NM2207 Week 10 submission

- What is your project about?

(A 1-2 wordanswer that describes your main focus, e.g., climate change)

Exploring the relationship between social media usage and mental health through survey data.

- What is the data you plan to use?

(A link to the dataset with one sentence describing it)

Data source: Social Media and Mental Health (https://www.kaggle.com/ datasets/souvikahmed071/social-media-and-mental-health Social Media and Mental Health | Kaggle) by Souvik Ahmed

This dataset contains some information about respondents' use of social media and their ratings of whether they suffer from some mental health problems

- What is the question you plan to answer?

(One sentence that ends with a question mark that could act like the title of your data story)

My question is whether there is a correlation between social media usage and the levels of distractibility, difficulty in concentrating and sleeping issues.

- Why is this an important question?

Social media has become an increasingly popular tool for communication and self-expression, but research has also suggested that excessive social media use can have negative effects on mental health (Edubirdie, 2021). Studies have found links between high levels of social media use and increased rates of anxiety, depression, and loneliness, as well as poor sleep quality, low self-esteem, and social comparison. While not all social media use is harmful, it's important for individuals to be mindful of their social media habits and the potential impact on their mental health.

- Which rows and columns of the dataset do you plan to use, to answer this question?

(Actual names of the values you plan to filter (rows) or subset (columns) the data on)

1. What is your age?
2. Gender
3. Relationship Status

6. Do you use social media?
8. What is the average time you spend on social media every day?
12. On a scale of 1 to 5, how easily distracted are you?
14. Do you find it difficult to concentrate on things?
20. On a scale of 1 to 5, how often do you face issues regarding sleep?

I am currently using the columns 6, 12, 14, 20 to find the correlation between social media usage and the levels of distractibility, difficulty in concentrating and sleeping issues. But I think the age, gender, relationship status and the average time that they spend on social media are all important factors, so I will do some more analysis in the following weeks.

Reference:

Social Media and Mental Health Essay. (2021, September 29). Edubirdie. Retrieved March 21, 2023, from https://edubirdie.com/examples/effects-of-social-media-on-mental-health-and-communication/