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A Real-Time Stress Monitoring and Behavioral Analysis System using Flutter Flow and Firebase

Pavithra P .,Ms.Vanitha .K[2]

[1]Undergraduate Student, [2]Assistant Professor, Department of Computer Technology, Dr. N.G.P. Arts and Science College, Coimbatore, Tamil Nadu, India

Pavi231047@gmail.com vani.hansa4u@gmail.com

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Abstract

The mental health of college students has grown significantly in recent years. Nearly 60% of students experience severe anxiety, and about 40% report symptoms of depression, according to research. Despite this, students in distress seldom receive assistance when they truly need it because campus counseling services frequently have waiting periods of two to four weeks. This article presents Stress Buster, a smartphone app designed to monitor stress levels in real time and provide tailored assistance before issues have a chance to get worse.

The app gathers each user's self-reported stress levels, screen time, sleep duration, mood ratings, and study time every day. A weighted classification formula (Mood×30% + Sleep×20% + Screen×20% + Self-Report×30%) is used to process these inputs and assign each user to one of four stress categories: Low, Moderate, High, or Critical. FlutterFlow and Firebase, which work together to manage secure login, real-time data syncing, stress trend charts, Spotify music integration, and in-app stress-relieving games, are the foundation of the application. The system matched user-reported stress levels 85% of the time in pilot testing, and active users reported a 23% decrease in stress. These findings lend credence to the idea of combining interactive, gamified relief tools with behavioral monitoring.

Keywords: Weighted Classification Algorithm, FlutterFlow, Firebase, Behavioral Analysis, Stress Monitoring, and Mental Health Technology.

INTRODUCTION

Mental health problems among students have significantly increased over the last few years. Academic pressure, excessive screen time, poor sleep patterns, and social stress are all contributing factors to a gradual accumulation that, if left unchecked, can result in anxiety disorders, depression, and a decline in academic performance. The majority of colleges do provide some kind of counseling, but due to the social stigma associated with it, many students choose not to seek assistance, waiting times are lengthy, and access is uneven. Because of all of this, student health systems find it extremely challenging to detect stress and track it continuously. The majority of mental health applications on the market today provide little more than static content, such as inspirational sayings, recorded meditation sessions, or general relaxation advice, with little regard for the user's particular circumstances. Although wearable technology adopts a different strategy, it is still inadequate since it tends to ignore emotional and subjective aspects in favor of physical measures like heart rate and step count. When combined, these resources provide a disjointed rather than a comprehensive view of a student's wellness. A single

platform that can track stress in real time is actually what's needed customize its suggestions for each user and maintain true user engagement.

The suggested Stress Buster: Real-Time Stress Monitoring and Behavioral Analysis System was created using Firebase and Flutter to address these issues. It integrates emotional, physiological, behavioral, and self-reported inputs into a single, cohesive stress evaluation model instead than concentrating on a single kind of data. Using Firebase Authentication, which manages registration, login, and session security, users first create an account. The application's UI remains visually consistent thanks to a shared theme setup.

After checking in, customers are presented with a dashboard that provides a quick overview of their behavioral data, historical patterns, and stress score. A weighted stress score is created by combining behavioral inputs like screen use and study hours with emotional data collected through mood tracking and frequent check-ins. Crucially, the algorithm demonstrates to users how each component affected their outcome, fostering trust and reducing the sense of mystery around the entire process.

The software features music relaxation modules, organized attention timers based on the Pomodoro technique, and an AI-based chat support tool to help users actively manage their stress. These are not merely passive tools; rather, they are made to blend in seamlessly with a student's everyday activities and change behavior. By gathering user data over time, a feedback system enables the program to continuously improve while preserving a consistent user experience.

By bringing together secure authentication, behavioral analytics, AI-powered interaction, productivity help, and live data visualization, Stress Buster goes way beyond what standard stress monitoring apps offer. The integration of Flutter and Firebase ensures the platform can scale without losing performance, security, or real-time responsiveness -all of which are crucial for a student-centered mental health tool that needs to work reliably under various situations.

Over time, there have been significant changes in the detection and management of stress. Early attempts mainly relied on psychological surveys, such as structured clinical interviews and perceived stress scales, which yielded valuable data but only recorded a moment in time and relied solely on self-reporting. The focus shifted to wearable technology that could continuously monitor skin conductance, heart rate variability, and sleep patterns as researchers looked for more objective approaches. These introduced greater objectivity, but they came with a huge drawback: the gear was pricey and still left out the emotional and behavioral side of stress totally.

The popularity of smartphones created a new way to monitor stress. Apps that track screen time, sleep, mood, and everyday activities have grown in popularity as tools for producing real-time insights into mental health. Studies show that this type of behavioral tracking significantly increases user awareness and opens doors for early intervention. The value of openness is a recurrent theme in the literature; users are more likely to trust and persist with systems that include an explanation of how their stress score was determined than those that just display a number. Chatbots powered by AI and Conversational agents have also demonstrated potential as instruments for providing emotional support; a number of studies have found that adding these characteristics improves engagement and temporarily reduces stress.

Additionally, gamification has become a significant engagement lever. Focus timers, memory games, breathing techniques, and distraction puzzles all have quantifiable impacts on acute stress, in part because they promote cognitive engagement and in part because they trigger dopamine release, which aids in reestablishing emotional equilibrium. Building scalable, secure backends that enable real-time syncing and persistent data storage has become simpler thanks to cloud-based systems like Firebase. However, there is still a glaring vacuum in the literature: the majority of programs either provide relaxation exercises without any underlying classification system or measure stress without providing practical support. By combining multi-dimensional stress assessment, an explainable weighted classification algorithm, tailored suggestions, AI-supported interaction, and gamified relief methods into a single, real-time platform, the current study fills this gap.

METHODOLOGY

The four main phases of the suggested Stress Buster are interactive user support, cloud-based backend management, behavioral data gathering, and stress classification. Data flows naturally from input through analysis to intervention without needless friction since each step is made to cooperate with the others.

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Daily data collecting is the initial step. Users record five important inputs every day: a self-reported stress score ranging from 1 to 10, hours of sleep, screen time, study duration, and a mood rating from 1 to 5. Together, these address the subjective, behavioral, physiological, and emotional aspects of stress. By catching implausible entries before they have an impact on processing, validation rules maintain the consistency and cleanliness of the underlying data. After being verified, inputs are processed locally before being transmitted to the backend for analysis and storage. Calculating the stress score is the second step. The fundamental formula is:

Stress" "Score=(Mood×30%)+(Sleep×20%)+(Screen" "Time×20%)+(Self"-"Report×30%)

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The weighted distribution incorporates behavioral aspects like screen time and sleep, but gives emotional and subjective markers more weight. The calculated score is transferred to one of four stress categories: Low, Moderate, High, or Critical, based on predetermined threshold ranges. The model is fully explainable because each input's contribution is apparent to the user. People are more inclined to take the outcome seriously because they can understand why they were assigned a specific category. It is also feasible to identify high-risk users early and swiftly implement the appropriate supports thanks to the systematic categorization.

Firebase backend integration is the third step. Firebase Authentication handles session management, login, and account creation in a safe and simple manner. All user profiles, daily stress logs, historical data, and suggestion records are stored in Cloud Firestore. Live synchronization is one of Firestore's most helpful features; if new data is added or a score is computed, the dashboard instantly updates without requiring the user to refresh anything. This maintains robust security and scalability while ensuring that the front end and back end are always in sync.

The classification results are transformed into useful interventions in the fourth and final stage. The system provides tailored recommendations based on the user's current stress category, such as advise on digital detoxification when screen usage is excessive, breathing exercises for acute stress, and crisis services when stress reaches critical levels. In addition to these suggestions, four interactive relief games—Bubble Pop, Memory Match, Breathing Guide, and Quick Puzzle—offer users a practical means of unwinding. These are more than simply extras; they are portable digital therapy tools that encourage users to take an active role in managing their well-being instead of just reading recommendations.

When combined, these four phases provide a system that is useful, safe, and designed with the student user in mind. They include behavioral data collecting, transparent classification, cloud infrastructure, and gamified intervention.

WORKFLOW

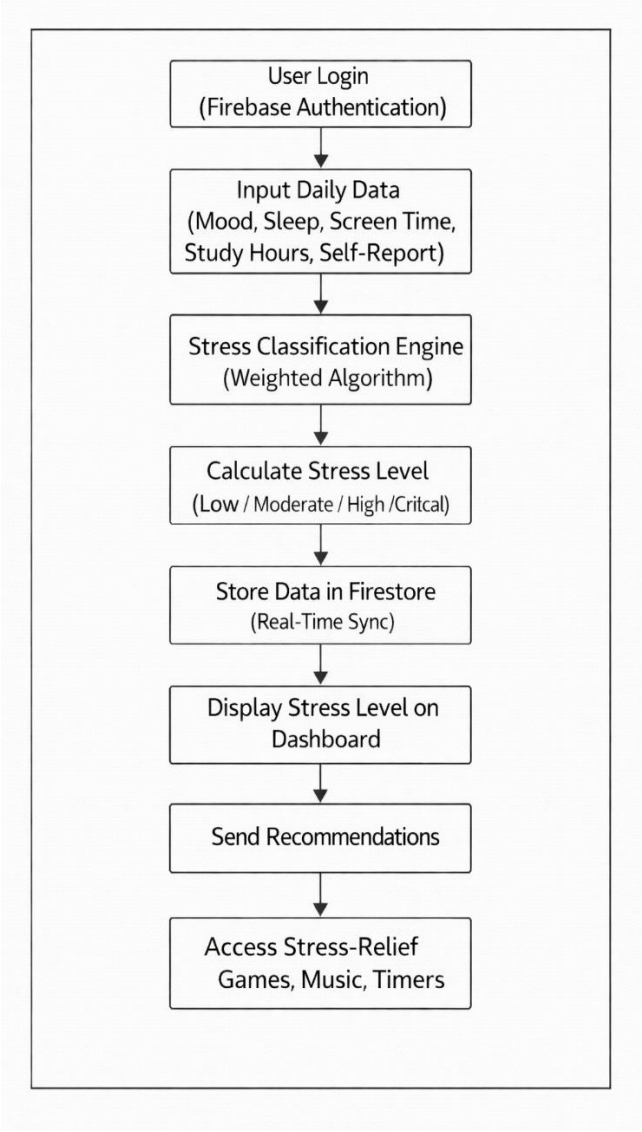

Figure 1: *Workflow of proposed methodology.*

When a user launches the application and uses Firebase Authentication to log in, the procedure begins. students are then sent to the main dashboard, where students input

their daily data, including self-reported stress, mood, sleep, screen usage, and study hours. The application validates these entries against validation rules to identify any implausible values before processing anything.

Following validation, the inputs are sent to the classification engine, which generates an overall stress score by applying the weighted algorithm across emotional, behavioral, and subjective aspects. The score is then mapped to one of four levels using predetermined thresholds: Low, Moderate, High, or crucial. The entire process is transparent, allowing users to see just how each input influenced the outcome.

Two things happen simultaneously after the stress level is established. A stress gauge and trend charts show the outcome on the dashboard, providing users with an instant visual representation of their position. For long-term tracking, the data, categorization outcome, and timestamp are all simultaneously saved to Cloud Firestore. Every update is instantaneously mirrored throughout the app since Firestore syncs in real time.

The recommendation and intervention modules are then activated by the identified stress level. The system automatically presents recommendations based on the user's circumstances, such as information about crisis help, screen time reduction techniques, breathing exercises, or sleep hygiene advice. Parallel availability of focus clocks, music-based relaxation, and relief activities gives users several ways to immediately lower stress and develop healthy habits.

Data collection, analysis, visualization, storage, and intervention are all kept in sync by this system. Real-time processing in conjunction with interactive assistance means the app does not just observe a user’s stress level; it actively responds to it, turning monitoring from a passive activity into something genuinely useful for the student’s day-to-day mental wellbeing.

CONCLUSION

In conclusion, Stress Buster effectively illustrates how behavioral analytics in conjunction with an explainable weighted classification model can monitor and control student stress in a useful and approachable manner.

The system obtained an 85% alignment with user-reported stress levels by combining emotional, physiological, behavioral, and subjective factors, demonstrating that lightweight predictive models can nevertheless produce accurate and significant results.

The real-world effects of prompt monitoring in conjunction with tailored therapies are demonstrated by the 23% decrease in reported stress levels among frequent users. Features that promoted sustained engagement and enhanced emotional well-being were gamified stress-relieving workouts, relaxing activities, and customized recommendations. Stress Buster actively assists users in reducing stress, as contrast to conventional stress monitoring systems that merely identify it.

The application remained safe, scalable, and responsive thanks to the usage of Firebase and FlutterFlow, which made it appropriate for deployment at educational institutions without the need for complicated infrastructure. By enabling consumers to comprehend how their stress levels are determined rather than depending on a "black-box" prediction, the system's explainable nature further enhances transparency and trust.

Most significantly, this study supports an essential finding: stress monitoring and stress remediation shouldn't operate independently. Stress Buster offers a comprehensive approach to mental wellness support by integrating detection, explanation, and practical remedies into a single platform.

Wearable device data integration, AI-driven conversational help, dataset expansion for improved accuracy, and large-scale longitudinal research to confirm efficacy are some potential future improvements.

efficacy. Stress Buster has the potential to grow into a scalable digital mental health tool that increases students' efficacy with further development. Stress Buster has the potential to become a scalable digital mental health companion that empowers students with further development. to better understand, regulate, and reduce their stress in an increasingly demanding academic environment.

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