

# Pet ownership age Vs Physical and Mental well being of owners

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## 1 Introduction

The COVID-19 pandemic has heightened mental health challenges across **life stages**, highlighting pets as a source of well-being.

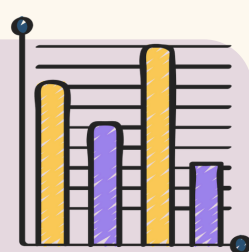
This study explores the **impact** of pet **ownership age on well-being** through a public survey and statistical analysis. The goal is to enhance understanding of how pets, especially dogs, benefit individuals and communities.

## 2 Methodology



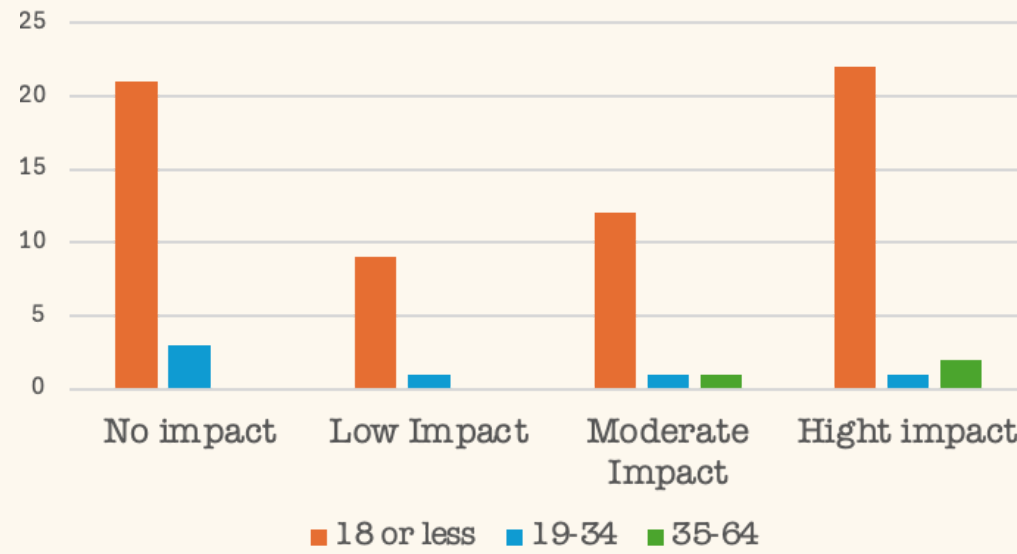
- **Study Design:** Cross-sectional survey exploring pet ownership and well-being across life stages.
- **Participants:** Diverse online sample; only included current or past pet owners.
- **Data Collection:** Online questionnaire with five sections: demographics, pets, physical and mental health, and life stages.
- **Data Analysis:** Used descriptive stats and Mann-Whitney tests due to non-normal data distribution.
- **Tools Used:** Data analyzed using SPSS software.
- **Ethical Considerations:** Anonymous, voluntary participation with informed consent.

## 3 Objectives

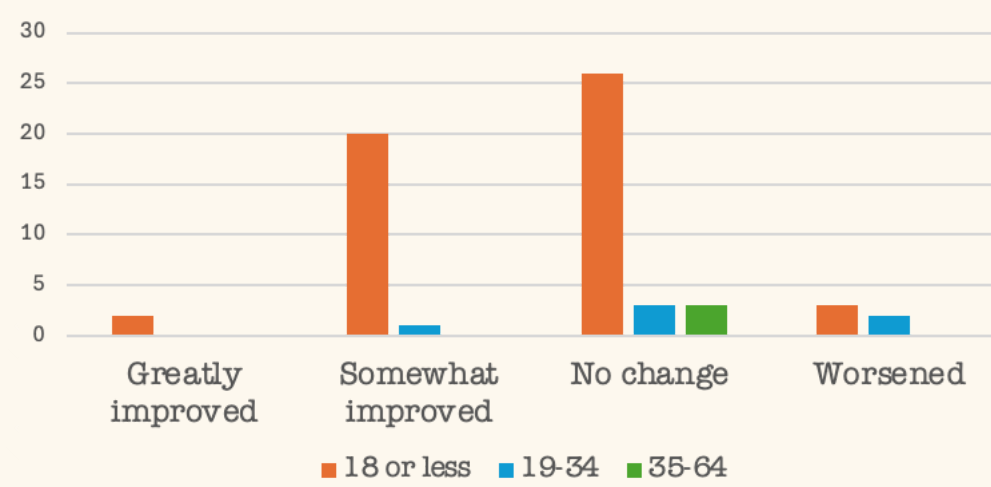


Examine the impact of pet ownership on well-being across life stages. Assess **links between pets and healthy habits** like activity and sleep. Explore the **emotional support** pets provide to **different age groups**.

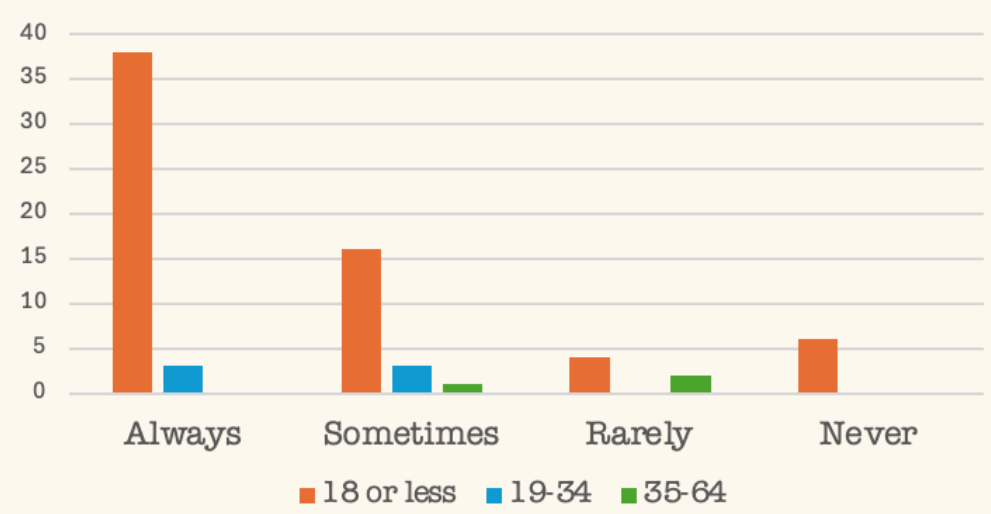
Owning age vs Physical impact



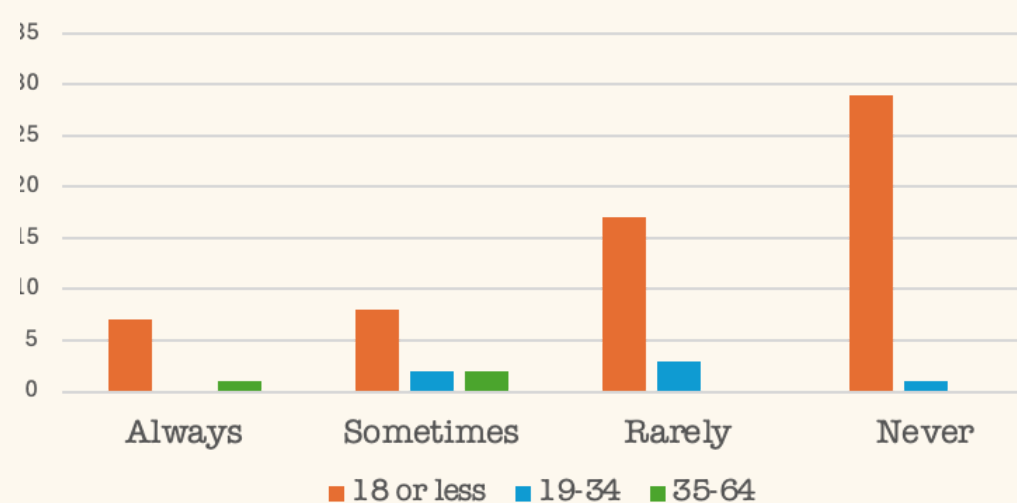
Owning age vs Sleep quality



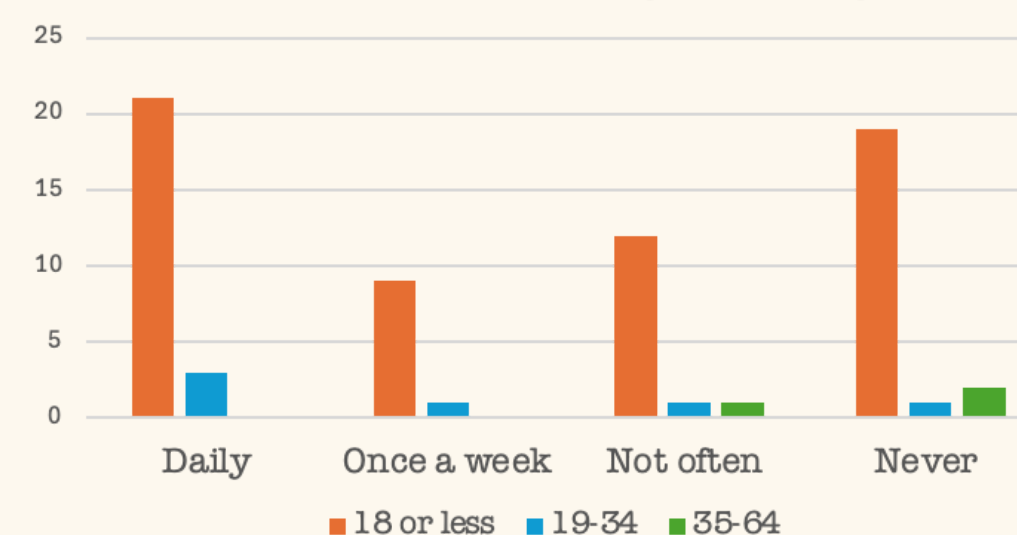
Owning age vs Loneliness



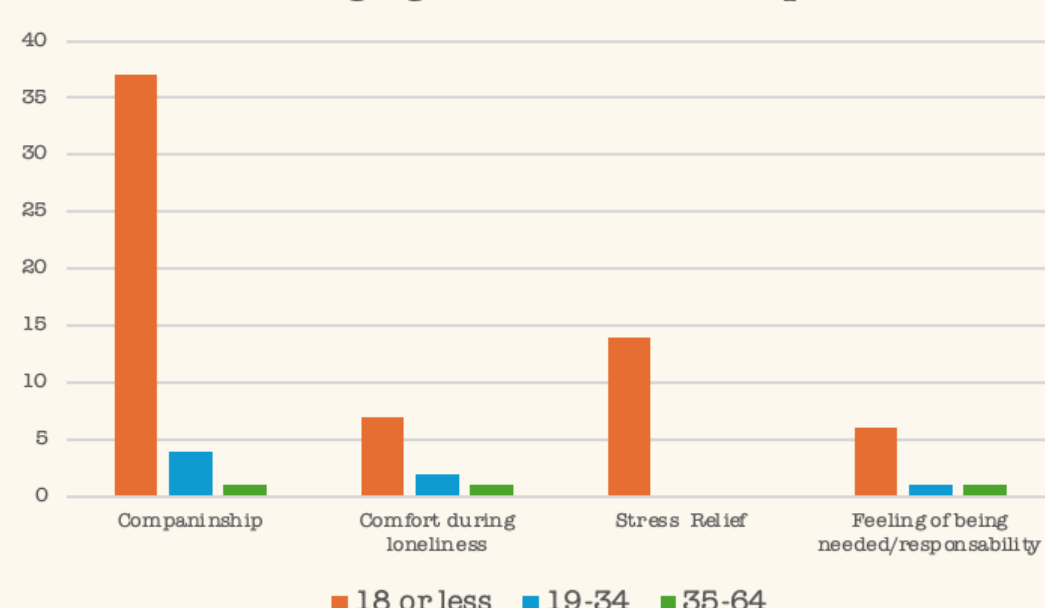
Owning age vs Comfort



Owning age vs Activity frequency



Owning age vs Emotional impact



## 4 Results

Data analysis for all variables **revealed no normal distribution** ( $p < 0.05$ ), so non-parametric tests were used. The **Mann-Whitney test** for all variables showed **no significant differences** in well-being outcomes based on the age of pet ownership ( $p \geq 0.05$ ).

## 5 Discussion



The study **examined whether pet ownership at different life stages influenced well-being and lifestyle outcomes**. Due to non-normal data distribution, non-parametric tests were used. **Results showed no significant differences**, suggesting that the age of pet ownership does not impact physical and emotional well-being in this sample.

## 6 Conclusion

**Regularly communicate with your team or clients to stay aligned.** Use video calls, messaging apps, or project management tools to collaborate effectively and avoid feeling isolated.

## References



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