Results

"Does Weather Impact Mental Health"

Table 1: T-Test Analysis for Depression systems based on Weather Conditions

Variable	Mean	SD	*df*	*t*	*p*
Gloomy Day	4	3.95	11	0.87	05
Sunny Day	3.5	4.081			

The findings of this study proved, using factual data, that weather does affect one's mental hea. Despite the fact that the weather is dependent, the data show that weather is independent and affects mental health. This observational study adds to a large body of continuing research to show that weather does affect.

Conclusion

The results of the study indicate that the participants had a better mental health standing and had fewer symptoms of depression, on sunny days. So we can conclude that on sunny days, participants were observed to have better tendencies of doing work, talking to friends, and enjoying their day.

The case for the study was speculated that the participants had less symptoms of depression on non-gloomy days. For both genders of the study seems to be the same results. What is possible is, students of colleges/universities feel more capable of doing more daily/social activities on sunny days.

There were countless limitations of the study like if a larger sample size was provided, more data could be provided. Furthermore, if the data wasn't just collected at one college in Atlanta, Georgia, it would be possible for the results to be more accurate.

If further studies were conducted, it would be possible to expand the observational results to more colleges. Also to have the participants to be from different schools. This will strengthen the result section and have the conclusion section more explanation.