STRESS ANALYSIS AND CARE PREDICTION SYSTEM FOR IT PROFESSIONALS.

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ABSTRACT:

During the COVID-19 pandemic, working or studying from home has led to increased stress levels among individuals, as shown by recent research. While stress is a natural response to stimuli, prolonged exposure can lead to serious health issues if not managed. To address this, our research has identified key parameters linked to online workers' stress levels, leading to the creation of a real-time desktop application. Our aim is to promote healthy lifestyles by providing effective stress management solutions. Stress, characterized by feelings of strain or pressure, has become prevalent, particularly among adolescents and workers. Prolonged stress can lead to depression, suicidal thoughts, and health problems like heart attacks and strokes. Leveraging technology such as machine learning and IoT devices, our project utilizes Galvanic Skin Response (GSR), Heart Rate Variability (HRV), and Temperature sensors connected to an Arduino board to detect stress. By automatically identifying stress during the day through physiological data from various sensors, our project facilitates mobile automated lifestyle counseling and analysis, aiding in stress reduction.