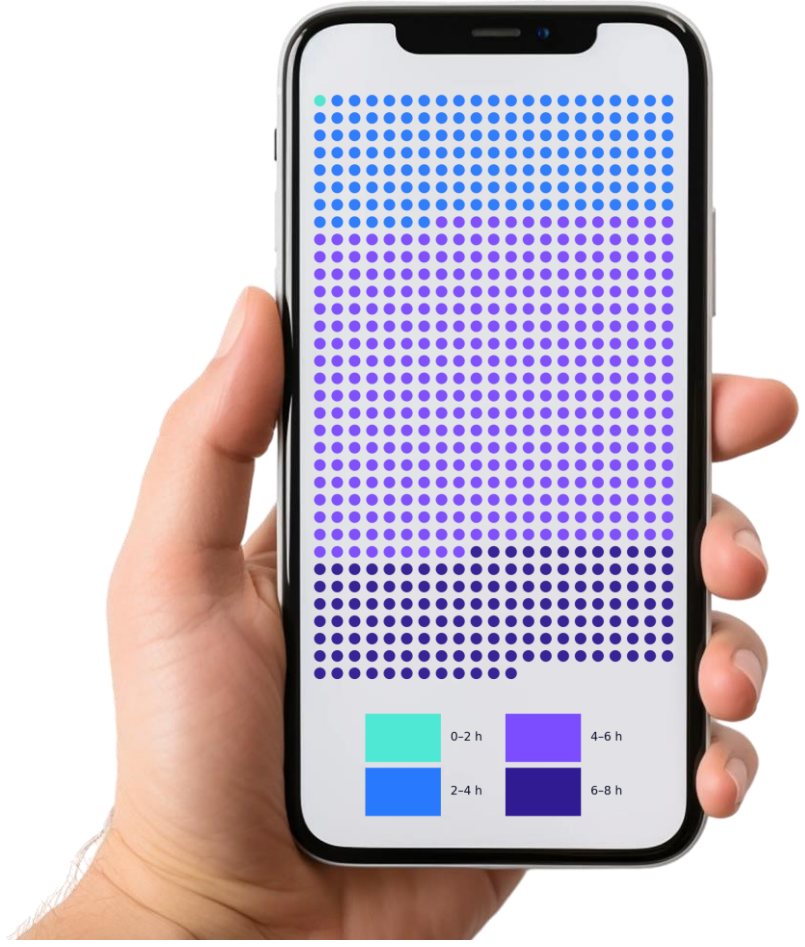
# Students' Social Media Addiction

Information Visualization Project

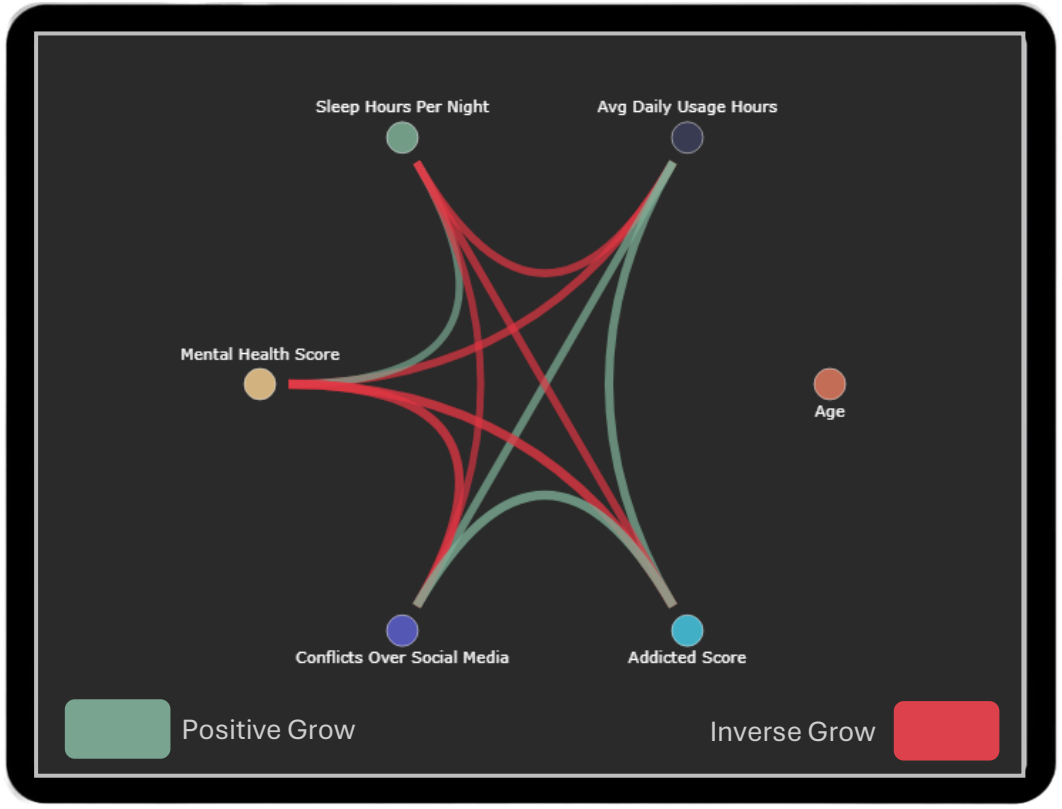
Cristobal Perez Delgado

# Average Use of Social Media Between 16 And 24 Years Old

**20.8%** of the young people spend more than in Social Media than sleeping




# How Social Media Shapes Daily Habits and Mental Health




**Excessive social media use** is directly linked to an increased risk of poor sleep quality, depression, and anxiety, acting as a disruptive force in daily life

## 1. B.1 Visual Exploration Process

My exploration began with the search for a dataset that would allow me to uncover a meaningful insight rather than simply working with "good" or convenient data. Once I found the dataset, I immediately recognized that it aligned well with the topic I wanted to explore. As a kids' camp counsellor, I am increasingly concerned about the impact of social media and mobile device use on the younger generation. After confirming that the dataset met the dimensional requirements, I conducted a quick initial review. Instead of focusing on polished graphics, I relied on rapid exploratory visualizations—such as histograms, scatterplots, and boxplots—to observe how the data was distributed and to identify which insights could be communicated through my visualizations.

During the exploration phase, I a consulted sources such as *InformationIsBeautifulAwards.com* and other visualization examples to find inspiration.

As Edgar Degas famously said, "*Copying the old masters is the finest schooling an artist can have*" and looking at strong existing designs helped me reflect on how to structure my own communication.

I then recalled how, in our first lesson, a random series of numbers was transformed into something structured and meaningful. This inspired me to begin my presentation by directly showing the amount of social media consumption for everyone in the dataset, represented as dots on a mobile-screen layout. In my view, this is an engaging way to introduce the topic and immediately connect the audience to the central issue.

As a future data scientist, correlation analysis is one of the first tools I turn to when searching for patterns and quickly gaining an overview of relationships between variables. I knew I wanted to incorporate this perspective as well. I experimented with raw heatmaps and sorted correlation bar charts but ultimately found that a chord chart communicated both positive and negative correlations more strongly and intuitively.

After attempting to include additional graphs or maps, I decided to focus on only these two visualizations, as I believe they are sufficient to present the data and highlight its implications. To further support the audience's understanding, I added concise text-based insights that provide additional context and reinforce the main message of the visualizations.

## 2. Design Aspects for Communication Graphic (B.2)

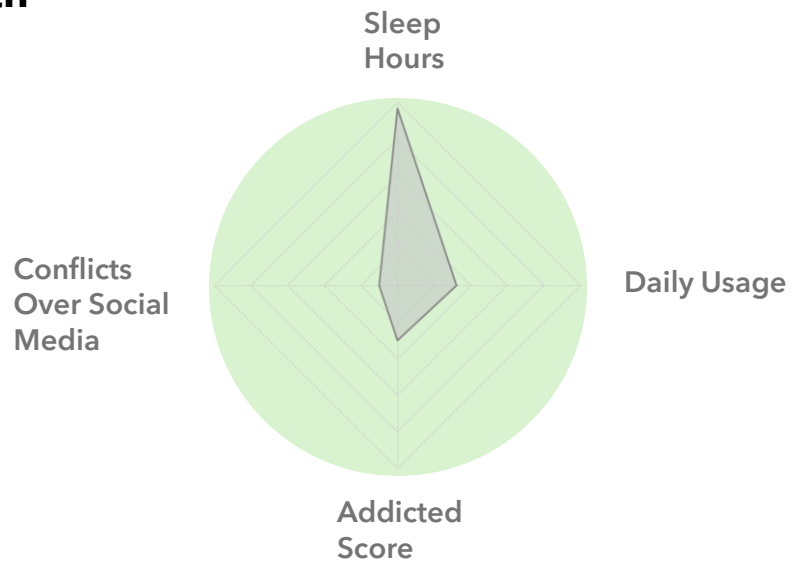
I have two main ideas that I wanted to communicate with this graph:

- **Our habits shape our mind and affect directly with our mental Health**
- **This kind of graph does not only represent data only, but they are also people**

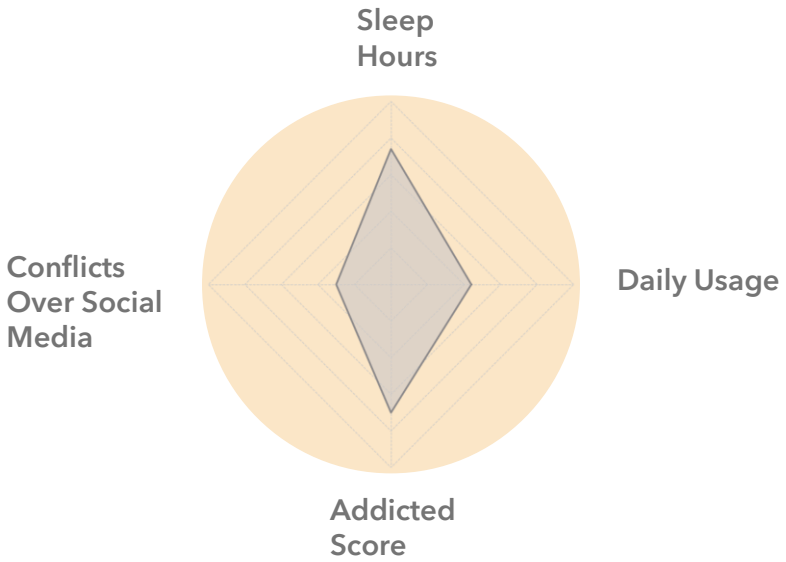
This is why I used a spyder Chart to represent the person habits and a background circle to represent how this habit affects to his mental health. I used individual charts with the name and the age to try to humanize the data and connect with the viewer.

Cristobal Perez

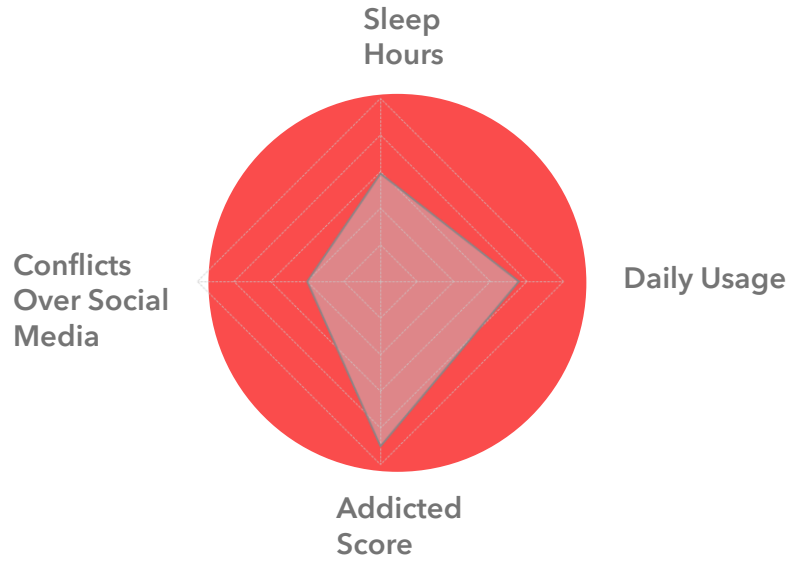
# How habits shapes our Mental Health




**Jose, 21**




**Ryan, 24**




**Jana, 19**

Healthy daily habits, such as good sleep, regular movement, and balanced screen use, tend to align with better mental well-being in young people.

In contrast, inconsistent routines and less healthy behaviors often accompany higher stress and lower mood.

The choices play a meaningful role in supporting or undermining youth mental health

**Mental Health Score 1/10**