

# Key Insights

[Dashboard](#)

## 1. Sleep Duration and Mental Health

- **Average sleep duration is 6.5 hours**, below the recommended 7–9 hours for young adults.
- Students who sleep **less than 5–6 hours** show a **higher average depression score** than those who sleep more.
- Depression scores **decrease** as sleep duration increases (particularly for 7–8 hours).

### Interpretation:

There is a **clear inverse relationship** between sleep duration and depression levels. Students with better sleep tend to report lower depression scores.

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## 2. Healthy Diet Habits

- Only **27.4% of students follow a healthy diet**.
- While not directly tied to the depression metric in this dashboard, poor diet often correlates with both **low energy** and **higher emotional stress**.

### Interpretation:

A low percentage of students maintain a healthy diet, which may indirectly affect both their mental health and academic performance.

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## 3. Depression Rates Are Uniform but Present

- Most students from different cities (Bhavna, Gaurav, Harsh, etc.) show an **average depression score of 1.0**.
- The **overall average depression score is 0.6**, suggesting some students have low to moderate depression levels, though many cities are flatlined at the same value, which

might indicate **uniform survey scoring** or a **data entry limitation**.

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#### 4. Financial Stress

- The **average financial stress score is 3.1**, suggesting **moderate financial pressure** among students.
  - This could be a contributing factor to sleep and depression issues, though the current dashboard does not directly correlate these metrics.
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#### 5. Depression by Region

- The **map visualization** shows various cities across India with reported depression rates, but most cities appear clustered around a depression score of 1.0, offering limited variation.
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### Recommendations

#### 1. Promote Sleep Awareness and Healthy Habits

- Conduct sleep education programs and workshops on **time management**, **digital detox**, and **sleep hygiene**.
- Encourage schools and colleges to implement policies that reduce late-night academic pressure (e.g., flexible assignment deadlines).

#### 2. Improve Diet Habits

- Partner with canteens or food vendors to offer **healthier meal options**.
- Run campaigns or challenges that encourage students to adopt balanced diets and track their meals.

### 3. Provide Mental Health Support

- Based on the consistent 1.0 depression score, institutions should **invest in screening tools** that better capture emotional variance.
- Provide **on-campus counseling services** and access to mental health apps or helplines.

### 4. Address Financial Stress

- Offer **financial literacy sessions** or workshops on budgeting and stress management.
- Set up **emergency support funds** or promote awareness of **scholarship opportunities** for students in need.

### 5. Refine Data Collection

- Consider revisiting how depression and stress scores are collected. The uniformity of scores suggests the data might not reflect the true range of student experiences.
- Add **qualitative questions** or Likert-scale items to capture more detailed responses.

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## Conclusion

The dashboard provides meaningful indicators that **sleep, diet, and financial stress** significantly influence student well-being. While the metrics are useful, deeper data granularity and integrated correlations (e.g., between financial stress and sleep) could enhance the ability to design targeted interventions.