**Conclusions from Student Mental Health Data Analysis**

1. The average age of students in the dataset is 20.53 years. This indicates the typical age of higher education students.
2. The analysis reveals that most students maintain a 3.50 - 4.00, reflecting strong academic performance overall.
3. The analysis results of depression, anxiety, and panic attacks among students underscore significant mental health concerns within the student population, with 35 out of 100 students reporting experiencing depression, 34 reporting anxiety, and 33 reporting panic attacks. These findings highlight the urgent need for effective support services and mental health education initiatives in academic environments.
4. Drawing from the data analysis, it can be concluded that only 6 out of 35 students experiencing depression sought help from a specialist. This suggests a significant need to enhance the accessibility and awareness of psychological support services among students affected by mental health issues.
5. In the study, 75 women and 25 men participated. Among them, 29 women reported experiencing depression, while only 6 men did. Additionally, 5 women sought help for depression, whereas only 1 man did.
6. Based on the analysis, it can be concluded that the highest prevalence of mental issue is observed among 18-year-olds, which may be attributed to the commencement of their studies. This period often involves adapting to a new academic environment, new responsibilities, and the pressure to perform well academically. The stress associated with these challenges can lead to heightened levels of anxiety among young students.