

INFO 450: DATA SCIENCE PROJECT

Dalena Hoang
April 27, 2023

Problem Statement

- There are many ways to managing mental health.
- Comparing data using people's favorite genre can be used to see how to manage mental health.



Benefits



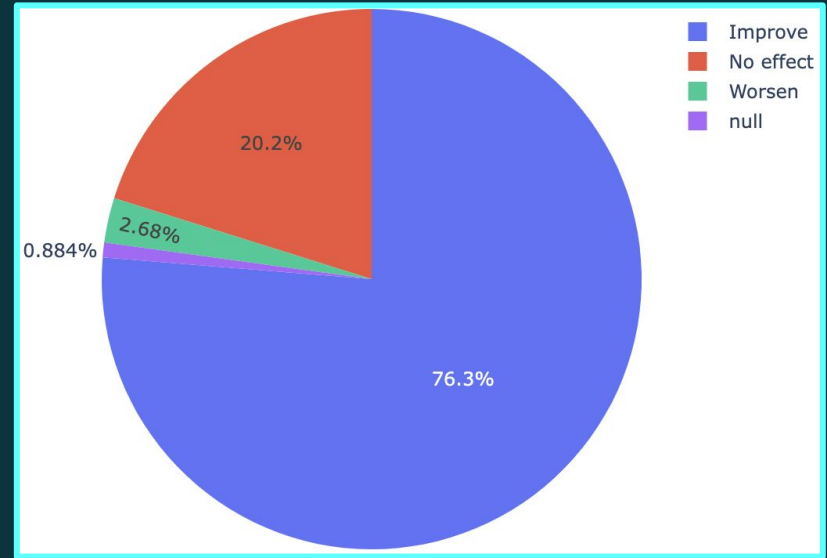
- Music therapy is one of the options to help improve.
- This data can help individuals manage their mental health better.

Methodology

- How did you break the problem down and what tools did you use?
 - By analyzing data by favorite music genre and by type of mental health.
 - Pandas for coding and Plotly for visualizations.
- Challenges:
 - Biggest Issue = Machine Learning
 - Ways to merge two datasets due to importing two different datasets.
 - Trial and error with visualizations.
 - Visualizations by datasets instead of by merged data.

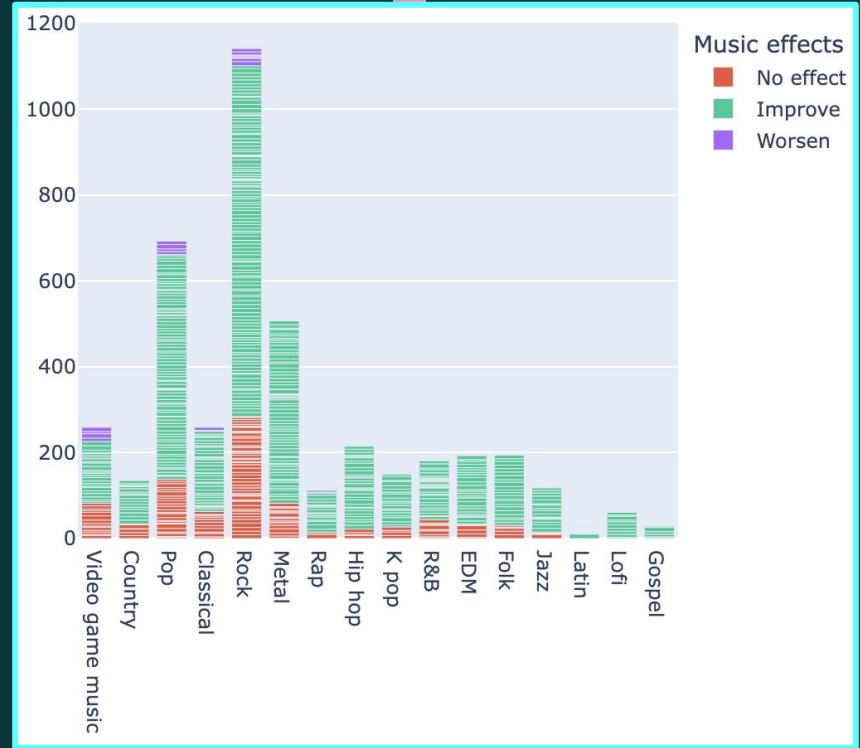
Findings

- Music Effects on Anxiety: High Improvement
- Similar results when comparing music effects with depression, insomnia, and OCD.



Findings

- Comparison Between Favorite Genre & Music Effects on Anxiety
- Similar to pie chart, but this graph includes the favorite music genre data.



Recommendations

- Music had no effect or worsened mental health = look at other options
- Possible other options: exercising (gym), meditation, hiking, reading, and so much more.



Future Work Proposal

REVISITATION: YES

Better data could have been used for deeper insights.

IMPROVEMENTS: YES

More knowledge could have been obtained for better data usage.

