

Surveying the State of Mental Health: Prevalence, Risk Factors, and Coping Strategies

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KEYWORDS

Mental health,
Anxiety,
Depression,
Social, Survey.

ABSTRACT

This project explores the mental health of individuals through a survey conducted with 83 participants, aiming to assess various emotional, psychological, and social factors that influence well-being. A total of 47 questions were included in the survey, addressing topics such as stress levels, coping mechanisms, the prevalence of mental health disorders (including anxiety, depression, and burnout), and perceptions of societal stigma surrounding mental health. Participants were also asked about their access to mental health resources, social support systems, and self-care practices. The findings highlight a strong correlation between higher stress levels and the presence of mental health challenges, with significant variations across age, gender, and socioeconomic backgrounds. The survey also emphasizes the role of social support and lifestyle factors in mitigating mental health issues. This study provides valuable insights into the mental health status of the surveyed group and contributes to the broader conversation on mental health awareness, resource accessibility, and the importance of mental health education in various communities. The results call for increased integration of mental health care into public health initiatives and the development of more inclusive mental health resources.

INTRODUCTION:

Mental health is a crucial determinant of overall well-being, yet it remains an area of concern due to the increasing prevalence of mental health disorders, including anxiety, depression, and burnout. According to the World Health Organization [1], mental health conditions affect nearly one in eight people worldwide, contributing to significant individual and societal burdens. Research has consistently demonstrated that stress, social support, and access to mental health resources play a vital role in shaping psychological outcomes [2, 3]. The stigma surrounding mental health further exacerbates these challenges, often discouraging individuals from seeking professional help [4].

This study builds on existing literature by exploring the emotional, psychological, and social dimensions of mental health through a survey-based approach. Drawing on data from 83 participants, the research investigates key issues such as stress levels, coping mechanisms, and societal perceptions of mental health. Prior studies have highlighted the influence of demographic factors—such as age, gender, and socioeconomic status—on mental health outcomes [5, 6], making it essential to examine these variables within the surveyed group. Additionally, research suggests that strong social support networks and self-care practices can significantly mitigate mental health challenges and promote resilience [7, 8].

Understanding these dynamics is critical for shaping public health policies and increasing mental health awareness. As mental health issues continue to rise, integrating mental health care into broader healthcare initiatives and promoting accessible, stigma-free support systems is imperative [9]. The insights gained from this study contribute to the ongoing discourse on mental health accessibility and advocate for more inclusive strategies to enhance mental well-being across diverse populations.

This project aims to provide insight into the current state of mental health among individuals by conducting a survey with 83 participants, using 47 targeted questions to gather data on emotional, psychological, and social factors that affect well-being. The survey explores common mental health challenges such as anxiety, depression, and stress, along with coping mechanisms, lifestyle choices, and access to mental health resources. By examining these factors, this study seeks to contribute to the understanding of how different aspects of daily life, social support, and societal perceptions influence mental health, while highlighting the urgent need for increased mental health education and resource availability. Ultimately, the goal of this project is to offer valuable insights into the mental health of individuals and inform future initiatives aimed at improving mental health care and reducing stigma.

OBJECTIVES OF STUDY:

The primary objective of this study is to assess the mental health status of individuals through a detailed survey, focusing on the prevalence of common mental health issues such as anxiety, depression, and stress. Specifically, the study aims to: (1) Identify the key factors contributing to mental health challenges, including social, psychological, and environmental influences; (2) Explore the coping mechanisms individuals use to manage stress and mental health concerns, and their effectiveness; (3) Investigate the role of social support, lifestyle choices, and access to mental health resources in mitigating mental health issues; (4) Examine the demographic differences (such as age, gender, and socioeconomic status) in mental health experiences and perceptions; and (5) Assess the level of awareness and stigma surrounding mental health in the surveyed population. Through these objectives, the study seeks to gain a deeper understanding of the mental health landscape, provide evidence-based insights into common barriers to mental health care, and promote recommendations for improving mental health support and education at the community level.

METHODOLOGY:

The study was conducted using a survey-based approach to assess the mental health of individuals. A total of 83 participants were included in the survey, which was designed to gather data on various aspects of mental well-being, including emotional, psychological, and social factors. The survey consisted of 47 questions, focusing on topics such as stress levels, common mental health issues (e.g., anxiety and depression), coping strategies, social support, and access to mental health resources. The survey was distributed through two primary methods: an online Google Forms questionnaire and face-to-face interactions. The online survey was shared with participants through email and social media platforms to ensure broad accessibility. Additionally, one-on-one meetings were conducted with selected participants to complete the survey in person, ensuring a more personal and engaging approach. Both methods allowed for the collection of comprehensive data, while maintaining participant confidentiality. The data was then analysed to identify trends and correlations related to mental health challenges, coping mechanisms, and the impact of demographic factors such as age, gender, and socioeconomic status. Table-1 lists the

questions that were part of the Google form that was utilized for the survey.

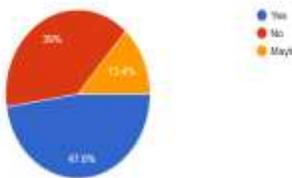
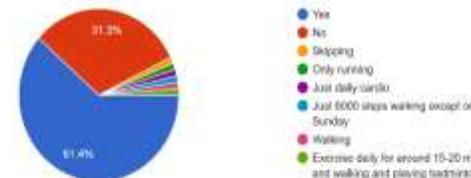
Table 1: Questions included in Google form used for survey method

| Question No. | Question asked to respondent |
|--------------|--|
| 1 | Do you sleep 8 hrs. a day? Do you find peace in it.?? |
| 2 | How is your appetite and eating habits? |
| 3 | How would you rate your diet in terms of nutrients and balance? |
| 4 | Do you do any physical activities? |
| 5 | If yes, how much time? |
| 6 | How you think is your physical health do you feel like it is impacting your mental health? |
| 7 | Are you taking any medications that make you feel mentally tired? |
| 8 | How do you usually spend time with others? |
| 9 | Have you made any new friendships or social connections recently? |
| 10 | Are there people in your life who make you feel loved and valued? |
| 11 | Do you experience any pain that affects your daily mood or energy? |
| 12 | Are there any health concerns that worry you right now? |
| 13 | Do you have any difficulty in managing daily tasks or self-care activities? |
| 14 | Do you feel able to take care of yourself independently? |
| 15 | Are there any routines or habits that help you feel mentally sharp? |
| 16 | Do you have any regular habits or activities that give you relaxation? |
| 17 | Have you noticed any changes in your mood or energy levels? |
| 18 | How often do you find yourself down, sad or low in energy? |
| 20 | How have you been feeling lately on a day to day basis? |
| 21 | Do you have any regret about not achieving a goal? |
| 22 | Do you find yourself anxious frequently? |
| 23 | Do you often feel lonely or isolated? |
| 24 | Do you feel lonely even when you are around people? |
| 25 | Are there people you can rely on when you need help? |
| 27 | Do you feel comfortable asking for support if needed? |
| 28 | Do you feel like you have a purpose or sense of meaning in your life? |
| 29 | What are the activities or hobbies that bring you joy or comfort? |
| 30 | Do you feel satisfied with your life so far? |
| 31 | Have you noticed any changes in your memory or ability to concentrate? |
| 32 | Do you forget things, like names, dates, or where you placed objects? |
| 33 | Are you having any trouble understanding conversation? |
| 34 | Do you find it harder to make decisions than you used to? |
| 35 | Do you feel challenged by tasks that you once found simple? |
| 36 | Are there any specific activities that seem harder to do mentally? |
| 37 | Do you feel that your thinking is slower than it used to be? |
| 38 | How often do you have social interactions with your family or friends? |
| 39 | Are you satisfied with the quality of your relationships? |
| 40 | Are you comfortable asking for support if needed? |
| 41 | At your worst who supports you the most? |

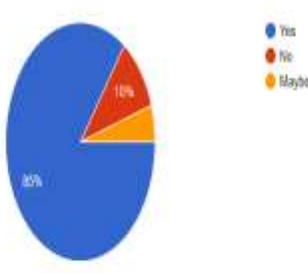
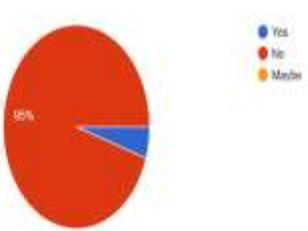
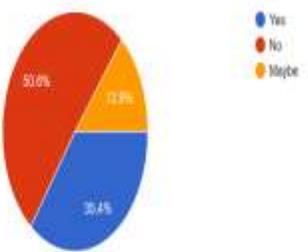
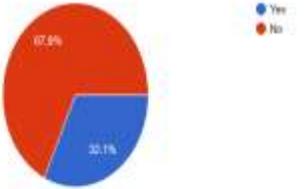
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|----|--|
| 42 | How do you face your stress or hard emotions? |
| 43 | How much will you rate your mental health on scale 1 to 10? |
| 44 | Do you share your problems with family or friends? Do you feel comfortable while sharing it? |
| 45 | What things do you do to keep your mind and yourself busy? |
| 46 | How often do you join others or in any social activity? |
| 47 | What are the things you feel like improving in your mental health? |

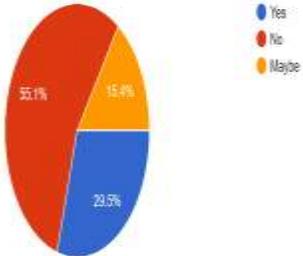
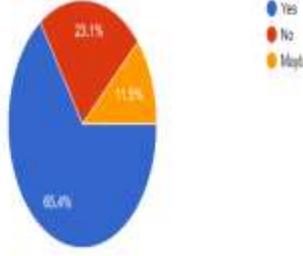
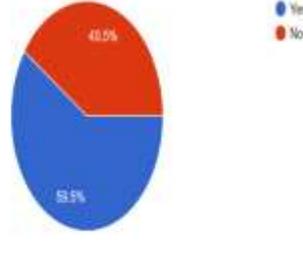
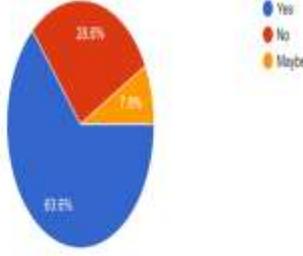
RESULTS AND DISCUSSIONS: The responses obtained from respondents of different agegroups. After surveying process the results are expressed graphically by using pie chart. The results with graphical representations and discussion on the same are mentioned in following Table-2.

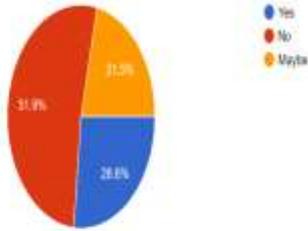
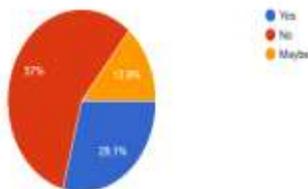
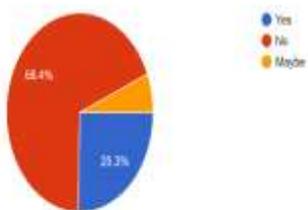
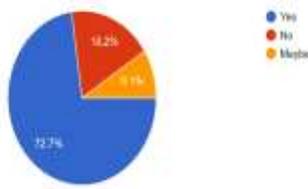
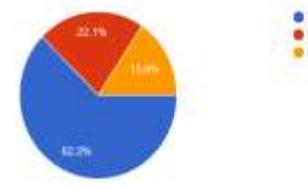
Table 2: The findings and analysis of the survey study.

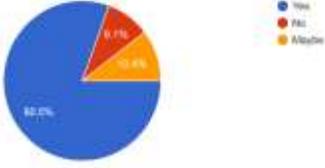
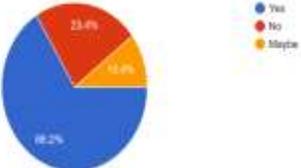
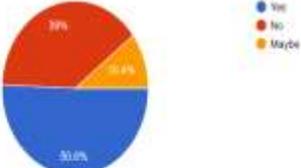
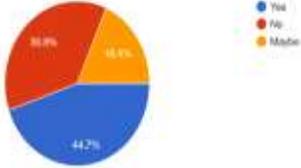
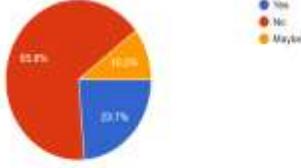
| Graphical representations using pie charts to show results | Results and discussion on the basis of responses from respondents | | | | | | | | | | | | | | | | | | |
|---|---|------------|-----|-------|----|-------|----------|----|--|----|-------------------|----|--|----|---------|----|--|----|--|
| <p>Do you sleep 8 hrs a day?? Do you find peace in it?? 62 responses</p>  <table border="1"> <caption>Data for Sleep and Peace</caption> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>47.6%</td> </tr> <tr> <td>No</td> <td>52.4%</td> </tr> <tr> <td>Maybe</td> <td>0%</td> </tr> </tbody> </table> | Response | Percentage | Yes | 47.6% | No | 52.4% | Maybe | 0% | <p>The majority (47.6%) agree that 8 hours of sleep is beneficial and peaceful, but nearly 52.4% either don't experience this peace or are uncertain. This suggests that while 8 hours is ideal for many, it is not universally attainable or associated with peace for everyone. External factors like lifestyle, stress, or personal preferences likely influence these perceptions.</p> | | | | | | | | | | |
| Response | Percentage | | | | | | | | | | | | | | | | | | |
| Yes | 47.6% | | | | | | | | | | | | | | | | | | |
| No | 52.4% | | | | | | | | | | | | | | | | | | |
| Maybe | 0% | | | | | | | | | | | | | | | | | | |
| <p>How is your appetite and eating habits?</p> | <p>As per the responses the Diet is divided in 3 parts. 1st is the good one in which people are eating a healthy homemade diet on time which contains nutrition. 2nd is average and majority where people eat less neutrinos but healthy. 3rd is poor where mostly junkfood is eaten by people and not according to time.</p> | | | | | | | | | | | | | | | | | | |
| <p>How would you rate your diet in terms of nutrients and balance?</p> | <p>According to people's responses, the average rating was from 6 to 7.5 out of 10. But few people had rating of less than 4 which indicates that they mentally feel like they are not eating proper diet. Overall the response were above average.</p> | | | | | | | | | | | | | | | | | | |
| <p>Do you do any physical activities? 65 responses</p>  <table border="1"> <caption>Data for Physical Activities</caption> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>68.7%</td> </tr> <tr> <td>No</td> <td>31.3%</td> </tr> <tr> <td>Skipping</td> <td>0%</td> </tr> <tr> <td>Only running</td> <td>0%</td> </tr> <tr> <td>Just daily cardio</td> <td>0%</td> </tr> <tr> <td>Just 6000 steps walking except on Sunday</td> <td>0%</td> </tr> <tr> <td>Walking</td> <td>0%</td> </tr> <tr> <td>Exercise daily for around 15-20 mins and walking and playing badminton</td> <td>0%</td> </tr> </tbody> </table> | Response | Percentage | Yes | 68.7% | No | 31.3% | Skipping | 0% | Only running | 0% | Just daily cardio | 0% | Just 6000 steps walking except on Sunday | 0% | Walking | 0% | Exercise daily for around 15-20 mins and walking and playing badminton | 0% | <p>68.7% of the people do Physical activities out of which 7.3% only do cardio (walking and running). And 31.3% do not do any physical activities.</p> |
| Response | Percentage | | | | | | | | | | | | | | | | | | |
| Yes | 68.7% | | | | | | | | | | | | | | | | | | |
| No | 31.3% | | | | | | | | | | | | | | | | | | |
| Skipping | 0% | | | | | | | | | | | | | | | | | | |
| Only running | 0% | | | | | | | | | | | | | | | | | | |
| Just daily cardio | 0% | | | | | | | | | | | | | | | | | | |
| Just 6000 steps walking except on Sunday | 0% | | | | | | | | | | | | | | | | | | |
| Walking | 0% | | | | | | | | | | | | | | | | | | |
| Exercise daily for around 15-20 mins and walking and playing badminton | 0% | | | | | | | | | | | | | | | | | | |

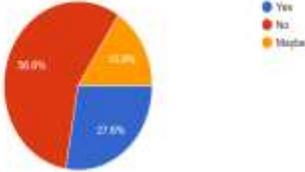
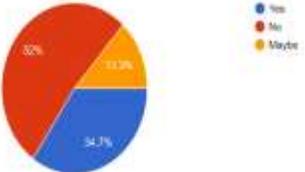
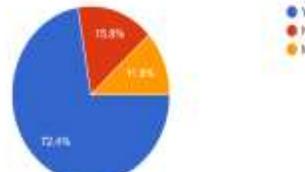
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|---|---|
| <p>If yes, how much time?</p> | <p>The Major time span (16%) of the physical activities ranged from 1.15 hr to 1.45 hr. and the average time was around 2 hr 15 mins. While some persons do not have a fixed time but a fixed goal like counts of step.(6000,7000,etc)</p> |
| <p>How you think is your physical health do you feel like it is Impacting your mental health?</p> | <p>As per the Responses, The physical health has direct effect on mental health. The People having a good physical health affects their mental health positively, and this was the major response seen. Few people were worrying about their physical health that may affect their mental health adversely.</p> |
| <p>Are you taking any medications that make you feel mentally tired?</p> | <p>93.9% people do not take medicines on the daily basis as they are fit. 4.9% people take medicines on daily basis and 1.2% people take medicines if needed</p> |
| <p>How do you usually spend time with others?</p> | <p>The people's usually spend their time with others by talking or chatting. They also spend time by reading or watching movies, mobiles, playing games, etc. Some people like students or working professionals spend most of their time on college or at job.</p> |
| <p>Have you made any new friendships or social connections recently?</p> | <p>The survey results indicate a strong trend toward positive social engagement among participants. A significant majority (80.2%) reported forming new friendships or social connections recently, suggesting a high level of social activity or openness in the community. Only 16% stated they had not made any new connections, while 3.7% were uncertain ("Maybe"). This demonstrates that most individuals are actively expanding their social networks, which could contribute positively to community cohesion and individual well-being.</p> |

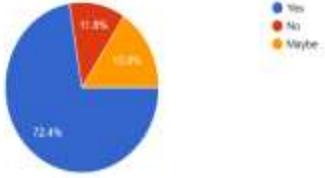
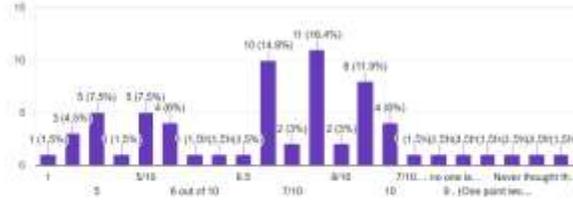
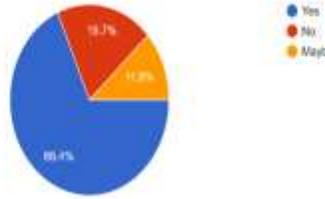
| <p>Are there people in your life who make you feel loved and valued? 80 responses</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>85%</td> </tr> <tr> <td>No</td> <td>10%</td> </tr> <tr> <td>Maybe</td> <td>5%</td> </tr> </tbody> </table> | Response | Percentage | Yes | 85% | No | 10% | Maybe | 5% | <p>The survey results reveal a positive outlook on emotional well-being and social support. A significant majority (85%) of participants feel loved and valued by people in their lives, indicating strong interpersonal relationships and support systems. Meanwhile, 10% do not feel the same, highlighting a potential area where social or emotional intervention might be beneficial. The 5% who are uncertain ("Maybe") suggest some ambivalence or inconsistency in their experiences. Overall, the data suggests a largely supportive and emotionally enriching environment for most respondents.</p> |
|---|------------|------------|-----|-------|----|-------|-------|-------|---|
| Response | Percentage | | | | | | | | |
| Yes | 85% | | | | | | | | |
| No | 10% | | | | | | | | |
| Maybe | 5% | | | | | | | | |
| <p>Are you taking any medications that make you feel mentally foggy or tired? 80 responses</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>5%</td> </tr> <tr> <td>No</td> <td>95%</td> </tr> <tr> <td>Maybe</td> <td>0%</td> </tr> </tbody> </table> | Response | Percentage | Yes | 5% | No | 95% | Maybe | 0% | <p>The survey indicates that an overwhelming majority (95%) of respondents are not taking medications that cause mental foggy or fatigue, suggesting that most participants are not experiencing medication-related cognitive side effects. Only a small portion (5%) reported experiencing such effects, indicating that this issue is not widespread but could still warrant attention for those affected. Overall, the data reflects a generally favourable condition regarding mental clarity among the majority of respondents.</p> |
| Response | Percentage | | | | | | | | |
| Yes | 5% | | | | | | | | |
| No | 95% | | | | | | | | |
| Maybe | 0% | | | | | | | | |
| <p>Do you experience any pain that affects your daily mood or energy? 79 responses</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>35.4%</td> </tr> <tr> <td>No</td> <td>50.6%</td> </tr> <tr> <td>Maybe</td> <td>13.9%</td> </tr> </tbody> </table> | Response | Percentage | Yes | 35.4% | No | 50.6% | Maybe | 13.9% | <p>The survey results reveal that 50.6% of respondents do not experience pain that affects their daily mood or energy, suggesting that a significant portion of individuals maintain their well-being despite potential discomfort. However, 35.4% of participants do experience pain that impacts their mood or energy, indicating that this is a notable concern for a substantial group. Additionally, 13.9% were uncertain, reflecting potential variability in how pain affects individuals. Overall, while half of the respondents are unaffected, pain appears to significantly influence the daily lives of a considerable portion of the population.</p> |
| Response | Percentage | | | | | | | | |
| Yes | 35.4% | | | | | | | | |
| No | 50.6% | | | | | | | | |
| Maybe | 13.9% | | | | | | | | |
| <p>Are there any health concerns that worry you right now? 78 responses</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>32.1%</td> </tr> <tr> <td>No</td> <td>67.6%</td> </tr> <tr> <td>Maybe</td> <td>0%</td> </tr> </tbody> </table> | Response | Percentage | Yes | 32.1% | No | 67.6% | Maybe | 0% | <p>The survey indicates that the majority of respondents (67.9%) are not currently worried about any health concerns, suggesting a sense of general well-being. However, 32.1% of participants do have health-related worries, indicating that a significant portion of the population may be experiencing concerns or anxieties related to their health. This highlights the importance of addressing health issues and providing support for those who may be facing health-related stress.</p> |
| Response | Percentage | | | | | | | | |
| Yes | 32.1% | | | | | | | | |
| No | 67.6% | | | | | | | | |
| Maybe | 0% | | | | | | | | |

| <p>Do you have any difficulty in managing daily tasks or self-care activities? 78 responses</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>29.5%</td> </tr> <tr> <td>No</td> <td>55.1%</td> </tr> <tr> <td>Maybe</td> <td>15.4%</td> </tr> </tbody> </table> | Response | Percentage | Yes | 29.5% | No | 55.1% | Maybe | 15.4% | <p>The survey results suggest that the majority of respondents (55.1%) do not experience difficulty managing daily tasks or self-care activities, indicating a good level of independence and functioning. However, 29.5% of participants do face challenges, highlighting that a significant portion may require additional support or resources. Additionally, 15.4% were unsure ("Maybe"), suggesting some ambiguity or occasional difficulties. Overall, while most individuals manage their daily activities with ease, a notable percentage faces struggles that could be addressed to improve their quality of life.</p> |
|--|------------|------------|-----|-------|----|-------|--|-------|---|
| Response | Percentage | | | | | | | | |
| Yes | 29.5% | | | | | | | | |
| No | 55.1% | | | | | | | | |
| Maybe | 15.4% | | | | | | | | |
| <p>Do you feel able to take care of yourself independently? 78 responses</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>65.4%</td> </tr> <tr> <td>No</td> <td>23.1%</td> </tr> <tr> <td>Maybe</td> <td>11.5%</td> </tr> </tbody> </table> | Response | Percentage | Yes | 65.4% | No | 23.1% | Maybe | 11.5% | <p>The survey results indicate that a majority of respondents (65.4%) feel capable of taking care of themselves independently, suggesting a high level of self-sufficiency. However, 23.1% of participants feel they are unable to manage independently, which points to a need for additional support or resources for a significant portion of individuals. The 11.5% who are uncertain ("Maybe") may experience occasional challenges or have mixed feelings about their independence. Overall, while most respondents feel independent, a notable minority could benefit from assistance in managing self-care.</p> |
| Response | Percentage | | | | | | | | |
| Yes | 65.4% | | | | | | | | |
| No | 23.1% | | | | | | | | |
| Maybe | 11.5% | | | | | | | | |
| <p>Are there any routines or habits that help you feel mentally sharp? 79 responses</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>59.5%</td> </tr> <tr> <td>No</td> <td>40.5%</td> </tr> </tbody> </table> | Response | Percentage | Yes | 59.5% | No | 40.5% | <p>The survey results reveal that a majority of respondents (59.5%) engage in routines or habits that help them feel mentally sharp, suggesting that these individuals have strategies in place to maintain cognitive clarity and focus. However, 40.5% do not have such routines, indicating that a significant portion of the population may either not prioritize or may not have found effective strategies for enhancing mental sharpness. This highlights the potential benefit of promoting or developing habits that support mental health and cognitive function.</p> | | |
| Response | Percentage | | | | | | | | |
| Yes | 59.5% | | | | | | | | |
| No | 40.5% | | | | | | | | |
| <p>Do you have any regular habits or activities that give you relaxation? 77 responses</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>63.6%</td> </tr> <tr> <td>No</td> <td>28.6%</td> </tr> <tr> <td>Maybe</td> <td>7.8%</td> </tr> </tbody> </table> | Response | Percentage | Yes | 63.6% | No | 28.6% | Maybe | 7.8% | <p>The survey results show that a majority of respondents (63.6%) have regular habits or activities that provide relaxation, suggesting that many individuals are prioritizing self-care and stress relief. However, 28.6% do not engage in such practices, which may indicate a need for more accessible relaxation strategies for a portion of the population. Additionally, 7.8% of respondents were uncertain ("Maybe"), reflecting some ambivalence or inconsistency in their approach to relaxation. Overall, while most individuals engage in</p> |
| Response | Percentage | | | | | | | | |
| Yes | 63.6% | | | | | | | | |
| No | 28.6% | | | | | | | | |
| Maybe | 7.8% | | | | | | | | |

| <p>Do you find yourself anxious frequently? 79 responses</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>28.8%</td> </tr> <tr> <td>No</td> <td>31.9%</td> </tr> <tr> <td>Maybe</td> <td>31.5%</td> </tr> </tbody> </table> | Response | Percentage | Yes | 28.8% | No | 31.9% | Maybe | 31.5% | <p>The survey results show that most respondents (51.9%) don't often feel anxious, suggesting that they generally feel calm. However, 26.6% of people do experience anxiety frequently, highlighting that it's a real concern for a significant number of individuals. Another 21.5% were unsure, possibly reflecting moments of anxiety or uncertainty. Overall, while many individuals don't face anxiety regularly, a substantial number do, underscoring the importance of supporting mental health for those who are affected by anxiety.</p> |
|--|------------|------------|-----|-------|----|-------|-------|-------|--|
| Response | Percentage | | | | | | | | |
| Yes | 28.8% | | | | | | | | |
| No | 31.9% | | | | | | | | |
| Maybe | 31.5% | | | | | | | | |
| <p>Do you often feel lonely or isolated? 79 responses</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>28.1%</td> </tr> <tr> <td>No</td> <td>37%</td> </tr> <tr> <td>Maybe</td> <td>13.9%</td> </tr> </tbody> </table> | Response | Percentage | Yes | 28.1% | No | 37% | Maybe | 13.9% | <p>The survey shows that most people (57%) don't often feel lonely, suggesting a good sense of social connection. However, 29.1% do feel lonely sometimes, indicating that isolation is a concern for many. The remaining 13.9% were unsure, showing occasional feelings of isolation. Overall, while many aren't affected, loneliness remains an issue for a significant number, highlighting the need to address social isolation.</p> |
| Response | Percentage | | | | | | | | |
| Yes | 28.1% | | | | | | | | |
| No | 37% | | | | | | | | |
| Maybe | 13.9% | | | | | | | | |
| <p>Do you feel lonely even when you are around people? 79 responses</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>25.3%</td> </tr> <tr> <td>No</td> <td>68.4%</td> </tr> <tr> <td>Maybe</td> <td>4.1%</td> </tr> </tbody> </table> | Response | Percentage | Yes | 25.3% | No | 68.4% | Maybe | 4.1% | <p>68.4% of the people do not feel lonely if they are around people. But 25.3% still feel lonely whenever they are around people, which may be due to poor mental health.</p> |
| Response | Percentage | | | | | | | | |
| Yes | 25.3% | | | | | | | | |
| No | 68.4% | | | | | | | | |
| Maybe | 4.1% | | | | | | | | |
| <p>Are there people you can rely on when you need help? 77 responses</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>72.7%</td> </tr> <tr> <td>No</td> <td>18.2%</td> </tr> <tr> <td>Maybe</td> <td>9.1%</td> </tr> </tbody> </table> | Response | Percentage | Yes | 72.7% | No | 18.2% | Maybe | 9.1% | <p>Around 72.7% of the people have someone on which they can rely whenever they need any help. 9.1% take help sometimes only and 18.2% people do not have a person on which they can rely.</p> |
| Response | Percentage | | | | | | | | |
| Yes | 72.7% | | | | | | | | |
| No | 18.2% | | | | | | | | |
| Maybe | 9.1% | | | | | | | | |
| <p>Do you feel comfortable asking for support if needed? 77 responses</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>62.3%</td> </tr> <tr> <td>No</td> <td>22.1%</td> </tr> <tr> <td>Maybe</td> <td>15.6%</td> </tr> </tbody> </table> | Response | Percentage | Yes | 62.3% | No | 22.1% | Maybe | 15.6% | <p>62.3% People feel free to ask support if needed, 15.6% ask only few persons for support. This may be due to lack of communication or he/she may be introvert. 22.1% feel uncomfortable for asking support.</p> |
| Response | Percentage | | | | | | | | |
| Yes | 62.3% | | | | | | | | |
| No | 22.1% | | | | | | | | |
| Maybe | 15.6% | | | | | | | | |

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| <p>Do you feel like you have a purpose or sense of meaning in your life? 77 responses</p>  | <p>80.5% people have clarity of their goal in life, whereas 10.4% are not sure about it. 9.1% think that they do not have any purpose in life, which may be affecting their mental health.</p> |
| <p>What are the activities or hobbies that bring you joy or comfort?</p> | <p>Most of the people do physical activities like Gym,Badminton, walking or running etc to be joyful and have comfort.Only few of the people do activity like Drawing or listening to music for cheering their mood.</p> |
| <p>Do you feel satisfied with your life so far? 77 responses</p>  | <p>66.2% of the people are satisfied with their life till present time, while 10.4% felt normal about it.23.4% of the people are not satisfied by their life so far, this can be due to not achieving a specific goal(maybe exam) which is may affecting them mentally.</p> |
| <p>Have you noticed any changes in your memory or ability to concentrate? 77 responses</p>  | <p>50.6% people's memory or the ability to concentrate is changed by time. But 39% have same memory and ability of concentration, which reflects their strong mental health. While 10.4% of people are not sure about it.</p> |
| <p>Do you forget things, like names, dates, or where you placed objects? 78 responses</p>  | <p>44.7% of respondents answered "Yes," indicating they forget things like names, dates, or where they placed objects. 36.8% answered "No," suggesting they generally do not experience such forgetfulness.The remaining percentage chose "Maybe," indicating occasional or uncertain forgetfulness.</p> |
| <p>Are you having any trouble understanding conversation? 78 responses</p>  | <p>65.8% of people do not have trouble understanding conversations.23.7% sometimes struggle to understand conversations. While 10.5% reflect occasional or situational difficulties.</p> |

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| <p>Do you find it harder to make decisions than you used to? 76 responses</p>  | <p>27.6% people find it harder than earlier to make decisions while 56.6% do not notice any changes in their decision making ability. While 15.8% find it harder only few times.</p> |
| <p>Do you feel challenged by tasks that you once found simple? 75 responses</p>  | <p>52% Persons do the same task as simple as they used to do it earlier. But 34.7% have lost their efficiency in the same. 13.3% people find some tasks difficult than earlier but sometimes do as efficiently as they used to.</p> |
| <p>Are there any specific activities that seem harder to do mentally?</p> | <p>Few of the people do activities without any mental stress. But most people have some specific activities that they seem to do mentally harder. It includes activities like studying, writing, arguing, calculations, etc.</p> |
| <p>Do you feel that your thinking is slower than it used to be? 76 responses</p>  | <p>32.9% people's feel like they are thinking slower than they used to be, which indicates a decline in mental health. 60.5% are feeling normal and do not have any change in speed of thinking. While remaining of them experience this only few times</p> |
| <p>How often do you have social interactions with your family or friends?</p> | <p>Many people interact with their family and friends often. But there are also some person's who talk with them once in a week or rarely which maybe is affecting their mental health by making them feel lonely.</p> |
| <p>Are you satisfied with the quality of your relationships? 75 responses</p>  | <p>Majority i.e. 72.4% of the people are satisfied with the quality of their relationships, 15.8% are not satisfied which may be affects their mental state. While 11.8% have mixed opinion.</p> |

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| <p>Are you comfortable asking for support if needed? 76 responses</p>  | <p>Similar to previous question, 72.4% are comfortable while asking for support whenever needed, 11.8% are uncomfortable which may be due to shyness or fear that reflects poor mental health. 15.8% ask for support if needed but not always.</p> |
| <p>At your worst who supports you the most?</p> | <p>At the worst the person is mostly supported by a family member or close friend. Almost all responses were of Family and best friend but 2-3 response were none or myself. This people may have a strong mental health or may need support.</p> |
| <p>How do you face your stress or hard emotions..?</p> | <p>We got a variety of response on facing stress or hard emotions. They included calmness, happiness, sleeping, and reading, doing various physical or mental activities and also crying.</p> |
| <p>How much will you rate your mental health on scale 1 to 10? 67 responses</p>  | <p>The average responses for this question ranged between 6 to 7. But Comparing the highest and lowest scores, the amount of low was greater than high.</p> |
| <p>Do you share your problems with family or friends? Do you feel comfortable while sharing it? 75 responses</p>  | <p>68.4% of people are comfortable sharing their problems to their family or friends. 19.7% do not share their feelings which can degrade them mentally. 11.8% share their problems occasionally</p> |
| <p>What things do you do to keep your mind and yourself busy?</p> | <p>Some people do physical or mental activities to keep themselves busy while some do not get free time and they are stuck to their daily routine like work or studying. The activities include Music, dance, various sports, games, movies, etc</p> |
| <p>How often do you join others or in any social activity?</p> | <p>This question filtered the people in 3 types. 1st- the one who regularly join others in social activities. 2nd- the one who are introvert and do not join or join rarely with others. 3rd- the one who used to be shy but now are comfortable joining others.</p> |

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| What are the things you feel like improving in your mental health? | We got mixed responses on this question. Different kind of people wants to improve different habits or qualities inside them. It included emotions, studying habits, sleep, routine, memory etc. and few people were satisfied with their mental health and hence choose not to change anything. |
|--|--|

CONCLUSION:

This study has provided valuable insights into the mental health of individuals, shedding light on the prevalence of mental health challenges such as anxiety, depression, and stress, as well as the factors influencing well-being. The survey results underscore the significant role of social support, coping mechanisms, and access to mental health resources in mitigating mental health issues. The findings also highlight demographic variations in mental health experiences, with age, gender, and socioeconomic status influencing the mental health outcomes of individuals. Importantly, the study revealed a need for greater mental health awareness and the reduction of stigma, as many participants reported hesitancy in seeking help due to societal perceptions. Based on these findings, it is evident that improving mental health education, increasing access to mental health services, and fostering open discussions about mental health are crucial steps in addressing the growing mental health crisis.

SOLUTIONS FOR MENTAL HEALTH ISSUES IN DAILY LIFE:

Promoting Mental Health Education and Awareness:

- Implement mental health awareness campaigns to educate individuals about common mental health issues, symptoms, and the importance of early intervention.
- Integrate mental health education into school curricula, workplaces, and community centers to reduce stigma and foster understanding.

Improving Access to Mental Health Resources:

- Increase access to mental health services, including counselling and therapy, through government-funded programs or low-cost clinics.
- Utilize telehealth services to make mental health care more accessible, especially for people in remote or underserved areas.
- Create community-based mental health support groups where individuals can share experiences and find emotional support.

Developing Coping Mechanisms and Stress Management Techniques:

- Encourage the practice of mindfulness, meditation, and relaxation techniques, which have been shown to reduce stress and anxiety.
- Promote physical activity, such as regular exercise, as it is linked to improved mood, reduced stress, and better overall mental well-being.
- Provide resources for time management, prioritization, and boundary-setting to reduce feelings of overwhelm, particularly in the workplace and home environments.

Building Strong Social Support Networks:

- Encourage individuals to maintain regular connections with family, friends, and supportive communities, which can provide emotional support during difficult times.

- Develop peer support programs where individuals can talk to others with similar experiences, helping them feel less isolated.
- Foster workplace environments that promote open dialogue about mental health, reducing stigma and encouraging peer support.

Addressing Workplace Stress and Burnout:

- Implement workplace wellness programs, which can include mental health days, counselling services, and stress management workshops.
- Promote a healthy work-life balance by encouraging flexible work schedules, reduced work hours, and regular breaks to avoid burnout.
- Educate employers and employees on recognizing signs of mental health issues and provide training for managing stress in the workplace.

Reducing Mental Health Stigma:

- Foster a culture of openness around mental health by encouraging individuals to speak up about their struggles without fear of judgment.
- Involve community leaders and influencers to challenge negative stereotypes and normalize conversations around mental health.
- Develop public campaigns that focus on the idea that mental health is as important as physical health and should be treated with the same level of care.

Creating Safe Spaces for Expression:

- Encourage individuals to engage in journaling, art, or other forms of self-expression as a way to process emotions and cope with stress.
- Establish community centres, online forums, or workshops where people can engage in creative activities that promote mental well-being.

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