ABSTRACT

MENTAL HEALTH ANALYSIS IN UNIVERSITY STUDENTS USING THE K-MEANS METHOD

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Mental health is a state that enables individuals to cope with life pressures, develop skills, learn, and perform well. Mental health is an integral part of health and well-being, underlying individual and collective capacities. Mental health issues encompass mental health disorders and psychosocial disabilities, as well as other mental health conditions related to stress, dysfunction, or self-harm risk. University students are a young age group vulnerable to various mental health issues, such as the stress experienced by students. The lack of awareness among students and society regarding mental health, along with a deep understanding of the causes of mental health in students, is key to developing effective intervention measures. The purpose of this study was to apply the k-means clustering method to group student mental health data based on relevant causal factors. The dataset used came from a student mental health survey available on the Kaggle website, and the analysis was performed using Rapidminer software. The result of k-means analysis can facilitate a better understanding of the factors influencing student mental health and guide intervention efforts more efficiently.

Keywords: Mental Health, K-Means Clustering, Analysis, Rapidminer