ABSTRACT  
  
   
The detection of stress among It-Employee is crucial for ensuring their well-being and productivity in the workplace. Traditional methods of assessing stress levels rely on subjective self-reporting, which is prone to biases. In this study, we propose a novel approach that leverages machine learning and image processing techniques to analyze facial emotions and accurately classify stress-related expressions. Our methodology involves training Convolutional Neural Network (CNN) algorithms using a dataset of annotated facial expressions to develop a robust stress detection model. By utilizing this trained model, we can predict stress levels based on facial emotions captured through images. This approach provides an objective and non-intrusive means of assessing stress, thereby enabling timely interventions to support employees and improve their overall work environment.

KEYWORDS: CNN, Facial Emotions, Keras