

The background features several abstract blue geometric shapes, including circles, semi-circles, and arcs, scattered across the light blue background. Some shapes are dark blue, while others are a lighter shade of blue.

# **SOCIAL MEDIA AND MENTAL HEALTH ANALYSIS**

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# OVERVIEW

- ABOUT THE DATASET
- OBJECTIVE
- STEPS INVOLVED
- RESULTS
- CONCLUSION
- GLOSSARY

# ABOUT THE DATASET

This dataset contains various information regarding to the Social Media they use like Facebook, Instagram, Snapchat, TikTok, Pinterest etc. It also includes various aspects of Mental Health Analysis like Lack of Concentration, Distraction, Sleep issues, Lack of Interests, Feeling of Depression, Seeking Validation from Others, Comparing with others etc. This Dataset has total 481 entries i.e. Sample Size is 481.

Source of Dataset - Kaggle

# PROJECT OBJECTIVE

The main objective of this project is to analyze the Dataset and draw impactful insights in the role of Social Media on Mental Health of its users. Various aspects of which including distractions, restlessness, sleep issues, fluctuation of interests, comparison with others, difficulty in concentrations etc.

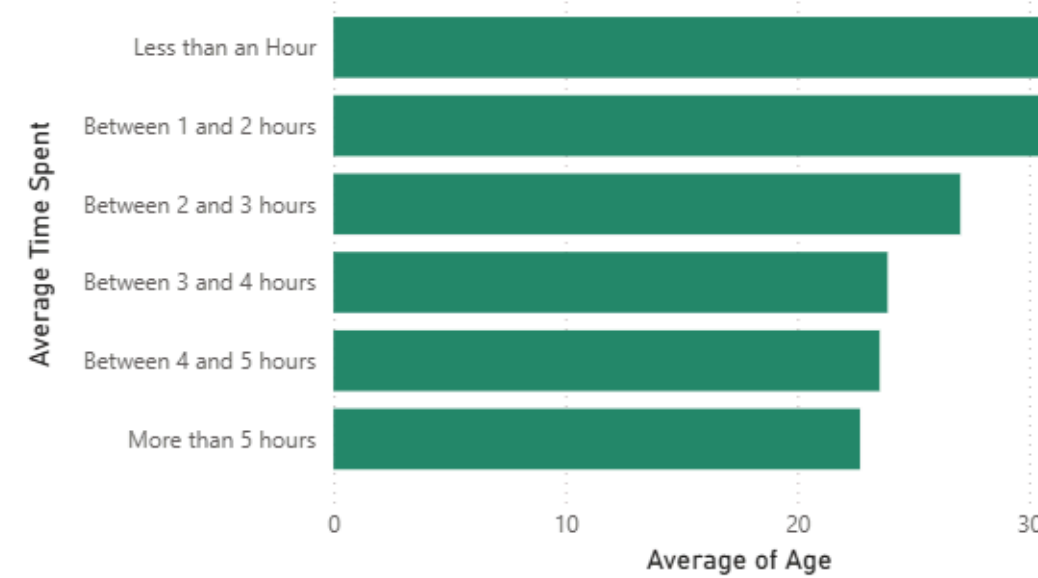
# STEPS INVOLVED

1. Data Cleaning - This step involves Handling Missing values, Removing Duplicates and Removing Unwanted Columns.
2. Data Analysis and Visualization - This step involves performing Analysis along with preparing different charts for visualization.

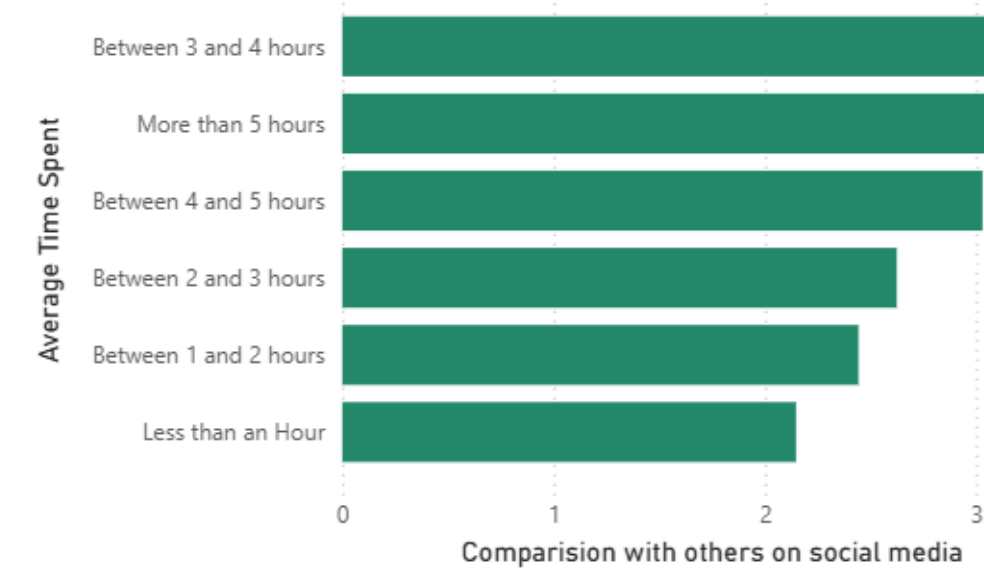
Tools Used - Python, Pandas, Excel.

# RESULT

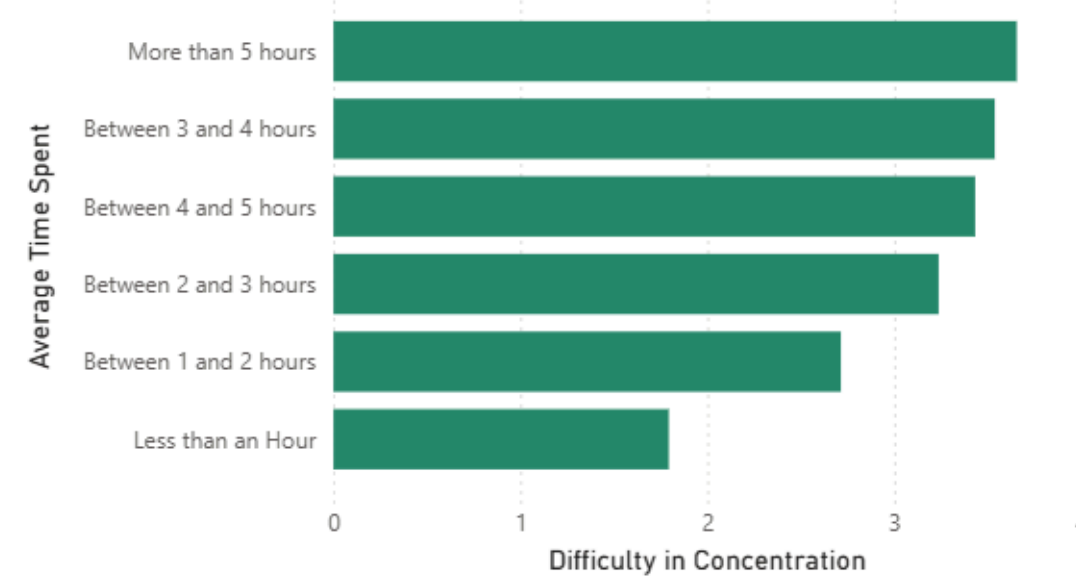
Average of Age by Average Time Spent



Comparison with others on social media by Average Time Spent



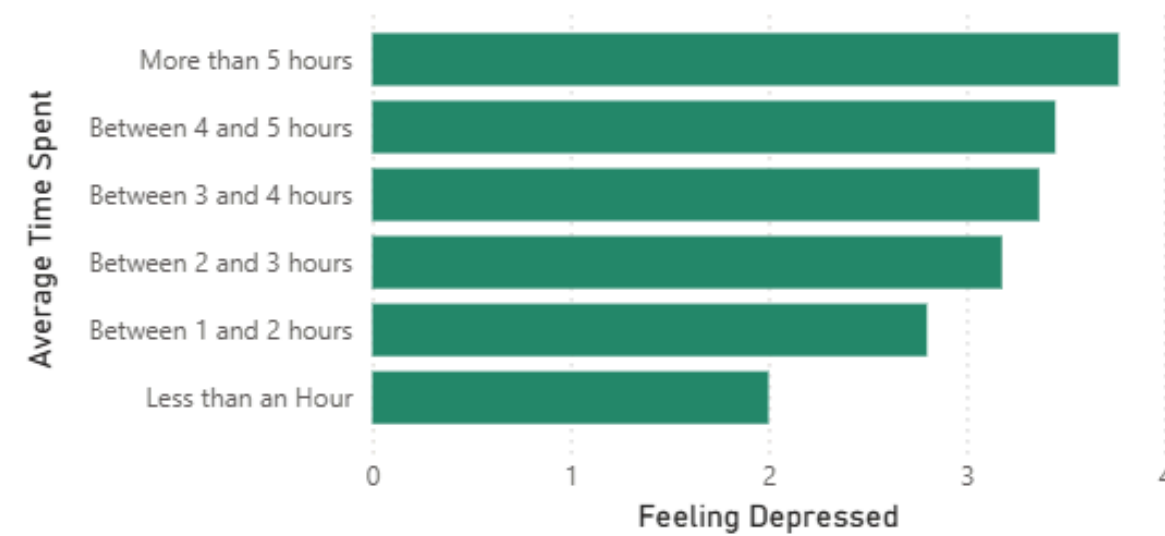
Difficulty in Concentration by Average Time Spent



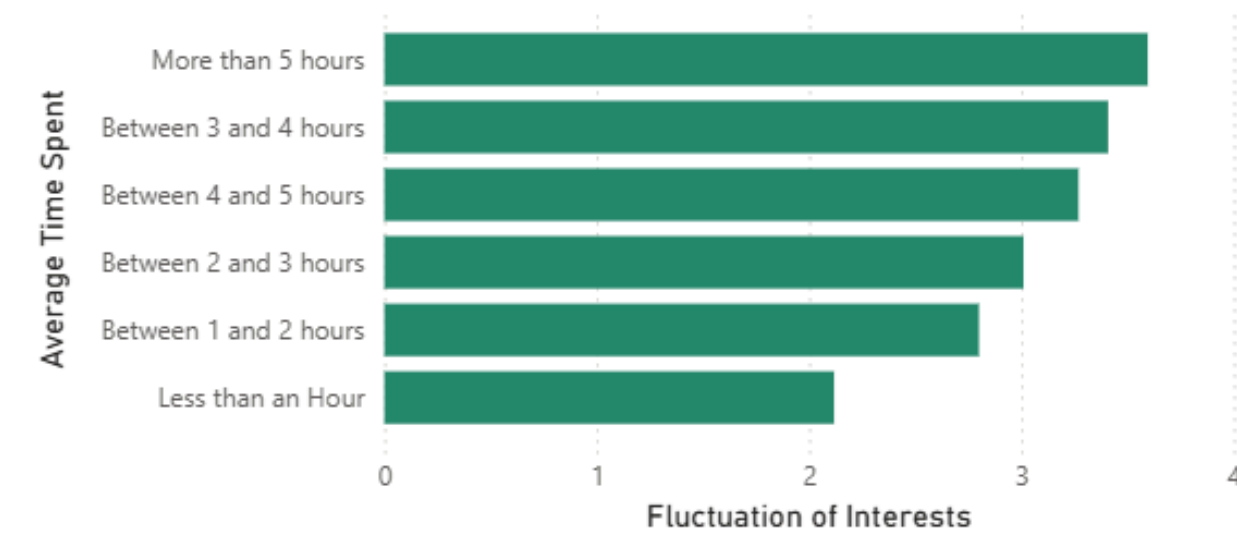
26.14  
Average User's Age

# RESULT

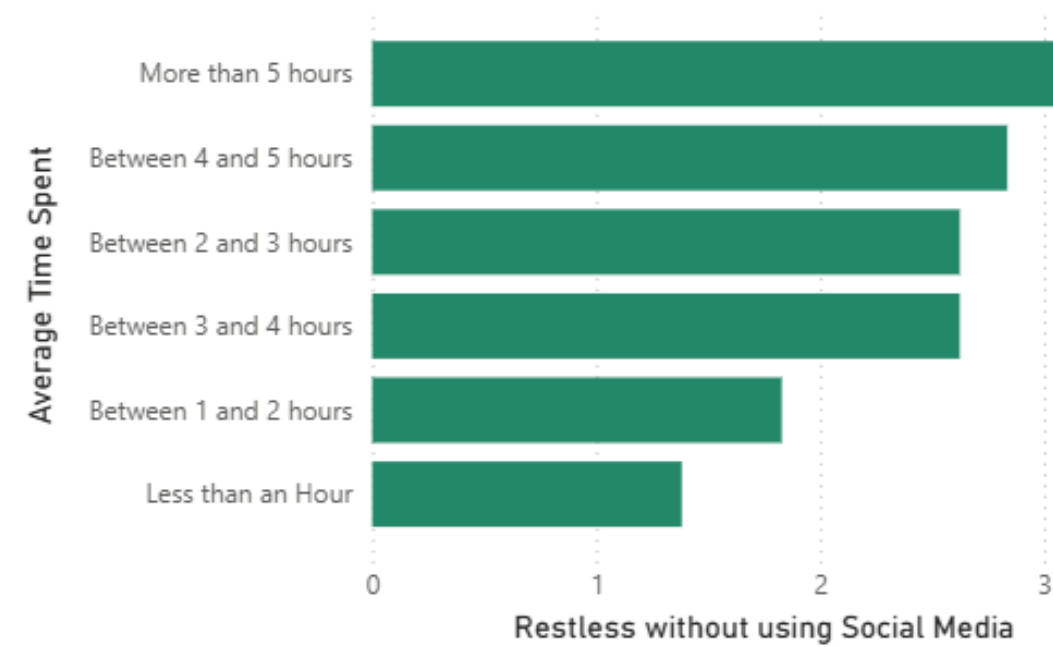
Feeling Depressed by Average Time Spent



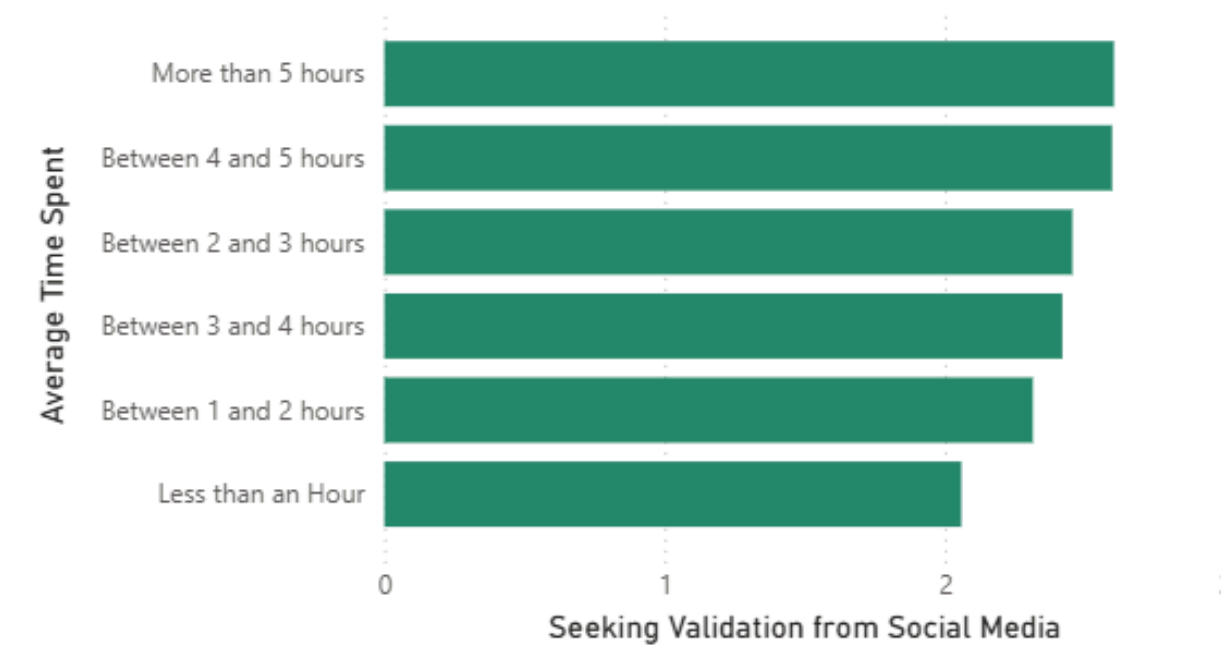
Fluctuation of Interests by Average Time Spent



Restless without using Social Media by Average Time Spent

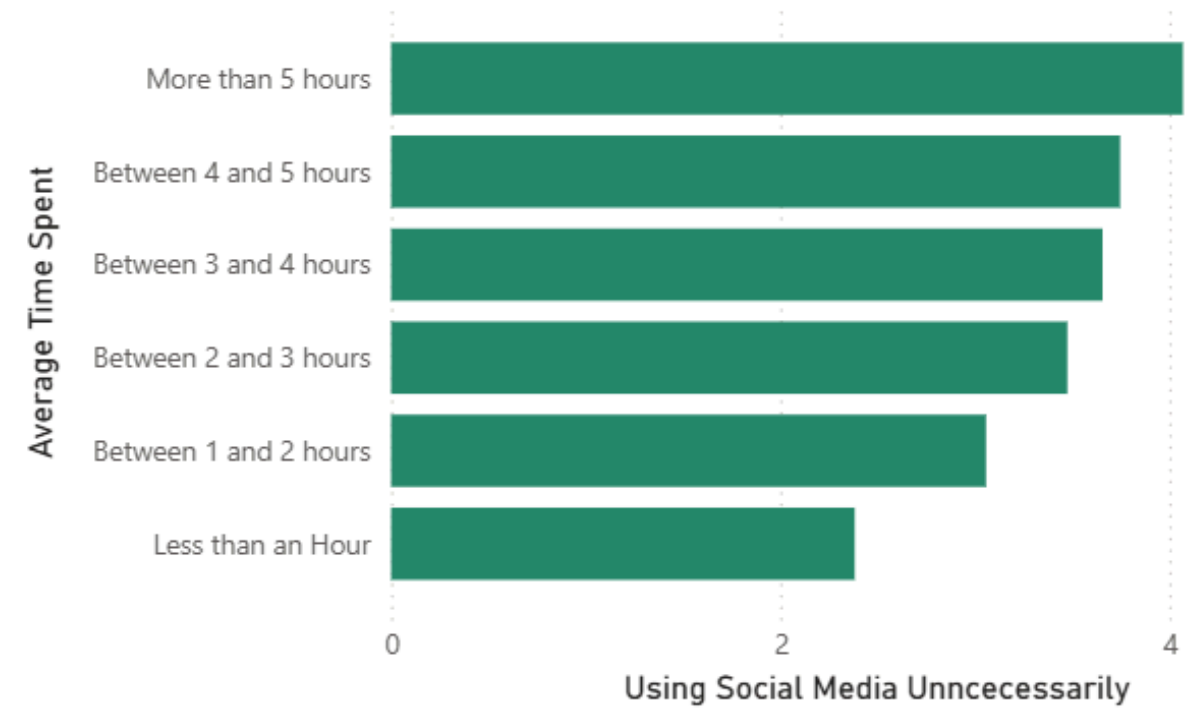


Seeking Validation from Social Media by Average Time Spent

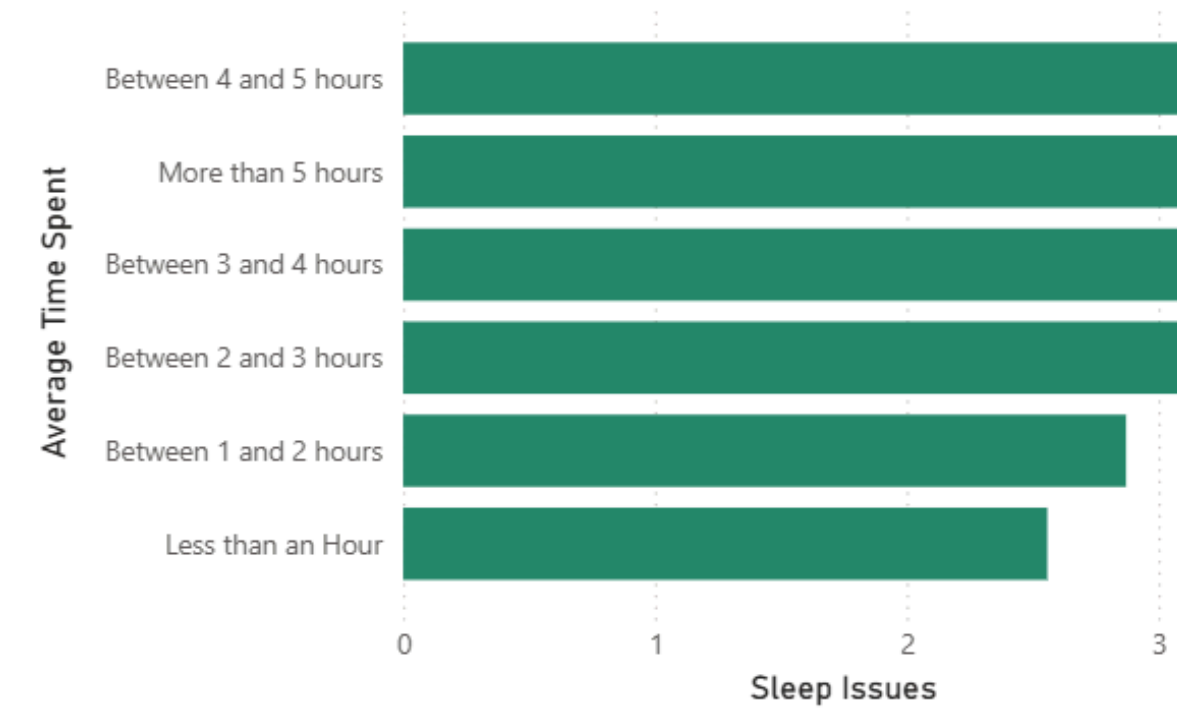


# RESULT

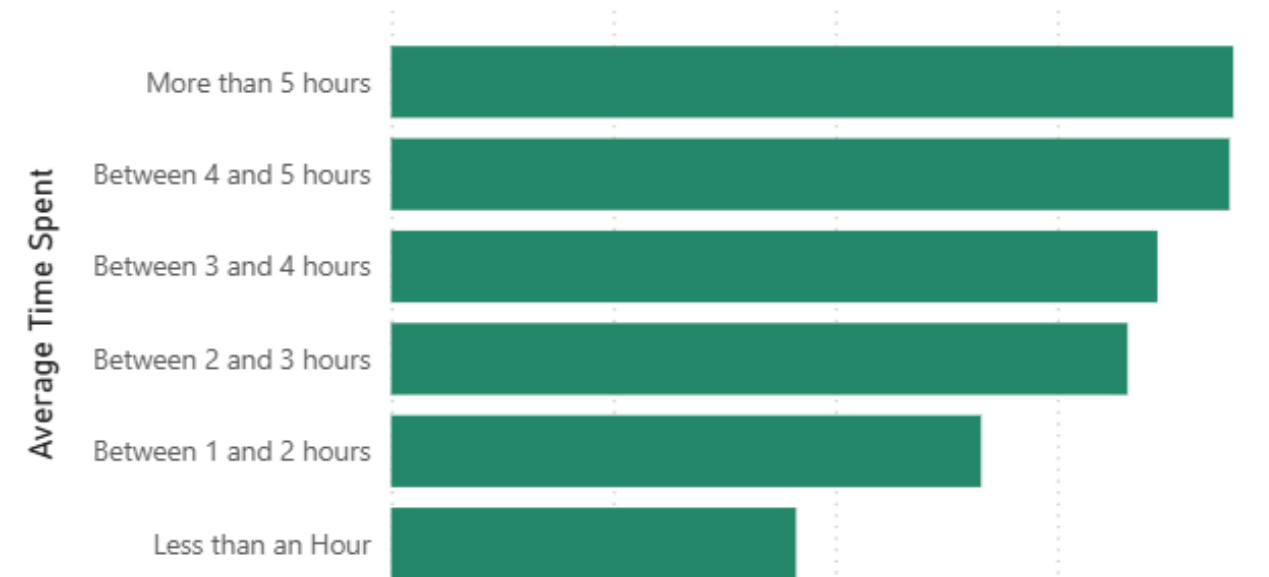
Using Social Media Unnecessarily by Average Time Spent



Sleep Issues by Average Time Spent



Distraction due to Social Media by Average Time Spent





# CONCLUSION

Following conclusions can be drawn -

- Average Time Spent on Social Media Platform on Daily basis is directly proportional to bad mental health i.e. users who spent more time on Social Media gets more distracted, less concentrated, have more doubt on himself, face more fluctuating interests etc.
- Youths of Age Group 13 – 30 years are more indulged into Social Media and hence facing its drawbacks directly including bad Mental Health which isn't good for them, for their career and for their life.

# GLOSSARY

- Social Media - Websites and applications that enable users to create and share content or to participate in social networking.
- Mental Health - Mental health is a state of emotional, psychological, and social well-being that impacts how people think, feel, and act, influencing their ability to cope with stress, relate to others, and make decisions.

The background is a light blue gradient. It is decorated with various abstract geometric shapes in two shades of blue: a medium blue and a darker navy blue. These shapes include circles of different sizes, semi-circles, and quarter-circles, scattered across the corners and edges of the frame. The text "THANK YOU" is centered in the middle of the image.

**THANK  
YOU**