

## 2. Methodology

The study was conducted using a mixed-methods approach, combining quantitative data analysis with qualitative interviews.

### 2.1. Quantitative Analysis

Quantitative data was collected from a survey of 500 participants. The data was analyzed using statistical software to identify trends and correlations. The results showed a significant positive correlation between the variables studied.

The quantitative analysis revealed that the majority of participants (75%) reported a positive impact on their well-being. This finding is consistent with previous research in the field.

Further analysis of the data indicated that the impact was most pronounced among the younger age group.

The qualitative data, derived from interviews with 20 participants, provided deeper insights into the experiences and perceptions of the study population.

Participants highlighted the importance of social support and community engagement in their overall well-being.

### 2.2. Qualitative Analysis

The qualitative data was analyzed using thematic analysis to identify key themes and patterns.

The analysis revealed several key themes, including the role of family and community.