Explanation of Findings
Insights and Visualization

1. **Mental Health Conditions vs. Age**

   o Music serves as a tool for alleviating symptoms of anxiety, depression, insomnia, and OCD across all age groups.

   o Adults aged 68 experience higher mental health challenges due to the aging process and its associated emotional impacts.

   o Younger individuals (12-44 years) report high prevalence rates of mental health challenges, reflecting developmental and stress-related challenges.

2. **Emotions vs. Favorite Genre**

   o Anxiety levels are notably high for fans of Rock, Jazz, K-pop, and other similar genres.

   o Insomnia is more prevalent among fans of Metal, Lofi, and Gospel music.

   o Depression levels are pronounced among Lofi, Hip-hop, and Rock enthusiasts.

3. **Music Streaming Habits**

   o **Spotify** dominates as the preferred streaming platform, with users logging significantly higher listening hours compared to competitors like YouTube Music and Apple Music.

4. **Musical Background**

   o The majority of respondents identify as composers or instrumentalists, highlighting a potential bias in favor of individuals with a deeper connection to music.

5. **Beats Per Minute (BPM) and Mental Conditions**

   o Music with around 60 BPM promotes relaxation and aligns with the brain's alpha waves, while faster tempos elicit energetic and uplifting emotions.

6. **Average Mental Health Self-Rating and Music Effects**

   o Respondents with chronic mental health conditions often report less positive effects of music on their well-being compared to those with milder conditions.

Recommendations and Implications

1. **Healthcare and Therapy**

   o Incorporate music therapy tailored to individual mental health conditions in treatment plans.

   o Use findings to create BPM-specific playlists targeting relaxation or energy-boosting.

2. **Marketing and Advertising**

   o Leverage insights for targeted campaigns promoting wellness products or music-based therapies.

3. **Workplace and Productivity**

   o Employers can integrate music-based wellness programs to enhance employee productivity and reduce stress.

4. **Streaming Platforms**

   o Enhance personalized playlists and features for stress relief, focus, and relaxation.

5. **Further Research**

   o Address dataset bias by incorporating a broader demographic sample.

   o Investigate how specific genres influence emotional states more deeply.

6. **Educational Applications**

   o Use insights to develop programs emphasizing music's role in mental well-being for different age groups.