

Student Mental Health

Due to the importance of the mental health especially at young ages, I was wondering how the student mental health is performing.

To do so, I downloaded the data from Kaggle on this link :

<https://www.kaggle.com/datasets/shariful07/student-mental-health>

To do so, I used PowerBi to clean the data, create the dashboards and start the analysis.

QUESTIONS TO ANSWER

- 1- Does the mental health depends on gender ?
- 2- Is the material status affects the mental health ?
- 3- Is the field of study has an effect on the mental heath ?
- 4- Is there any awareness about seeing a specialist

HYPOTHESIS

- 1- Yes, the mental health depends on the gender
- 2- It could be one of the major reasons for affecting the mental health
- 3- Yes
- 4- Mostly, at a young age, students doesn't think to visit a specialt for therapy

Data Analysis

I have chosen the metrics that I believe they are so important to do the analysis : the age, the gender, grades

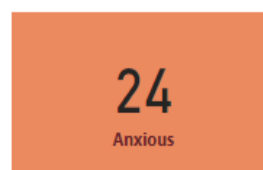
First, let's see the mental health stability with different gender :

Female answers

Choose your gender

☒ Female

☐ Male

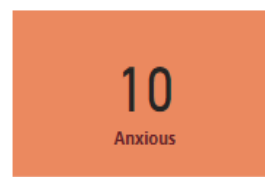


Male answers

Choose your gender

☐ Female

☒ Male



It seems that the mental health for females is way too instable comparing to males. So I went through some reasons that could affect this instability.

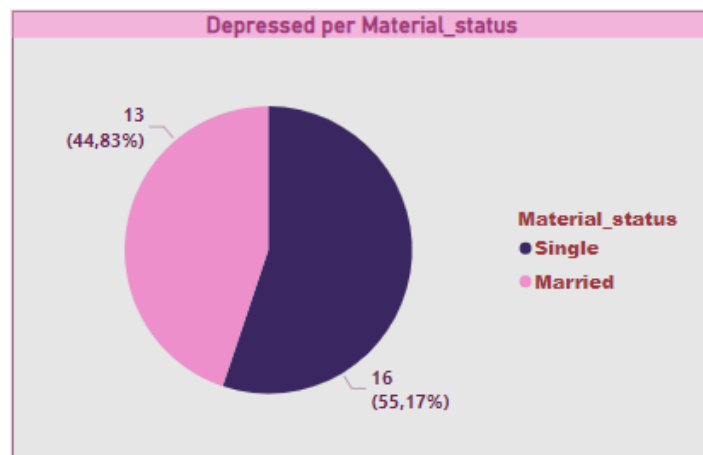
So, let's have a proper look at the material status if it could be one a the reasons.

Mental health per material status for female

Choose your gender

☒ Female

☐ Male

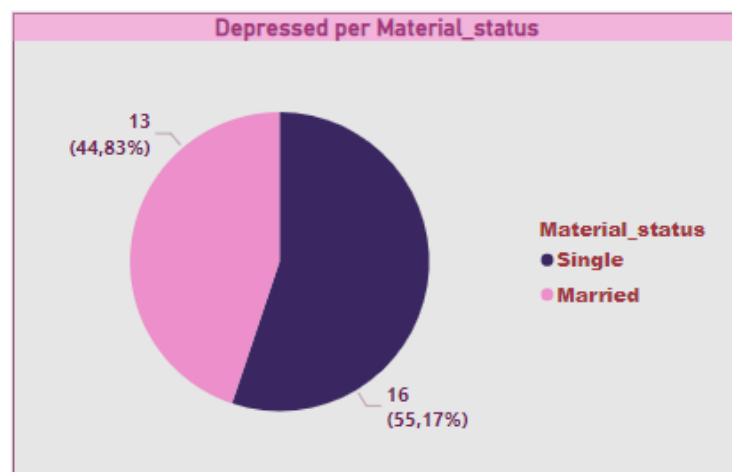


Mental health per material status for male

Choose your gender

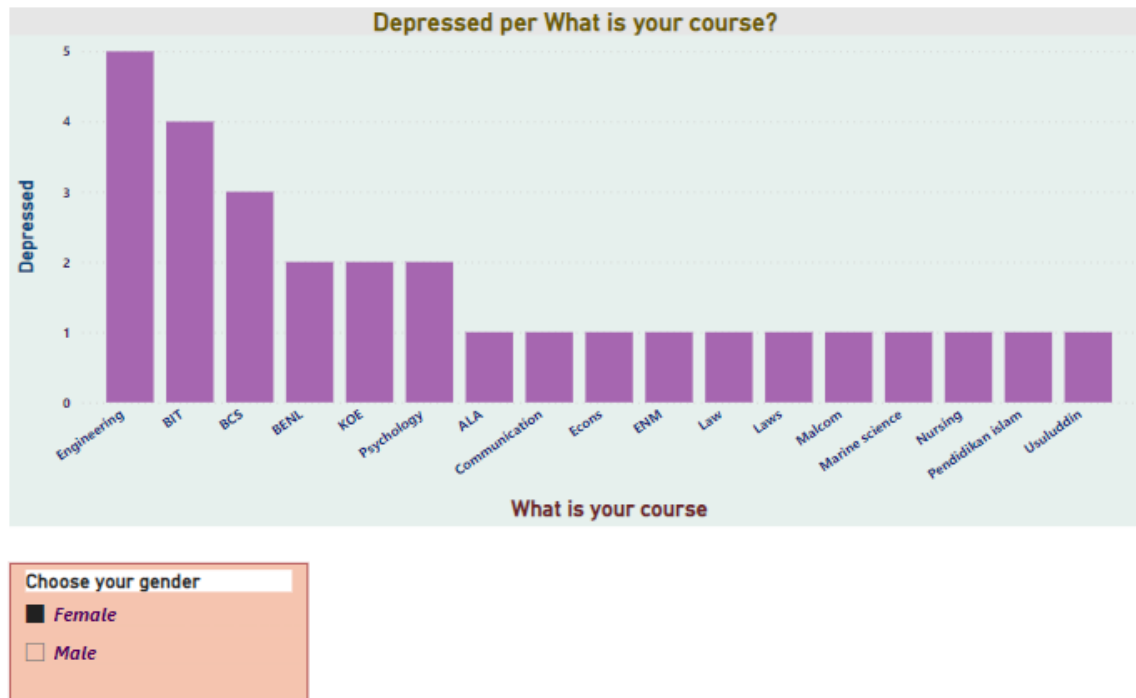
☒ Female

☐ Male

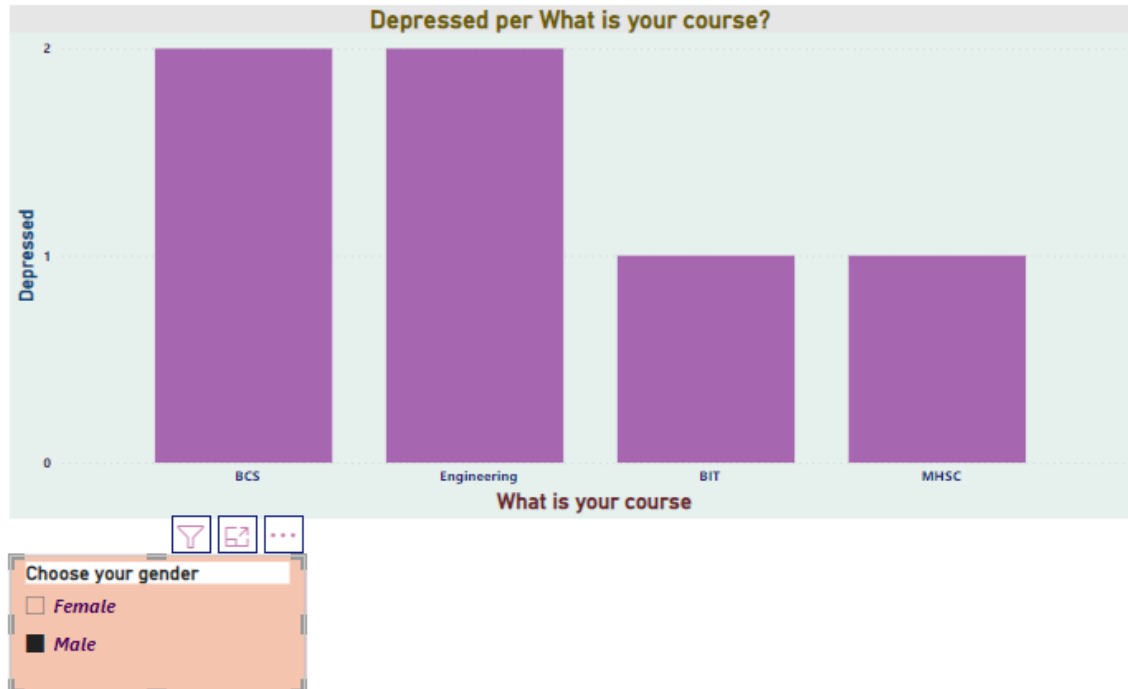


Let's now compare the answers with the field of study

Mental health per field for female

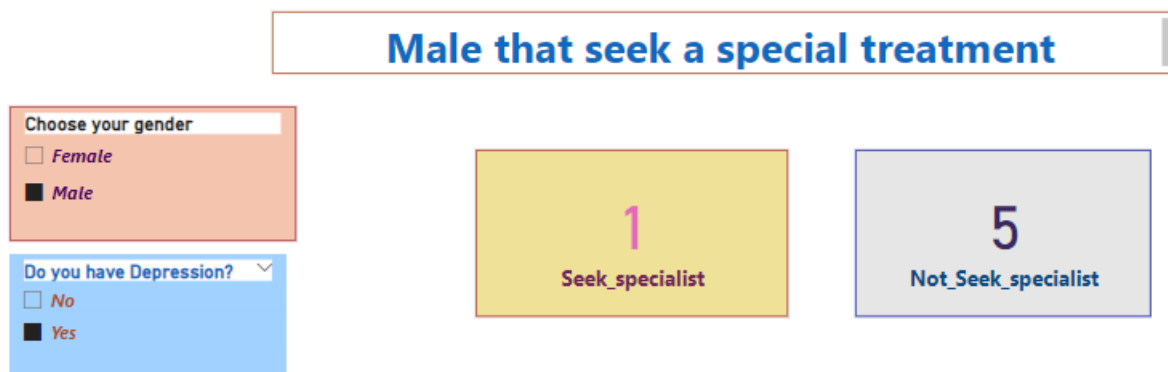


Mental health per field for male



It is obvious that in Engineering field causes depression for students and that is related to the difficulties of some modules and that could affect badly on students.

This last dashboard presents how many of depressed students have seek a special treatment



Here, I want to highlight on the importance of special treatments at a young age between 18 and 25, probably it is too affordable for students so universities should at least **provide a specialist** or include **online coaching** within each field of study.