

1. **Introduction**  
This document provides a comprehensive overview of the project's objectives, scope, and the methodology employed. It details the research questions, the data sources, and the analytical techniques used to address the research goals.

2. **Methodology**  
The methodology section describes the research design, including the selection of participants, the data collection procedures, and the statistical methods used for data analysis. It also outlines the ethical considerations and the steps taken to ensure the integrity and reliability of the research findings.

| Variable        | Measurement   | Scale       |
|-----------------|---------------|-------------|
| Age             | Self-reported | Continuous  |
| Gender          | Self-reported | Categorical |
| Education Level | Self-reported | Categorical |
| Income Level    | Self-reported | Categorical |
| Health Status   | Self-reported | Categorical |
| Activity Level  | Self-reported | Categorical |
| Stress Level    | Self-reported | Categorical |
| Quality of Life | Self-reported | Categorical |

## RESULTS



| Category   | Value |
|------------|-------|
| Category A | 15    |
| Category B | 25    |
| Category C | 35    |
| Category D | 45    |
| Category E | 55    |