



# MUSIC & MENTAL HEALTH

SURVEY RESULTS ON MUSIC TASTE AND SELF-REPORTED MENTAL  
HEALTH



# CONTEXT

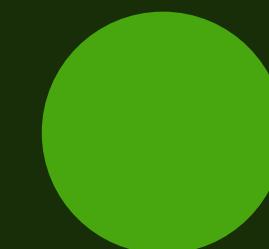
735 RESPONDENTS

Music Therapy is the use of music to improve an individual's stress, mood, and overall mental health. It is also recognized as an evidence-based practice, using music as a catalyst for "happy" hormones such as oxytocin.



# CONTENT

- Age
- Primary Streaming Service
- Hours per day (spent to listening)
- Favorite Genre
- Anxiety Level
- Depression Level
- Insomnia Level
- OCD Level



**Respondents rank Anxiety, Depression, Insomnia, and OCD on a scale of 0 to 10, where:**

- 0 - I do not experience this.
- 10 - I experience this regularly, constantly, or to an extreme



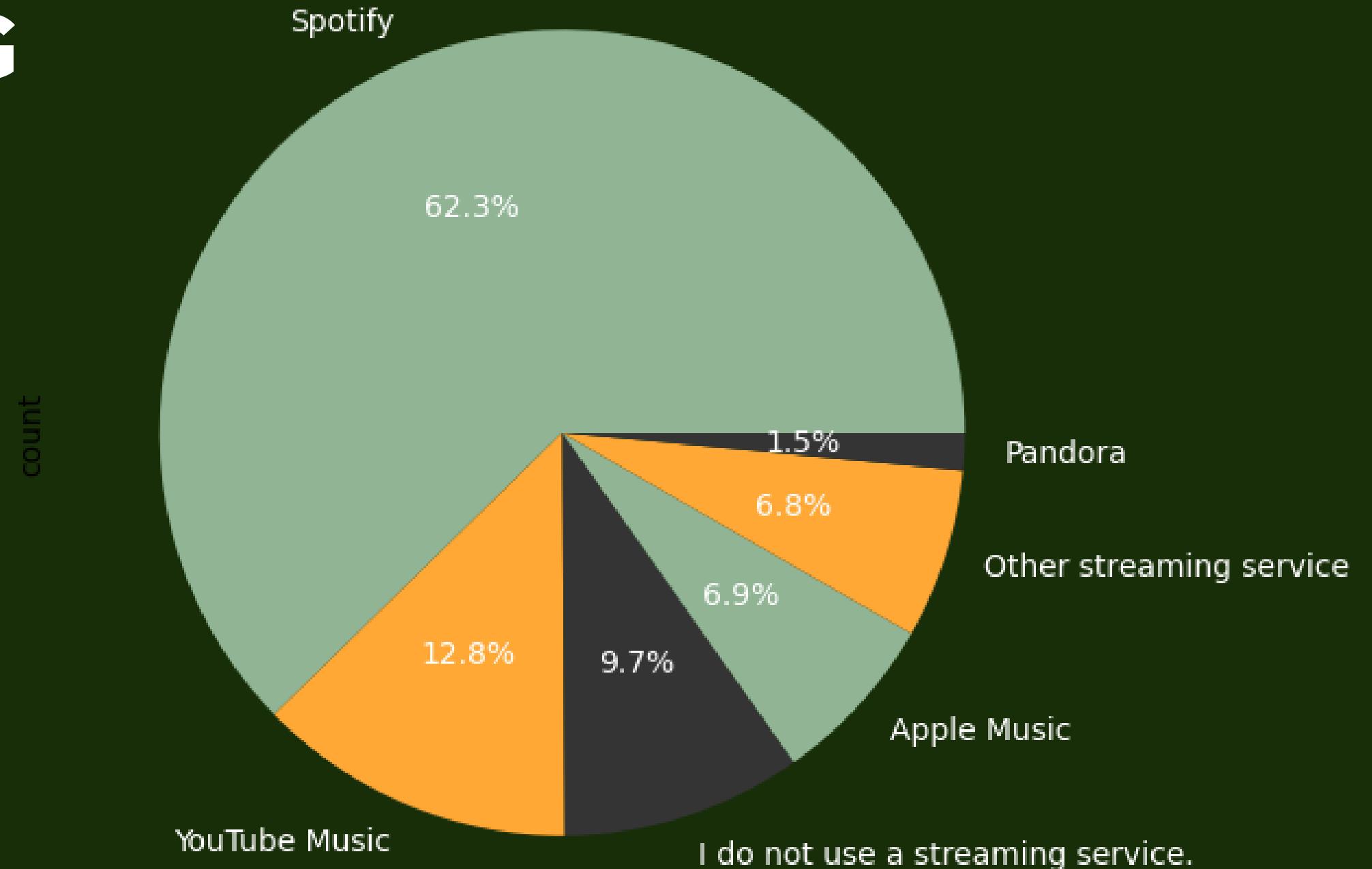
# INSIGHTS

USING PYTHON AND JUPYTER NOTEBOOK



# PRIMARY STREAMING SERVICE DISTRIBUTION

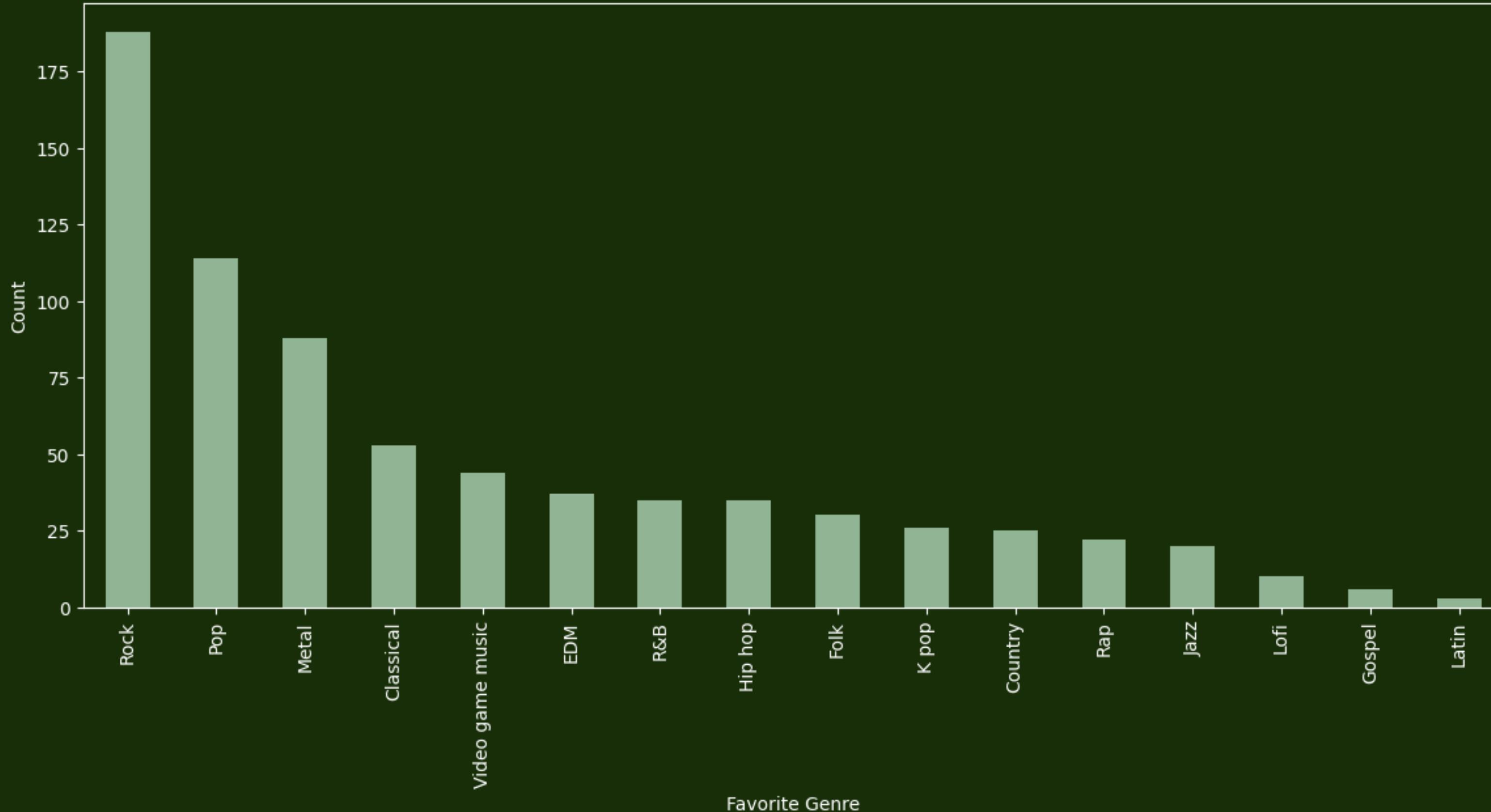
This pie chart will show the distribution of users across different primary streaming services.





# FAVORITE GENRE DISTRIBUTION

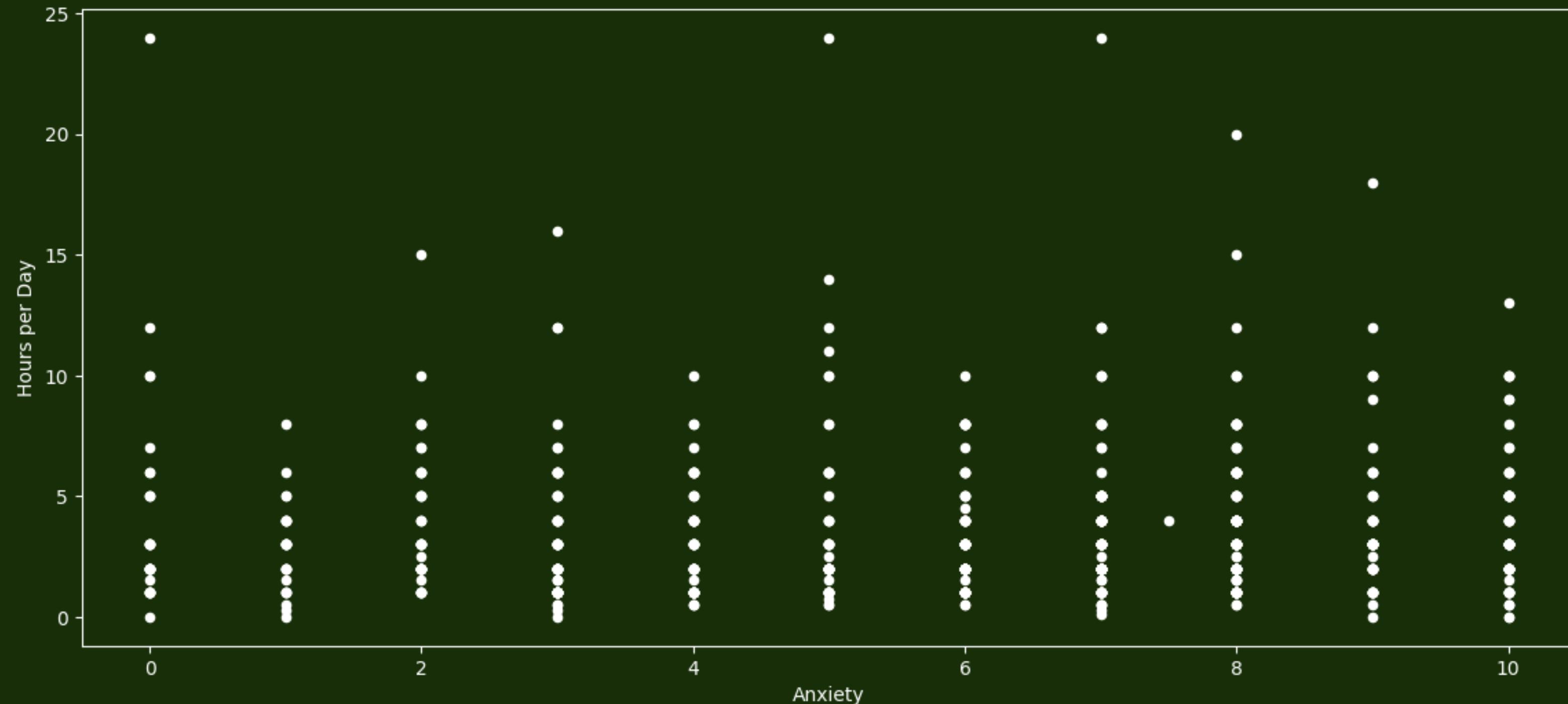
Favorite Genre Distribution





# HOURS PER DAY VS ANXIETY

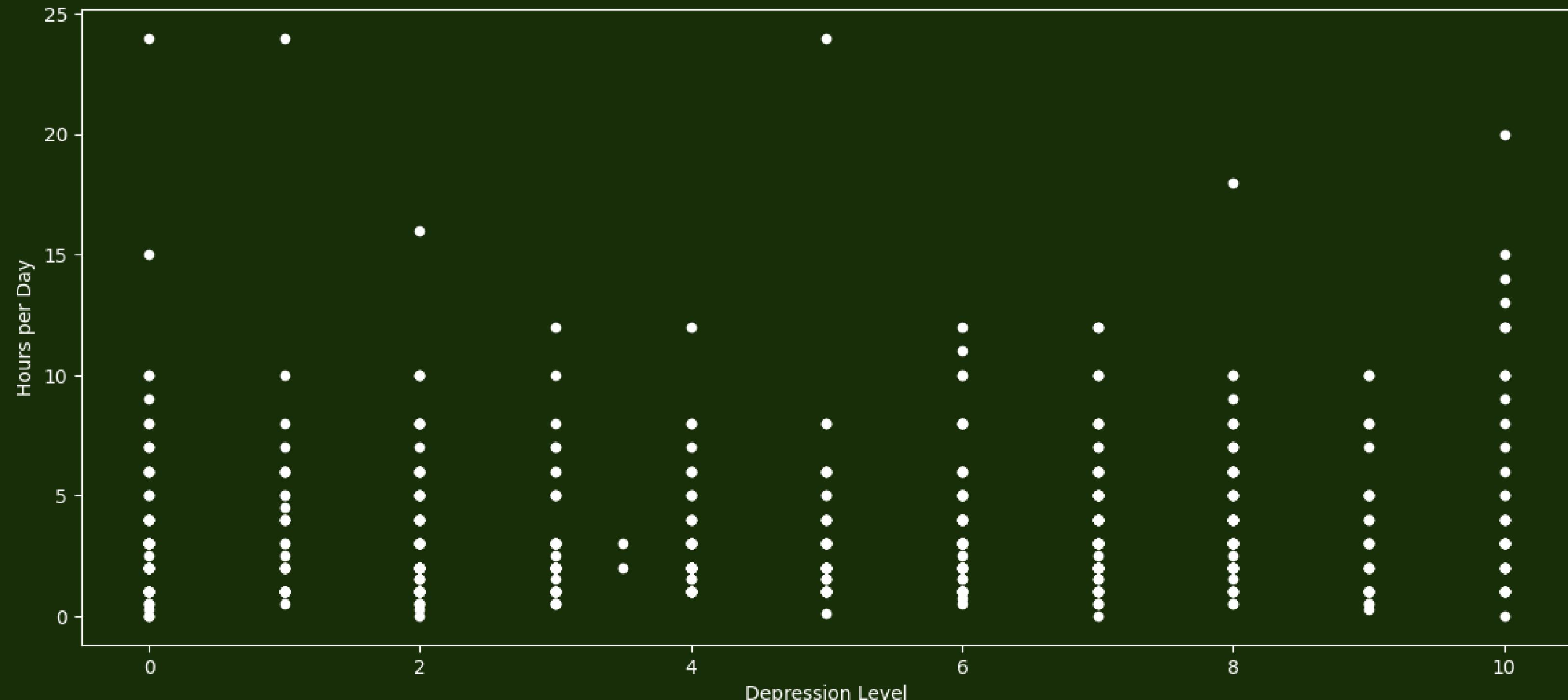
Using the data gathered, there is no correlation between hours per day and anxiety





# HOURS PER DAY VS DEPRESSION

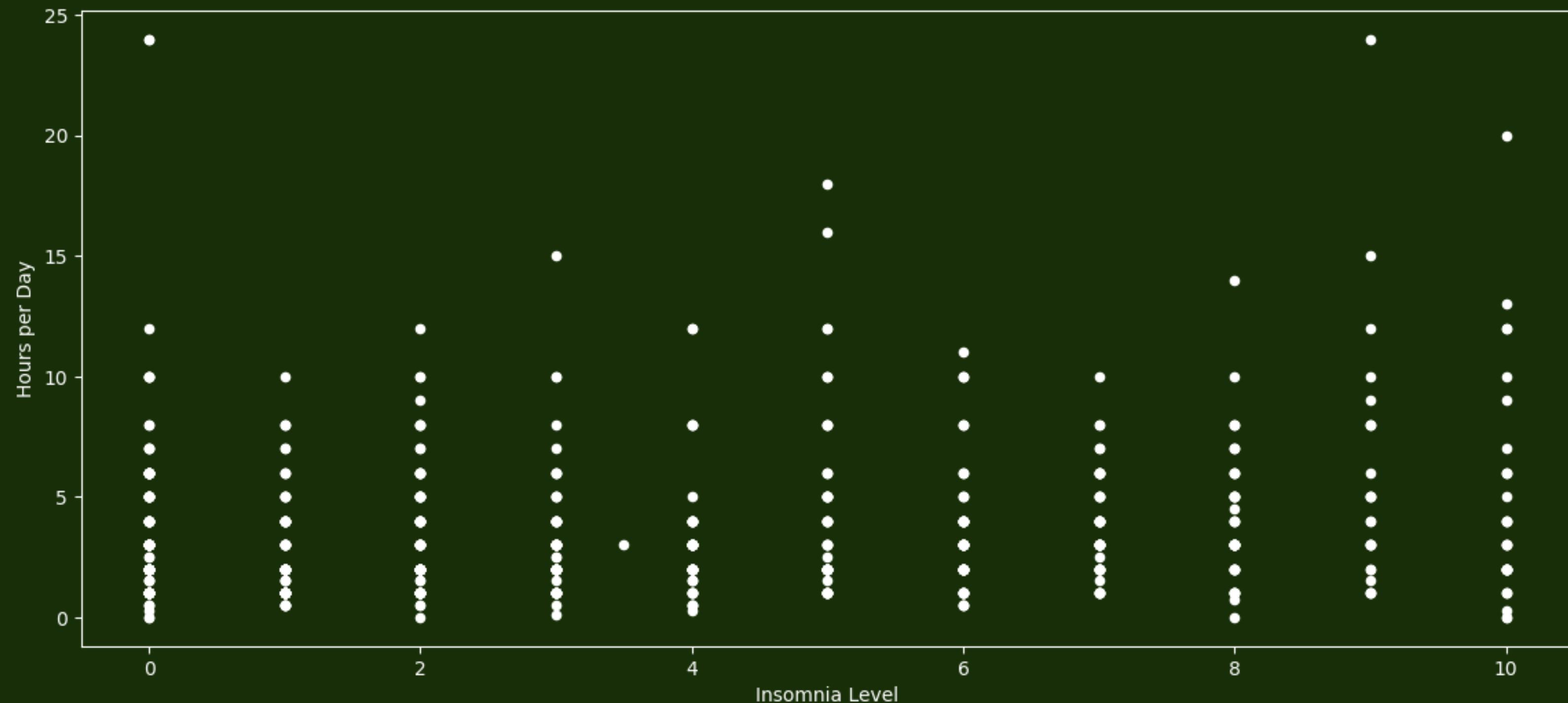
Using the data gathered, there is no correlation between hours per day and depression





# HOURS PER DAY VS INSOMNIA

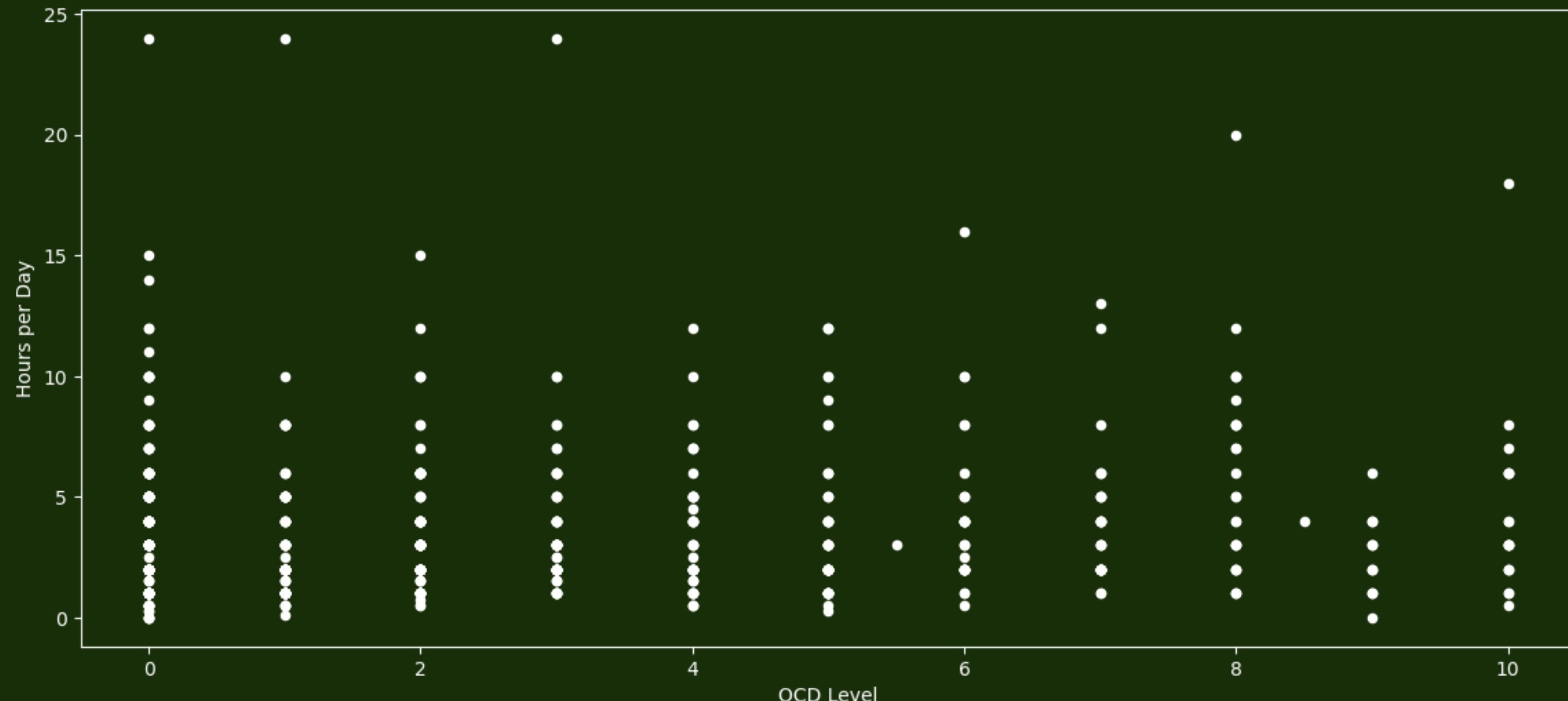
Using the data gathered, there is no correlation between hours per day and insomnia





# HOURS PER DAY VS OCD LEVEL

Using the data gathered, there is no correlation between hours per day and OCD Level





# CONCLUSION

- The number of hours spent listening to music is not correlated with the stress level, depression level, insomnia level, and OCD level
- Spotify is the most picked streaming platform
- Rock is the top genre among all

*To prove if there's correlation between the number of hours listened with the mental health issues, more data and respondents are needed*