



INDIAN CORPORATE STRESS DATASET DASHBOARD



About the Dataset

- The dataset, sourced from Kaggle (2024), contains 30 columns with information on 2,000 Indian corporate employees and focuses on stress and well-being factors

Sample Data

ID	Age	Gender	Marital_Status	Job_Role	Experience_Y	Monthly_Salary	Working_Hrs	Commute_Dist	Remote_Work	Stress_Level	Health_Issues	Company
1	25	Other	Married	Intern	3.8	18929	31	2.3	Partial	Low	None	Medium
2	33	Female	Married	Analyst	4.4	50077	42	1.3	Partial	Low	None	Large
3	39	Other	Single	Manager	2.9	212002	51	0.6	No	Medium	None	Large
4	24	Other	Married	Developer	3.7	96890	47	0.6	No	Medium	Migraine	Small
5	29	Female	Married	Analyst	1.6	54905	43	0.5	Partial	Medium	None	Medium
6	28	Female	Single	Designer	7.5	54855	43	1.6	Partial	Medium	None	Large
7	39	Male	Single	Manager	12.6	235828	55	2.3	Yes	High	Back Pain	Large
8	58	Female	Married	CEO	26.8	552567	60	2.2	Yes	High	Arthritis	Small
9	20	Other	Divorced	Intern	0.4	19165	32	2.9	Partial	Medium	None	Medium
10	55	Other	Single	CEO	22.8	522839	63	2.1	Partial	High	Hypertension	Small
11	28	Other	Married	Designer	1.9	53559	40	0.5	Partial	Low	None	Small
12	26	Male	Married	Designer	1.6	47000	44	1.8	Partial	Low	Migraine	Medium
13	22	Other	Single	Developer	1.6	103427	46	0.7	Partial	Low	None	Small
14	29	Other	Single	Designer	8.8	47543	46	1	No	Low	Migraine	Small
15	31	Other	Single	Analyst	4	47107	44	1.5	Partial	Medium	None	Large
16	22	Male	Married	Intern	1.8	17862	28	1.3	Partial	Medium	None	Small
17	22	Male	Married	Developer	1.6	99115	48	2.8	Yes	Low	None	Medium
18	35	Female	Married	Designer	9.6	47469	40	1.3	No	Medium	None	Large
19	34	Male	Divorced	Designer	2.4	53452	48	1.8	Yes	Medium	None	Medium
20	35	Female	Divorced	Analyst	7.8	59089	43	1.9	Partial	Low	None	Large



Objective

- 1. Identify stress factors by department, gender, and role.**
- 2. Analyze link between stress, work-life balance, and health.**
- 3. Measure effects of sleep, work hours, and remote work.**
- 4. Track job satisfaction across locations.**
- 5. Suggest ways to improve employee well-being.**

page 1- Employee Well-being & Stress Overview

- **Stress Level vs Department & Gender** - Identify stress concentration.
- **Health Issues vs Job Role & Gender** - Highlight health concerns.
- **Stress vs Location & Work-Life Balance** - Compare city-level stress.
- **Mental Health by Leave** - Distribution of employees taking mental health leave.

page 2-Performance & Productivity

- Performance vs Productivity – Relation between productivity and stress.
- Job Satisfaction by Location – City-wise satisfaction differences.
- Mental Health Leaves by Department – Department-wise analysis.
- KPIs – Avg Age, Avg Working Hours, Avg Sleep Hours, Training Opportunity Rate , Leaves.

Key Insights Derived

- Avg sleep hours (5.53) and long working hours (47/week) show fatigue.
- Stress highest in HR & Operations, lower in Engineering.
- Health issues more common among Managers & Developers.
- Higher stress in Bangalore & Mumbai vs other cities.
- Employees with poor work-life balance report higher stress.
- Nearly half avoid mental health leaves (possible stigma).
- HR shows highest proportion of mental health leave (26.88%).

Methods to Enhance Employee Productivity and Well-Being

- **Employee Wellness Programs**
- **Balanced Work Hours & Flexible Schedules**
- **Counseling & Mental Health Support**
- **Open Discussions & Mental Health Awareness**
- **Analytics & Continuous Monitoring**



**THANK
YOU**