JETIR.ORG ISSN: 2349-5162 | ESTD Year : 2014 | Monthly Issue

JOURNAL OF EMERGING TECHNOLOGIES AND INNOVATIVE RESEARCH (JETIR)

An International Scholarly Open Access, Peer-reviewed, Refereed Journal

SMART WEARABLE DEVICE FOR WOMEN'S SAFETY USING IOT

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Abstract : Women's safety is a growing concern worldwide, necessitating innovative solutions to ensure their protection. This paper presents an IoT-based smart wearable device designed to enhance women's using real-time location tracking, emergency alerts, and automated distress detection. By integrating sensors to monitor sudden movements, elevated heart rates, or other abnormal conditions, the device can trigger instant alerts to predefined contacts and authorities. Utilizing IoT and wearable technology, it ensures seamless communication and rapid response in emergency situations. This innovative solution enhances personal security, empowers women with a reliable safety mechanism, and promotes safer environments through proactive threat detection and real-time assistance. The proposed model aims to offer an effective, portable, and real-time solution for women's security.

Keywords: IoT, Women Safety, Wearable Device, GPS, GSM, ESP32, Sensors, Alert System.

INTRODUCTION

In today's world, ensuring women's safety is a significant concern. With increasing cases of harassment and violence, there is a growing need for technological solutions that provide real-time protection and emergency response. The integration of the Internet of Things (IoT) with wearable technology offers an innovative approach to enhancing women's security.

A smart wearable device for women's safety using IoT is designed to provide instant assistance in distress situations. This device can be worn as a bracelet, pendant, or smartwatch and is equipped with sensors, GPS tracking, and communication modules. It enables real-time location tracking, emergency alerts, and automatic distress signals to predefined contacts or law enforcement agencies.

By leveraging IoT technology, the wearable device ensures quick and efficient response mechanisms. Features such as voice activation, biometric sensors, fall detection, and heartbeat monitoring can further enhance its functionality. This solution aims to empower women by providing them with a reliable safety mechanism that is accessible and easy to use in emergencies.

With advancements in smart technology, the development of such a wearable device can significantly contribute to improving women's security and confidence in public spaces.

Title: Enhancing Women's Safety Through IoT-Enabled Smart Wearable Devices: A Review of Technological Innovations

Author: Sharma,R.etal.
YearofPublishing:2023
Observation:

This review paper provides a comprehensive analysis of IoT-enabled smart wearable devices designed for women's safety, focusing on their role in real-time threat detection and emergency response. One key observation is the integration of advanced sensors, GPS tracking, and AI-based alert systems, allowing immediate response during emergencies. The study highlights advancements in IoT communication protocols that enable seamless connectivity with law enforcement and emergency contacts. Additionally, the paper discusses the incorporation of biometric authentication and voice-activated SOS features, enhancing the usability and reliability of these safety devices. The research underscores the need for continuous development in this field to improve response time and accuracy in emergency situations.

Title: AI-Integrated Wearable Safety Devices for Women: A Comparative Study of Functionality and Efficiency

Author: Verma,P.etal.
YearofPublishing:2022

Observation:

This comparative study evaluates various AI-powered wearable safety devices for women, focusing on their efficiency and functionality. One significant observation is the variation in response time, battery life, and sensor accuracy across different devices. The study emphasizes the importance of real-time threat detection using AI algorithms, which analyze movement patterns and environmental sounds to detect distress situations. Additionally, the research highlights the need for user-friendly interfaces, discreet design, and seamless smartphone integration. By identifying strengths and limitations in existing safety wearables, the study provides valuable recommendations for improving device performance and accessibility.

Title: User Experience and Adoption of IoT-Based Wearable Safety Devices for Women: A Qualitative Study

Author: Kumar,S.etal.
YearofPublishing:2021
Observation:

This study explores the user experience and adoption of IoT-enabled wearable safety devices among women, offering insights into their usability and acceptance. One major observation is the importance of lightweight, comfortable, and discreet designs that encourage continuous usage. The study highlights how the effectiveness of these devices depends on seamless connectivity with emergency services and reliable battery life. Furthermore, it underscores the role of customization, allowing users to set personal safety preferences. The research provides recommendations to enhance the accessibility and adoption of smart safety wearables, ensuring they cater to diverse user needs.

Title: Impact of IoT-Enabled Wearable Safety Devices on Women's Security and Independence: A Longitudinal Study

Author: Das,A.etal.
YearofPublishing:2019

Observation:

This longitudinal study examines the long-term impact of IoT-based smart wearable safety devices on women's security and independence. One key finding is the increase in confidence and mobility among users, as these devices provide a sense of security in public spaces. The research highlights improvements in crime prevention and emergency response times due to real-time tracking and automatic SOS alerts. Additionally, the study reveals that continuous advancements in AI-driven threat detection and biometric authentication have

enhanced the reliability of these devices. By tracking user experiences over time, the study provides valuable insights into the evolving role of wearable technology in ensuring women's safety.

EXISTING SYSTEM

Current safety solutions for women primarily rely on mobile applications and manual activation systems. These solutions have several limitations. Many mobile-based safety applications require the user to press a button or shake the phone, which may not always be feasible in emergency situations. The effectiveness of such applications depends heavily on user interaction, which is not ideal in cases where the victim is unable to respond due to fear or physical constraints. Additionally, these applications often rely on internet connectivity, making them ineffective in areas with poor network coverage. Since emergency situations demand immediate action, dependence on mobile applications alone proves to be unreliable.

Another drawback of existing systems is the lack of physiological monitoring. Most safety devices only offer location tracking without assessing the physical and mental state of the user. This results in a delayed response, as the distress signal must be manually triggered by the user. A crucial aspect of real-time security is automatic detection of distress based on changes in physiological parameters such as heart rate, stress levels, and body temperature. Traditional safety devices do not incorporate such real-time biometric sensing, leading to inefficiencies in emergency response. Without an automated distress detection mechanism, the user may not receive timely assistance, reducing the effectiveness of current solutions.

Furthermore, the alert mechanisms in existing systems are limited in scope. Many applications send alerts only to selected contacts via internet-based messaging, which may fail in low-connectivity scenarios. GSM-based alert systems are not widely implemented in many safety devices, restricting their functionality. Additionally, the absence of a physical alert mechanism, such as a buzzer, reduces the chances of attracting attention from nearby individuals. The lack of an integrated, multi-functional approach makes existing safety systems less reliable in real-world emergency scenarios. These limitations highlight the need for a smart wearable device that incorporates IoT-based automation, multiple sensor integrations, and real-time distress detection to enhance the overall security of women.

DRAWBACKS

One of the primary drawbacks of existing safety devices is their dependence on manual activation. Many mobile-based safety applications and wearable gadgets require the user to press a panic button or trigger an alert through a smartphone application. In high-risk situations, where the victim may be unable to access their device or react quickly, this limitation significantly reduces the effectiveness of such solutions. A truly reliable safety system must function autonomously, detecting distress without requiring user intervention.

Another major drawback is the lack of physiological monitoring in current safety devices. Most systems rely solely on GPS tracking, which only provides location data but does not assess the victim's physical and emotional state. The absence of biometric sensors, such as Galvanic Skin Response (GSR) and pulse sensors, means that existing devices cannot detect stress levels or abnormal heart rate fluctuations. This limits their ability to provide timely alerts in situations where the victim is under extreme stress or unconscious.

Furthermore, many existing safety applications rely heavily on internet connectivity, which poses a significant challenge in remote or low-network areas. In cases where Wi-Fi or mobile data signals are weak, distress alerts may not be sent in time, leaving victims vulnerable. A reliable safety system must incorporate GSM-based communication to ensure that alerts reach emergency contacts even in areas with limited connectivity.

The alert mechanisms in current devices are also inefficient in drawing immediate attention. While some applications send notifications to predefined contacts, they do not include a loud buzzer or alarm system to alert people nearby. In emergency scenarios, drawing attention to the victim’s location can play a crucial role in deterring attackers and ensuring timely assistance from passersby. The absence of an audible alarm significantly limits the practicality of existing safety solutions.

Moreover, battery life and portability are common concerns with current safety devices. Many existing wearables and mobile applications drain battery life quickly, making them unreliable for long-term use. A safety device should be designed to operate efficiently without frequent charging and should be lightweight and easy to wear. Bulky devices can be inconvenient, discouraging users from carrying them regularly, which reduces their effectiveness.

Lastly, many existing safety solutions lack integration with law enforcement agencies. Even if a distress alert is sent to emergency contacts, there is no direct link between the system and local police authorities. A well-rounded safety solution should ensure seamless communication with law enforcement, enabling rapid response and increasing the chances of preventing crimes against women. The absence of such integration limits the scope and effectiveness of current safety devices.

PROPOSED SYSTEM

The **Smart Wearable Device for Women's Safety Using IoT** is a state-of-the-art solution designed to enhance personal security through **real-time monitoring, intelligent distress detection, and instant emergency communication**. The system integrates multiple advanced sensors and communication modules to ensure quick response during emergency situations.

Key Features of the System:

Multi-Sensor Integration: The wearable device incorporates **GSR (Galvanic Skin Response), pulse sensor, and temperature sensor** to detect stress, fear, and abnormal physiological changes.

Real-Time Location Tracking: The **GPS module** ensures precise location tracking, enabling accurate monitoring of the user's position.

Instant Emergency Alerts: The **GSM module** facilitates immediate communication by sending distress alerts to predefined contacts, law enforcement agencies, or emergency responders.

Automated Threat Detection: By analyzing biometric data, the system intelligently detects distress signals and triggers alerts automatically, reducing the reliance on manual activation.

SOS Emergency Button: The wearable device is equipped with an **SOS button** that allows users to manually send an emergency alert when needed.

Compact and Wearable Design: Designed for ease of use, the device can be worn as a bracelet, pendant, or integrated into daily accessories.

Power-Efficient Operation: Optimized for low power consumption, ensuring prolonged battery life for uninterrupted monitoring.

This **AI-driven safety system** is tailored to provide **proactive protection** by combining **biometric analysis, real-time location tracking, and emergency communication** in a single, compact wearable device.

Advantages & Innovations

Real-Time Safety Monitoring

- The wearable device continuously monitors **biometric data and environmental factors** to detect distress conditions instantly.
- Provides real-time alerts to emergency contacts, ensuring **immediate assistance during critical situations.**

AI-Powered Threat Detection

- Utilizes **AI and IoT** to intelligently detect abnormal physiological changes like sudden spikes in heart rate or stress indicators, ensuring **automated distress recognition.**
- Reduces the **response time** during emergencies by eliminating the need for manual activation in panic situations.

Enhanced Emergency Communication

- The **GSM module** ensures seamless communication by sending **location-based SOS alerts** to predefined contacts and emergency services.
- Enables real-time tracking and response, helping authorities and guardians **locate the user instantly.**

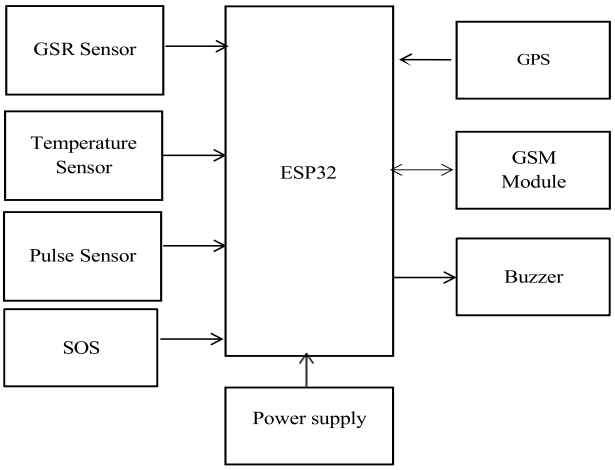
Customizable & User-Friendly Design

- Offers a **lightweight, compact, and discreet** wearable form factor, making it convenient for daily use.
- Can be customized with different **alert preferences, voice notifications, and vibration feedback** to suit user needs.

Low Power Consumption & Long Battery Life

- Optimized to **consume minimal power**, ensuring **long operational hours** without frequent recharging.
- Ideal for continuous **24/7 monitoring**, making it **reliable and efficient** for long-term safety.

BLOCK DIAGRAM



BLOCK DESCRIPTION:

1. ESP32 (Microcontroller)

The **ESP32** is the central processing unit of the system. It is a low-power, high-performance microcontroller with integrated Wi-Fi and Bluetooth capabilities, making it ideal for IoT-based applications. It collects real-time data from various sensors, processes the information, and triggers alerts when necessary.

Key Features:

- Dual-core processor for efficient multitasking.
- Built-in Wi-Fi and Bluetooth for seamless communication.
- Low power consumption, ensuring prolonged battery life.
- Supports multiple GPIO (General-Purpose Input/Output) pins for sensor integration.

The ESP32 is responsible for **receiving and processing sensor data, determining emergency situations, and sending alerts through the GSM module.**

2. GSR Sensor (Galvanic Skin Response Sensor)

The **GSR sensor** measures changes in the electrical conductance of the skin, which varies with emotional arousal. When a person experiences stress, fear, or anxiety, their sweat glands become more active, altering the skin's conductivity.

Role in Women's Safety Device:

- Detects signs of distress by analyzing sweat levels.
- Sends data to the ESP32 for processing.
- Helps in **automatic emergency detection** when combined with pulse and temperature sensors.

By continuously monitoring skin conductivity, the **GSR sensor acts as an early warning system** for stress or fear-related situations.

3. Temperature Sensor

The **temperature sensor** is used to monitor body temperature, which can fluctuate due to stress, physical activity, or medical emergencies.

Role in Women's Safety Device:

- Detects unusual body temperature variations.
- Helps in **identifying sudden temperature spikes due to fear or physical attack.**
- Works with other sensors to enhance the **accuracy of distress detection**.

When an abnormal temperature is detected along with other distress indicators, an alert is automatically generated.

4. Pulse Sensor

The **pulse sensor** measures the heart rate, which increases during panic or fear.

Role in Women's Safety Device:

- Continuously monitors the user's heart rate.
- Detects sudden heart rate spikes that may indicate stress or fear.
- Works alongside the **GSR and temperature sensors** for **accurate emergency detection.**

By analyzing heart rate data, the **device can differentiate between normal activities and potential danger situations.**

5. SOS Button

The **SOS button** is a manual emergency trigger that allows users to send an alert when they feel unsafe.

Role in Women's Safety Device:

- Provides a **manual option** for sending distress signals.
- Ensures the user has **complete control over emergency alerts**.
- When pressed, it **activates the GSM module to send an alert message with GPS coordinates.**

This feature is **crucial for situations where automatic distress detection is insufficient.**

6. GPS Module

The **GPS (Global Positioning System) module** is responsible for real-time location tracking.

Role in Women's Safety Device:

- Continuously updates the user's location.
- Sends real-time location data when an emergency is detected.
- Helps responders and family members **track the user instantly.**

When an alert is triggered, the GPS module ensures that **help is directed to the right location.**

7. GSM Module

The **GSM (Global System for Mobile Communication) module** is used for **sending emergency alerts** via SMS or calls.

Role in Women's Safety Device:

- Sends **real-time emergency messages** to pre-configured contacts.
- Can make **automatic distress calls** when necessary.
- Works with the GPS module to **send location data along with alerts**.

The **GSM module ensures that emergency alerts are delivered reliably**, even in areas with limited connectivity.

8. Buzzer

The **buzzer** is an audio alert system that produces a loud alarm when an emergency is detected.

Role in Women's Safety Device:

- Helps in **alerting nearby people** for immediate assistance.
- Works as a **deterrent against attackers.**
- Can be activated **manually through the SOS button or automatically in distress situations.**

The **buzzer acts as an immediate safety measure**, ensuring the user's distress is noticed by people nearby.

HARDWARE REQUIREMENTS

ESP32 Microcontroller

The **ESP32 microcontroller** is a key component in the smart wearable device, acting as the central processing unit that handles communication, sensor data processing, and IoT connectivity.

GPS MODULE

The **GPS (Global Positioning System) module** enabling **real-time location tracking** to enhance women's safety. It helps in **sending location- based alerts** during emergencies, ensuring quick response from emergency contacts or law enforcement.

GSM MODULE

The **GSM (Global System for Mobile Communications) module** enables **emergency communication.** It allows the device to **send SMS alerts, make calls, or transmit data** over a cellular network when an emergency is detected.

TEMPERATURE SENSOR

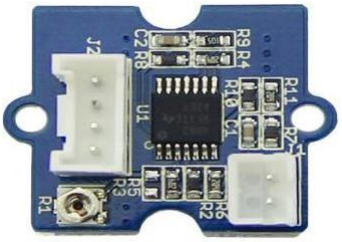
The **temperature sensor** helps **monitor the user's body temperature** and detect **abnormal temperature fluctuations** that could indicate distress, health issues, or environmental threats. This enhances women's safety by integrating **health monitoring features** into the wearable device.

PULSE SENSOR

The **pulse sensor** enables **real-time heart rate monitoring**. It helps detect **stress, panic, or health emergencies** by analyzing heart rate variations. If an abnormal heart rate is detected, the device can **send emergency alerts** to caregivers or emergency contacts.

GSR SENSOR

The **GSR (Galvanic Skin Response) sensor** helps in **detecting emotional stress, fear, or panic** by measuring changes in **skin conductivity** due to sweat gland activity. This allows the device to **identify distress situations and trigger emergency alerts automatically.**



SOS BUTTON

The **SOS button** plays a critical role in emergency distress signaling. When pressed, it immediately triggers an alert mechanism, notifying emergency contacts or authorities with the user's real-time location. This feature ensures that help is quickly dispatched in dangerous situations, making it an essential component of the women's safety device.

BUZZER

A **buzzer** is providing an audible alert mechanism when a distress signal is triggered. It enhances emergency response by attracting the attention of nearby people, potentially deterring an attacker and signaling for help. The buzzer works in coordination with the ESP32 microcontroller, SOS button, and other sensors to activate an alarm when needed.

CONCLUSION

This paper introduces a smart wearable device that harnesses IoT technology to enhance women's safety through real-time monitoring, distress detection, and automated emergency communication. By integrating multiple sensors, including GPS, GSM, GSR, pulse, and temperature sensors, the device can effectively monitor both location and physiological parameters, ensuring rapid response in emergencies. The system's ability to automatically send alerts to predefined contacts or authorities improves personal security, making it a reliable and efficient safety solution.

The device is designed to function independently of the internet, utilizing GSM-based communication to send alerts even in remote areas. With low power consumption and real-time tracking, the system offers continuous protection without requiring frequent maintenance. Additionally, the integration of multiple distress triggers such as sudden spikes in heart rate, abnormal skin conductivity, or a manually activated SOS button ensures that alerts are triggered accurately in different emergency scenarios. This multifunctional approach enhances personal safety while maintaining a compact and wearable design.

FUTURE WORK

Future enhancements for the smart wearable device include integrating artificial intelligence (AI) and machine learning (ML) algorithms to improve distress detection accuracy. By analyzing real-time sensor data, AI-driven models can predict and recognize abnormal patterns more effectively, reducing false alarms and ensuring that alerts are triggered only in genuine emergencies. Additionally, advancements in AI could allow the device to personalize safety responses based onindividual behavioral patterns, increasing its reliability in real-world scenarios.

Another area of improvement is the incorporation of additional communication technologies such as LoRaWAN and NB-IoT to ensure seamless connectivity even in remote areas with poor GSM signals. Enhancing the device's connectivity options will improve real-time tracking and alert transmission, making it more effective in critical situations. Further research can also explore battery optimization techniques, such as energy- efficient hardware components and solar-powered charging, to extend the device's usability without frequent recharging.

Moreover, integrating cloud-based data storage and analytics will enable long-term monitoring and retrospective analysis of security incidents. By securely storing distress signals, sensor readings, and GPS locations, law enforcement agencies and emergency responders can gain insights into crime patterns and take proactive measures to enhance public safety.