Understanding Survey Data: Digital Consultation with the Victorias City Youth on Mental Health

Executive Summary:

In partnership with Makati Business Club and The Asia Foundation, Victorias City conducted an online consultation with its youth constituents to understand how to best support the youth through more holistic and inclusive mental health care support. The digital consultation lasted from September 20 until October 5, 2022, wherein a total of 405 voters ages 15-30 years old in Victorias City participated.

After the data collection process, the survey data collected has undergone a data-science and Natural Language Processing (NLP) approach to analyze and gain insights from the data. **In the analysis of the vote, the most voted cause of stress of the participants is friends, family, and romantic relationships.** Apart from the mentioned main stressors, other sources of stress were mined from the most frequent words in the participants' comments: social media, appearance, public speaking, bullying, finances, and academics/schoolwork.

To further understand the participants' comments on the open-ended question that aims to know the other source of stress. Thematic analysis has been conducted using the Gibbs Sampling Dirichlet Multinomial Mixture (GDSMM) to identify the underlying themes based on the participant's comments. In this analysis, (4) central themes were obtained:

- Family problems
- The impact of social media
- The Uncertainty of tomorrow
- Typical daily struggles

Also, based on the analysis, the participants are more likely to tell a friend or family rather than consult a mental health professional when experiencing a mental health issue. Additionally, the participants are more likely to speak to someone if they see people experiencing mental health issues than when they experience it themselves. The most voted intervention/program in terms of mental intervention is an awareness campaign, followed by therapies and counseling.

Backgrounds of The Survey:

Victorias City conducted an online consultation with its youth constituents to understand how to best support them through more holistic and inclusive mental health care support. The survey findings will benefit the local government in developing plans and implementing programs for the youth's mental health.

Objectives of the Survey:

- o Identify the main cause of stress of the participants per gender and age range
- o Understand the other cause of stress of the participants based on their comments
- o Determine the tendencies of the participants when experiencing mental health issues; and,
- o Highlight the top-voted mental health intervention according to the Victorias youth constituents

Methodology:

Victorias City conducted an online survey targeting youth constituents. Below is the high-level flow of the feedback collection and analysis process.

Initial meeting with the Himamaylan LGU and formulation of survey questions → Opening Citizen Assembly → Feedback data collection and analysis → Closing Citizen Assembly and presentation of results

Feedback Collection Process and Instruments

The primary collection tool used was the website (*mbc.com.ph*). The respondents answered a survey questionnaire consisting of (3) sections: personal information, voting/ranking questions, and an open-ended comment section. The personal information consists of name, age range, gender, current educational attainment, and whether the person is a resident of Victorias City. The voting/ranking section is the type of question where respondents can rank the source of stress, select the tendencies of the participants when

experiencing mental health issues and vote on the mental health intervention that should be prioritized. Also, there is an open-ended feedback part of the questionnaire wherein respondents can input comments such as the other source of stress and further mental health intervention.

Feedback Collection Summary

Below is a summary of the feedback collection process:

Target Respondents	Youth Respondents
Opening Citizen Assembly	September 20, 2022
Closing Citizen Assembly	October 5, 2022
Days of Feedback Collection	15 days
Number of Individual Voters	405 voters
Number of Statements	30 statements
Numbers of Qualitative Feedback Received	343 comments

Metadata: Demographics of the Respondents
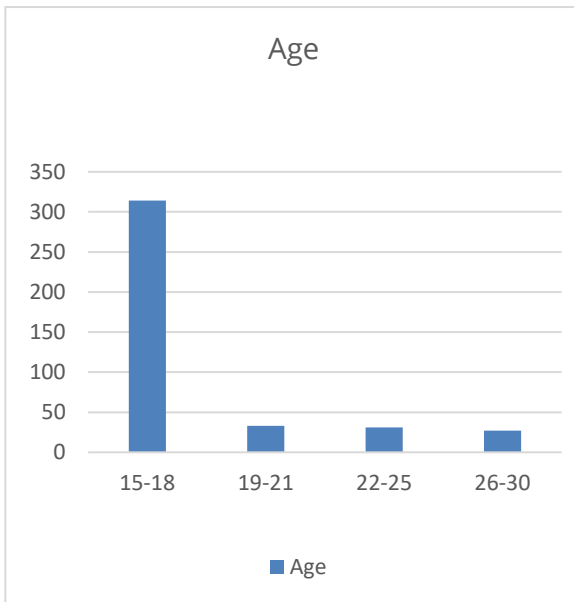
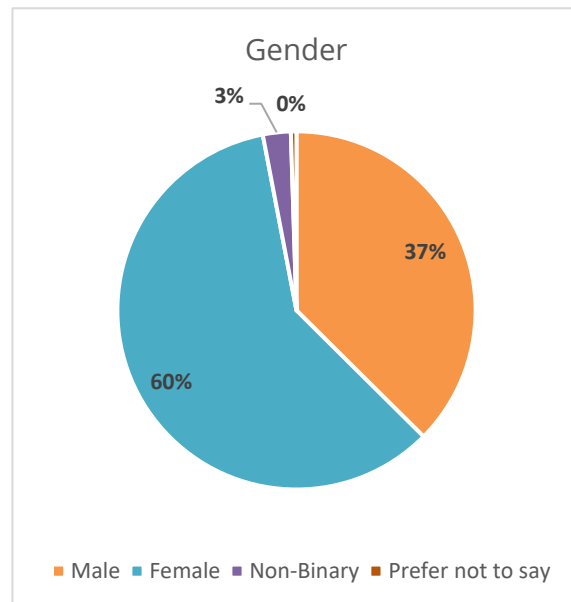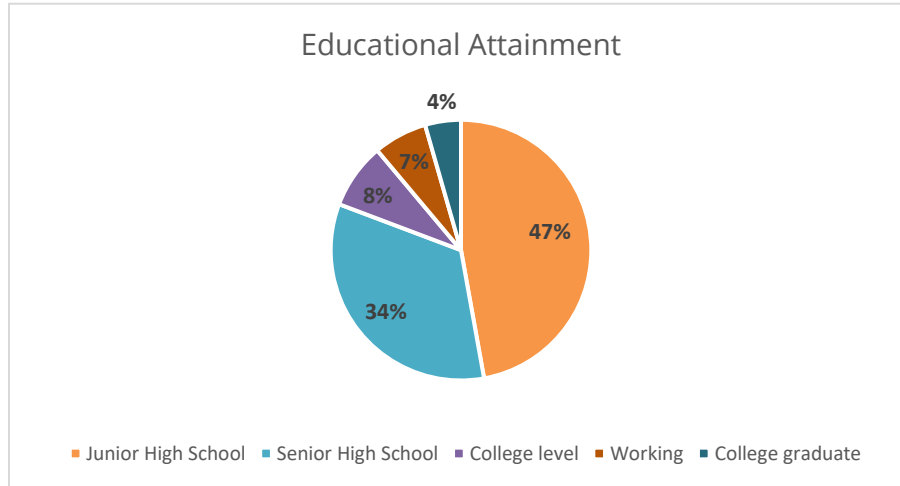*Fig 1. Age Range of the Participants*   *Fig 2. Gender of the Participants*

Fig 3. Educational Attainment of the Respondents

Educational Attainment

- 4% College graduate
- 7% Working
- 8% College level
- 47% Junior High School
- 34% Senior High School

Junior High School ■ Senior High School ■ College level ■ Working ■ College graduate

Based on the demographics, most of the respondents of this survey are in the age range of 15-18 and are currently in either junior or senior high school. Regarding gender, more than half, or 60%, of the participants are female. Also, the majority of the participants are Victorias City residents.

Table 1: SUMMARY OF VOTES

Statements	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All the time
I have felt cheerful and in good spirits	19	43	66	99	103	43
I have felt calm and relaxed	23	99	87	103	69	24
I have felt active and rigorous	20	82	87	94	80	42
I woke up feeling fresh and rested	52	96	96	81	47	33
My daily life has been filled with things that interest me	28	81	98	75	70	53

The table above shows the summary of the participants' votes on the question '*how have you been feeling over the last two weeks*?' To group the participants based on their responses, the votes from the at no time, sometimes less than of the time column, have been computed and regarded as group negative. On the other hand, the positive group is from the more than the time, most of the time, and all the time columns. By computing the percentage of votes, the group positive is 76% of the participants, while only 24% are in the group negative. This may indicate that most participants have had positive feelings over the past two weeks.

Source of Stress – Votes Analysis

In this analysis, the respondents' votes ranking the cause of stress are measured by getting the average mean per stressor. In the survey, 1 is the highest rank. Thus, *the lower average scores indicate a higher rank*. The tables below show the result of the voting analysis.

TABLE 2: THE MAIN SOURCE OF STRESS

RANK	Cause of Stress	Score
1	**Friends**	**1369**
2	Family	1608
3	Romantic Relationships	1642
4	Other students at school	1664
5	Other youth online	1840
6	Work	2104
7	Physical Health	2148
8	Finances	2454
9	School Work	2541

TABLE 3: THE MAIN CAUSE OF STRESS PER GENDER

RANK	Male	Female
1	**Friends**	**Friends**
2	Family	Romantic Relationships
3	Other students at school	Other students at school

TABLE 4: THE MAIN CAUSE OF STRESS PER AGE RANGE

RANK	15-18	19-21	22-25	26-30
1	Friends	Family	Other students at school	Family
2	Romantic Relationship	Friends	Family	Friends
3	Other students at school	Other students at school	Friends	Romantic Relationship

Based on the analysis of votes from the cause of stress of the participants, the top (3) stressors are friends, family, and romantic relationships. This may indicate that the main source of stress in Victoria's youth is the relationship aspect rather than situations or another aspect of life. Table 3 shows the side-by-side comparison of the stressor per gender. It can be seen that both gender relatively have the same top stressor except for rank two, wherein the male participants' rank two stressor is family. In contrast, the female rank two stressors are romantic relationships. The comparison per age range is similar to the findings in tables 2 and 3.

Mining Insights from the Qualitative Data
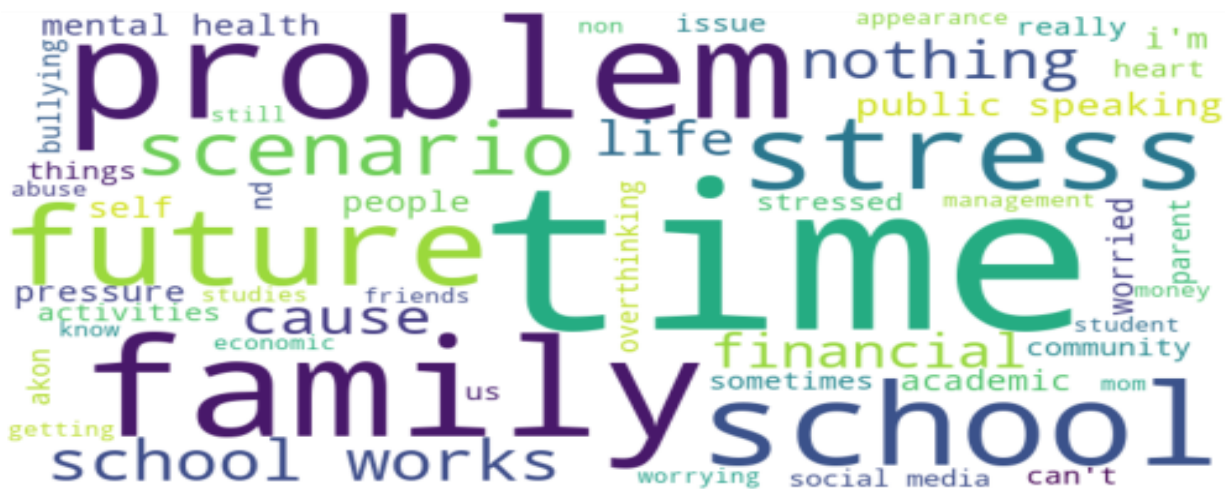
Apart from analyzing the vote, the respondents also added comments in an open-ended format regarding the other source of stressors. From the textual comments, key topics were obtained using Natural Language Processing (NLP). The figure above shows a word-cloud visualization of the most frequent words from respondents' comments revealing other stressors that affect the Victorias youth's mental health. The following are the key stressors mined from the textual data:

- Worrying and pressure for the future
- Family
- Public Speaking
- Appearance
- Bullying & Abuse
- Self-studying, schoolwork, and academics

Thematic Analysis

To further understand the textual inputs of the respondents for the other cause of stress. Thematic analysis through the Gibbs Sampling Dirichlet Multinomial Mixture (GDSMM) was utilized in this analysis. GDSDMM is a short text clustering model. The model groups words into a cluster like each other based on usage and meaning.

This analysis aims to determine the other cause of stress or the factors that contribute negatively to the mental health of the Victorias youth participants.

Table 5: Central Themes Obtained from Thematic Analysis

Topic #	Label	Topic Words
1	Family Problem	family, overthinking, heart, problem, needs, parent
2	The Impact of Social Media	scenarios, stress, causes, social media, economic
3	The Uncertainty of Tomorrow	worried, future, stressed, cause, life
4	Typical Daily Struggles	School, work, financial problems, money

The central themes obtained in the general perspective based on the comments are seen in Table 5. The first theme is labeled as '*Family problem,*' which is supported by topic words like 'family, overthinking,' 'problem,' 'needs,' and 'parent.' This may entail that the primary source of stress or factors contributing to the participants' mental health issues is the familial problem. This is a concern as families should be the support of the youth, yet in this case, it is evident from the comments that families are the ones causing problems to the mental health of the youth. Another topic obtained is labeled '*The impact of social media* with supporting terminologies like 'scenarios,' 'stress,' 'causes,' 'social,' and 'media.' This topic was not seen in the given choices from the voting part of the survey; however, it became apparent that it is also one of the primary stressors of the youth in Victorias city. It could be about the social media pressure, the *trying-to-fit-in* concept wherein most young people want to achieve or do what they see on social media. The third topic obtained is the '*Uncertainty of* tomorrow' wherein words like 'worried,' 'future,' 'stressed,' 'causes,' and 'life' were shown. This is a prevalent issue with young people as they are worried about life and the future, which could be about what course they will take in college, what career to pursue, and other reasons which may affect the youth's mental health. Lastly, the topic of '*the typical daily struggles*' is supported by terms like 'school,' 'work,' 'financial, 'problems,' and 'money.' This topic is evident in the daily life of Filipinos; struggling with work, school, and finances is one of the primary causes affecting Victorias youth's mental well-being.

Participants Tendency – Votes Analysis

Table 6: Summary of Votes

| Tendency Statement	Not at all	Very Unlikely	Likely	Very Likely
Talk to a friend	36	83	175	111
Talk to a family	87	100	106	112
Talk to a teacher	126	127	103	49
Consult a mental health professional	146	88	107	64
Check online resources	73	95	140	97

Table 6 above shows the summary of the votes in the question '*If you are experiencing a mental health issue (feeling anxious, depressed, suicide thoughts), how likely are you to:*.' From the votes, it can be seen that participants are more likely or very likely to talk to a friend or family when experiencing mental health issues rather than consulting a mental health professional. 62% of the participants are likelier to talk to a friend/family, and only 15% are very likely to consult a mental health professional. This could imply a challenge/gap in seeking help from a medical professional. It could also indicate accessibility issues, costly medical fees, and other reasons. Also, as seen from the results, participants are more likely to seek knowledge or advice from online resources than consult a professional.

Table 7: Summary of Votes

Tendency Statement	Not at all	Very Unlikely	Likely	Very Likely
Tell his/her friend	40	83	158	124
Tell his/her family	55	88	132	130
Tell his/her teacher	83	103	144	75
Consult a mental health professional	74	74	126	131
Check online resources	62	72	137	134

Table 7 above shows the summary of the votes in the question '*If you know someone experiencing a mental health issue (feeling anxious, depressed, suicide thoughts), how likely are you to*:.' Based on the analysis of the results from tables 6 and 7, the participants are more likely to tell someone if they see people experiencing mental health issues than if they are experiencing it themselves. This could imply that Victorias youth participants are not reluctant to tell someone and are willing to listen once they know someone is experiencing a mental health issue.

Mental Health Intervention – Votes Analysis

Mental Health Intervention (Votes)
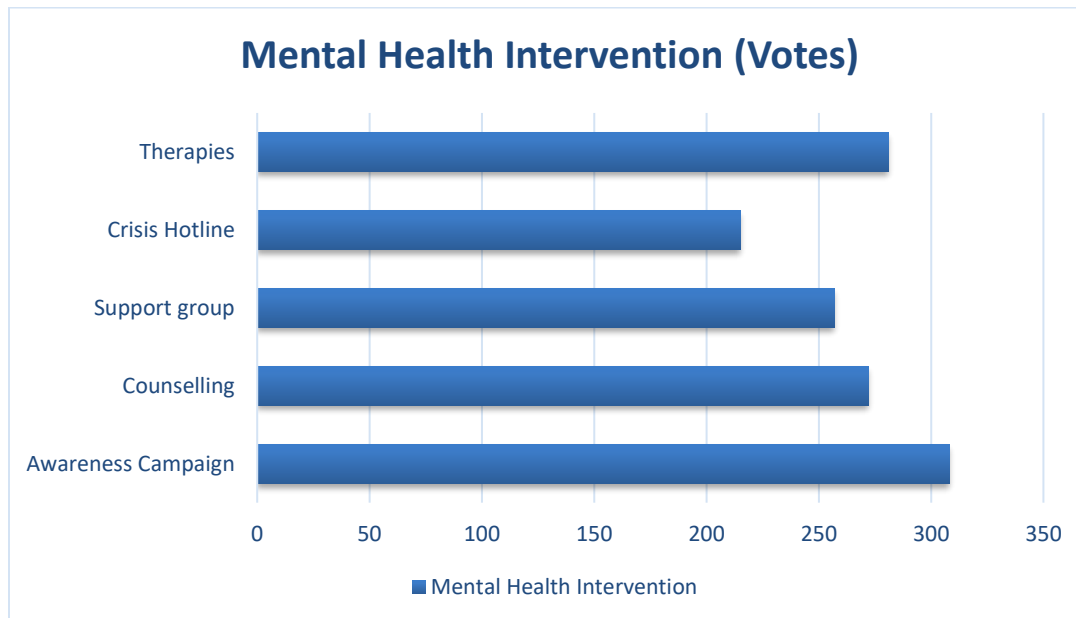
Based on the votes on the mental health interventions, the most voted programs are awareness campaigns and therapies. And counseling. The most voted-on program is the awareness campaign, with 308 votes. This may imply that the participants acknowledge that not everyone is knowledgeable the mental health issues. Thus, this awareness campaign can help create more mental health interventions. Although the most voted awareness campaign for each intervention, as seen in the chart above, obtained a decent number of votes, indicating that each program can be helpful in addressing the mental health issues of the Victorias City youth. Implementing each mental health program can help support Victorias youth more holistically and inclusively.

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END OF REPORT

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