

FROM SEOUL TO HOME:

A Walking Habit Analysis Project Proposal



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MY DATASET

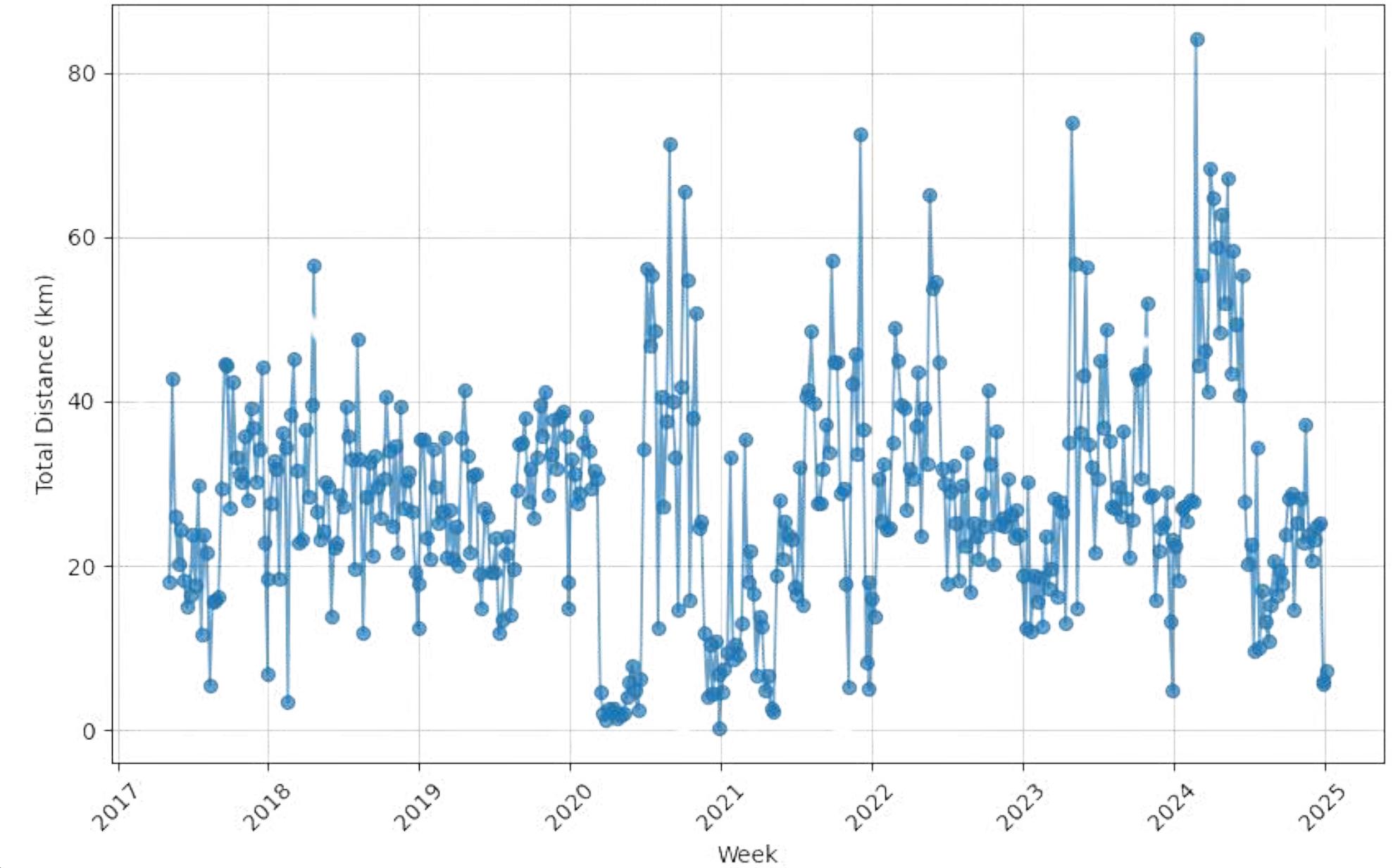


MY HYPOTHESIS

"My monthly/weekly walking distances in Turkey are lower compared to my time in South Korea, reflecting a decrease in overall physical activity."



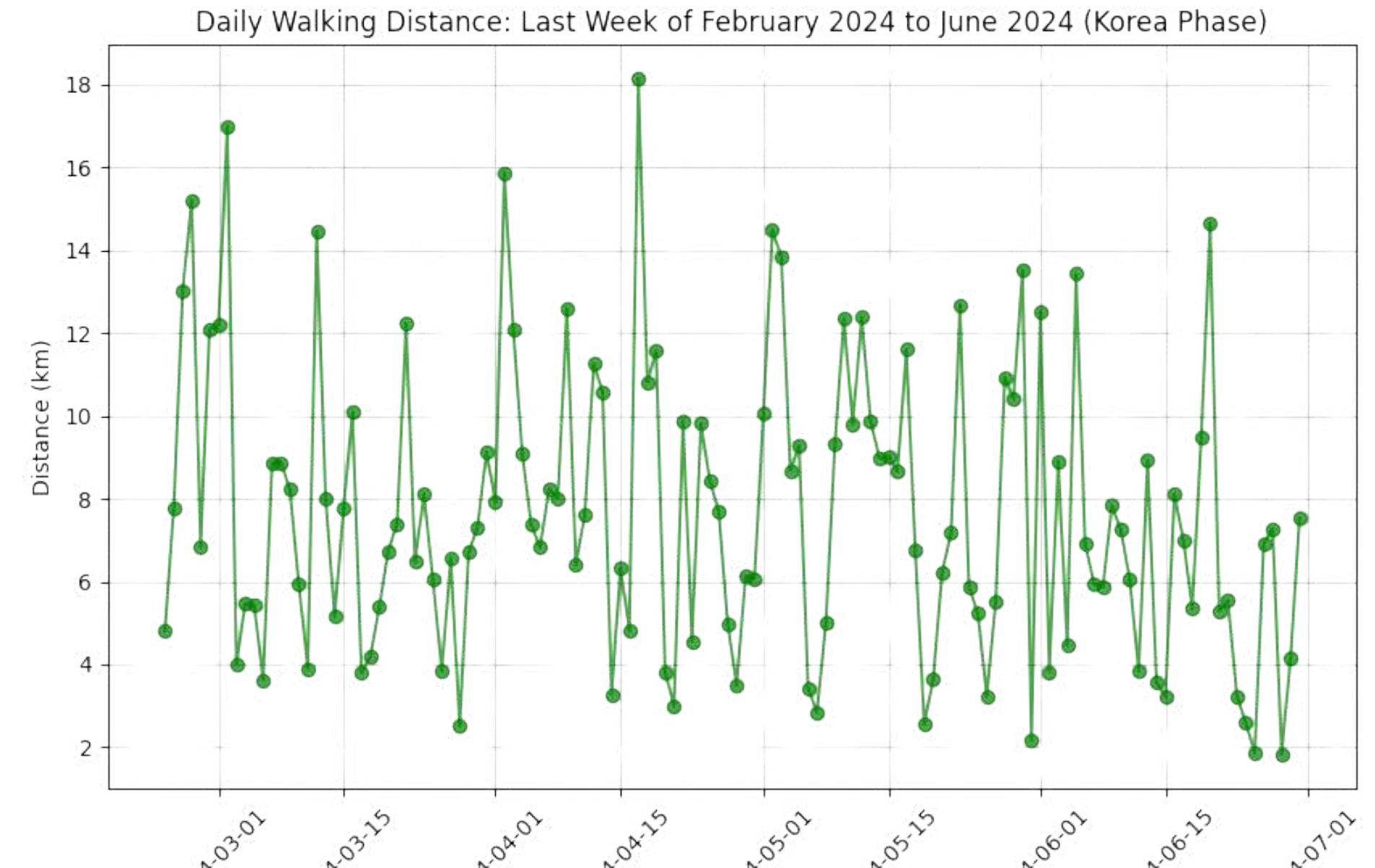
Weekly Walking Distance Trends Over Time



I began analyzing my health data by visualizing my daily average step counts for each month. The graph shows consistent weekly walking activity over the years, with occasional interruptions and fluctuations, possibly due to seasonal or personal factors.

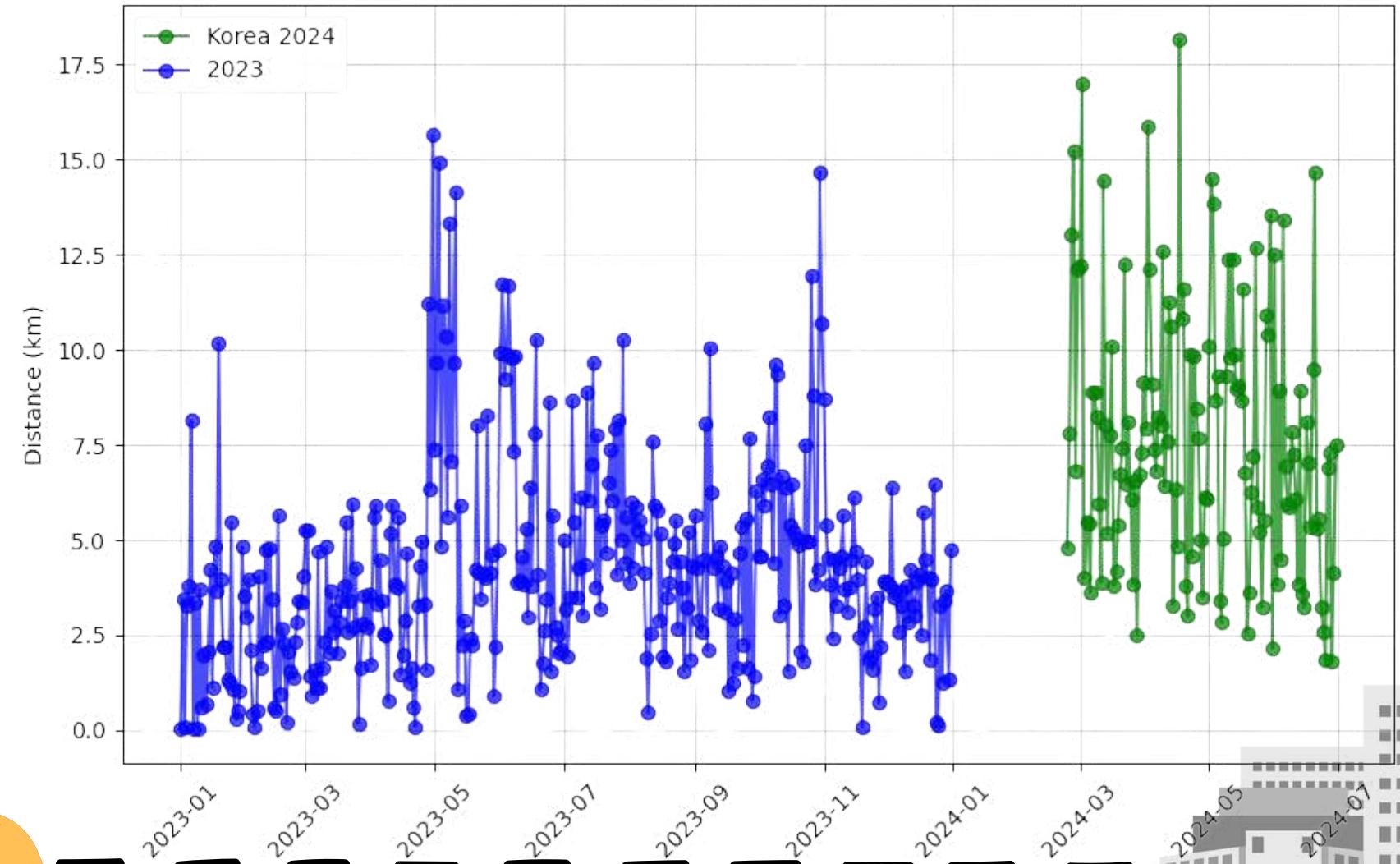


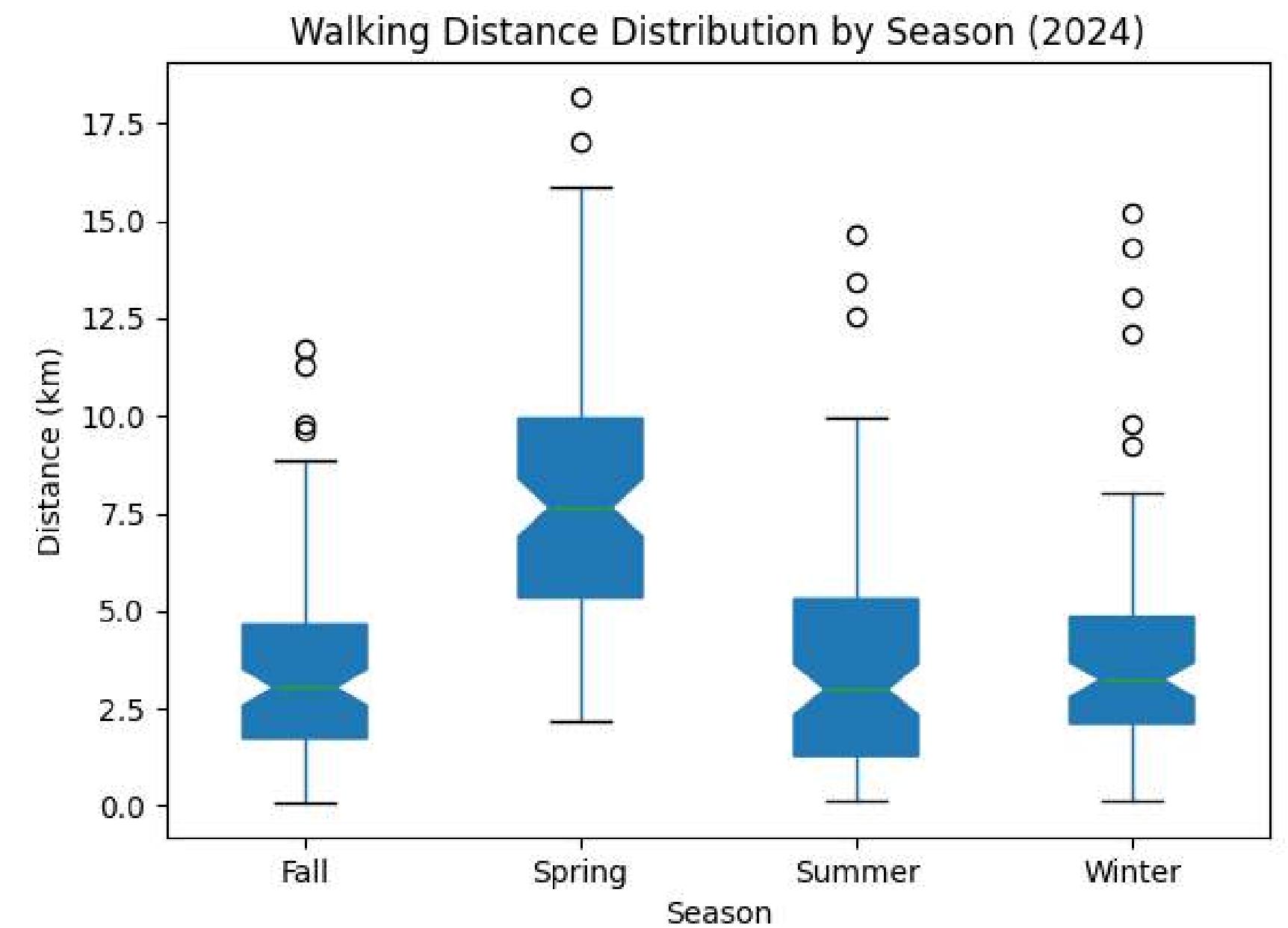
Here is my daily exchange period data. the data supports my hypothesis, as my daily walking distances in South Korea were consistently higher with fewer low-activity days.



In 2024 during my time in South Korea, my daily walking distances were consistently higher, with frequent peaks above 10 km, compared to 2023 where most distances stayed below 5 km.

Comparison of Daily Walking Distance (Korea 2024 vs 2023)





During the spring, which was when I was in South Korea, my walking distances were much higher compared to other seasons. The median and maximum distances in spring are bigger. In fall, summer, and winter, the average distances are lower, showing that I was more active during the spring. The dots also show that I had some very long walks, especially in spring.



IN CONCLUSION I HAVE ACCEPTED MY NULL HYPOTHESIS THAT:

DAILY WALKING COMPARISON (2024 VS 2023):

The graph shows that my daily walking distances during the time I was in South Korea were higher, with more days where I walked over 10 km. In 2023, most of the distances were shorter.

SEASONAL DISTRIBUTION (BOXPLOT):

The boxplot shows that in the spring, which was when I was in South Korea, the median and maximum walking distances were the highest compared to other seasons. This shows that I was more active during that time.

WEEKLY OR MONTHLY TRENDS:

The other graphs, showing weekly or monthly averages, also point to higher walking distances in South Korea compared to Turkey.



THANK YOU

for checking my presentation

