ABSTRACT

Application for Stress Management/Mood-Based Recommendation System
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Today, mental stress is a significant issue for all age groups. This rising stress level contributes to a number of issues such as depression, suicide, and heart attacks. An external stimulus could boost moods or enrich experiences. Music and movies have long been acknowledged as effective tools that greatly impact our emotions and general well-being.

One of the most significant challenges in the domain of digital wellness is a lack of stress management tools catering to an individual's unique circumstances. People deal with diverse sources of stress in their daily lives, emphasizing the need for tailored and effective stress management solutions. Current tools often fail to address users' varied emotional states, leaving a market need for a more responsive and personalized approach. Existing solutions also fall short since they often offer limited types of recommendations, such as solely music, rather than a comprehensive solution.

This project aims to address the above-mentioned problems by developing a web application where users will fill out questionnaires, allowing the application to predict their stress and mood levels. This data is used by the application to provide customized recommendations for stress relief including movies and music with the help of Random Forest Classifier with Filtering for music recommendations and Content-based filtering using Cosine Similarity for movie recommendations. The outcome will be a reduction in the impact of growing mental stress and elevation of moods in our modern society.