

# SOCIAL BYTES & WELLNESS



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**CS2704 DATA ANALYTICS WITH PYTHON  
PROJECT PROPOSAL**

**SUMITR BANIK**

# 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: [Social Media and Mental Health Dataset](#)

[4] data = pd.read\_csv('smmh.csv')

data.head()

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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.