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Stress Detection and Management for Students Using AI and IoT Sensors

Ritu Nagila, Revathi K
IFTM UNIVERSITY, EAST POINT COLLEGE OF ENGINEERING AND TECHNOLOGY

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[1]Ritu Nagila, Assistant Professor, Department of Computer Science & Engineering, School of Computer Science & Applications, IFTM University, Moradabad 244102, India. ritu.upadhayay01@gmail.com

[2]Revathi K, Assistant Professor, Department of Computer Science and Engineering, East Point College of Engineering and Technology, Bengaluru, Karnataka. revathi.kesavan@gmail.com

Abstract

Student stress is a growing concern in educational environments, affecting academic performance, mental health, and overall well-being. Traditional methods of stress detection, such as self-report surveys, are limited in their ability to provide real-time, accurate assessments. The integration of Artificial Intelligence (AI) and Internet of Things (IoT) technologies has emerged as a promising solution to address these limitations. AI algorithms, in conjunction with IoT sensors, can continuously monitor physiological markers, such as heart rate, skin conductance, and sleep patterns, to detect stress in real-time. This chapter explores the applications of AI and IoT in stress detection and management within educational settings, highlighting the potential of these technologies to provide personalized, data-driven interventions. Through case studies of successful implementations, this chapter demonstrates how AI and IoT systems can enhance student well-being, improve mental health outcomes, and optimize academic performance. The challenges of sensor calibration, data accuracy, and user adoption are discussed, along with solutions to overcome these barriers. By examining the role of cloud and edge computing in stress data management, this chapter offers a comprehensive understanding of how AI and IoT can revolutionize student support systems. The integration of these technologies presents an opportunity to proactively manage student stress, ensuring a healthier and more supportive educational environment.

Keywords: Student Stress, Artificial Intelligence, Internet of Things, Stress Detection, Real-Time Monitoring, Educational Technology.

Introduction

Stress among students has become one of the most pressing issues in modern educational systems, with significant implications for both academic success and mental health [1]. The demands of coursework, deadlines, extracurricular activities, and social pressures often lead to elevated stress levels, which, if left unaddressed [2], can negatively impact students' physical and emotional well-being. stress has been measured using subjective self-report surveys, which rely on students' ability to accurately assess their stress levels [3]. These methods, while useful, are inherently limited by biases and fail to capture real-time stress fluctuations [4]. As such, the need for more accurate, objective, and continuous methods of stress detection has become evident, making it a critical focus for educational institutions worldwide [5].

Advancements in Artificial Intelligence (AI) and the Internet of Things (IoT) present a promising avenue for addressing the limitations of traditional stress detection techniques [6]. Through the integration of AI with IoT sensors, it is now possible to continuously monitor students' physiological indicators, such as heart rate, skin conductance, and sleep patterns, which are reliable markers of stress [7]. This shift toward data-driven monitoring systems allows for real-time stress detection, enabling timely interventions that can prevent stress from escalating into more severe mental health challenges [8]. AI algorithms can process and analyze these physiological signals [9], providing actionable insights that can guide personalized stress management interventions, thus offering students a more tailored approach to handling stress [10].

IoT devices, such as wearables and mobile applications, play a key role in facilitating this continuous monitoring [11]. These devices are equipped with sensors that track physiological data in real-time, providing a comprehensive view of a student's stress profile over time [12]. By integrating data from multiple sensors, such as wearable heart rate monitors, skin conductance sensors, and sleep trackers, it becomes possible to build a detailed and accurate picture of a student's stress levels [13]. The combination of real-time data collection and AI-driven analysis enables the identification of stress patterns and triggers, empowering students to manage their stress before it becomes overwhelming [14]. This dynamic system is more effective than traditional methods because it provides ongoing feedback, allowing students to take proactive measures to mitigate stress [15].