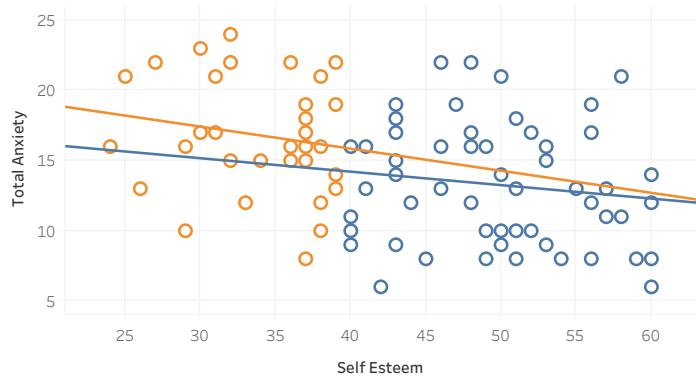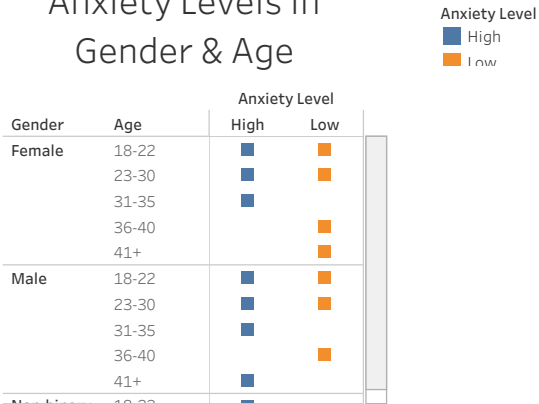## Self-Esteem vs Anxiety

Insight:
The scatter plot shows a weak negative correlation ($R^2 = 0.214$) between self-esteem and anxiety. In general, participants with lower self-esteem tend to report higher anxiety scores. This could help inform programs focused on boosting self-esteem to support mental health.

Project Goal:
To visualize patterns between self-esteem and anxiety in survey data

Tools Used:
Google Sheets, Basic Statistics, and Tableau

Anxiety Levels in Gender & Age

Anxiety Level
■ High
■ Low

		Anxiety Level	
Gender	Age	High	Low
Female	18-22	■	■
	23-30	■	■
	31-35	■	
	36-40		■
	41+		■
Male	18-22	■	■
	23-30	■	■
	31-35	■	
	36-40		■
	41+	■	
Non-binary	18-22	■	

Self-Esteem Levels in Gender & Age

Self-Esteem Level
■ High
■ Low

		Selfesteem level	
Gender	Age	High	Low
Female	18-22	■	■
	23-30	■	■
	31-35	■	■
	36-40	■	
	41+	■	
Male	18-22	■	■
	23-30	■	■
	31-35		■
	36-40	■	
	41+		■
Non-binary	18-22		■