

# 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

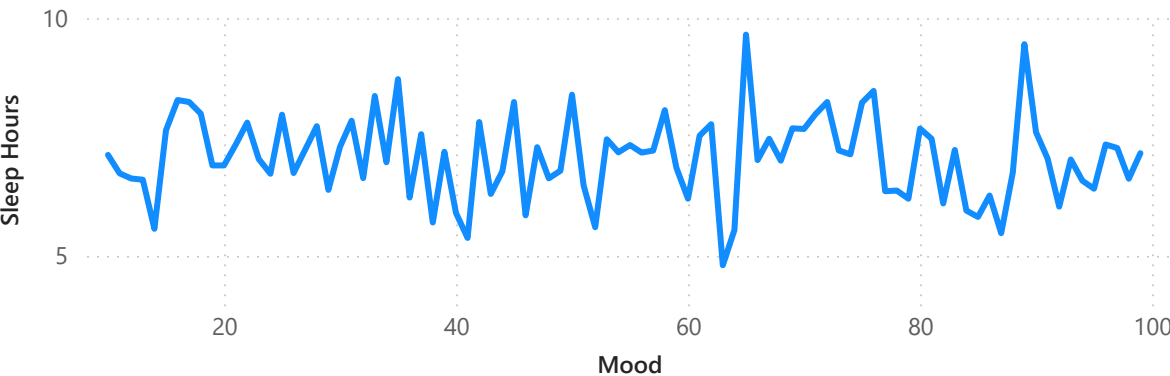
Life Satisfaction

58.58

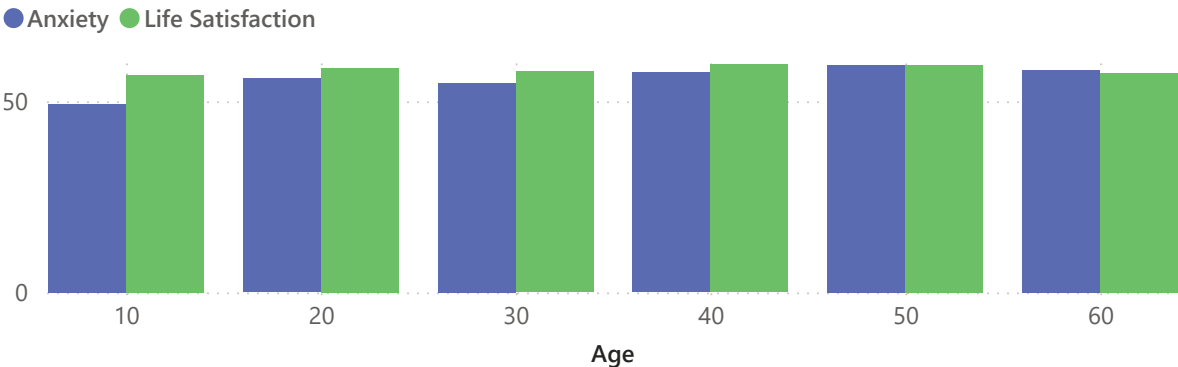
Sleep Hours

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	59.58	7.08	55.07	58.58	56.44

Life Satisfaction Stress by Physical Activity Days

