

# STUDENT MENTAL HEALTH

- Chirayu randhir

# INTRODUCTION

- The mental health of students is a crucial aspect of their overall well-being and academic success.
- The analysis of the student mental health survey dataset reveals several key indicators that highlight the current state of mental health among students.
- These indicators include stress levels, sleep quality, physical activity, and the use of counseling services.
- Understanding these factors provides valuable insights into the challenges students face and underscores the importance of providing adequate support to enhance their mental well-being and academic performance.

# PROBLEM STATEMENT

- The mental health and well-being of students are critical components of their academic success and overall quality of life.
- However, various factors, including academic pressures, personal challenges, and lifestyle habits, can significantly impact students' mental health.
- This project aims to analyze the complex interplay of these factors to identify key stressors and areas which might need intervention.

# KEY INDICATORS

STRESS  
LEVEL

DEPRESSION  
SCORE

SLEEP  
QUALITY

PHYSICAL  
ACTIVITY

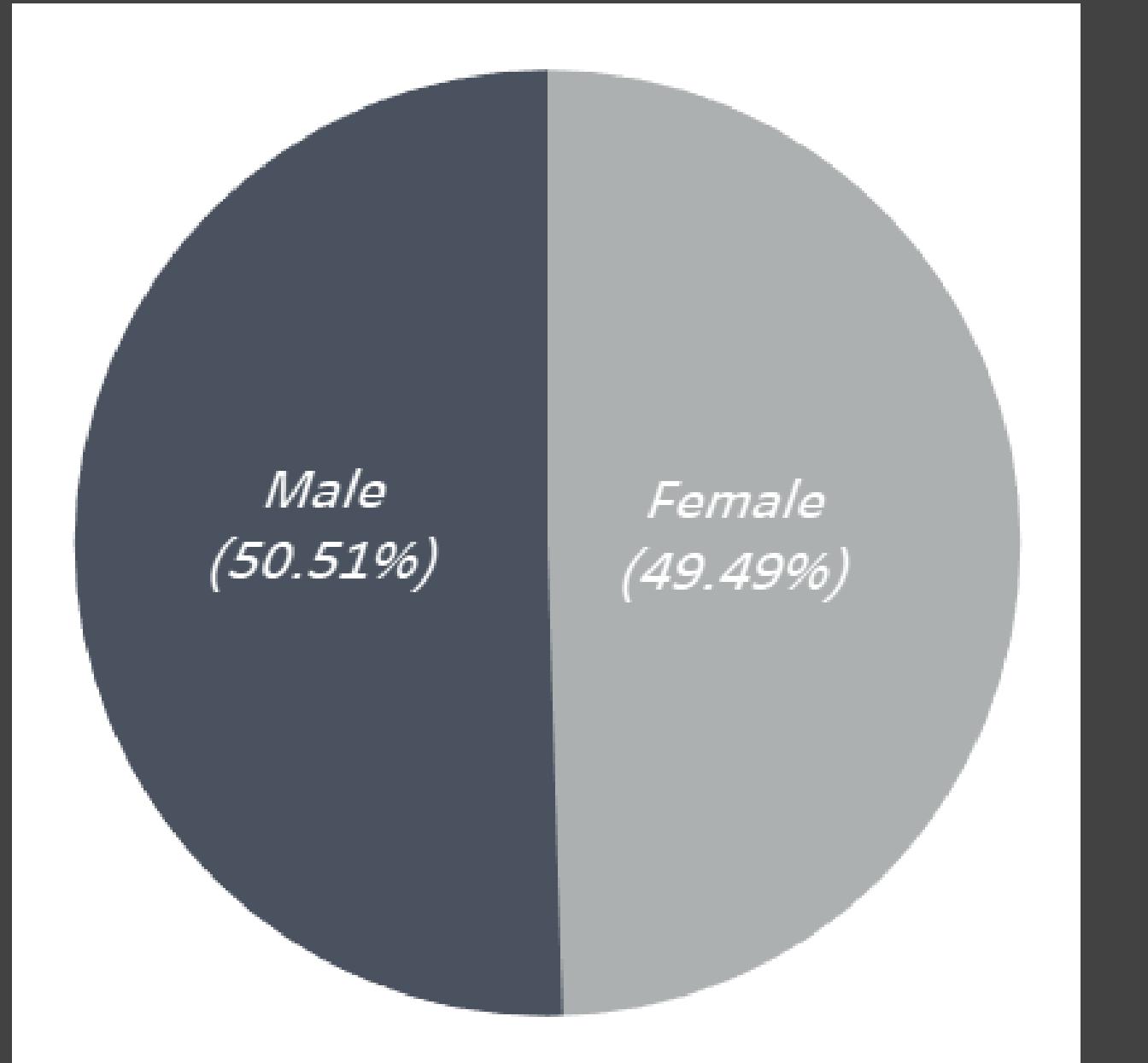
COUNSELLING  
SERVICE

SOCIAL  
SUPPORT

ANXIETY  
SCORE

FINANCIAL  
STRESS

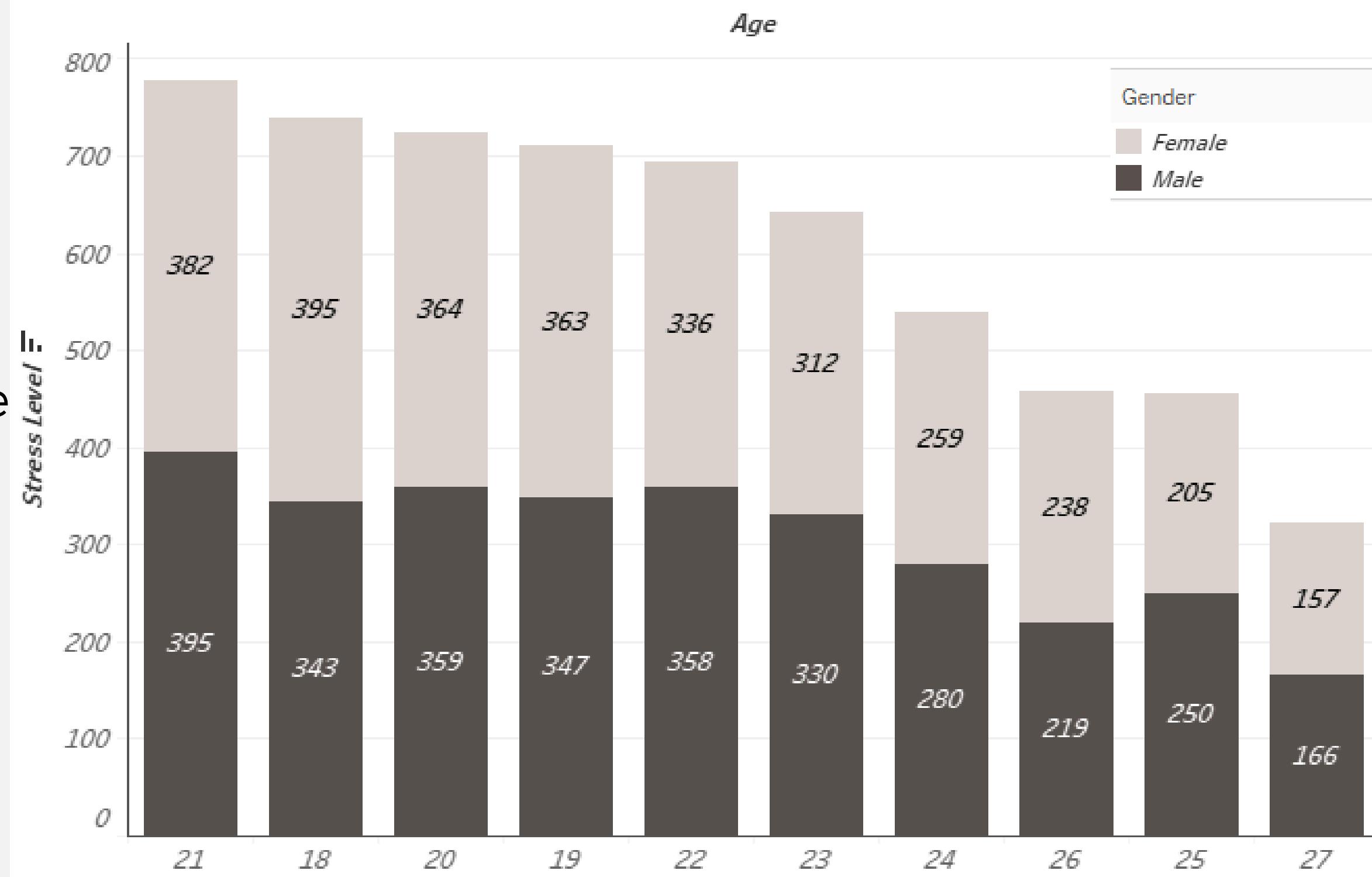
# GENDER DISTRIBUTION

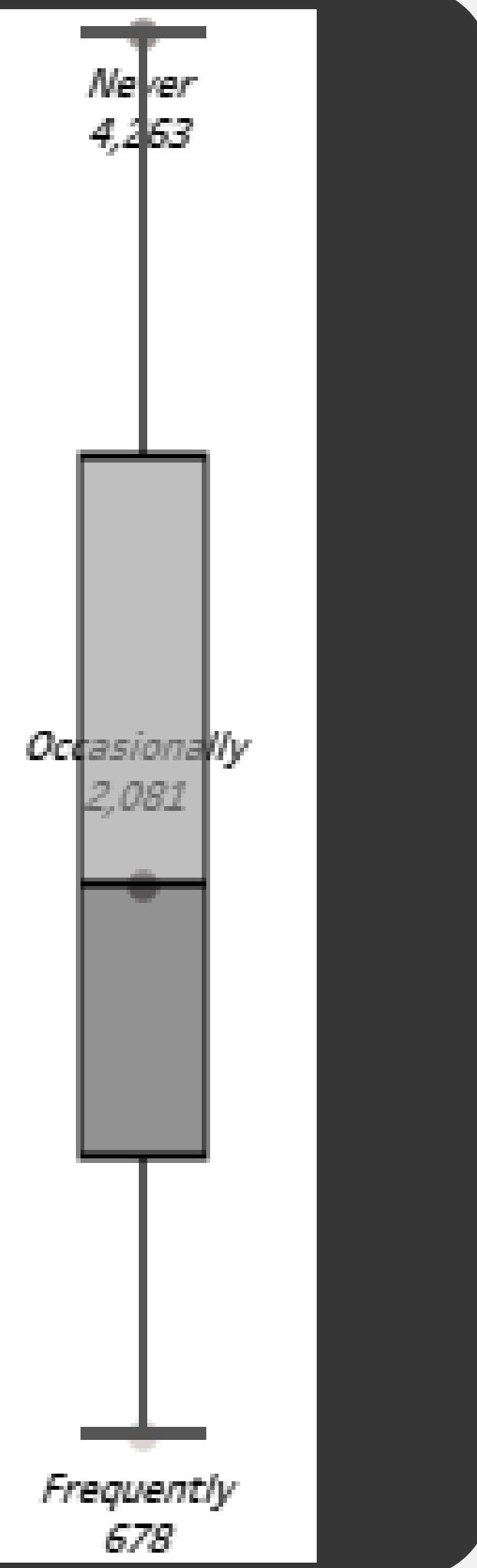


- The student population is almost evenly split, with 50.51% males (3,547 students) and 49.49% females (3,475 students), indicating a well-balanced representation of both genders in the dataset.

# STRESS LEVELS IN VARIOUS AGE GROUPS

- Both male and female students aged 18-22 experience high stress levels with 21 aged students showing highest stress levels.
- This age group represents the transition into higher education, often accompanied by increased academic and social pressures.



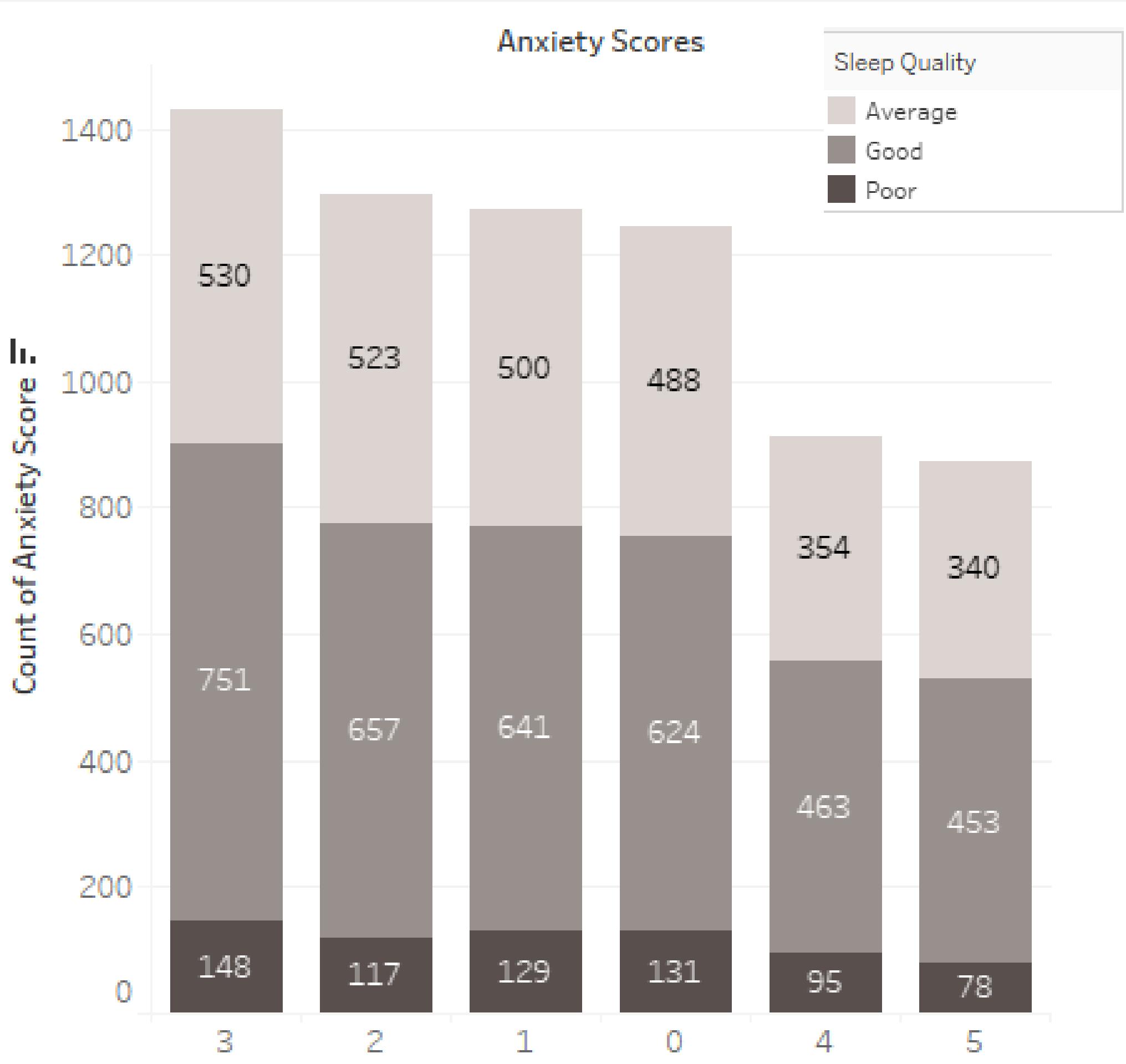


# COUNSELLING SERVICES USAGE

- Students with high depression scores have never taken counselling services.
- This indicates a strong correlation between severe depression symptoms and the need for professional mental health support.
- Students with lower depression scores minimal usage of counselling services.
- This suggests that students with lower levels of depression may feel less need for professional mental health support.

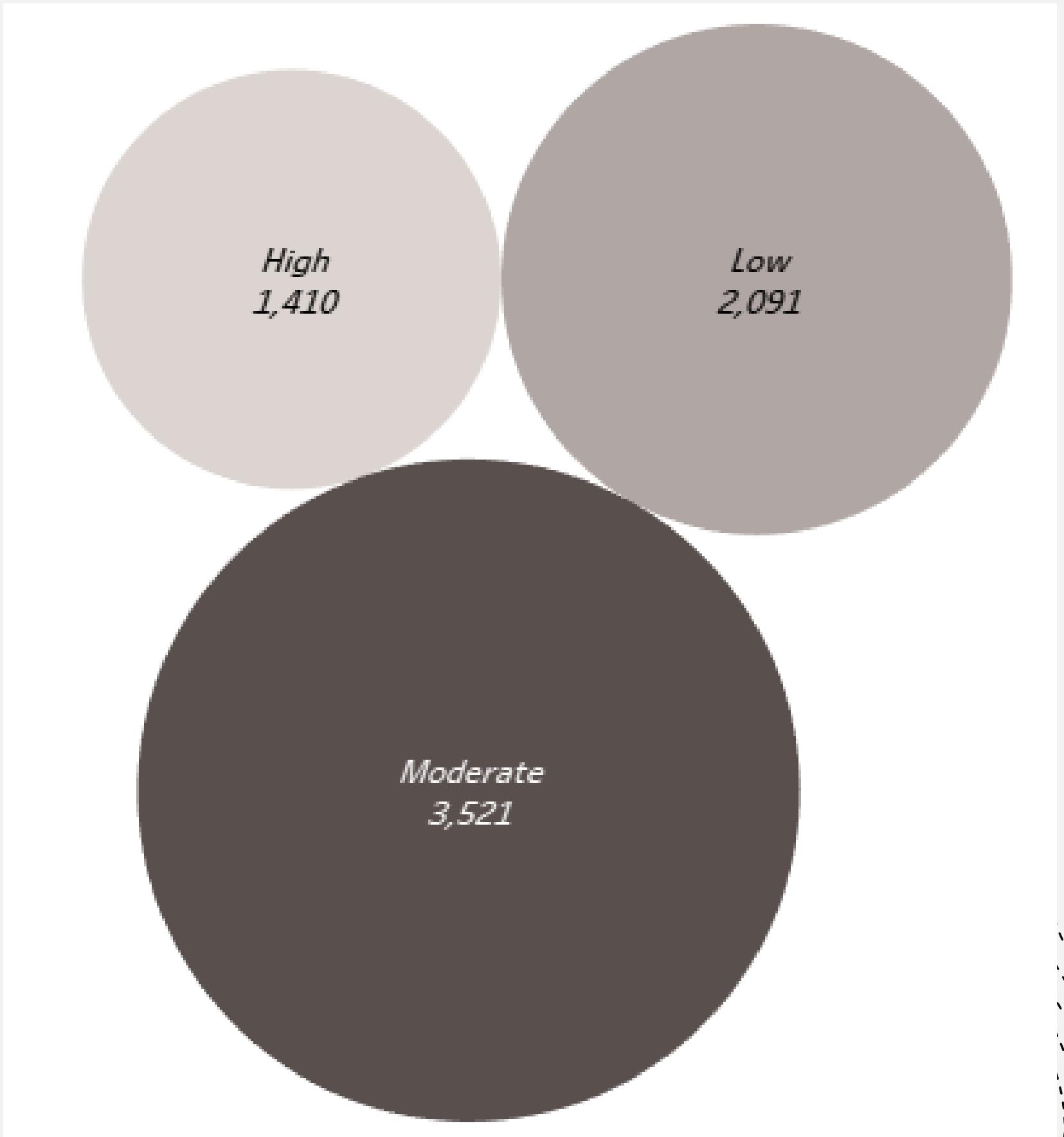
# SLEEP QUALITY VS ANXIETY SCORES

- A significant number of students with poor sleep quality experience higher anxiety scores, indicating a strong correlation between poor sleep and higher anxiety levels.
- Students with average sleep quality tend to have lower anxiety scores, suggesting that maintaining average to good sleep quality can help manage anxiety.
- Improving sleep quality among students could be a crucial step in reducing anxiety levels.

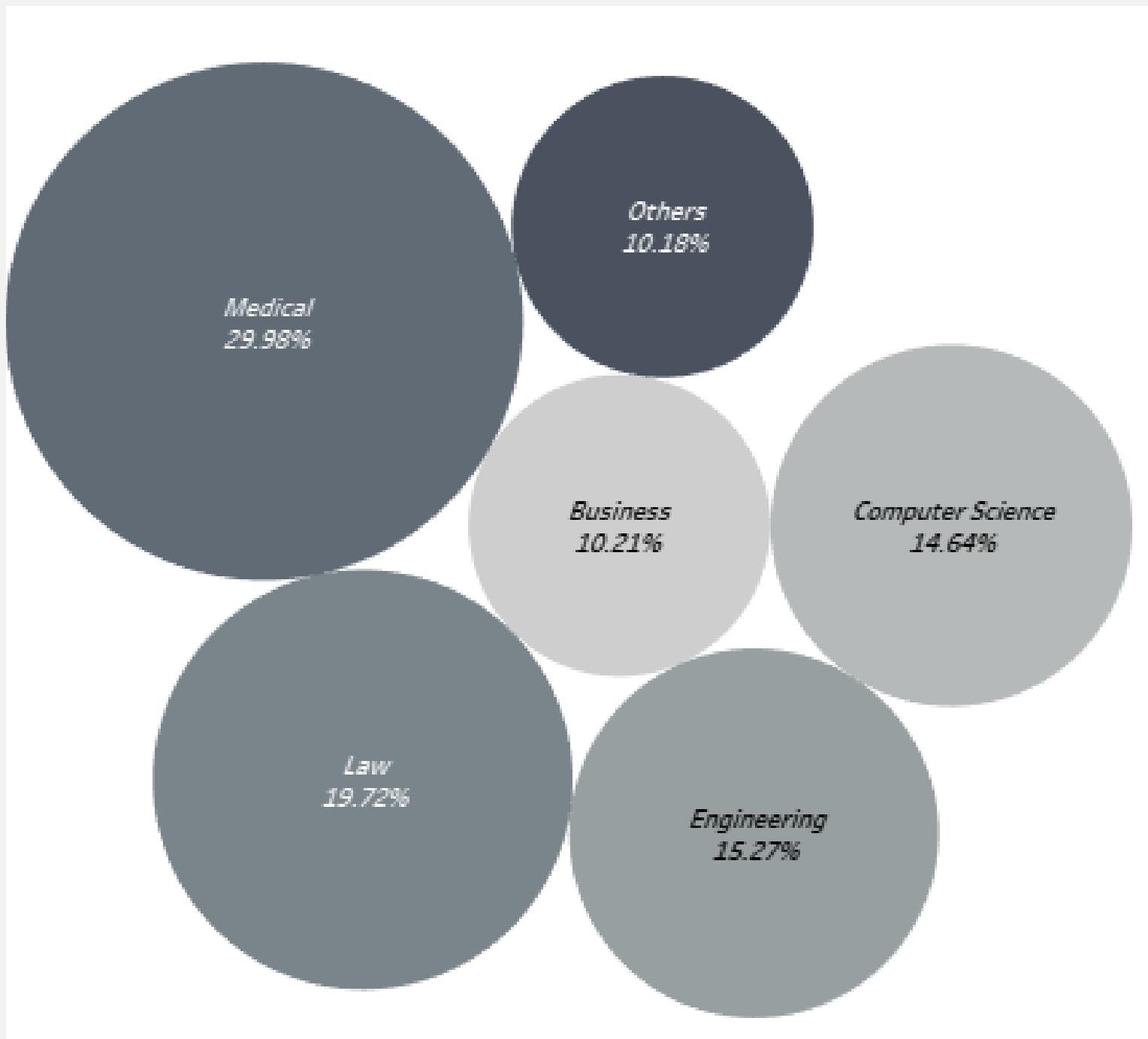


# DEPRESSION SCORES PHYSICAL ACTIVITY WISE

- Physical activity is a significant factor in managing depression, with higher activity levels correlating with lower depression scores.
- We can see high number of students who are suffering from depression with moderate physical activity
- Promoting physical activity among students can be an effective strategy for improving mental health and reducing depression.

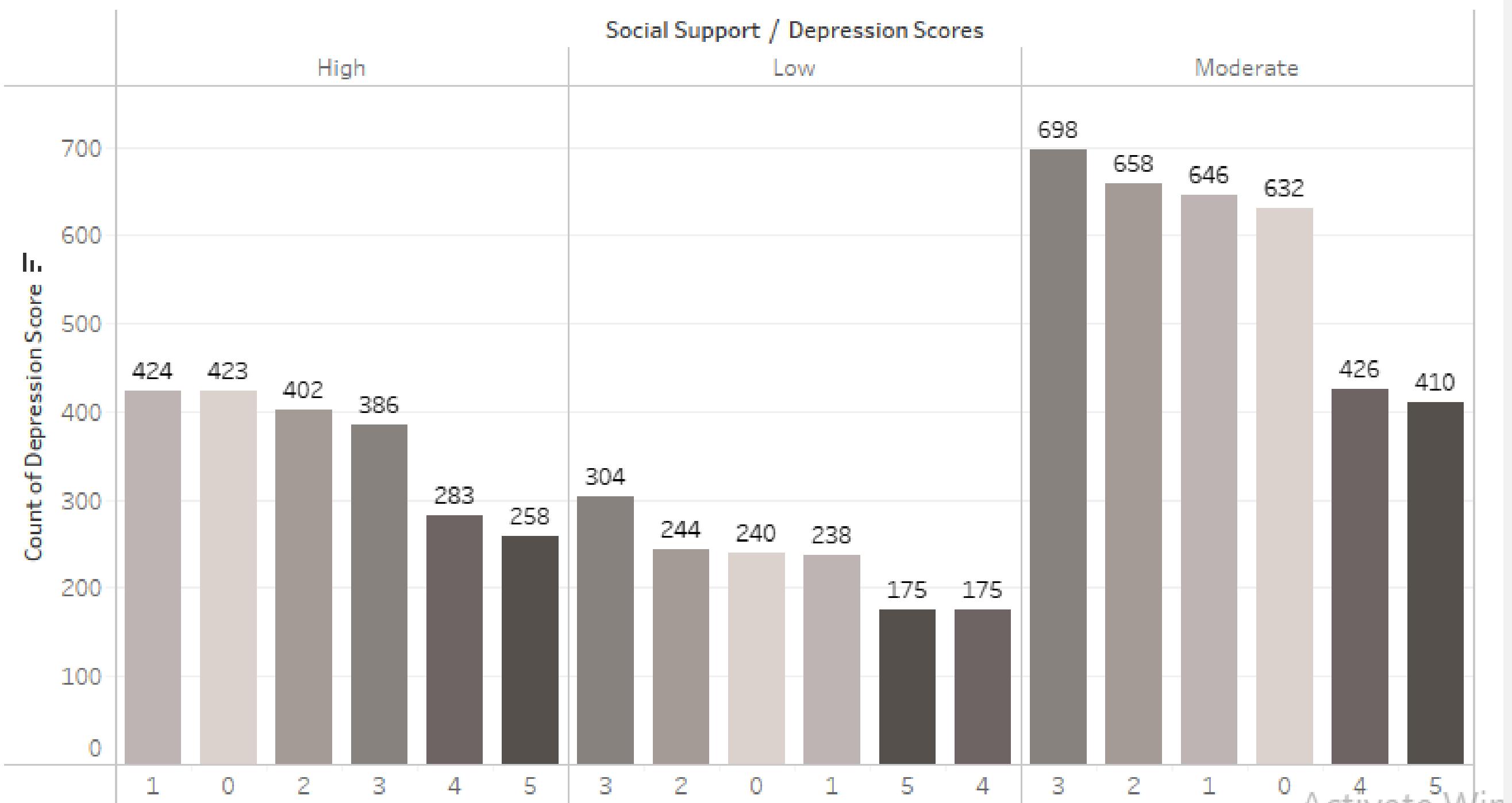


# FINANCIAL STRESS IN VARIOUS COURSES



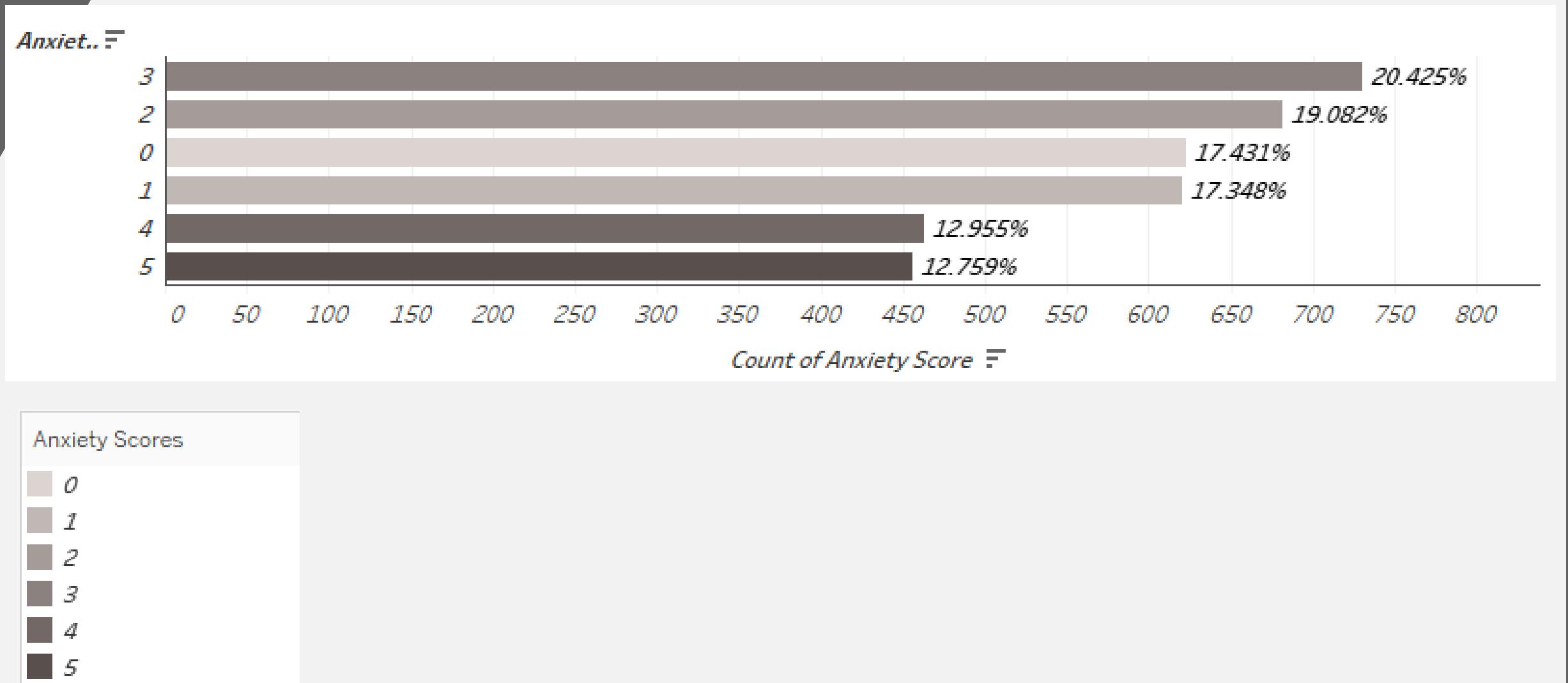
- Medical students experience the highest level of financial stress, making up 29.98% of the total.
- The significant financial burden of medical education likely contributes to this high percentage.
- Financial stress is a significant concern across all fields of study, with medical and law students experiencing the highest levels.
- Efforts to reduce financial stress can improve overall student well-being and academic performance.

# DEPRESSION SCORES FOR SOCIAL SUPPORT



- Higher social support generally correlates with lower depression scores.
- Even with low social support, lower depression scores still have significant counts.
- Moderate social support shows a balanced distribution but with higher counts overall.

# ANXIETY SCORES IN RELATIONSHIPS



- A higher percentage of single individuals report moderate anxiety (scores 2 and 3) compared to very low (0) or very high (5) anxiety scores.
- The proportion of single individuals with extreme anxiety scores (0 and 5) is lower compared to moderate scores.

# CONCLUSION

- Mental health is crucial for student well-being and academic success.
- Various factors such as stress, sleep quality, physical activity, and counseling services significantly impact mental health.
- Students aged 18-22 experience the highest stress levels, particularly those transitioning into higher education.
- Around 4,263 students suffer from depression who have never taken counselling services.
- Increase in counseling services can significantly reduce depression among the students, highlighting the need for increased mental health support.
- Anxiety scores can be significantly reduced by 45% if the sleep quality is improved
- Medical students experience the highest financial stress, comprising 29.98% of the total.
- Around 698 students with a depression score 3 correlates with moderate social support.