

Project Summary

This project delves into the intersection of music and mental health, analyzing data from the **Music & Mental Health Survey Results** dataset, which explores how musical preferences influence mental well-being. Compiled by Catherine Rasgaitis, the data includes insights from individuals across various platforms such as Reddit, Discord, and social media, collected between August and November 2022. Respondents rated their mental health experiences, including anxiety, depression, insomnia, and OCD, and shared their musical habits and preferences.

The dataset comprised 736 rows and 33 columns initially. Cleaning and transformations included handling missing values, converting categorical variables into numerical representations, and conducting structural analysis for better understanding. The exploration aimed to identify patterns and insights into how music impacts mental health across age groups, genres, and habits.