

The current education system places students under significant pressure, often leading to stress that can impact their mental health and well-being. Understanding the main factors contributing to these challenges is essential for creating effective support systems and building a healthier academic environment.

Our project explores how different factors—like financial stress and sleep duration—affect students' mental well-being. By analyzing our dataset, we aim to pinpoint the most influential factors and suggest practical solutions to improve both their academic experiences and overall well-being.