



UNDERSTANDING ♥ STUDENT DEPRESSION

Descriptive Analysis performed
by Mbuba Chiagozie Tochukwu
& Mariam Adepoju



OBJECTIVE



This analysis investigates the contributing factors to student depression using survey data from over **28,000 students** gotten from a Kaggle Dataset of students based in the United States. It explores how variables such as **sleep hours, academic pressure, dietary habits, financial stress, and study hours** correlate with depression levels.

HIGH LEVEL INSIGHTS



Depression Rate: 58.52% of students in the dataset reported experiencing depression.



Suicidal Rate: A staggering 63.27%, signaling serious mental health risks.

TOP CONTRIBUTING FACTORS:

**Academic
Pressure**

**Financial
Stress**

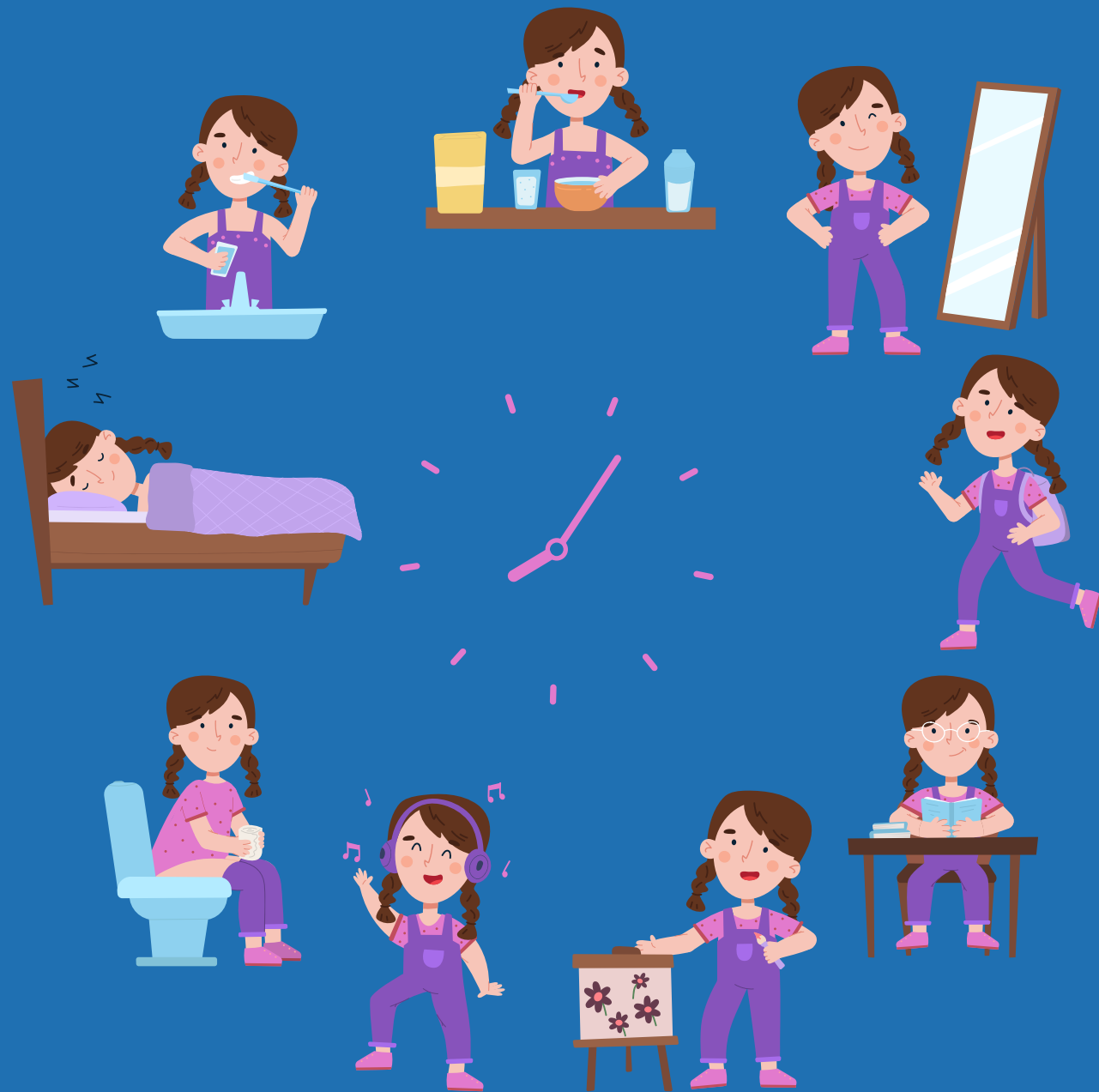
**Poor
Sleep**

**Low Study
Satisfaction**

KEY FINDINGS

1. SLEEP AND STUDY PATTERNS

- Students average 6.38 hours of sleep and 7.16 hours of study per day.
- Despite decent CGPA scores (avg. 7.66), high suicidal and depression rates suggest grades are not a buffer for mental health.



KEY FINDINGS ♥



2. ACADEMIC PRESSURE

- Pressure is significantly higher among male students.
- Cities like Kalyan and Hyderabad show the highest number of depressed students.
- There is a direct correlation between higher academic pressure and increased depression.

KEY FINDINGS ♥



3. FINANCIAL STRESS

- Over 12,000 students reported financial stress, strongly associated with depression.
- Financially stressed students are more likely to report suicidal tendencies.

KEY FINDINGS ♡



4. DIET AND LIFESTYLE

- Students with unhealthy dietary habits are more represented among those suffering from depression.
- Those with a family history of mental illness show higher depression rates, particularly among females.

DEMOGRAPHIC TRENDS



Age Group **18–25** has the highest depression count (**9.4K students**), followed by the **26–35** group.

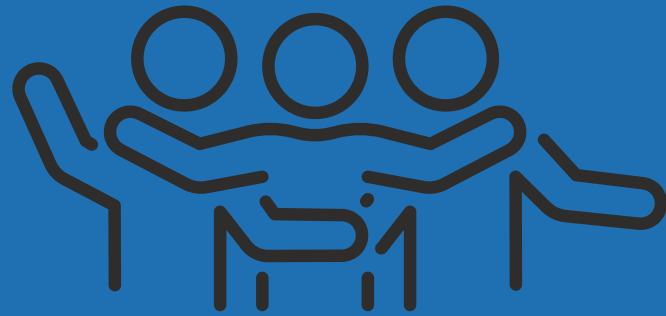


Depression rates vary by city, with **Kalyan, Hyderabad,** and **Srinagar** leading.



More females (9K) report depression compared to **males (7K).**

DATA DRIVEN RECOMMENDATIONS



Mental Health Support

Institutions should deploy targeted counseling for high-risk groups (18–25 years, financially stressed, and high academic pressure).



Academic Workload Reform

Redesign curricula to reduce burnout and introduce flexible deadlines or modular coursework.



Financial Aid Programs

Provide accessible scholarships, emergency funds, and budgeting workshops.



Health & Wellness Campaigns

Promote healthy eating, sleep hygiene, and digital detox routines.



FINAL NOTE



This analysis not only uncovers the alarming prevalence of depression but also empowers educators and policymakers with actionable insights.

The goal is simple: support students holistically, beyond grades and classes.



THANK YOU

Thank you for your attention and participation. Hopefully this information is useful for increasing awareness of mental health