

# MUSIC & MENTAL HEALTH

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DATA VISUALIZATION  
PROJECT



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# MUSIC & MENTAL HEALTH SURVEY

SOURCE:



**Music & Mental Health Survey Results**

Survey results on music taste and self-reported mental health

[kaggle.com](https://kaggle.com)

SURVEY CONDUCTED BY Catherine Rasgaitis

What is Music

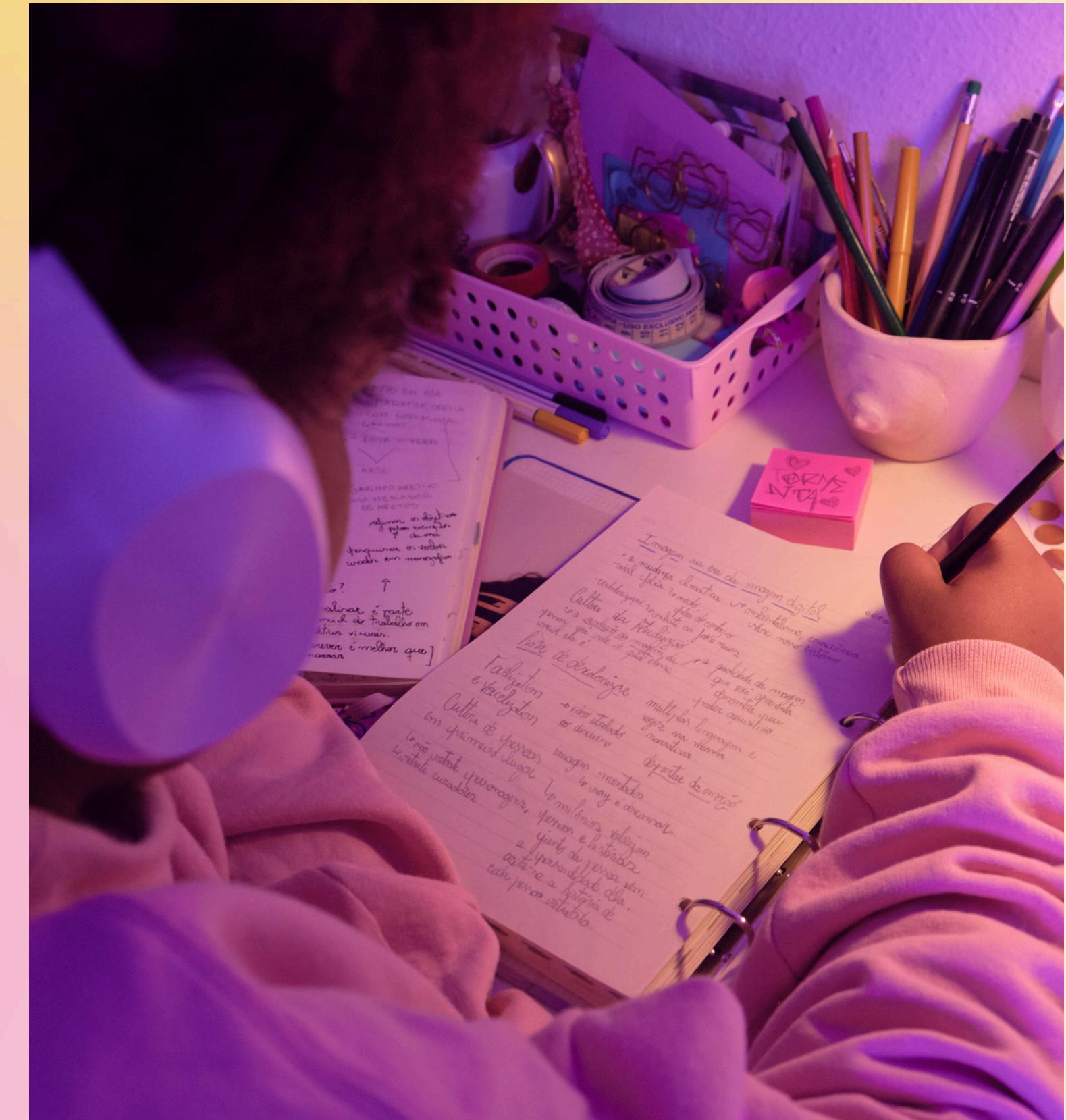
Therapy? *The practice of using music as a way to help individuals improve their well-being, develop skills, and achieve specific therapeutic goals*

Question:

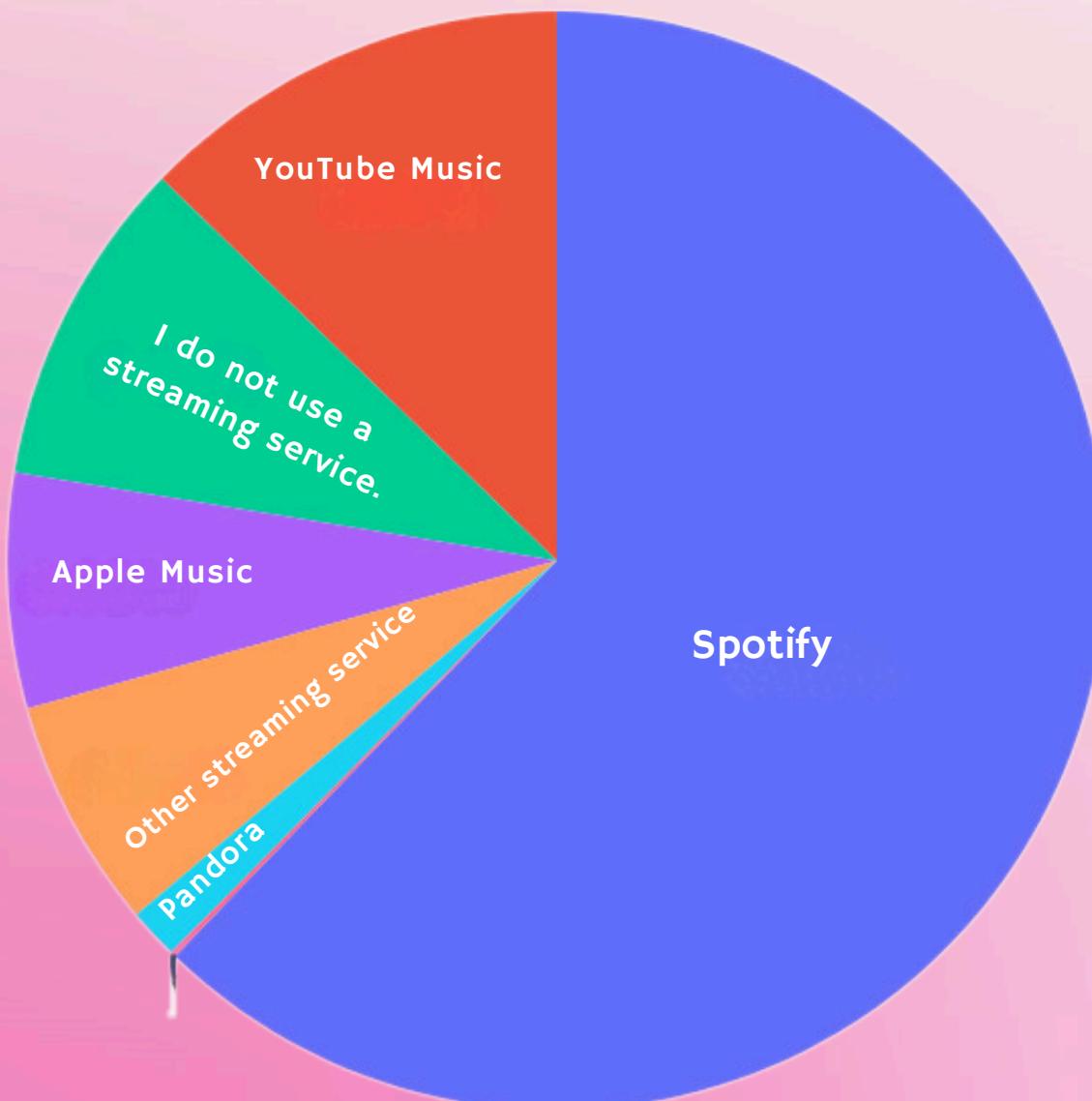
*Does the music genre a person listens to have an effect on their mental health? And can using specific genres in Music Therapy improve its effectiveness?*

# OVERVIEW STATS

- The average age of the respondent was 25. The median age is 21. The min. was 10 and max 89.
- Most people listen to music while working at 79% and most say they are explorative in their music tastes at 71%.
- Only 17% said they make their own music.



# HOW ARE PEOPLE LISTENING TO THEIR MUSIC?



**Spotify is the top service used, overall.**

62.2% of people reported using it as their main source for streaming

# MUSIC GENRES

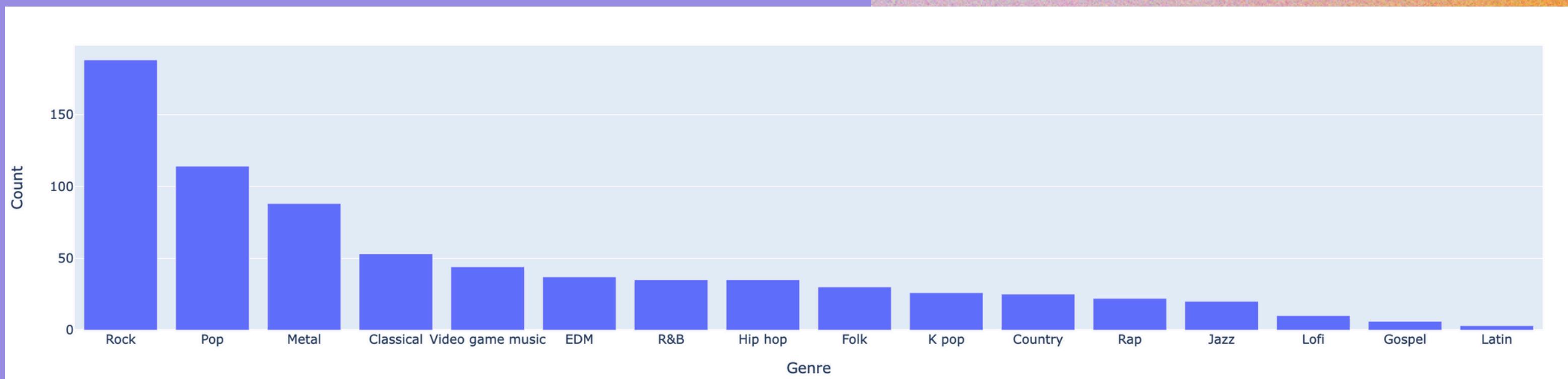
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## TOP MUSIC GENRES

ROCK

POP

METAL



Distribution of Favorite Music Genres

# MUSIC GENRE AND AGE CORRELATION

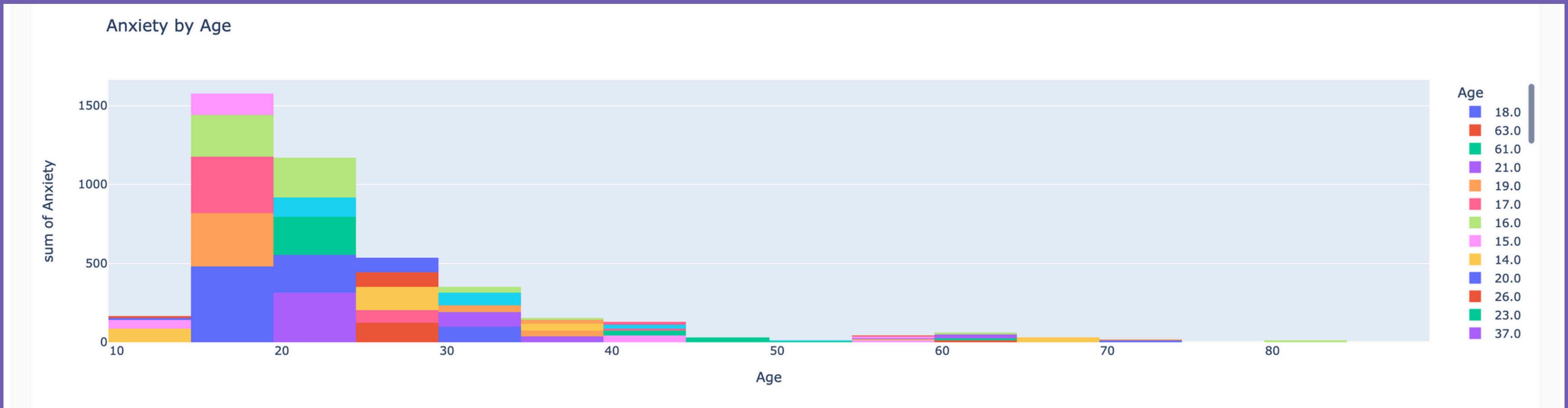


MOST PEOPLE WHO  
COMPLETED THE  
SURVEY WERE  
BETWEEN THE AGES  
18-25.

- Those between the ages 30-40 favored the genre of rock music.
- Pop music was most popular with the ages 18-20.
- The age group between 70-80 had the least deviation in the genre of music preferred, however gospel was 2nd highest amongst this group.

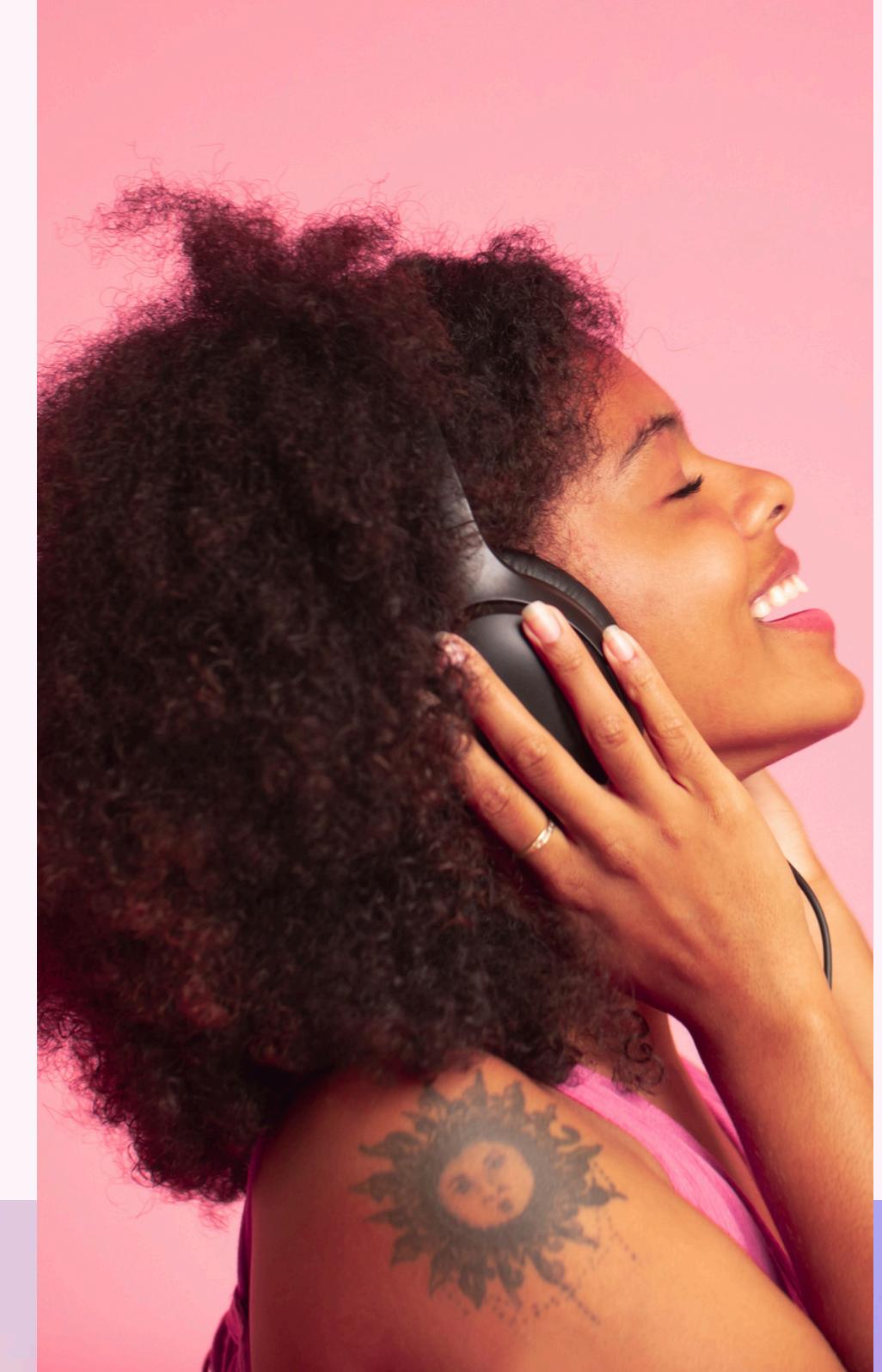
# MENTAL HEALTH STATS

MOST AGE GROUPS REPORTED HIGHER LEVELS OF ANXIETY, OVERALL.



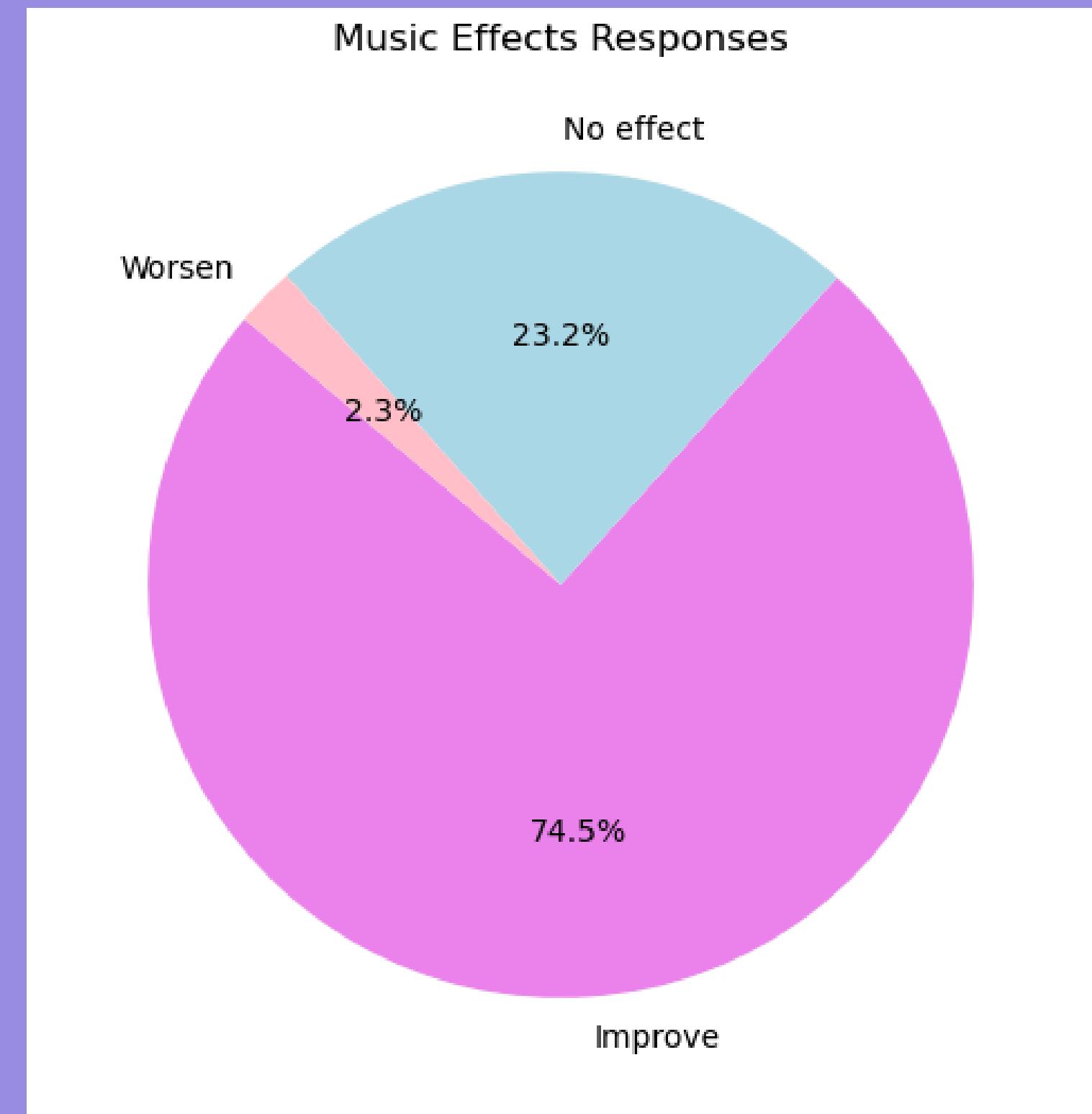
# MENTAL HEALTH STATS

- The most reported mental illnesses are **ANXIETY & DEPRESSION**.
- Those in their late teens/early twenties reported the highest anxiety levels.
- Those 50 and up reported OCD & Insomnia as the most common illnesses experienced, but only by slightly higher levels.

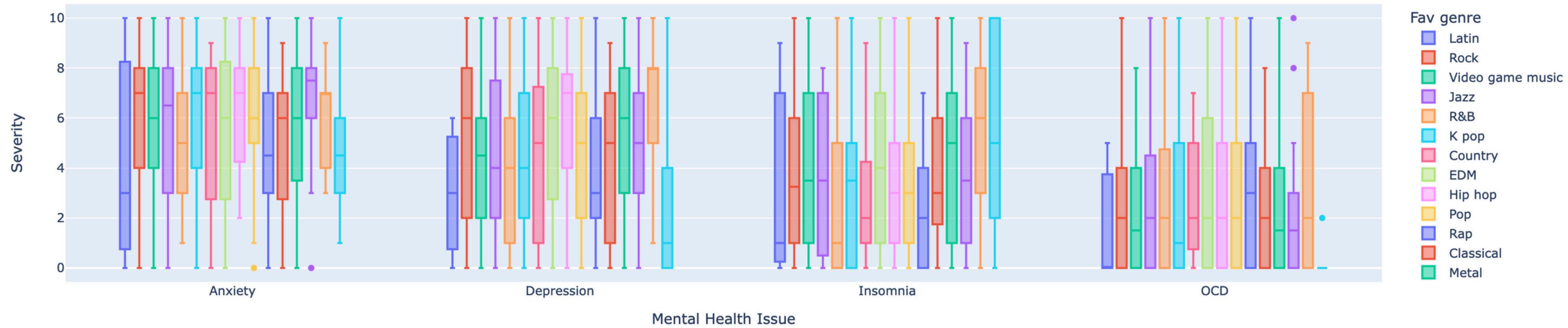


# DOES MUSIC HELP MENTAL HEALTH?

**Respondents were asked if they felt music improved, worsened, or had no effect, on their mental health.**



## Severity of Mental Health Issues by Listening Frequency

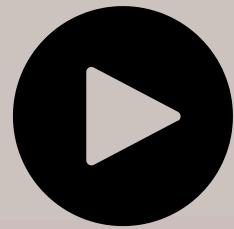


# CORRELATION ANALYSIS

- Those who more frequently listen to rock music reported higher levels of anxiety & depression.
- Video Game music correlated with high levels of anxiety & insomnia.
- OCD had some of the lowest severity results and the music genre frequency levels are the most evenly spread.



# 2024 DATA PROJECT WRAPPED



# Our Top Findings

#1

Rock, Pop and Metal are common amongst people reporting high levels of anxiety. Therefore, it could be recommended to avoid these genres when experiencing these illnesses.

#2

Through self-reflection an alarming amount of respondents agreed music **IMPROVED** their mental health.

#3

The music genres that showed the lowest self-reported or no effect in severity in illnesses overall were Gospel & Latin.

# DEMO

