Stress Detection using GSR and Reduction using Simulator

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Abstract:- *Stress is a major problem in everyday life, imposing significant and growing health and economic costs on society every year. Stress is one of the factors that affect human health in many ways. It is taken into consideration as one of the culprits in growing the threat of having unwell that might likely cause crucial bodily or intellectual illnesses. Stress can be experienced anywhere and under different circumstances. Therefore, stress needs to be controlled and managed by monitoring its progression or decline. Physiological records may be used to decide pressure levels. One of these is the Galvanic Skin Response (GSR) that utilizes skin conductance which is known to be directly involved in the emotional behavioral regulation in humans. In this study, a method on how to determine stress when a person is in stress is proposed. GSR data were used and it was found that the performance of the proposed method does not differ significantly from a commercially available device. The advanced App may be used to decide pressure tiers mainly if emotional conversations are considered. Stress and riding are a risky aggregate and may result in life-threatening situations, evidenced via way of means of the huge range of street visitor's crashes that arise each year because of driving force stress.*

Keywords: **-** GSR, Stress, Machine Learning, Graph, Stress Level etc.

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