SOCIAL MEDIA AND MENTAL HEALTH ANALYSIS

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OVERVIEW

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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.
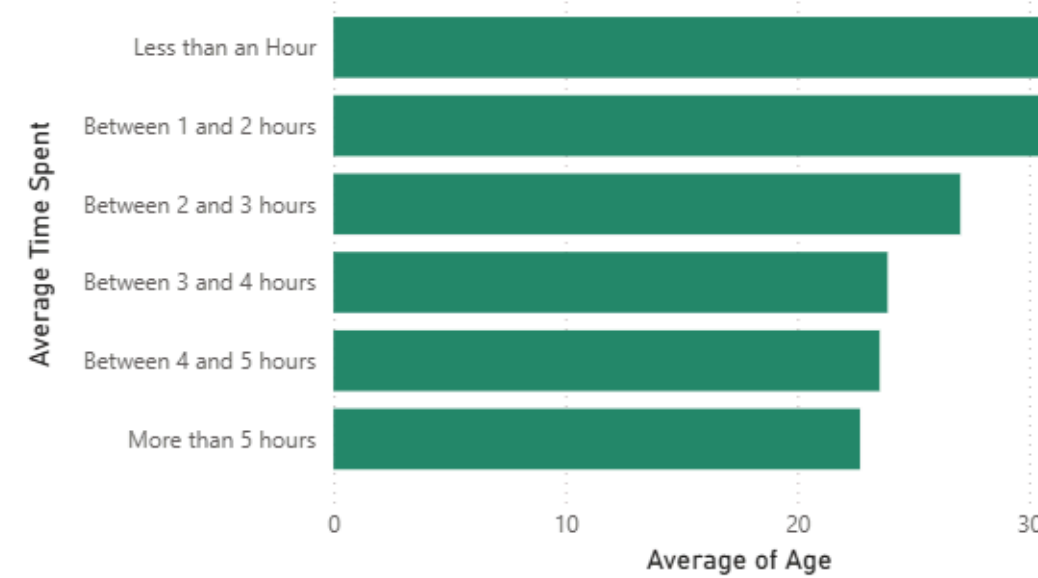
STEPS INVOLVED

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.
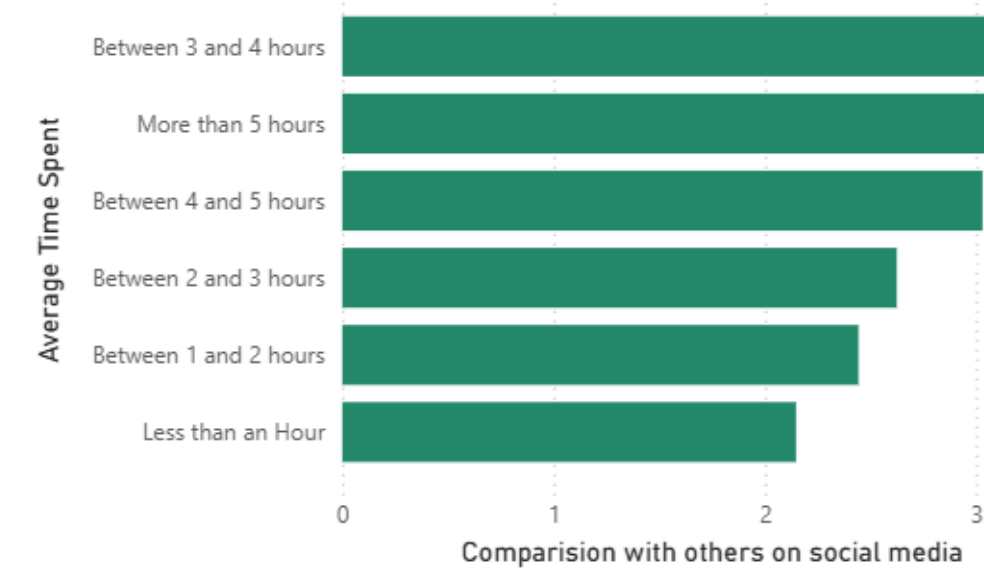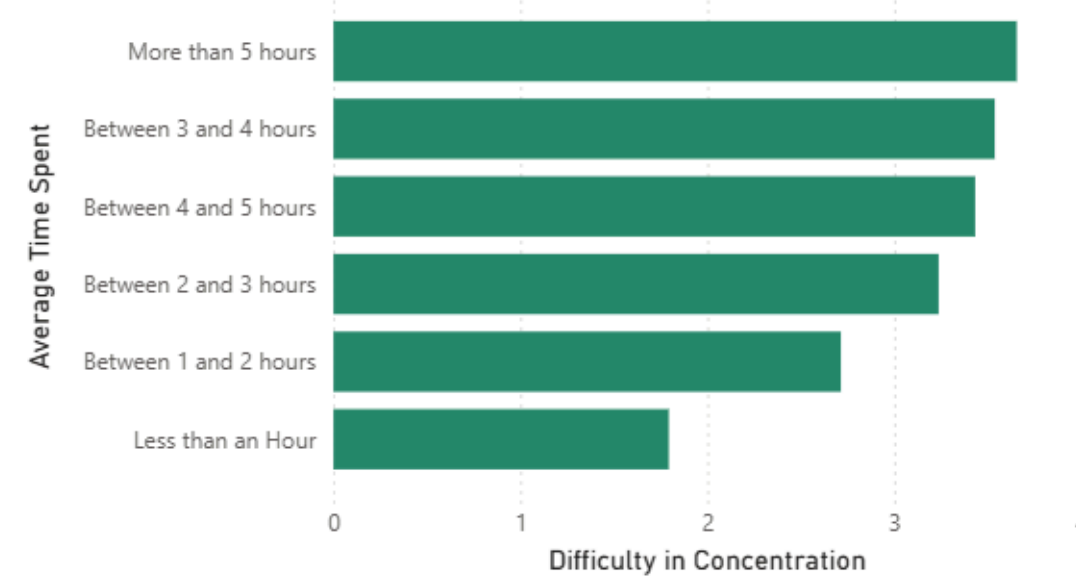
   Tools Used - Python, Pandas, Excel.

RESULT

Average of Age by Average Time Spent

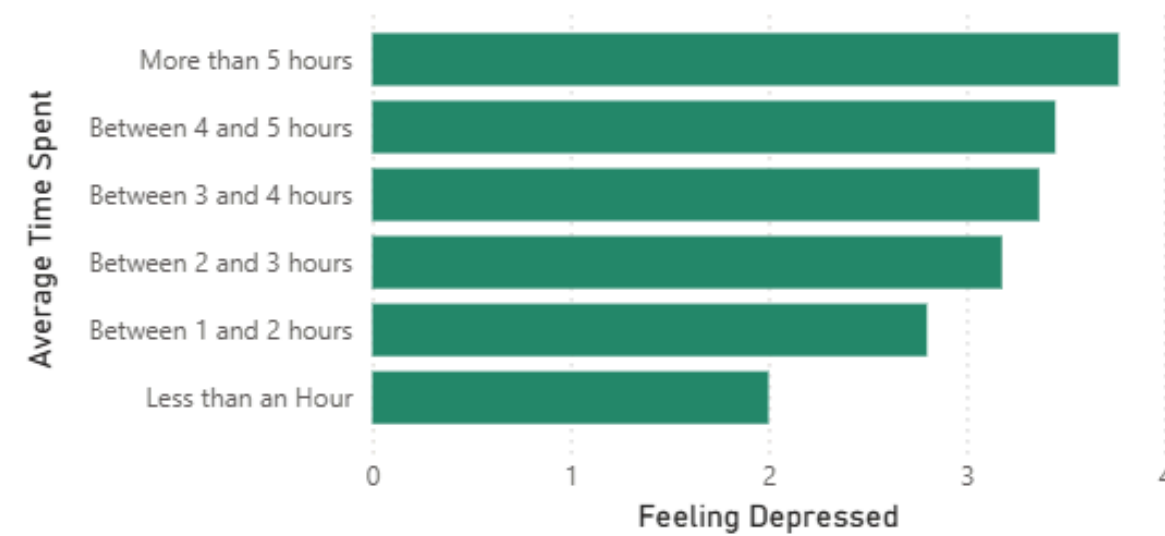Comparision with others on social media by Average Time Spent
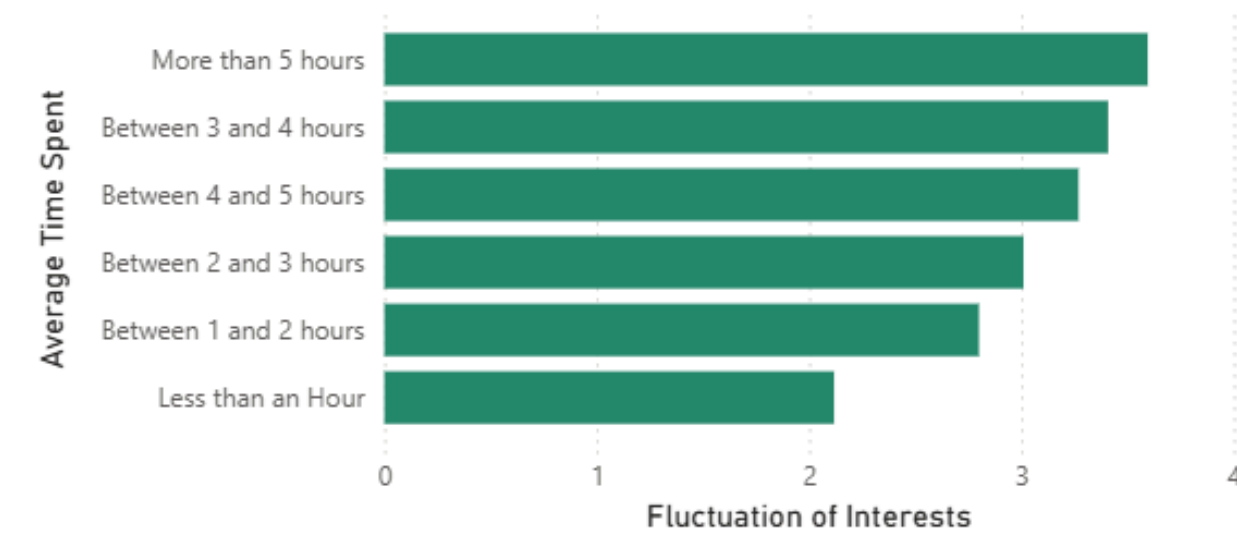
Difficulty in Concentration by Average Time Spent
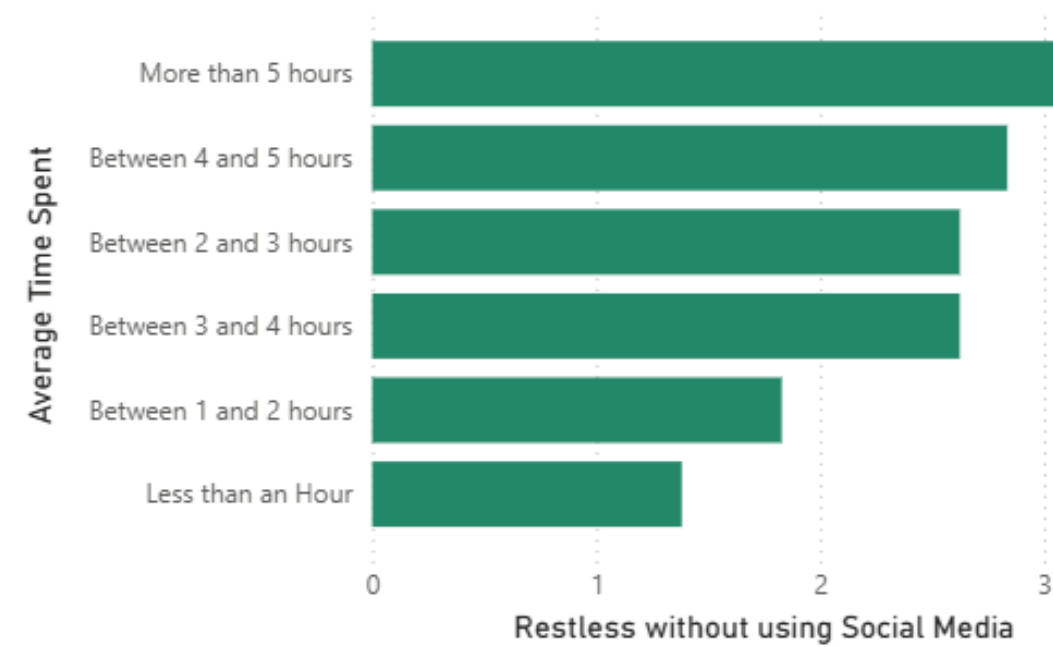
26.14
Average User's Age

RESULT
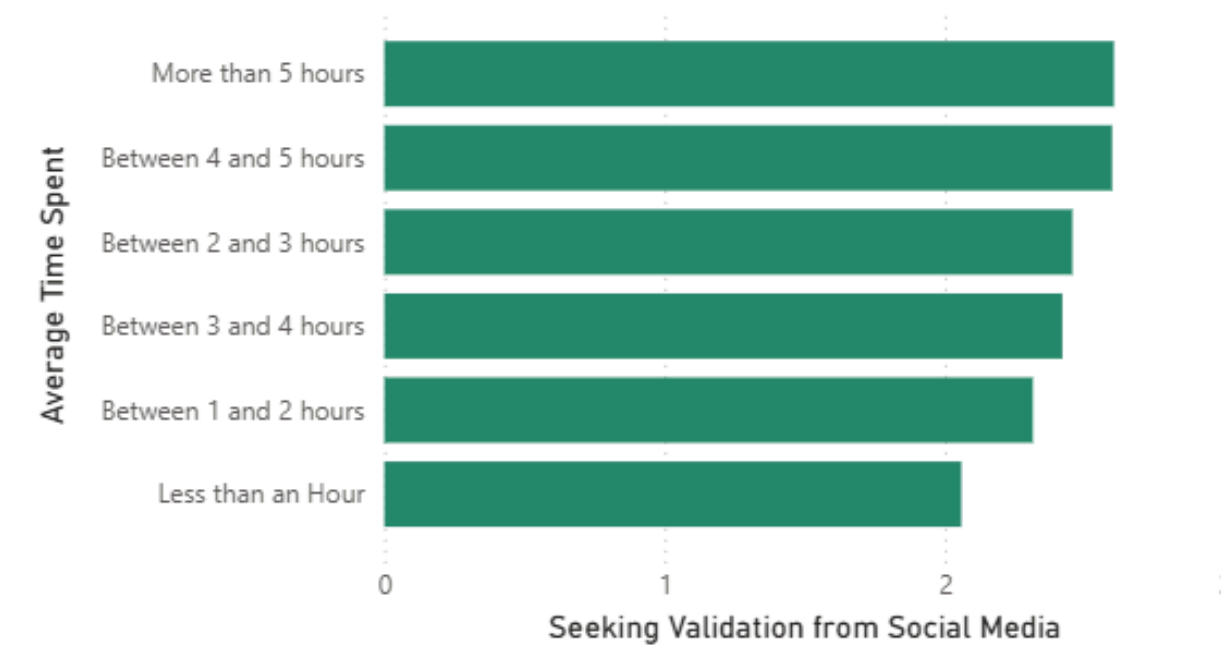

Feeling Depressed by Average Time Spent

Fluctuation of Interests by Average Time Spent

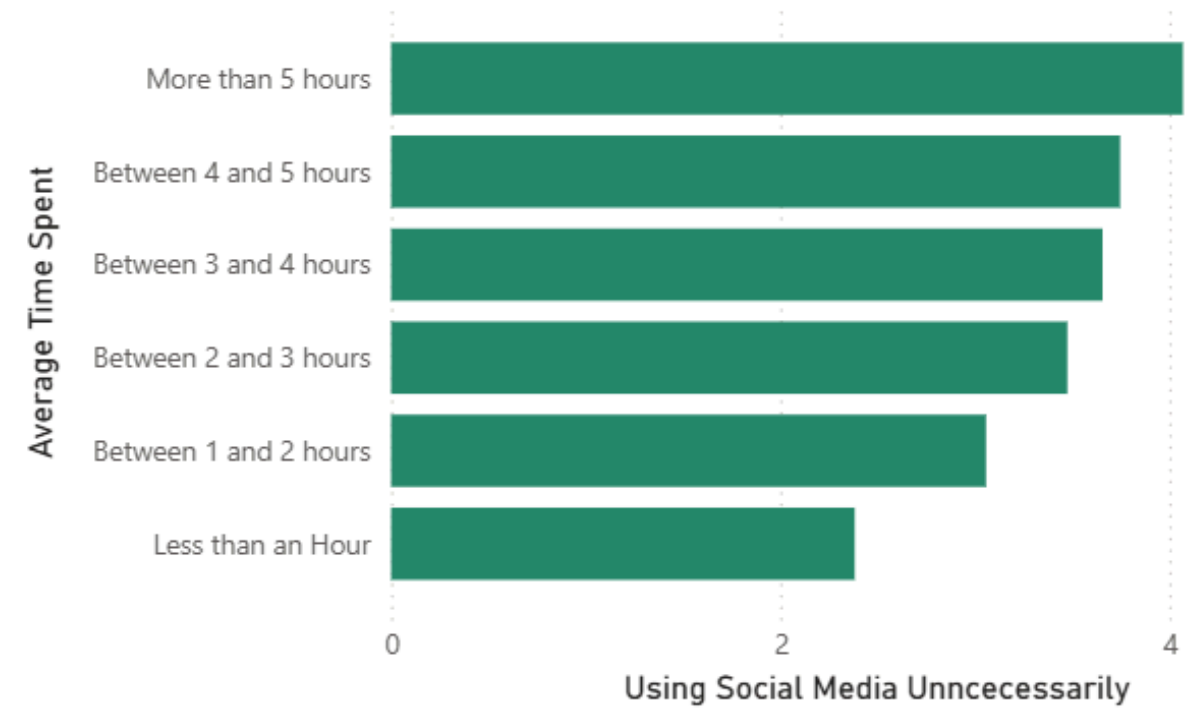**Restless without using Social Media by Average Time Spent**
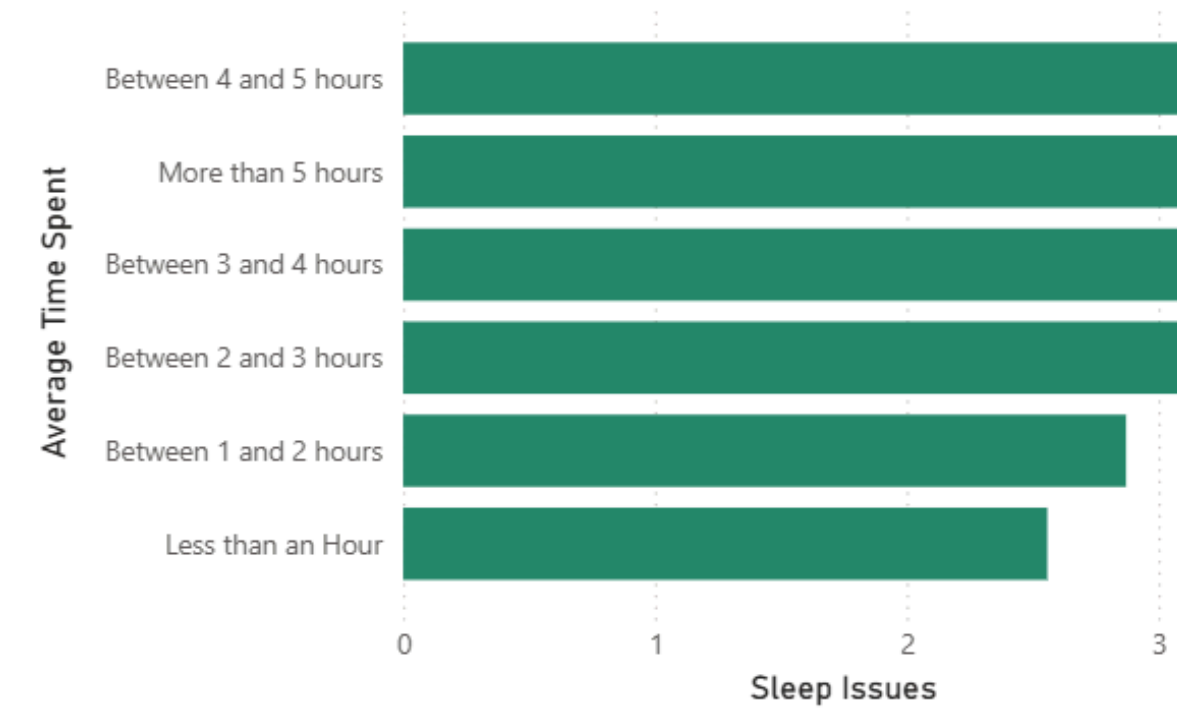
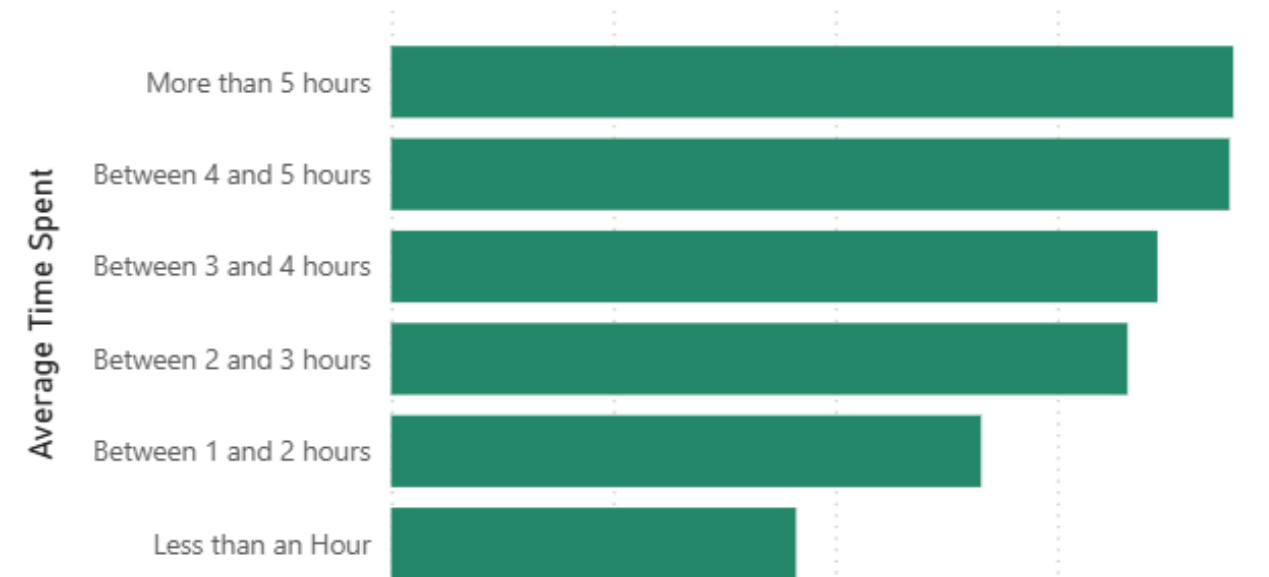**Seeking Validation from Social Media by Average Time Spent**

RESULT

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.

THANK YOU