

# Psychological Well-Being Overview

Analysis of emotional health, stress patterns and behavioral indicators

Age

All

Gender

All

Stress Level

**59.58**

Mood Score

**55.07**

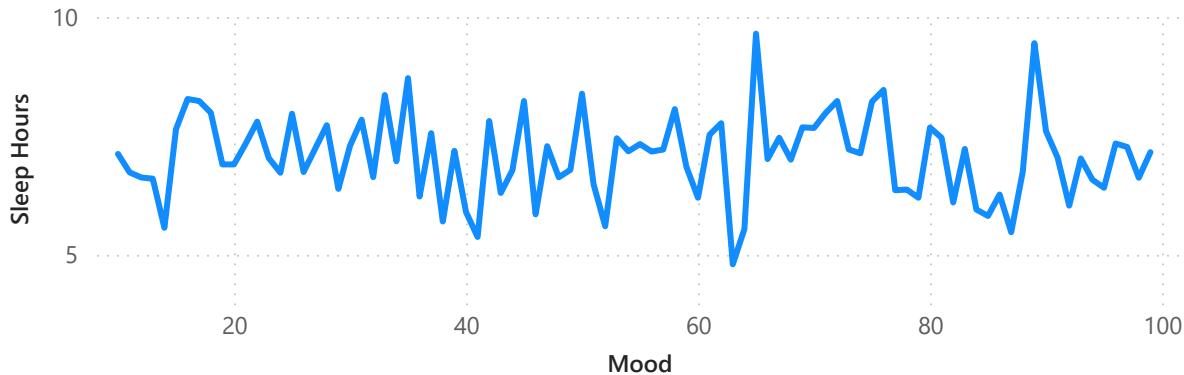
Life Satisfaction

**58.58**

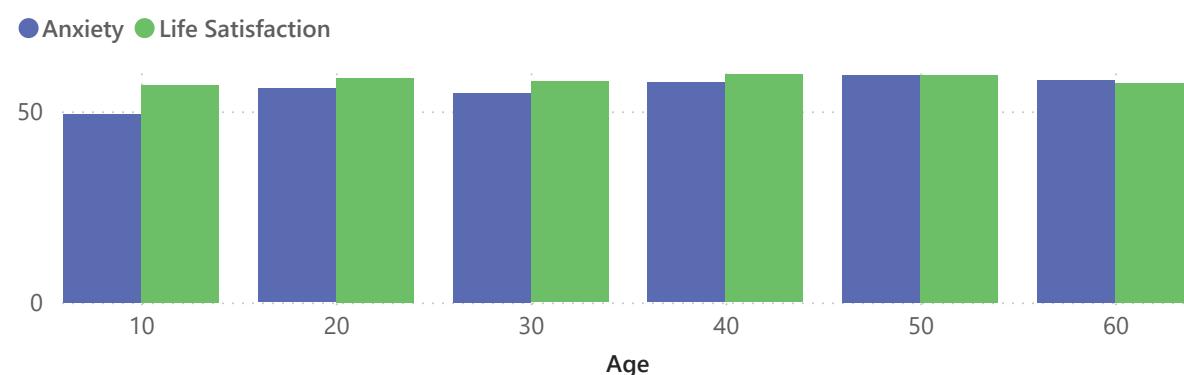
Sleep Hours

**7.08**

## How Emotional Mood Influences Sleep Quality



## Emotional Well-Being Across Age Groups



## How Emotional Metrics Differ Across Genders

Gender	Stress	Sleep_Hours	Mood	Life Satisfaction	Anxiety
Other	61.71	7.04	57.94	64.71	59.82
Male	59.84	7.09	54.64	58.69	55.48
Female	59.12	7.08	55.36	57.98	57.31
Total	<b>59.58</b>	<b>7.08</b>	<b>55.07</b>	<b>58.58</b>	<b>56.44</b>

## Life Satisfaction Stress by Physical Activity Days

