Projective Exploration on Individual Stress Levels using Machine Learning

JEEVITHA R[1], BHAVYA B[2], KOTHA SREEJA[3], BHARGAVI P[4]

[1]Sr. Assistant Professor, [2,3,4]UG Scholar
[1,2,3,4] Department of Computer Science and Engineering
New Horizon College of Engineering, Bangalore, India, 560103
[1]jeevitha.cdm@gmail.com, [2]bhavyab0203@gmail.com, [3]k.sreeja2001@gmail.com,
[4]p.bhargavi28112811@gmail.com

Abstract—**In Recent days, Predicting Stress among the individuals based on their outline and actions or performance is a puzzling task in the current region. This Current system acts a manual process where it is challenging in predicting the stress among college students, employees and others.Therefore, there isn't any automation for extrapolating this stress. In the current System we use machine learning algorithms or AI algorithms to discover the stress levels, these kind of skills are used in the process of application development. The main purpose of this project is to diminish stress in students,employees and other individuals. In past few years Computer science has come a lengthy way for this type of field. It acts being multifaceted and massive. It has been used in the variation of applications in order to meet the basic needs of human society. The field of healthcare, has made significant progress in the usage of machine learning. The word Stress stands as a toxic disease that kills a bulky number of people globally. We inspect how machine learning technique can assist diminish the risk of stress prediction, which can lead to accidents, in this study.**

Keywords: Machine Learning,Stress detection, ASP.NET,social communication, UnLabelled and labelled data set.

1. INTRODUCTION

AI empowers for the forecast of the chance of pressure in the student of understudies like alumni, undergrad, postgraduate, and expert understudies. We investigate the performance of machine learning. In this work, algorithms are used to reduce the gamble of pressure forecast, resulting in the early treatment of understudies. Nowadays, stress is become a serious issue, and it might result in either a good or bad way. Nowadays, the term stress has become a huge issue that leads to health issues when it reaches a particular level, and it becomes more sophisticated by the day. These days from females to males and others are being introverts. Introverts suffer due to lack of understanding about themselves and they could not be understood by the extroverts.

As an outcome of this undertaking, a self-observer might expect that going through an involvement meticulously would at last bring about figuring out what turned out badly founded on the arrangements that will be given, letting themfree from pressure.

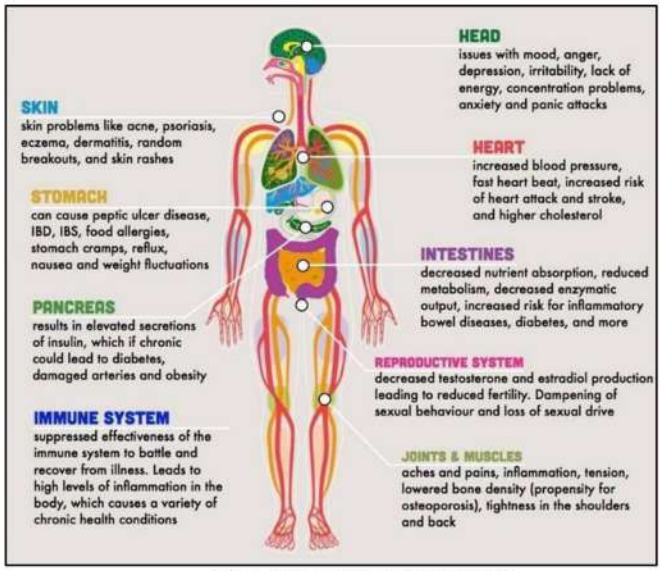

Fig.1. Stress effects in the body

In the present culture, the quantity of individuals experiencing pressure is consistently expanding. The impacts of weight on heads according to Hans Selye, stress is "an organism non-specific response to a demand or a change in its physical circumstances." It might manifest as either eustress or distress. Eustress has a beneficial effect, whereas distress has a negative effect. A pattern formed by cognitive, emotional, behavioral, and physiological responses to negative and toxic characteristics of a stressed organization and environment. It's the outcome of misalignment between people and their jobs, as well as interpersonal friction.
This will assist students, employees, and all individuals in objectively determining the correct vision for themselves. From a psychological standpoint, self-reported measurements are the most common way to assess stress. According to the literature review, data mining tools have not yet been widely used to analyses stress issues; thereby, we

use machine learning techniques to overcome this stress issue.

A. Popular Algorithms

- KNN Classifier: It is a supervised learning algorithm which can be implemented on labelled data. It is used for predicting whether a person needs treatment or not. From the data already known it classifies on how similar its independent variable are to the instance with dependent
- Logistic Regression: The best method that is used for prediction analysis. It is used with binary variable that is dependent on other independent variables. Here, we will use few relevant attributes as independent variable and those having stress and needs treatment that is predicted by the model trained.
- Random Forest Classifier: It is used as the flexible ML algorithm which provides good persistent result even if there is no hyper tuning. They are used as the clusters of decision trees that are working together.

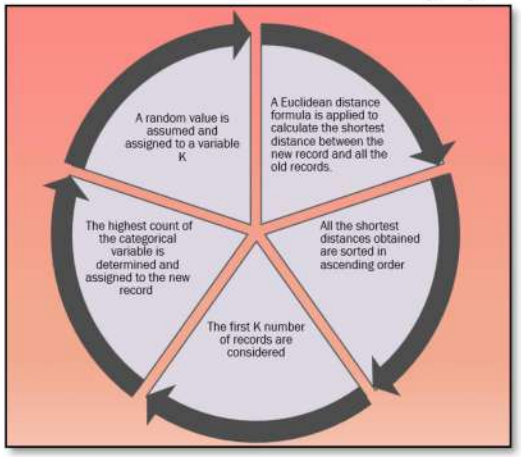

Fig.2. Working of KNN algorithm.

B. Types of Stress

1. Acute Stress:
   - Definition: It is a type of short-term stress that comes as a result of daily duties, recent events, or events in the near future. It causes emotional suffering (irritability, anxiety, and anger) as well as medical difficulties.
   - Cause:
     - Witnessing a death.
     - Witnessing a severe accident.
     - Exposure to war in the case of either civilians
     - Rape or sexual violence.
     - A physical attack.
   - Symptoms:
     - Emotional responsiveness.
     - Difficulty concentrating.
     - Feeling of being disconnected from one's body
     - Sense of numbing
     - Dissociative amnesia.

2. Episodic Acute Stress:

- Definition: It occurs when people are confronted with a series of stressful situations and are aware of impending danger. Aggressive, uptight, and extremely competitive people with a "Form A" mentality are prone to this type of stress. Continuous anxiety, migraines, heart/chest pain, and persistent headaches are all prevalent signs of episodic stress.
- Cause:
  - Diabetes
  - Depression leading to suicidal tendence.
  - Menstrual and skin related problems.
  - Loss of memory
- Symptoms:
  - Panic attacks
  - Irritability
  - Muscle tension

3.Chronic Stress:

- Definition: It is the most dangerous type of stress. It entails constant anxieties that appear to last forever, affecting both the mind and the body.
- Cause:
  - Acne
  - Depression
  - High blood pressure
  - Heart disease
  - Eczema
- Symptoms:
  - Aches and pains
  - Difficulty sleeping
  - Fatigue, Infections
  - Feeling a loss of control

II. DATASET IMPLEMENTATION

Attributes are identified by the dataset and listed in the form of a table. Where all attributes are of nominal types whereas some attributes which is relevant for classification and prediction for the problem, here the dataset will be pre-processed by eliminating irrelevant and redundant attributes using three tier architecture they are data layer, business layer and presentation layer. For accessing the data, the technology that will be used is ado.net, for the same asp.net would be used as a programming script that is like a front end to develop the code.

In the Existing framework people are confronting so many emotional wellness issues like melancholy, pressure, stress, relational responsiveness, dread and apprehension.
However numerous enterprises and partnerships give psychological well-being connected plans and attempt to facilitate the work environment air, the issue is a long way from control.

This kind of web application is executed utilizing object-situated programming language. Object situated writing computer programs is a methodology that gives an approach

to modularizing programs by that will be utilized is ado.net, for the equivalent asp.net would be utilized as a programming script that resembles a front finish to foster the code.

A. STRESS PREDICTION STEPS AND FLOW:

STEP 1: DATA COLLECTION:

This is the first step in the stress prediction process where we collect stress data. Data collected from many sources which contains parameters such as Gender, Age, Financial Issues, Family Issues, Health Issues, Partiality Fix, Pressure, Regular, Interaction etc.

STEP 2: DATA PREPARATION:

Here stress data analyzed and only relevant data extracted. The data required for processing extracted and segmented according to the requirement. Required data extraction is done because entire data not required for processing and if we input all data, it requires too much of time for processing, so data processing is done.

STEP 3: SPECIFY CONSTRAINTS:

Stress parameters used for stress level prediction are fetched. Parameters such as Gender, Age, Financial Issues, Family Issues, Health Issues, Partiality Fix, Pressure, Regular, Interaction etc.

STEP 4: MACHINE LEARNING ALGORITHM KNN ALGORITHM:

"KNN Algorithm" is used for stress prediction because of the following reasons:

- Efficient classifier
- Works fine for a smaller number of parameters as well as a greater number of parameters.
- Works fine for small data-set as well as big data-set.
- More accurate results

STEP 5: STRESS PREDICTION:

System predicts the stress based on the parameters using machine learning algorithm. We use 2 different algorithms for stress prediction "KNN algorithm".

STEP 6: RESULTS:

Here we find the accuracy of the algorithm by dividing the training datasets into training and testing datasets. 90% considered as training datasets and 10% considered as testing datasets.

STEP 7: VISUAL REPRESENTATION:

Outputs displayed for the users on GUI.

Subsequently, this proposed project helps in anticipating the feelings of anxiety because of different boundaries considered through an overview and it additionally sorts out whether the people are calm or upsetting and furthermore shows the scope of their feelings of anxiety alongside the fundamental idea at the end of the day, say direction or safeguards.

SL No	Factors	Sub Factors	Encoded Values
1	Gender		• 1-Male • 2-Female
2	Financial Issues	•Repaying of loans •Deadline of fee payment •Payment For Paying Guest(PG) or Hostel	• 0-No • 1-Yes
3	Family Issues	•Parental Expectations •Being bullied by siblings •Divorce of Parents •Negligence of Children •Poor Communication and misunderstandings	• 0-No • 1-Yes
4	Study Hours		• 1 • 2 • 3.....etc
5	Teaching Method		• 0-Fair • 1-Not Good
6	Health Issues	•Malnutrition •Sinus or Migraine •Insomania(Sleep deprivation	• 0-No • 1-Yes
7	Partiality Fix		• 0-No • 1-Yes
8	Exam Schedule		• 1-Monthly • 2-Half • 3-yearly • 4-Annual • 5-Slip Test
9	Friends Issues	•Conflicts •Comparison between them •Jealousy •Mistrust •Betrayal	• 0-No • 1-Yes
10	Pressure	•Mental disparity and anxiety because of covid. •Students and their close ones getting infected by covid •No enough infrastructure for Online Classes in Pandamic	• 0-No • 1-Yes
11	Regular	1.Hostler •Home Sick •Lack of nutritious food •Lack of Resources 2.Localite •Time management •Transportation Problem	• 0-No • 1-Yes
12	Interaction		• 1-Excellent • 2-good • 3-Average • 4-Poor

Fig.3 Parameters used to implement dataset

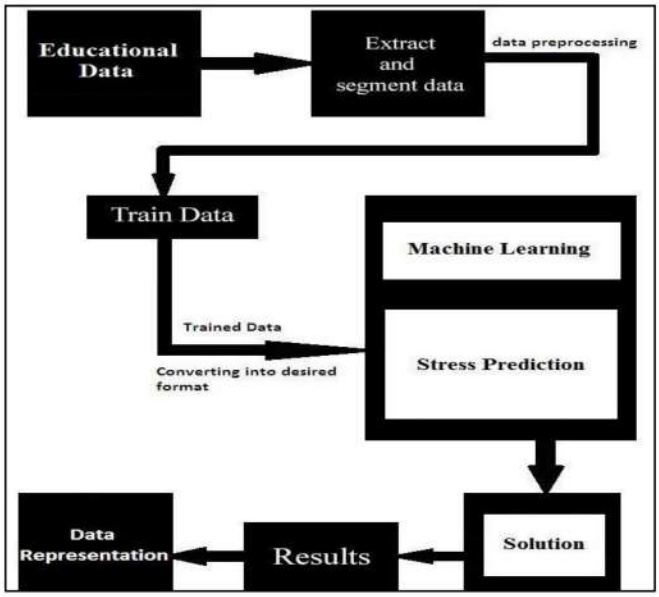

Fig .4 System architecture

PRACTICAL REQUIREMENTS OF THE USERS:

1.Administrator - The one who maintains the whole application, having full authority.

2.Students- Service receivers and who can post any queries to admin.

FUNCTIONALITIES OF THE ADMINISTRATOR:

1. Login Module – The admin gets access to the admin portal by input of his/her Login Credentials.

2. Add Students – The Admin can record the details of every student of various departments. Upon addition of each student record, the automatic email will be sent to the respect individual with their login Credentials.

3. View Students –The records of every understudy will be shown and with the accessibility of alter or erase choice the administrator can either refresh or erase the record of specific understudy.

4. Expectation Module - This is the center module where the level of pressure is identified in majority of the testing dataset with the help of a Machine Learning technique called as K-Nearest Neighbour's (KNN) algorithm. The testing dataset has been imported to this module from the succeed sheet. The acquired outcome is ordered into distressing and tranquil and the Stress-free and distressing outcome is additionally arranged into the level of pressure and furthermore managed. The Percentage of stress is also graphically Visualized.

5. Profile Updation – Admin can change his/her password for security reasons.

6. Queries – The queries posted by the particular student is stacked under the pending queries section in the admin's portal. The admin responds to all their doubts and responses. The queries replied by him/her will be displayed under answered queries section.

7. Sign-out

STUDENT'S FUNCTIONALITIES:

1. Login module - Students can login to the website using their credentials given by the admin.

2. Stress forecast Module - Various boundaries are joined up and is noticeable to the understudies.Understudies can enter these boundaries to anticipate their feeling of anxiety. The obtained result is categorized into stressful and stress free and the upsetting outcome is additionally arranged into the level of pressure and furthermore can be used it graphically. Each parameter can be described as:

3 Parameters List SL No Factors Sub Factors Encoded Values.

4. Post queries- Students can post their questions and despondency. The queries which are yet to be replied by the admin are stored in pending Section, and the queries which are answered are stored in the answered section.

5. Update Profile-Student can change his/her password.

6. Sign-out

III. METHODOLOGY

As As the beginning advance for the exploration the issue is to recognize the feelings of anxiety in each person by leading a study through google structures or text.

The gathered information is currently being perceived and attempting to bring the necessary information for handling here the terms that have most likenesses will be assembled in light of decisions

A model will be fabricated utilizing AI methods and information getting to strategies like ADO.NET. These will be additionally arranged with the assistance of a few algorithmic methods, as for this approach we are attempting to execute utilizing KNN-order calculation and further is characterized into sub divisions like regulated learning and unaided.

Technology Details Used:

1.Introduction to ASP.NET:

NET is a bound together Web advancement stage that offers the types of assistance important to fabricate undertaking class Web applications. While ASP.NET is generally sentence structure viable with Active Server Pages (ASP), it gives another programming model and foundation that permits to make a strong new class of uses. ASP.NET is important for the .NET Framework and permits to make the most of the highlights of the normal language runtime, like sort security, legacy, language interoperability, and forming.

Operating system	Windows
Design Tool	Visual Studio
Front End	ASP.Net 4.0
Language	C#
SQL Server	SQL Server
Data Access Technology	ADO.NET

Fig .5 fulfillment requirements.

2.Synopsis of .NET:

The The normal language of runtime is the underpinning of .NET Framework. The runtime can be thought as a

Fig .5 fulfillment requirements.

specialist that oversees code at execution time, giving center administrations like memory the executives, string the board, and remoting, while additionally upholding severe sort wellbeing and different types of code precision that guarantee security and Cubic content. Truth be told, the idea of code the board is an essential rule of runtime. Code that objectives the runtime is known as overseen code, while code that doesn't focus on the runtime is known as unmanaged code.

The class library, the other fundamental part of the .NET Framework, is a complete, object-arranged assortment of reusable kinds that you can use to foster applications going from conventional order line or graphical UI (GUI) applications to applications in view of the most recent advancements given by ASP.NET,for instance, Web Forms and XML Web organizations.

3.Introduction to C#:

C# (suggested 'C Sharp') is a brand-new pc programming language evolved by means of Microsoft agency, u s. C# is a completely centered language like java and is the primary item-centered language. Designed to help key features of the .net Framework, Microsoft new development platform for aspect-based totally software program answers its far a easy, effective and safe language primarily based at the popular C

and C++ languages. Although part if the C/C++ circle of relatives, its far a modern-day item-oriented languages, ideal for growing web-based totally applications.

4.ADO.NET-Database Connectivity:
Maximum packages want statistics get right of entry to at one point of time making it a important factor whilst operating with packages. Facts get admission to is making the utility interact with a database, In which all of the statistics is saved unique applications have exceptional necessities for database get entry to.ASP.net used ADO. internet(lively X records item) as its records access and manipulation protocol which also enables to work with statistics on the internet.

IV. CONCLUSION

- Proposed machine is a actual time utility.
- Proposed device offers better selections and additionally improvises the business.
- Proposed device uses information science technique "category regulations" for predicting stress amongst individuals.
- In keeping with the literature assessment, data mining equipment have not yet been broadly used to analyses strain problems thereby, we use device gaining knowledge of strategies to triumph over this strain difficulty.
- The scholar can incorporate the solution and paintings closer to preserving his or her intellectual equilibrium

V. RESULTS

- Consequently, this assignment facilities them, the introvert may also accept as true with that going thru the enjoy in detail will in the long run result in coming across what is incorrect consistent with what guidelines can be given and assist them with stress.
- Using system mastering techniques, predicting pupil stress levels and the proposed gadget will provide tips primarily based on scholar strain tiers.
- Gadget gaining knowledge of methods for predicting strain and mental health conditions offer essential outcomes and may be processed continuously, meeting the targets of this paper.

VI. FUTURE WORK

- It can be predicted by using family history and some general questions like name, gender and availability of health issues.
- Additional methods like the Naïve bayes classifier can be used to test the efficiency of the model. One can implement deep learning techniques like CNN (Convoluted Neural Networks) and verify how the model performs for the given datasets.
- A much more specific and vaster dataset can be used as a training model since the number of responses is limited in our case.
- System can be developed as a real time application which is useful for colleges. As Visual Studio and SQL Server is more supportive with real time applications, these technologies are used for application dev.

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