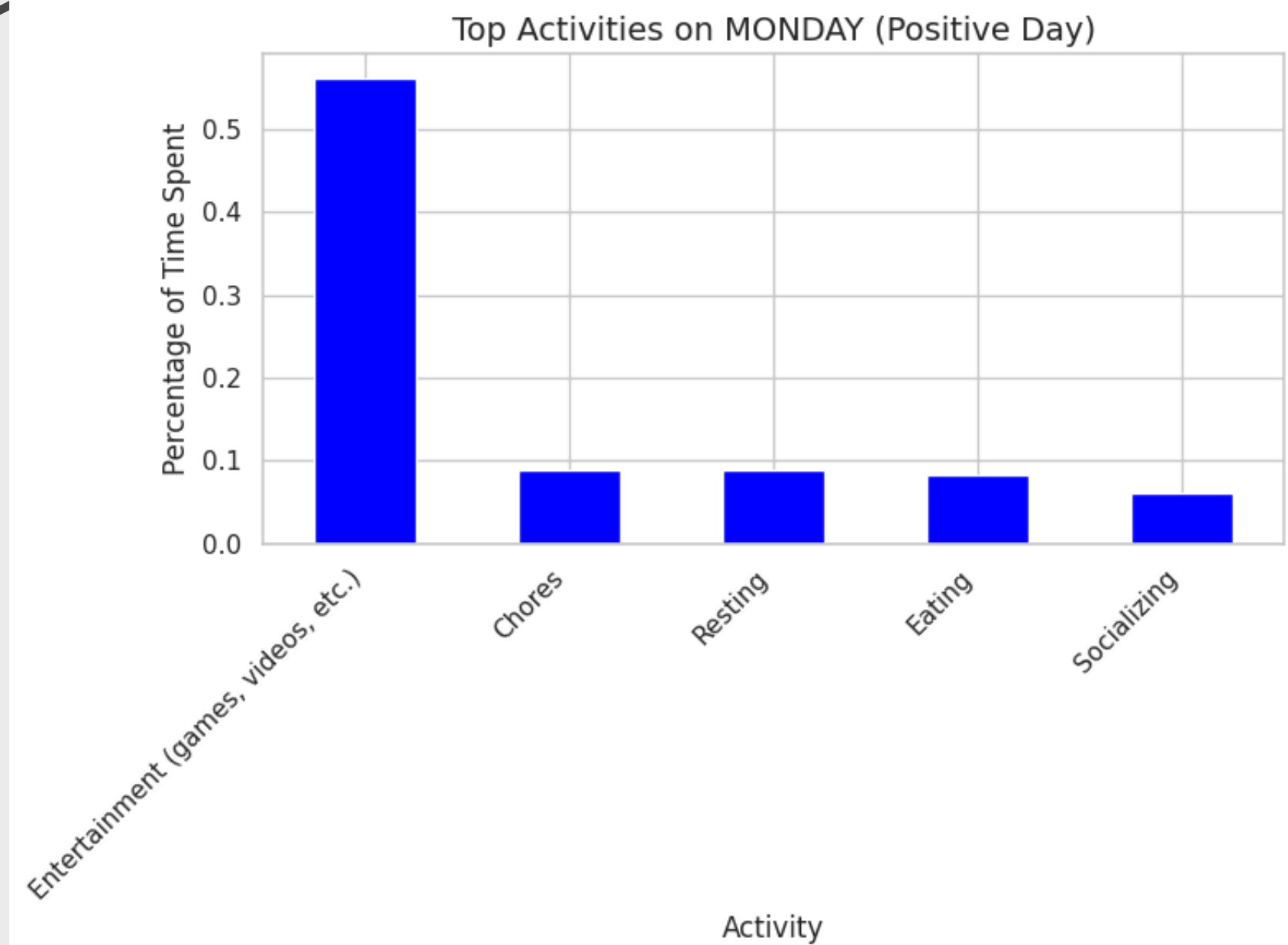**T-Test Result**: Monday Was My Happiest Day to Start the Week

Average Mood Score by Day of Week
(Thursday is Positive, Tuesday is the Slump)
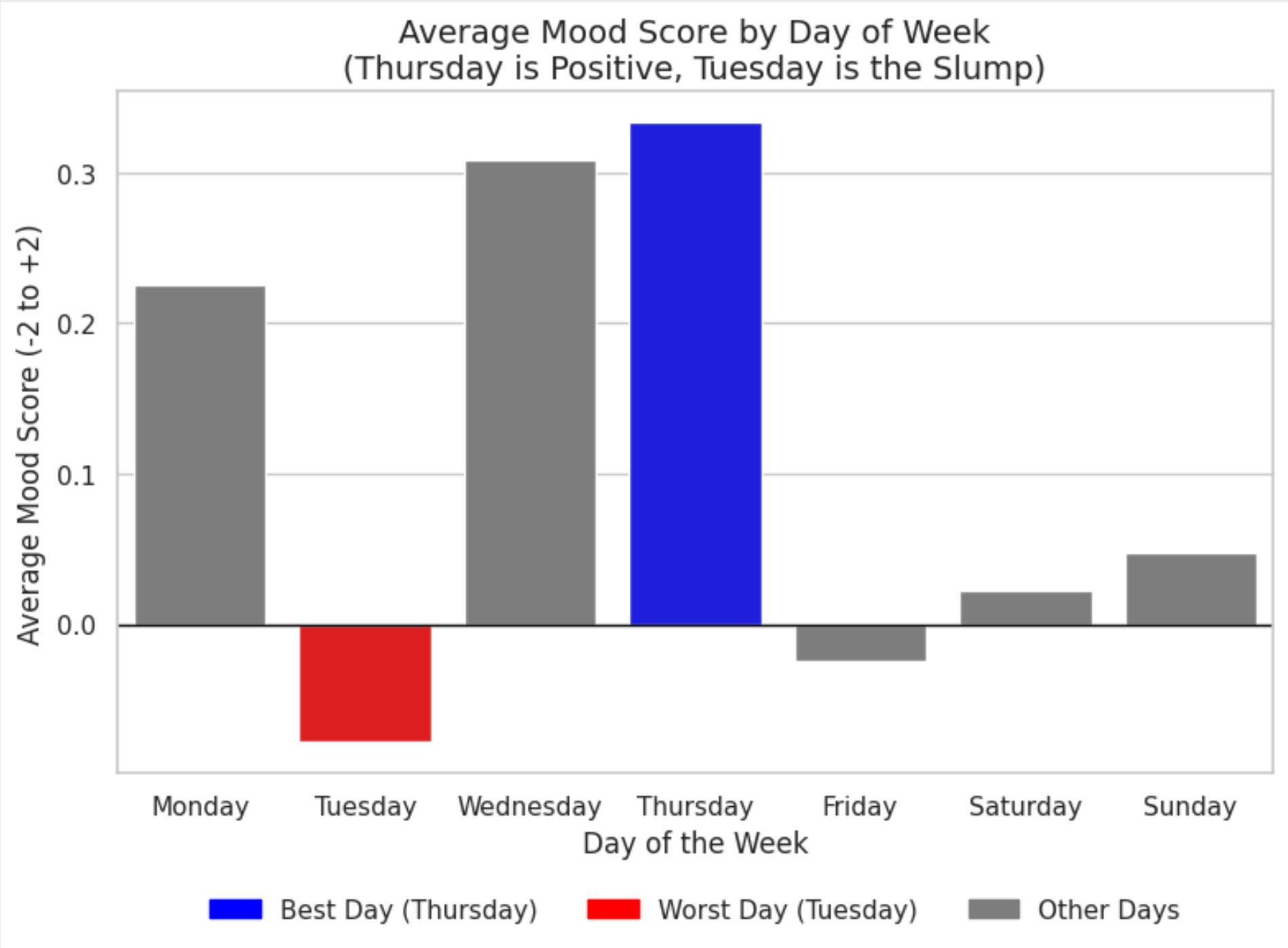
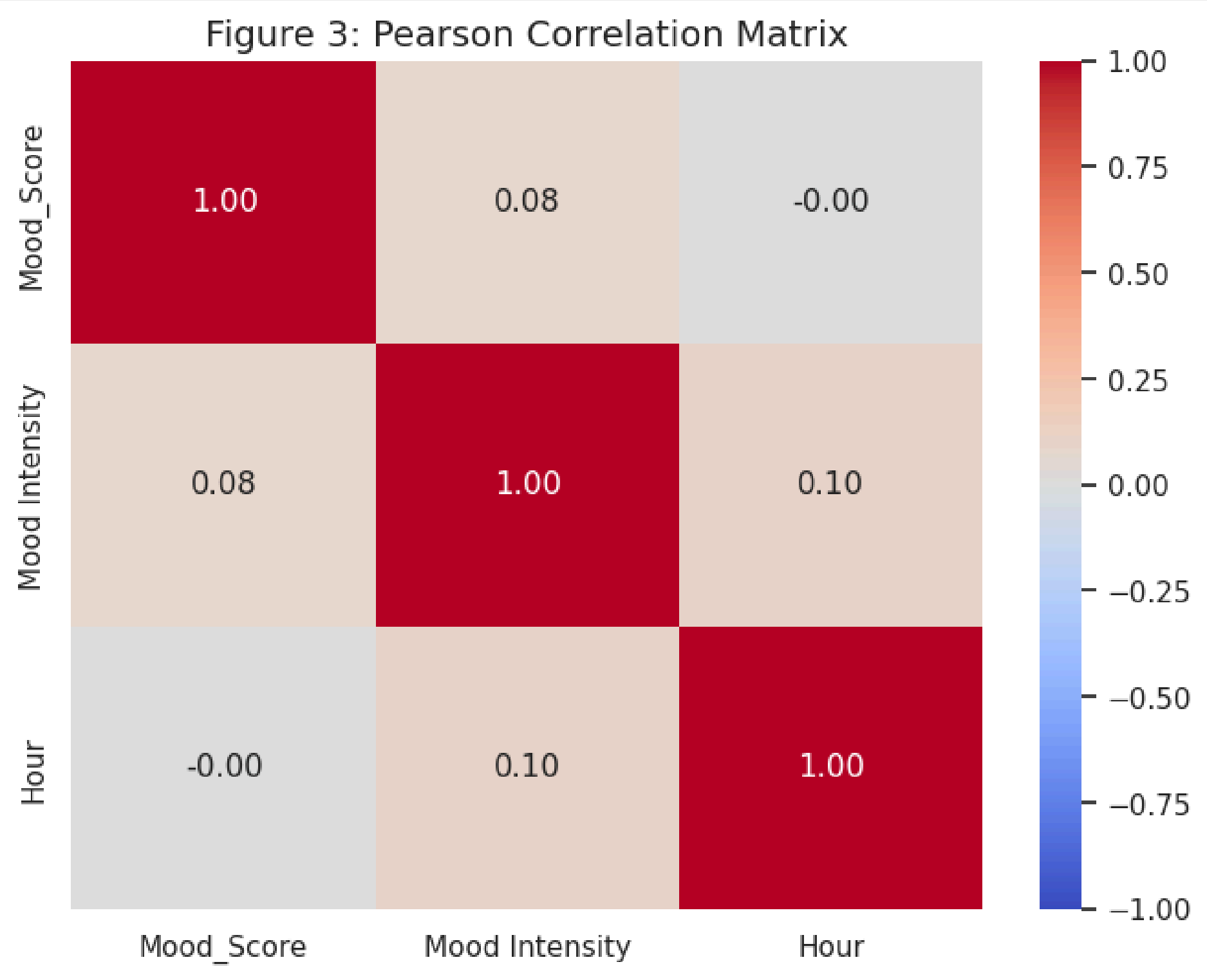| DAY	MEAN
Monday	+0.23 (Positive)
Tuesday	-0.08 (Negative)

WHY?

EXPLORATORY DATA ANALYSIS

EXPLORATORY DATA ANALYSIS

Correlation: It's not about time, it's about tasks.

Figure 3: Pearson Correlation Matrix

FEATURE	RELATION
Mood Score vs. Mood Intensity	0.08
Mood Score vs. Hour	0.00
Mood Intensity vs. Hour	0.10

STATISTICAL ANALYSIS

- **TEST**: Independent Sample T-Test

- **RESULT**: t = 2.97; p = 0.0033

- **INTERPRETATION**: $p < 0.05$; the difference is

  Statistically Significant

INSIGHTS & INTERPRETATION

1. The "Monday Blues" is a myth for me

2. The "Tuesday Slump" is the reality

3. Academic workload is the primary driver of negative affect

THANK YOU