PROBLEM STATEMENT

In the modern world with latest technology gadgets, Stress is raising most to everyone. According to the World Health Organization (WHO), one in four people suffer from the mental health issue of stress. Human stress causes mental and socioeconomic issues, loss of focus at work, strained relationships with co-workers, despair, and in the worst circumstances, suicide.

The high-stress levels experienced by IT employees can have significant negative impacts on their productivity, job satisfaction, and overall well-being. Therefore, there is a need for a reliable and non-invasive method to detect stress levels in IT employees in real-time to provide timely interventions and support.

To address this problem, we propose a machine learning and image processing-based approach to detect stress levels in IT employees. The proposed system will use a camera to capture images of the employee's face and then use machine learning algorithms to analyze facial expressions and detect signs of stress such as frowning, tense facial muscles, and other physical indicators. The system will also collect data on the employee's heart rate and other physiological parameters to provide a more comprehensive understanding of their stress levels.

The proposed system will provide an objective and automated method to detect stress levels in IT employees, which can be used to provide timely interventions and support to reduce stress levels and improve employee well-being and job satisfaction.