***Student Mental Health Survey***

**Title:** Analysis of Student Mental Health Factors in Relation to Academic and Lifestyle Variables

**Introduction:** The mental health of students is an essential aspect of their overall well-being and academic success. This analysis focuses on a dataset that surveys various factors influencing the mental health of students, such as academic pressure, social relationships, financial concerns, and lifestyle choices. The study aims to understand how these variables are related to mental health outcomes, including depression, anxiety, isolation, and stress relief activities among students.

**Objectives:**

* To explore and analyze the relationships between academic performance, lifestyle choices, and mental health.
* To identify key factors that contribute to mental health challenges among students.
* To provide insights that can help in developing targeted interventions for improving student mental health.

**Dataset Overview:** The dataset includes the following key attributes:

* **Demographics:** Gender, age, university, degree level, and degree major.
* **Academic Details:** Academic year, CGPA, academic workload, academic pressure, and study satisfaction.
* **Lifestyle and Well-being:** Residential status, campus discrimination, sports engagement, average sleep, social relationships, and financial concerns.
* **Mental Health Indicators:** Levels of depression, anxiety, isolation, future insecurity, and stress relief activities.

**Key Insights and Findings:**

1. **Academic Pressure:** Students experiencing higher academic pressure tend to report increased levels of anxiety and depression.
2. **Social Relationships:** Strong social connections appear to correlate with lower levels of isolation and anxiety, highlighting the importance of a supportive social network.
3. **Residential Status:** On-campus students may experience different mental health challenges compared to off-campus students, possibly due to differences in social engagement and support systems.
4. **Sports Engagement:** Regular sports activities seem to be associated with better mental health outcomes, including lower anxiety and depression levels.
5. **Sleep Patterns:** Students with adequate sleep (7-8 hours) report better mental health compared to those with less sleep.

**Expected Outcomes:**

* Identification of the most significant factors influencing student mental health.
* Insights into how academic and lifestyle choices impact mental health.
* Recommendations for universities and mental health professionals to develop strategies that support student well-being.

**Conclusion:** This analysis sheds light on the complex interplay between various factors affecting student mental health. The findings can inform policies and support services aimed at fostering a healthier and more supportive academic environment.