Gazing into the Data Abyss: Metal Health in the Workforce

Assessment of mental health is a leading factor in today's society. It goes doubly in this day and age where has taken a higher priority now more than ever. There are so many things that one can take into factor when looking at what makes people stress in their line of work.

This survey was conducted to find what people think of their work and the various factors that they feel makes them stressed or not.

This project focuses on the basics of EDA in R and how it the data can be visualized to provide meaningful insights.

Before I dive into the technical part, I would like to thank the following people from who I have gained valuable insights while implementing this project:

With credit given where credit is due, this Exploratory Data Analysis (EDA) encompasses with the amalgamation of concepts related to cleaning, defining and analyzing data to obtain meaningful insights. So let’s dive in shall we?

Mental Health. What goes on in the mind?

The basic premise of a survey is to find the general idea of an unbiased population. With that being said, there are a number of categories that ranging from the Age to Care options provided by the company.

One of the more interesting concepts of this survey was its lack of a structured answer. I.e. The responses were based solely on their own perspective of the data. That makes it more interesting to categorize and plot their insights.

It should be noted that the treatment data was not takes a measure of people who suffer from mental health issues. There was no metric to correlate the validity of taking medication to actually having the problem, except for family history (which is insufficient by itself).

In the upcoming data, you will see the various steps taken from cleaning to insights taken to highlight the data.

1. Load the packages
2. Clean the data
3. Analyze the metrics

## Outcomes and key takeaways

Although this is a brief scraping, this shows the essence of user insights based on what they feel affects their mental health in the workforce.

Sometimes, we can get so overwhelmed with all that goes around us that it will take a toll on our body and mind. The best way to ease the situation is to have a know that you are not alone on this ordeal and having an amazing support group of family and friend s will definitely go a long way in shaping the path you want to take.

All in all R is still a nuanced concept that I would love to explore further into.