

STUDENT MENTAL HEALTH ANALYSIS

THE SILENT EPIDEMIC
SHADOWING ACADEMIC
SUCCESS

ABOUT THE DATASET

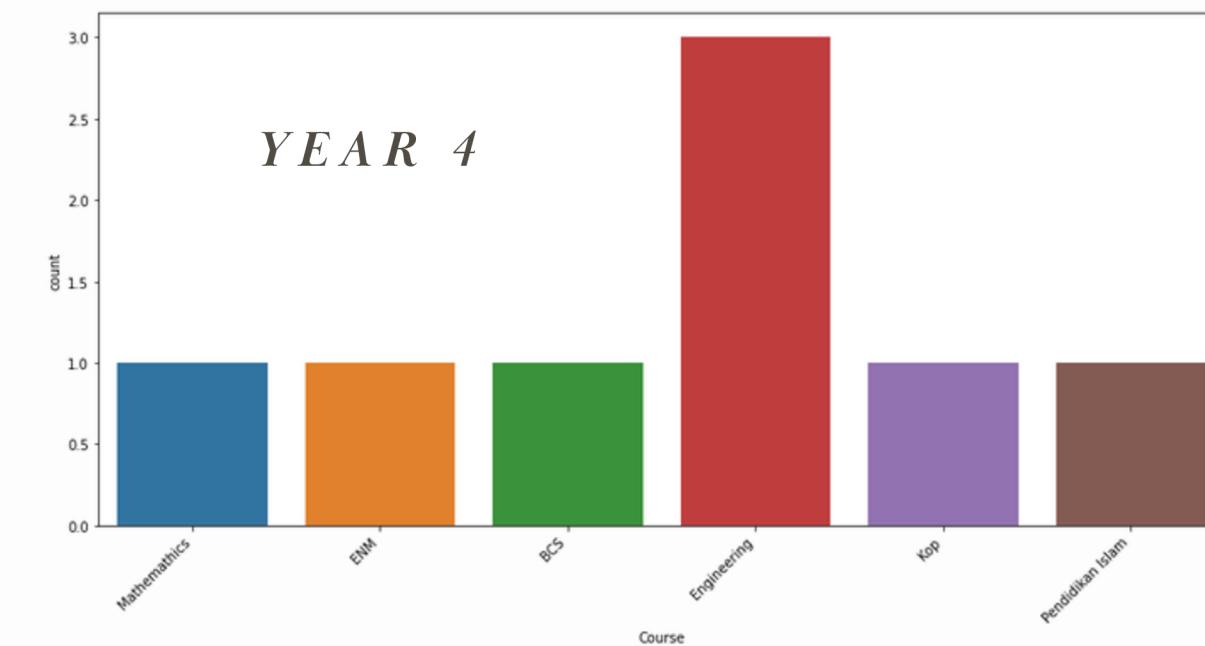
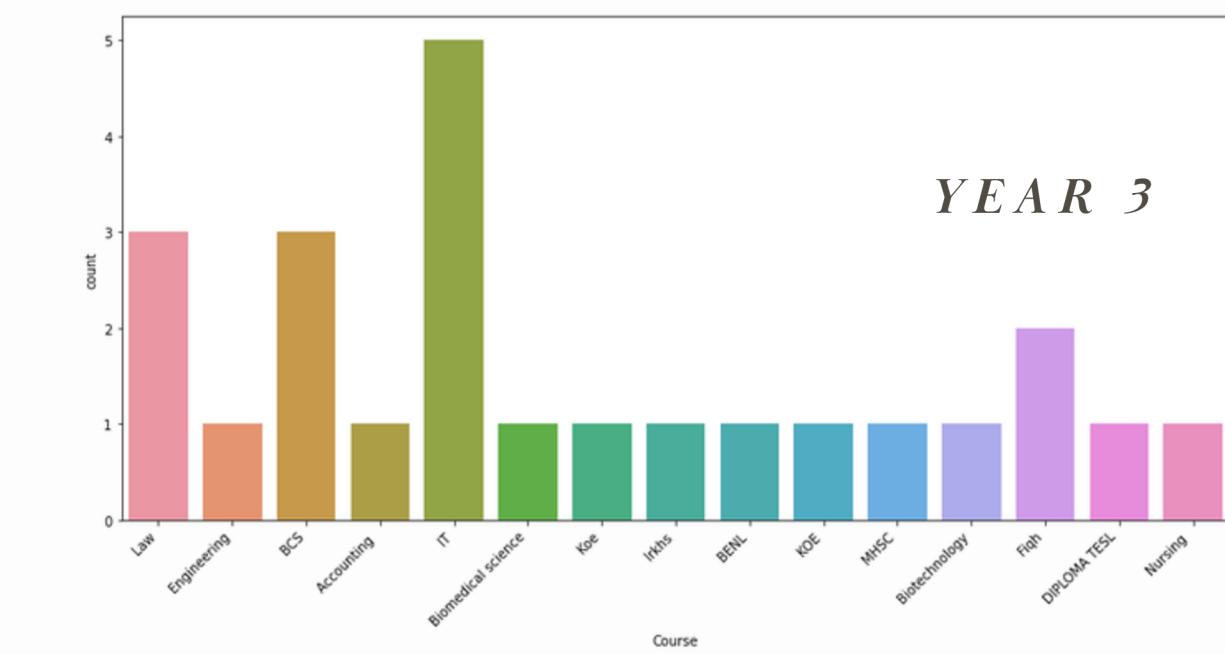
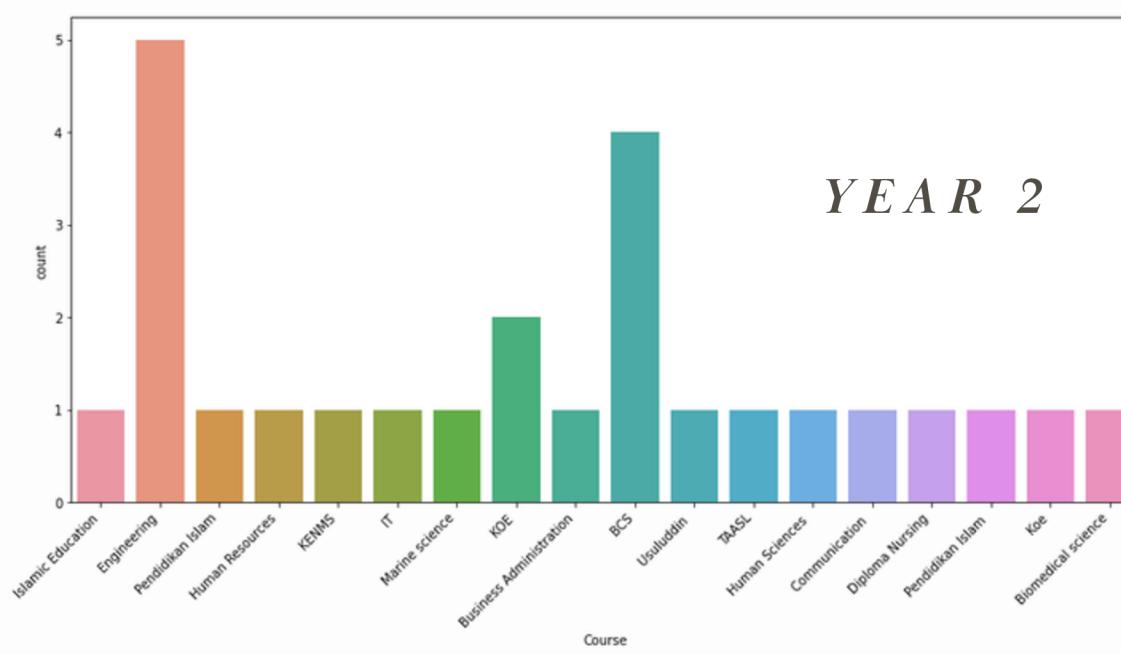
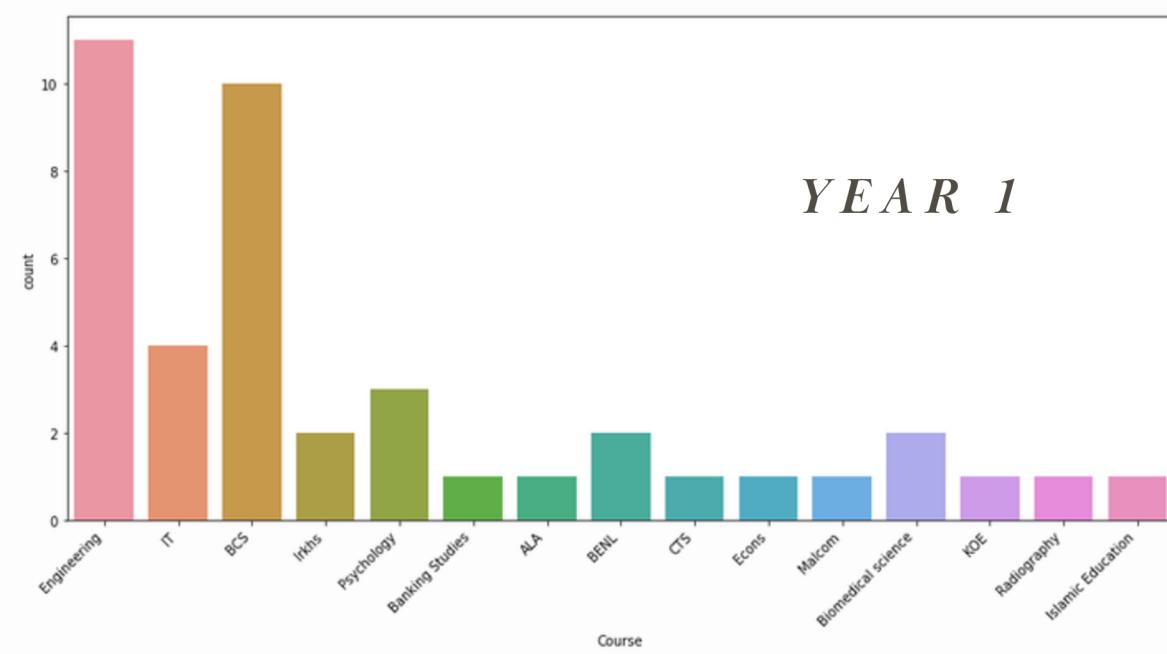
- A statistical research on the effects of mental health on student's CGPA dataset
- This dataset was collected through a survey conducted by Google Forms among university students to examine their current academic situation and mental health.
- All the data was based on Malaysia and collected from the International Islamic University Malaysia.

```
▶ data <- read.csv("/content/Student Mental health.csv")
head(data)
```

A data.frame: 6 × 11

	Timestamp	Choose.your.gender	Age	What.is.your.course.	Your.current.year.of.Study	What.is.your.CGPA.	Marital.status	Do.you.have.Depression.	Do.you.have.Anxiety.	Do.you.have.Panic.attack.	Did.you.seek.any.specialist.for.a
	<chr>	<chr>	<int>	<chr>	<chr>	<chr>	<chr>	<chr>	<chr>	<chr>	<chr>
1	8/7/2020 12:02	Female	18	Engineering	year 1	3.00 - 3.49	No	Yes	No	No	Yes
2	8/7/2020 12:04	Male	21	Islamic education	year 2	3.00 - 3.49	No	No	Yes	Yes	No
3	8/7/2020 12:05	Male	19	BIT	Year 1	3.00 - 3.49	No	Yes	Yes	Yes	Yes
4	8/7/2020 12:06	Female	22	Laws	year 3	3.00 - 3.49	Yes	Yes	No	No	No
5	8/7/2020 12:13	Male	23	Mathematics	year 4	3.00 - 3.49	No	No	No	No	No
6	8/7/2020 12:31	Male	19	Engineering	Year 2	3.50 - 4.00	No	No	No	No	Yes

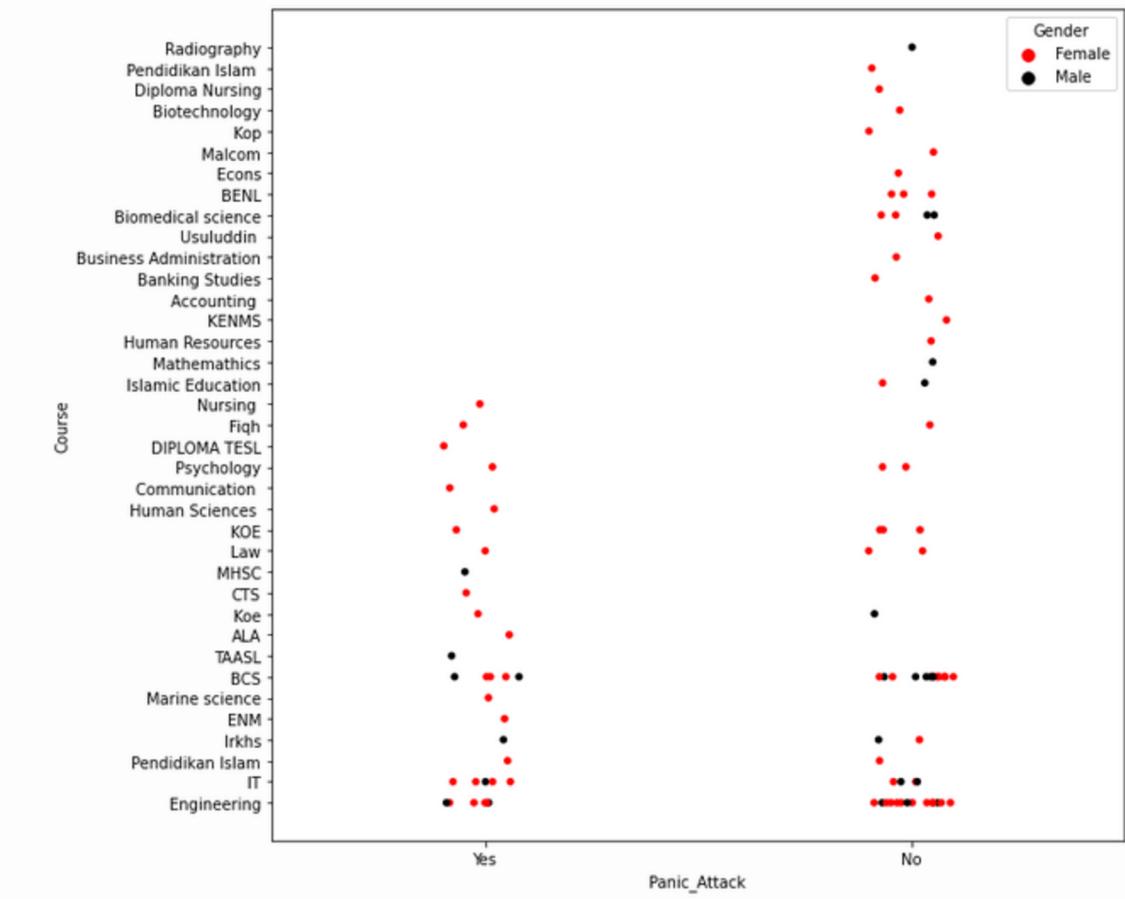
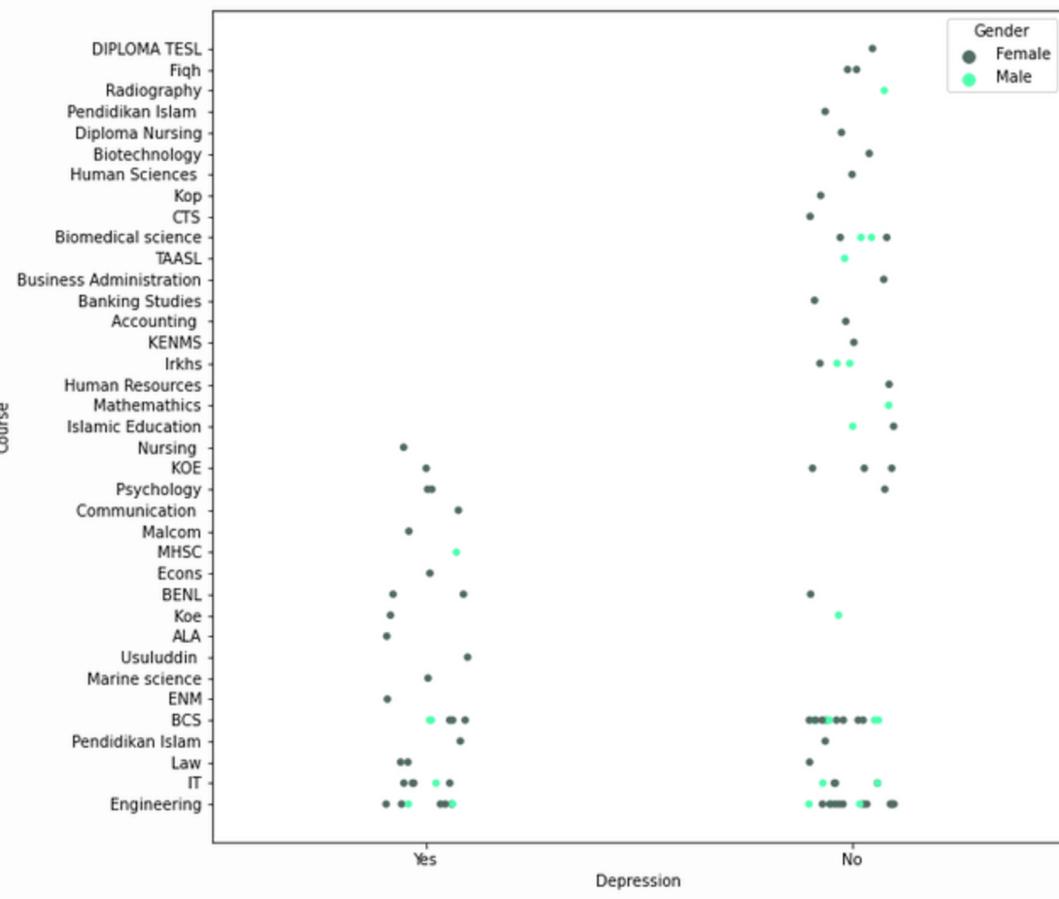
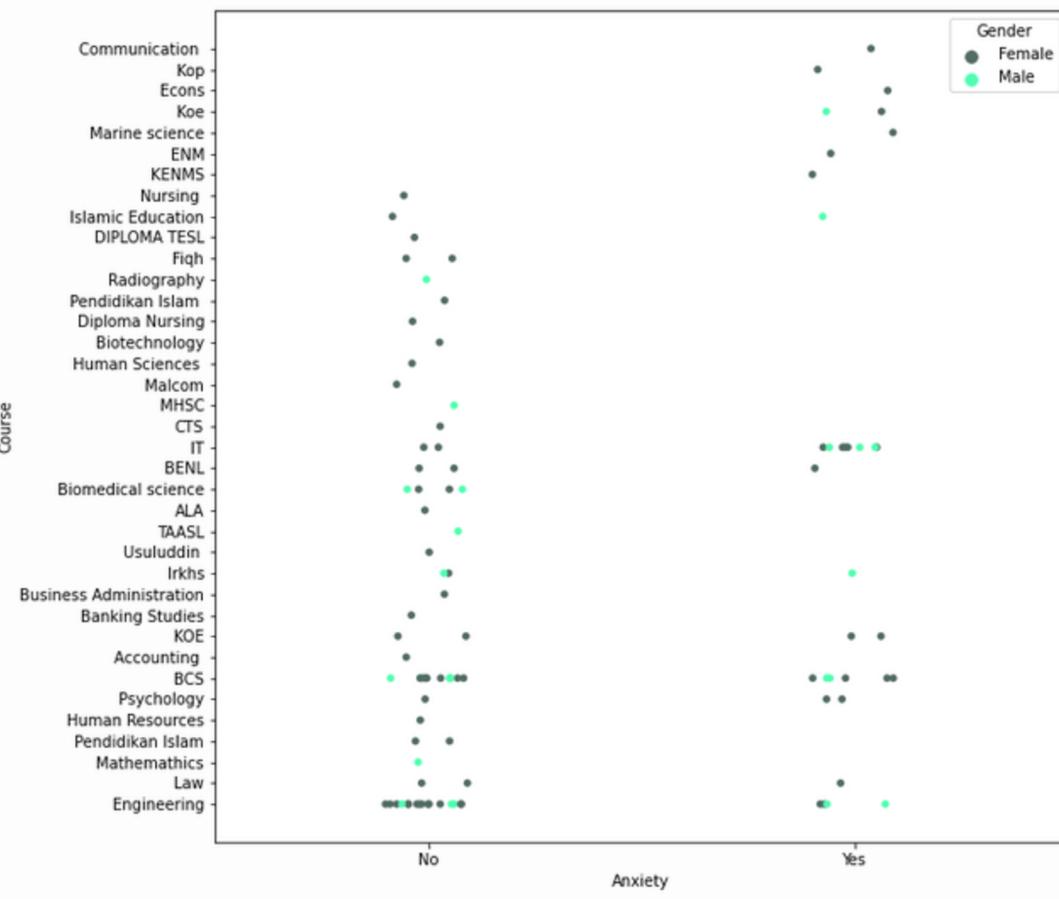
YEAR-WISE ANALYSIS OF STUDENTS FROM DIFFERENT COURSES



FINDINGS:

- MAXIMUM STUDENTS FROM YEAR 4 ARE FROM ENGINEERING.
- MISSING COURSES FROM THE YEAR 4 (X-AXIS) MUST HAVE A COURSE DURATION OF 3 YEARS.
- ENGINEERING, BCS AND IT STUDENTS RULE THE SURVEY WITH MAXIMUM NUMBER OF RESPONSES.

MENTAL HEALTH ANALYSIS



CONCLUSION

Anxiety vs Course :

- Students enrolled in IT experience the maximum anxiety.
- Students enrolled in fields related to Islam (Islamic Education, Pendidikan Islam, Fiqh, Usuluddin, etc.) and Biology(Human Sciences, Nursing, Biomedical Sciences) are less prone to anxiety.
- Computer Science (BCS) has almost an equal number of students who experience anxiety and those who do not.

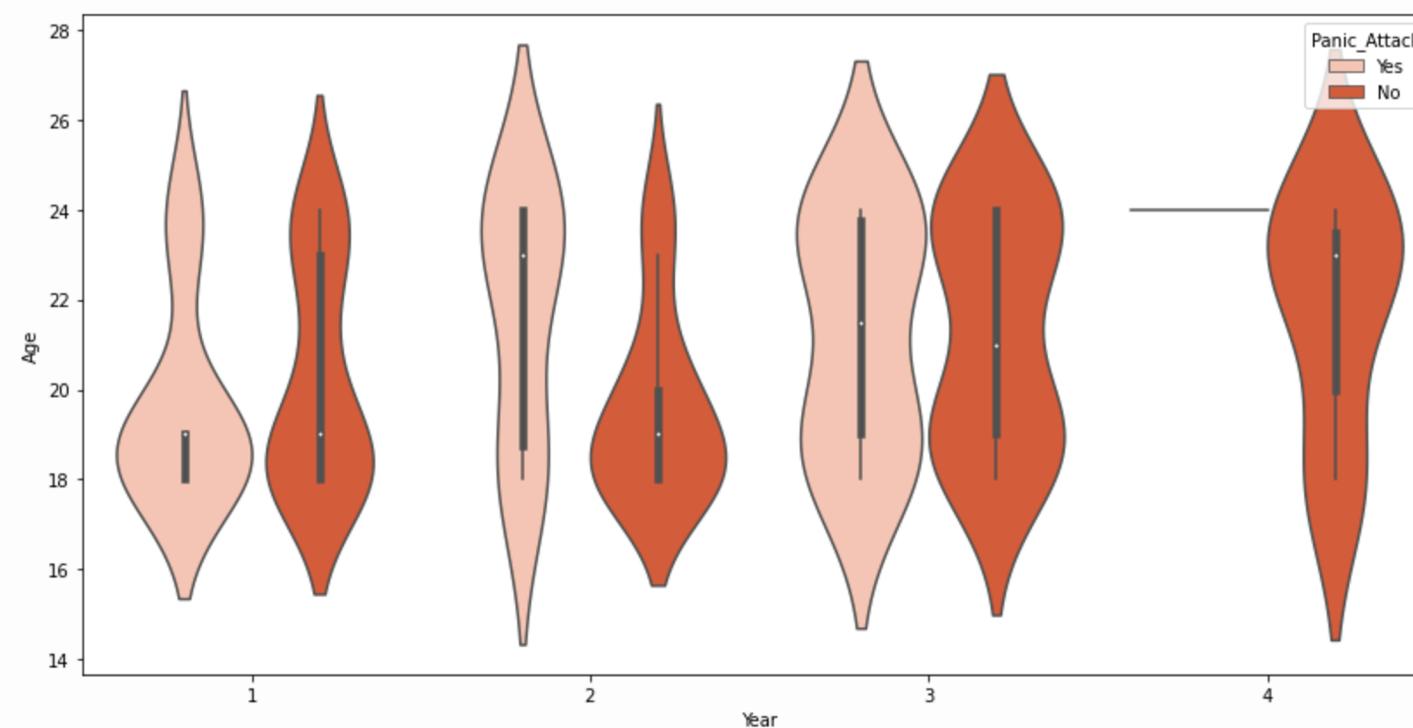
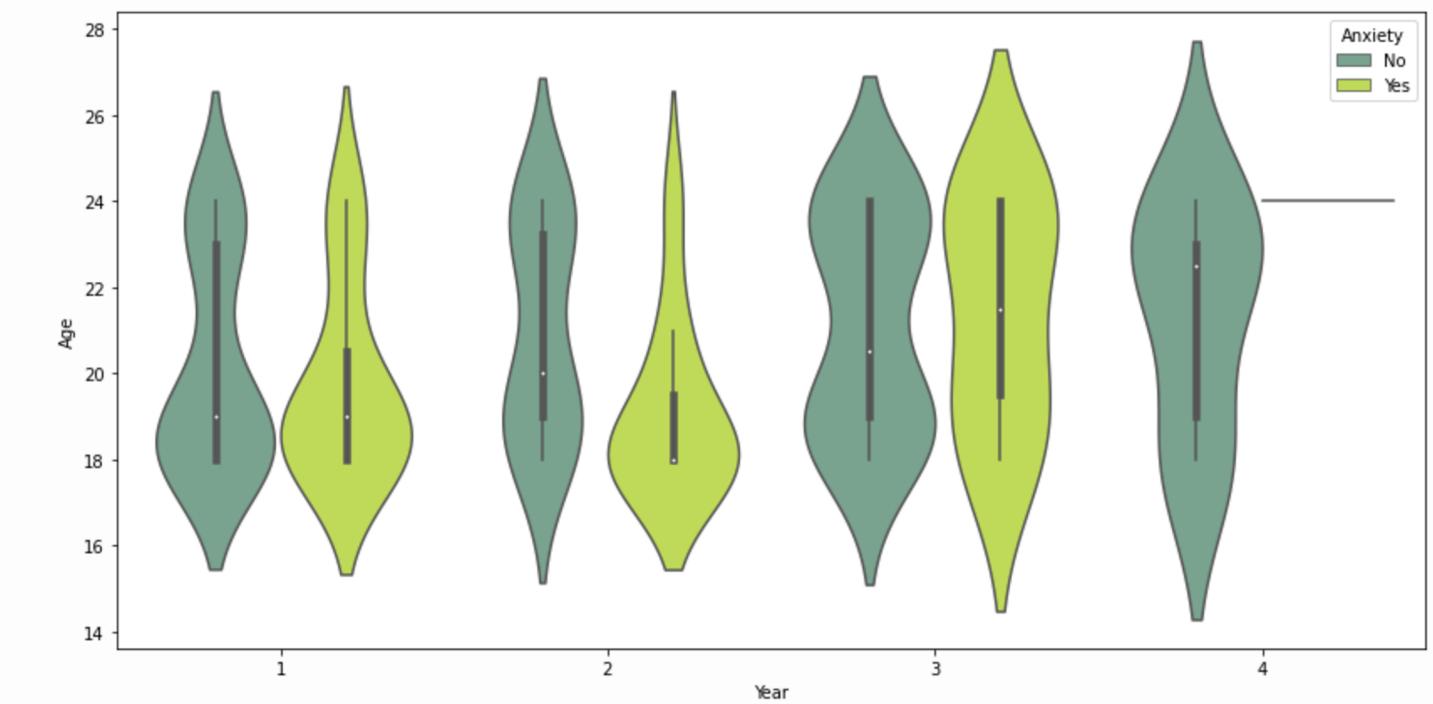
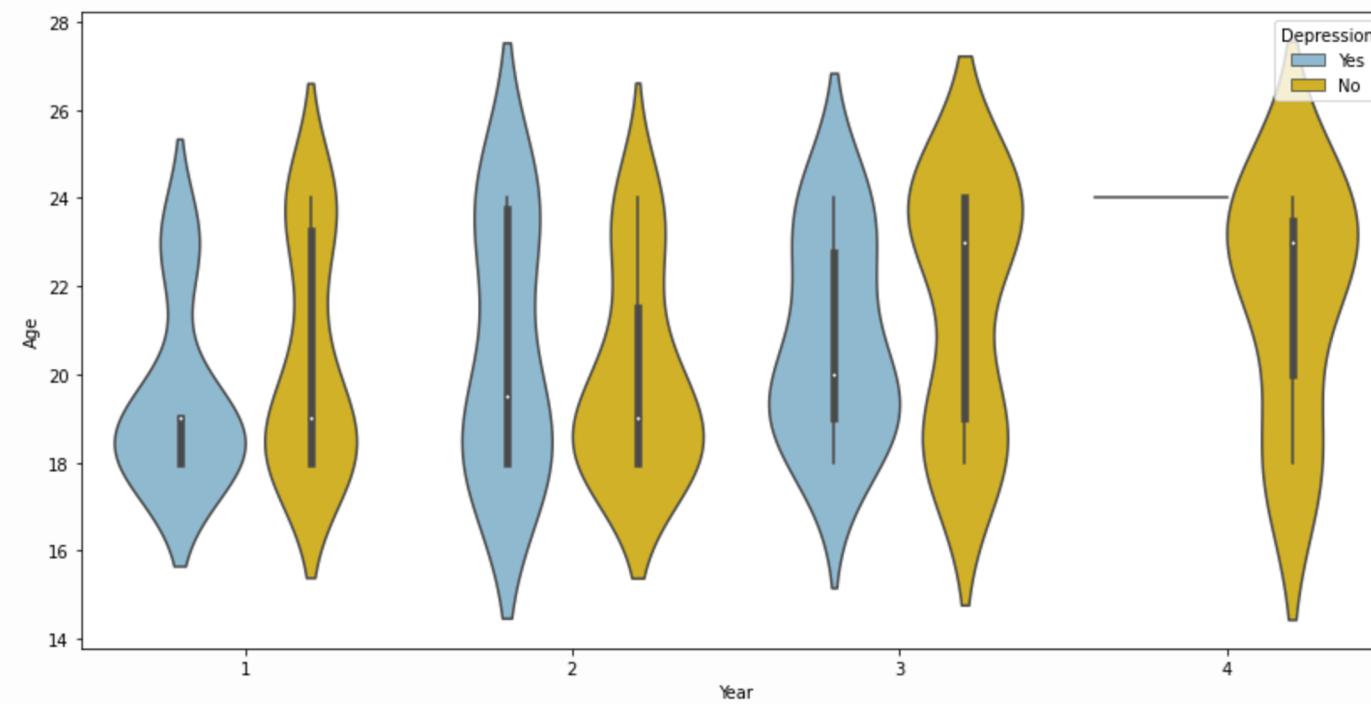
Depression vs. Course:

- Males are less prone to experiencing depression as compared to females.
- 2/3 of females in Psychology experience depression.
- Around 50% of the Students in IT experience depression.

Panic Attack vs. Course:

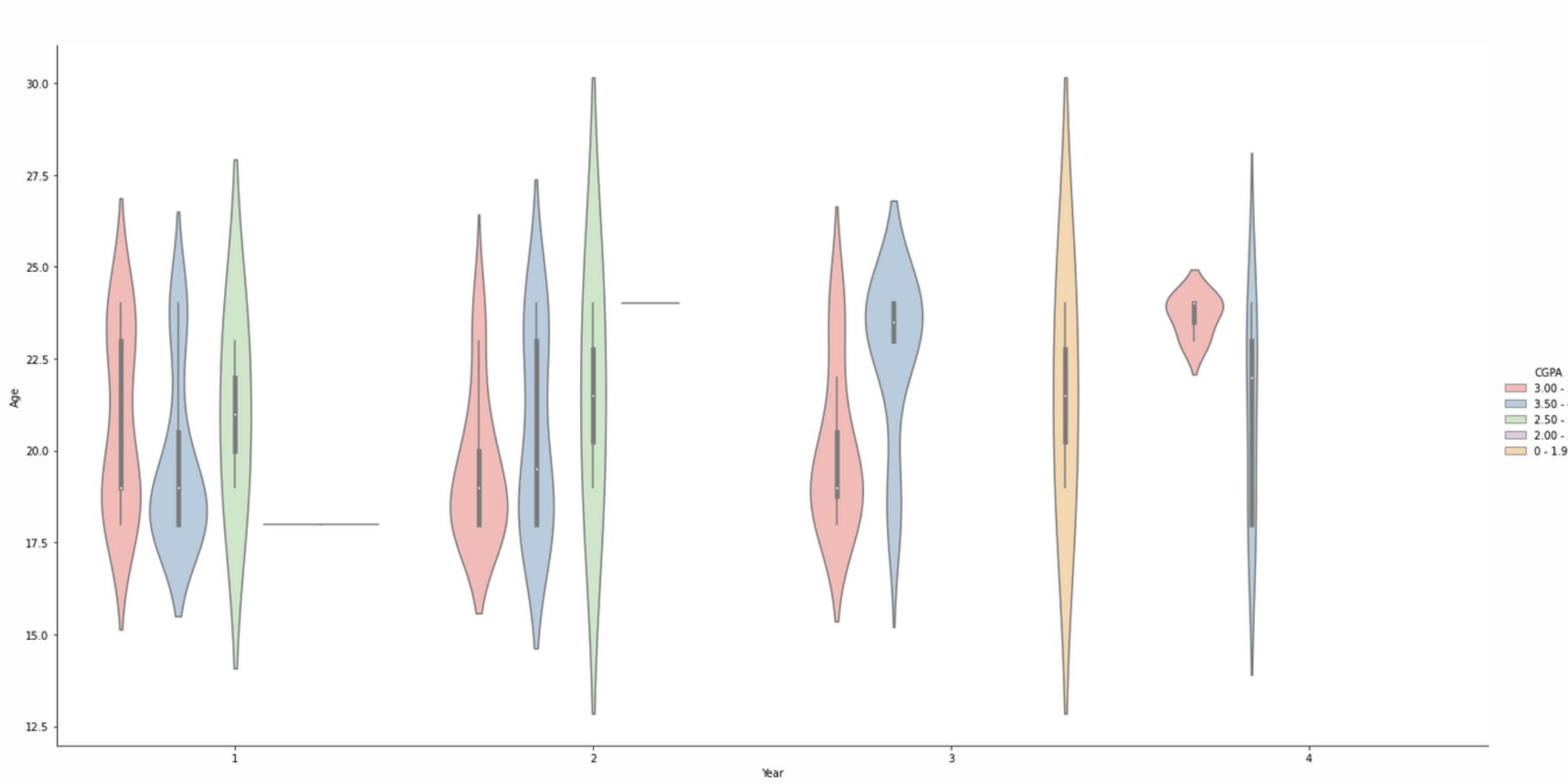
- Males are less prone to experiencing panic attacks as compared to females.
- Approximately 37.5% of Engineering students experience panic attacks.
- About 62.5% of IT students experience panic attacks.
- About 18% of BCS students experience panic attacks.

DEPRESSION, ANXIETY, PANIC ATTACK YEARWISE.



CONCLUSION

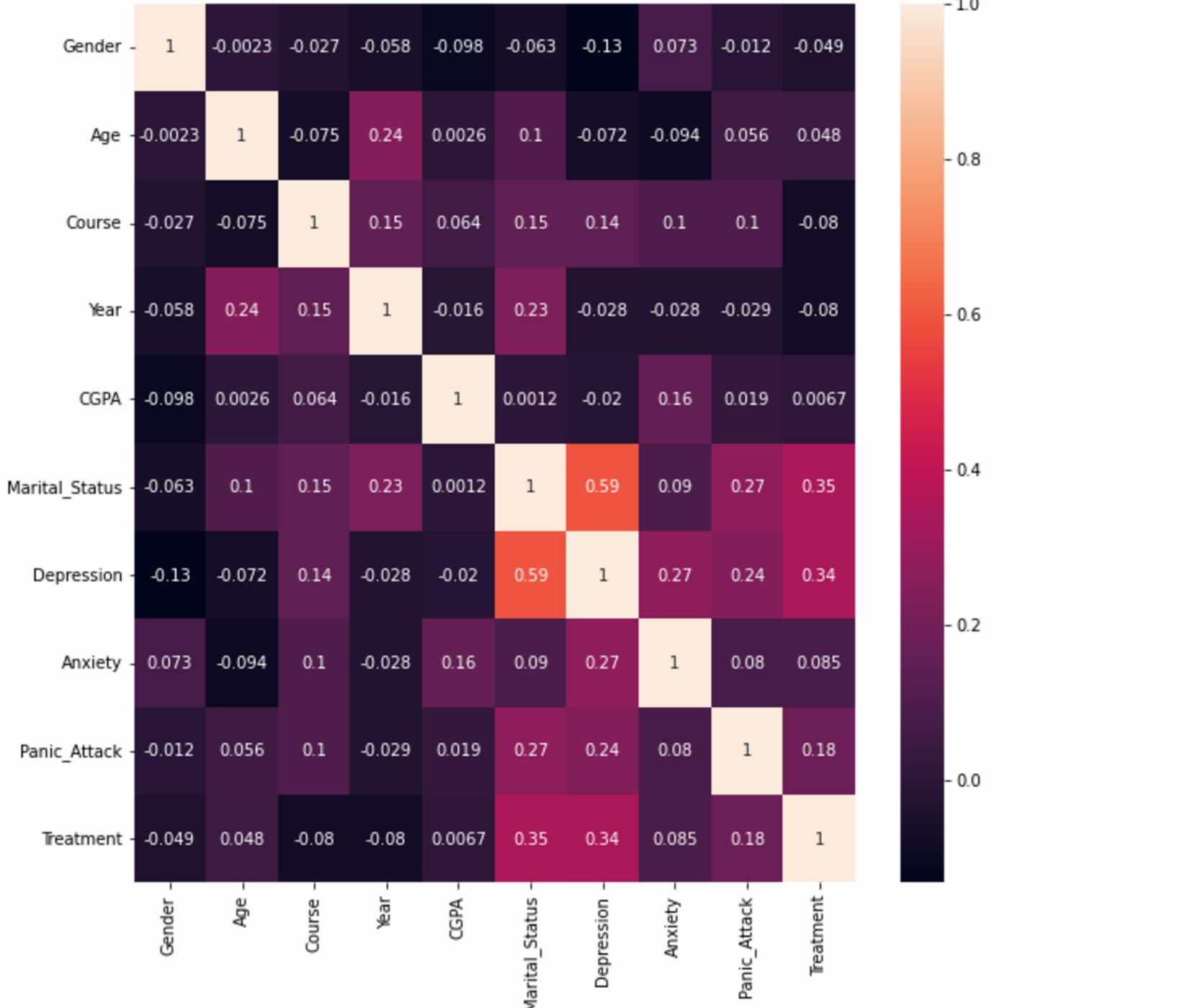
- Year 4 students do not experience Depression, Anxiety or Panic Attacks except for those who are aged 24
- Year 3 has a versatile distribution of students. Mixed reviews.
- Year 1 students aged between 18 and 20 experience the most depression, anxiety, and panic attacks.
- Year 3 students are more anxiety-prone.



DOES CGPA AFFECT MENTAL HEALTH?

- YEAR 3 AND 4 STUDENTS WHO PERFORM WELL ACADEMICALLY AND THEREFORE HAVE SLIGHT OR NO MENTAL HEALTH PROBLEMS.
- MANY YEAR 3 STUDENTS HAVE THEIR GPAS UNDER 2.0.
- STUDENTS FROM YEAR 1 AND YEAR 2 PERFORM BETTER ACADEMICALLY, HAVING THEIR GPAS ABOVE 2.5.
- YEAR 1 STUDENTS AGED 18-20, DESPITE HAVING DECENT GPAS, EXPERIENCE MENTAL BREAKDOWNS. HOW IS THAT POSSIBLE? MAYBE SELF-DOUBT, IMPOSTER SYNDROME, ETC. (JUST AN ASSUMPTION)

CORRELATION MATRIX



Few Findings:

- Marital Status shows a close association with Depression.
- Depression, Anxiety and panic Panic_Attack show a significant correlation.
- Medical assistance (treatment) shows a slight correlation with Marital Status

THANK YOU