



FINAL YEAR PROJECT REPORT

MANAGE AND MEASURE STRESS (M.M.S)

In fulfillment of the requirement
For degree of
BSE (SOFTWARE ENGINEERING)

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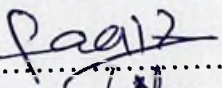
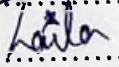
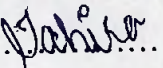
Title of Report: Manage and Measure Stress

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This report is submitted as required for the Project in accordance with the rules laid down by the Bahria University as part of the requirements for the award of the degree of Bachelor of Engineering. I declare that the work presented in this report is my own except where due reference or acknowledgement is given to the work of others.

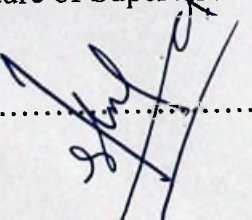
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Abstract

Stress is common in all our lives today. In our society stress is treated as a mental disorder but it's a temporary feeling. Stress can be in any form of physical, psychological, emotional and cognitive from. Stress is a response in accordance with pressure and threat. Under stress, we may feel tense and nervous. Our application main goal is to manage stress for certain period of time.

Our project will measure and manage physical and psychological stress. Our aim is to manage and measure stress for a particular time, so the user can perform the task with his/her best abilities and feel relaxed. We are measure physical stress on the factor of HRV and to measure psychological stress through Perceive stress techniques. For Psychology stress we are using Perceive Stress scale these questions are hidden in storyboard scenario. Activities appear on the basis of physical stress level. At the time of testing it was notice user with increases level of physical stress level by playing the activities in the application user psychological stress level decrease as time passes.

Keywords: HRV, Measure, smart watch, Story Board, Graph.

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