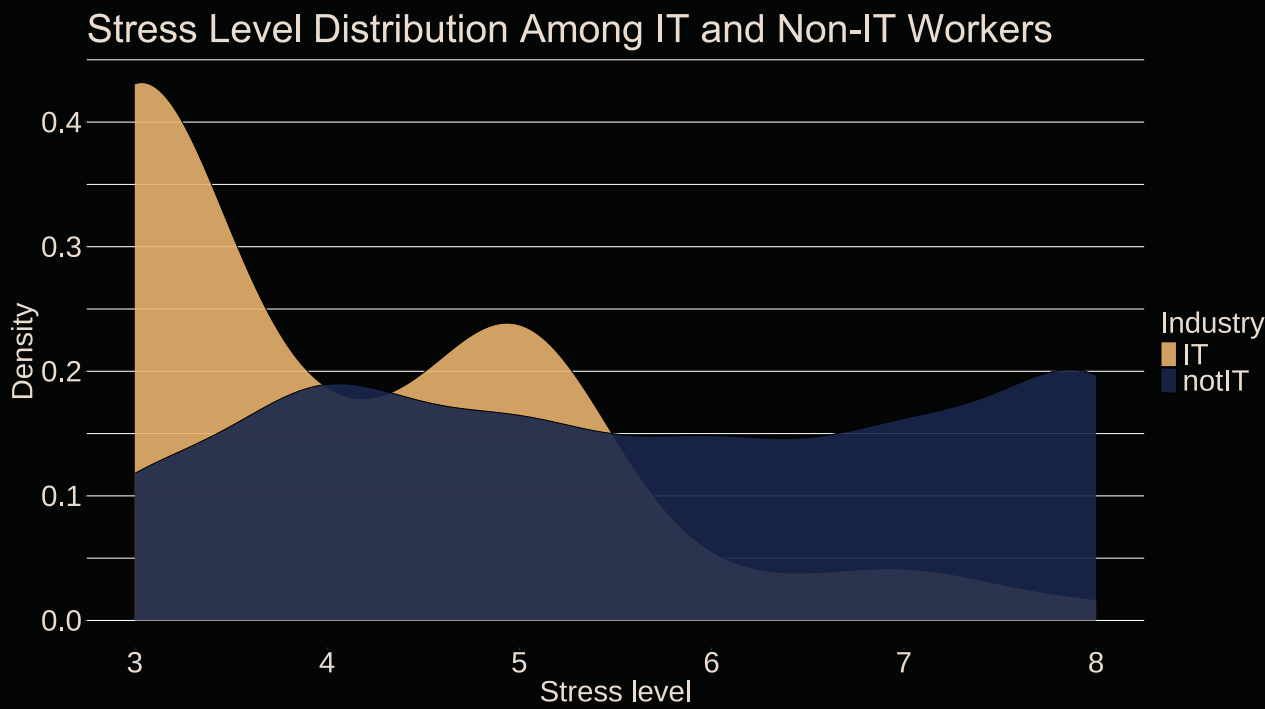
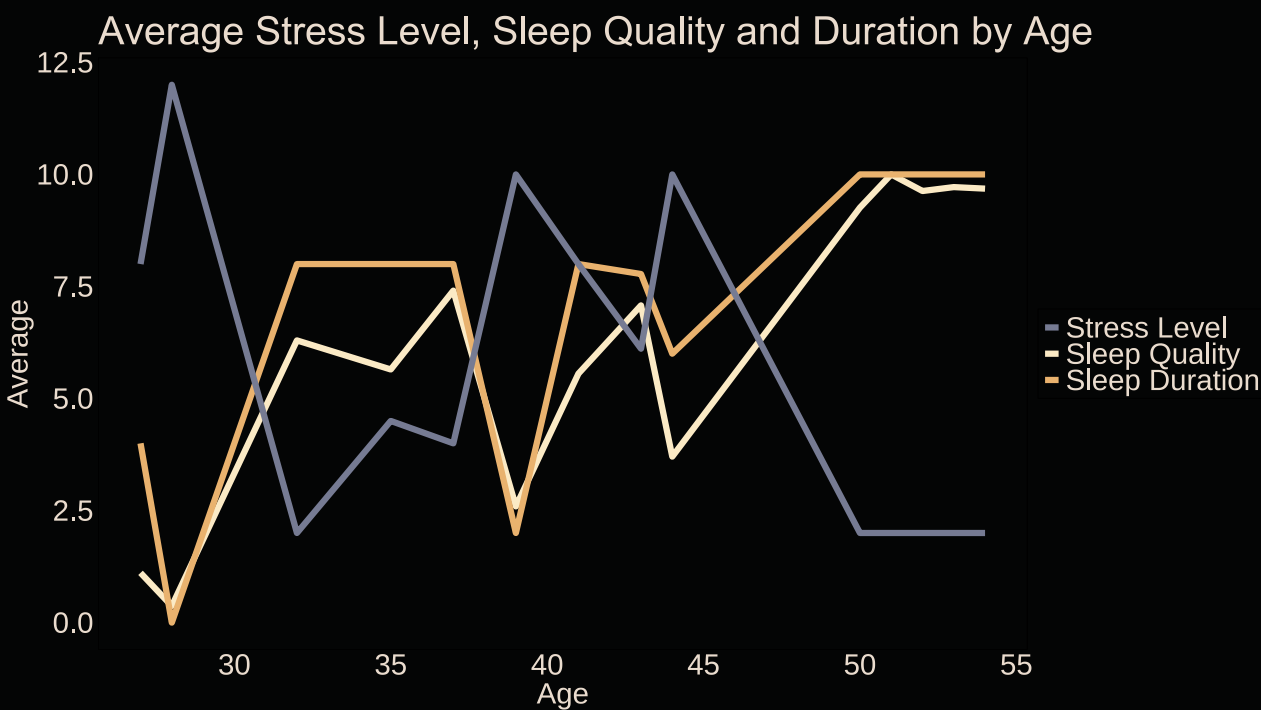


# IS INFORMATION TECHNOLOGY THE PROFESSION OF OUR FUTURE?

Since the profession of computer science was established, we have constantly heard that it is a job of the future. Indeed, over time, more and more industries are becoming automated, and programming skills are becoming essential in many professions. However, this raises a new question: **How does it affect our mental health and well-being?**

We aimed to explore the factors influencing our well-being throughout the day across different industries. Specifically, we focused on how stress and our sleep are interrelated, and how these relationships vary with age.

The first thing that caught our attention was the contrast. The data reveal that for IT workers, higher stress levels seem to be almost perfectly inversely related to sleep quality and duration. The data were normalized to a 0-10 range for better comparison.

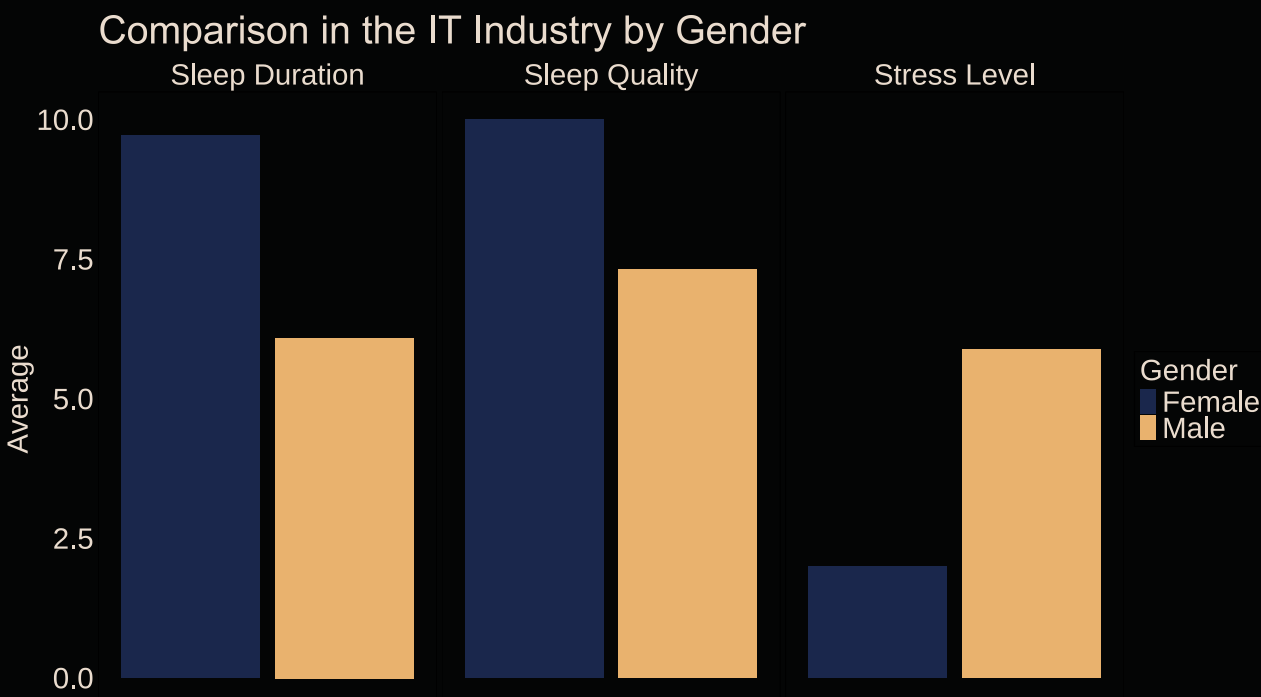


Here, we can see a density chart of reported stress levels. When analyzing occupations other than IT, we observe a relatively equal distribution. Interestingly, the distribution among IT workers is quite different. We see a significant spike at the lowest stress levels, with nearly no results above level 6.

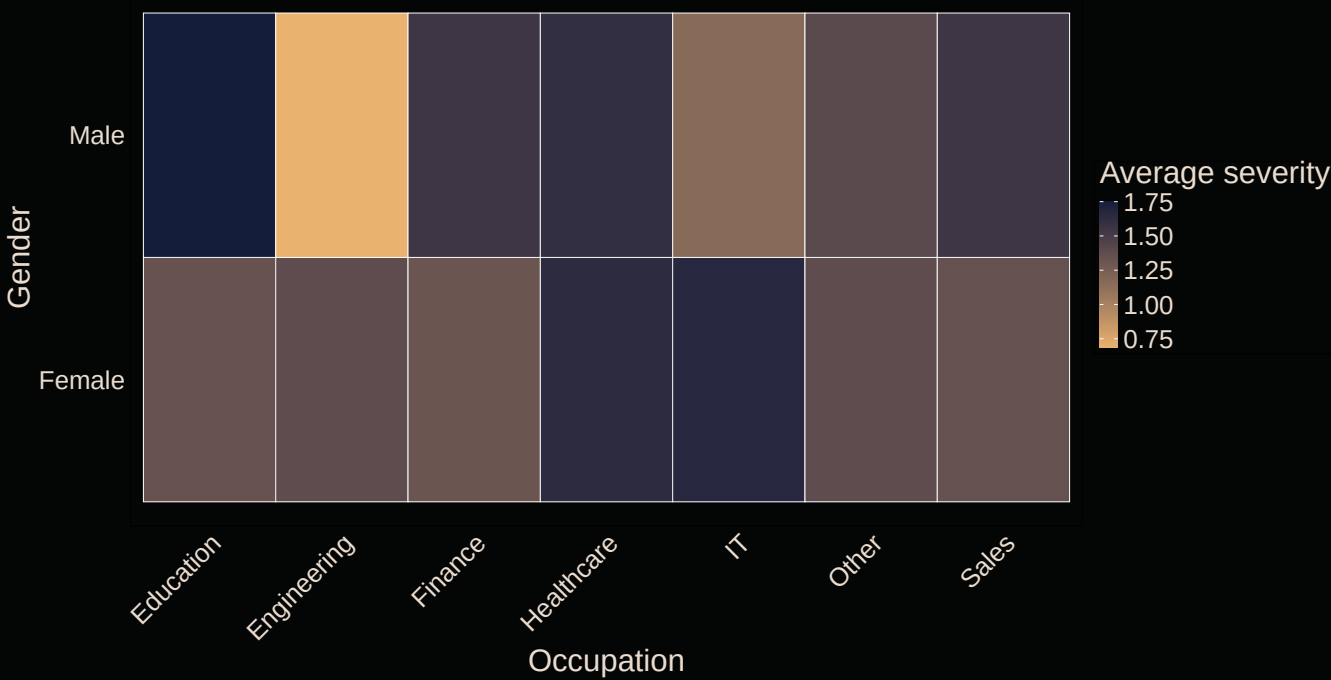
We wanted to examine how stress differs between the IT industry and non-IT sectors. We observe that, in the long run, the workplace environment and sector-specific factors may play a significant role in influencing stress.

We also aimed to explore the connection between sleep and stress, focusing on gender differences. Somehow, the relationship appears to be much more favorable for women, this highlightst possible gender-specific factors in professional settings.

The bar charts show that women generally report better sleep quality and longer sleep durations compared to men. However, the most striking contrast is observed in reported stress levels, with women on average experiencing nearly a third of the stress reported by their male counterparts. The data was also normalized.



Average severity of mental illness by occupation and gender



On the left side, there is a chart showing the average severity of mental illnesses by gender and occupation. In the IT sector, men experience much fewer mental health issues, with surprisingly good results for men in engineering. Notably, the severity of mental illnesses among women in IT stands out compared to other professions and is, on average, higher.

Interestingly, the findings clearly distinguish IT fields from others. Women are highlighted in a negative light, while men show much more favorable results. Referring to the theme of our poster, we could suggest that men may thrive in the IT industry.