SQL Project: Remote Work Health Impact Analysis using Survey Data (2025)

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#SQL "Remote Work Health Impact Analysis using Survey Data (2025)"

create database survey_db;

use survey_db;

select count(*) from survey;

select * from survey;

# Finding null values

select * from survey
where Survey_date is null
or Age is null
or Age_group is null
or Gender is null
or Industry is null
or Job_role is null
or Work_arrangement is null
or hours_per_week is null
or Mental_health_status is null
or Burnout_level is null
or Burnout_score is null
or Work_life_balance_score is null
or Physical_health_issues is null
or Social_isolation_score is null
or Salary_range is null;

## Data Exploration

# how many survey responses we have?
select count(*) as survey_responses from survey;

# How many unique dates we have?
select count(distinct survey_date) as count_of_unique_dates from survey;

# what all unique regions we have?
select distinct region from survey;

## Data Analysis & Business Key Problems and Answers

# 1. Total Burnout Score by Work Mode
select work_arrangement, round(sum(burnout_score),2) as total_burnout_score
from survey
group by work_arrangement;
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# 2. Mental Health Issue Distribution by Region
select region, Mental_health_status, count(*) as cases
from survey
group by region, Mental_health_status
order by region, cases desc;

#3. Physical Health Issues by Industry
select industry, count(*) as cases
from survey
where physical_health_issues is not null and physical_health_issues <>'None'
group by industry
order by cases desc;

#4. Avg Work Hours & Burnout by Age Group
select age_group,
round(avg(hours_per_week), 2) as avg_hours,
round(avg(burnout_score),2) as avg_burnout
from survey
group by age_group
order by avg_burnout desc;

#5. Top 5 Roles with Highest Burnout
select job_role,
round(avg(burnout_score),2) as avg_burnout
from survey
group by job_role
order by avg_burnout desc
limit 5;

# 6. Average Work-Life Balance by Age Group
select age_group,
round(avg(work_life_balance_score), 2) as avg_wlb
from survey
group by age_group
order by avg_wlb desc;

#7. Most Common Physical Health Issues
select physical_health_issues,
count(*) as cases
from survey
where physical_health_issues is not null and physical_health_issues <>'none'
group by job_role, physical_health_issues
order by cases desc;

#8. Salary Range vs. Average Burnout
select salary_range, round(avg(burnout_score),2) as avg_burnout
from survey
group by salary_range
order by avg_burnout desc;

#9. Top 10 Job roles vs. Social islolation total
select job_role, sum(social_isolation_score) as isolation_count
from survey
group by gender, job_role
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order by isolation_count desc limit 10;

#10. Job-role vs Average burnout
select *
from (select job_role, round(avg(burnout_score),2) as avg_burnout
from survey
group by job_role
order by avg_burnout desc) as survey_data;

#11. Highest Burnout Job Roles per Region
SELECT region, job_role, avg_burnout
FROM (SELECT region, job_role,
    ROUND(AVG(burnout_score), 2) AS avg_burnout,
    RANK() OVER (PARTITION BY region ORDER BY AVG(burnout_score) DESC) AS ranked
    FROM survey
    GROUP BY region, job_role) AS survey_data
    where ranked =1;

#12. Average Work Hours and Work-Life Balance by Age Group
with Age_group_stats as (
select age_group,
round(avg(burnout_score), 2) as avg_work_hours,
round(avg(work_life_balance_score), 2) as avg_wlb_score
from survey
group by age_group)
select * from Age_group_stats order by avg_wlb_score;

#13. Mental_health_status by Remote_work_arrangement
SELECT mental_health_status,
       COUNT(*) AS total_employees
FROM survey
where work_arrangement = 'Remote' and mental_health_status <> 'None'
GROUP BY mental_health_status
ORDER BY total_employees DESC;
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