**Mental Health Trends in the Age of Social Media**

We are living in a digital era where social media has become an integral part of our daily lives, shaping how we connect, communicate, and share experiences. As this virtual world continues to expand, there is a growing concern about its potential impact on our mental well-being.

In order to gain a closer look at the relationship between social media usage and mental health trends, we tried to gather some data and put it into a database in order to model and make predictions for the future. Questions like 'Age', 'Gender'', 'Occupation', 'Organization', 'Social Media Usage', 'Social Media Platforms', 'Daily Social Media Time' should be addressed in order to create a dataset that should help us achieve our desired goal.

By collecting and analyzing this dataset, we aim to uncover insights into how different demographic groups perceive and experience the influence of social media on their mental health. This understanding might come in handy for developing informed strategies to promote positive mental well-being in the digital age.

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**Plan table:**

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| **Task** | **Details** |
| **Question to be Answered** | Understand the relationship between social media usage patterns and mental health trends |
| **Data Sources** | Excel file with all the questions and answers |
| **Type of Data** | Both quantitative and qualitative   * quantitive: ‘Age’, ‘On a scale of 1 to 5, how often do you find yourself using Social media without a specific purpose?’, ‘On a scale of 1 to 5, how easily distracted are you?’ * qualitative: ‘Gender’, ‘Realtionship status’, ‘What social media platforms do you commonly use?’ |
| **Data Collection Methods** | Online survey and Kaggle dataset extraction |
| **Data Storage Location** | On-premises server |
| **Sampling** | Sampled (collecting a subset of data from the entire dataset) |