UNIVERSITI TEKNOLOGI MARA

IDENTIFICATION OF STRESS LEVEL AND STRESS MANAGEMENT (MSTRESS) BY ANDROID MOBILE APPLICATION

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ABSTRACT

Stress is a common psychological problem similar to many psycho-physical disorders. Most of applications created for mental health and which are now accessible to mobile users has grown in recent years. Some of current application have lack features such as identification of stress level that would greatly improve the functionality of the application. Therefore, the Perceived Stress Scale (PSS) has been assessed into the mobile application.

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CHAPTER 1

INTRODUCTION

This chapter provided the background and rationale for the study. It also identified and developed the mobile application, the issues and problems that led to this research.

1.1   Background of Study

Stress and the overcome of stress are phenomena with everyone's daily life. Modern life is filled with challenges, deadlines, pressures and demands. Stress is common to all, but the degree varies depending on specific social and intrapsychic influences. When a person is feeling too much stress, it can lead to fatigue, leading to the point of failure in affected areas of a person's life. Stress management counselling services tend to focus on teaching individual stress relief strategies and usually span several weeks or months. High levels of chronic stress have been shown to be associated with various forms of mental illness such as anxiety and depression. (Hammen, 2005), and can impact the ability to adapt academically, professionally, personally / emotionally this institutionally (Baker & Siryk, 1984).

The new tools to ease self-management of welfare should be available wherever and whenever possible. There are some programs where users are equipped with pressure mediation. Therefore, solutions for stress management have the potential to be a valuable early intervention by increasing access to strategies for evidence-based stress management.

The mobile application project had concentrated on how consumers are worried with their stress level by using the right techniques to control their stress. By using the stress level classification, users can know that relaxation is acceptable at that moment, based on their stress level. Therefore, the stress level of recognition can direct users to overcome their anxiety by using the right ways. A mobile application will raise awareness among the public about