Student Social Media & Mental Health Analysis

Objective

To explore global student social media behaviours and assess their impact on **sleep patterns**, while comparing usage trends across **demographic groups** such as country, age, gender, academic level, and relationship status.

Key Objectives

1. **Time & Usage Analysis**

   o   Identify daily average social media engagement of students

   o   Evaluate whether excessive usage reduces sleep hours

2. **Demographic Distribution**

   o   Analyze student representation by country & academic level

   o   Study age and gender distribution patterns

3. **Platform Popularity**

   o   Determine the most-used social media platforms

   o   Compare daily usage hours across Instagram, TikTok, Facebook, etc.

4. **Behavioral Relationship Analysis**

   o   Compare sleep hours & age groups by relationship status

   o   Identify psychological implications of usage behaviours

5. **Insights & Health Observations**

   o   Provide mental-health based recommendations

Methods / Dataset Examination

- Social media usage dataset collected globally

- Analytical techniques include:

   o   Summarization of mean sleep hours & platform usage

   o   Comparative bar charts, pie charts, line graphs

   o   Insights derived from student behavioral metrics