SOCIAL BYTES & WELLNESS



CS2704 DATA ANALYTICS WITH PYTHON PROJECT PROPOSAL

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Research Question

- Does the amount of time individuals spend on social media have a discernible impact on their mental health?
- The pervasive influence of social media in modern society prompts an exploration of its potential implications for mental well-being.
- We aim to analyze and quantify the association between social media engagement patterns and various mental health indicators.



Hypothesis

"Our Hypothesis states that increased social media usage is associated with specific mental health outcomes, influencing factors such as stress levels, anxiety, and overall well-being"

Motivation: The prevalence of social media in daily life suggests a
potential influence on mental health, prompting our investigation
into these correlations.

• **Expected Patterns**: We expect to observe patterns indicating that certain mental health metrics will exhibit noticeable changes as social media engagement increases.

• **Scope of Analysis**: Our analysis will consider various mental health indicators, allowing for a nuanced exploration of the potential impact of social media habits.



Dataset

• Dataset source from Kaggle: <u>Social Media and Mental Health</u>
<u>Dataset</u>

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Expected Output

- **Correlation Patterns**: Anticipate statistically significant correlations between social media usage metrics and various mental health indicators.
- **Well-being Impact**: Expect changes in overall well-being, stress levels, and anxiety corresponding to prolonged social media engagement.
- **Differential Effects**: Anticipate differentiated impacts on mental health, recognizing that distinct indicators may respond uniquely to different aspects of social media usage.
- Insight for Interventions: The expected output holds significance for formulating insights into the nuanced relationship between social media habits and mental health, providing valuable information for future interventions.