

An effect of data mining in evaluating depression, anxiety,
and stress among students using social media in Puducherry - A
School & College based study

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By

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Summary

Social media is one of the major causes of concern to the students affected by depression, anxiety, stress. Every nation invests lot of money on education. However research survey on school and college student's reports at any given time, will be 10 to 20 % of student population suffering from psychological problems (Depression, Anxiety, Stress ()). This project briefly describes the research carried out in the past decades especially regarding stress, anxiety & depression. It focuses stress among college students, nature of psychiatric morbidity, emotional problems and adjustment and psychological problems of college students. It emphasizes how counselling will help students with emotional problems and also suggest that a preventive measure that has to be taken in colleges such as setting up student counselling centres, create awareness among college students in seeking help with counselling centres. It also suggests to have mentor / mentee programme compulsorily on all colleges. A student health committee should be formed in each college with mental health professionals as its members. There should be regular seminar & workshop for teachers & college students on various issues of psychological problems and its copying mechanisms.

Depression, Anxiety and Stress (DAS) plays a significant role in everyone's life and it is influenced by various factors like social media in the real world especially to college students. Numerous researches reveal that there is a correlation between Stress, Depression and Anxiety. DAS can be caused by several reasons such as illness, game addiction, social media addiction, disease, student examinations, etc. There are enormous measures and methods available to calculate the level and severity of DAS. The Depression Anxiety Stress Scale () is the classical method of measuring DAS using a 42-item questionnaire. This study examines the various approaches and methods to analyze DAS with its influencing factors among college students, nature of psychiatric morbidity, emotional problems and adjustment and psychological problems. It emphasizes how counselling will help students with emotional problems and also suggest that a preventive measure that has to be taken in colleges such as setting up student counselling centres, create awareness among college students in seeking help with counselling centres.

This project has proposed a classification rule induction (CRI) method using ant-miner algorithm, which aims to evaluate how far the college students get affected by DASS. This study shows that those who are all using the social media they having more depression, anxiety, stress compare to others. After this study everyone will be aware of using this type of social media unwantedly, and also proves that social media has significant relation with causes of DAS. It emphasizes how counselling will help students with emotional problems and also suggest that a preventive measure that has to be taken in colleges such as setting up student counselling centres, create awareness among college students in seeking help with counselling centres.