

Stress Detection in IT Professionals

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Abstract: *The objective of this project is to identify stress levels in IT professionals by employing advanced machine learning and image processing methodologies. This system improves upon previous models by incorporating real-time detection and regular assessments, which were not features of older systems. In addition to identifying both physical and mental stress, it also facilitates periodic feedback through surveys to recommend suitable coping mechanisms. The aim is to foster a healthier and more dynamic work environment, thereby maximizing employee productivity during working hours.*

Keywords: Machine Learning, Image Processing, Stress Detection, IT Professionals, Real-Time Monitoring

