Abstrak

As we know, there are some people who cannot control their emotions properly. Especially for some people who have a very busy schedule, where their working time is very busy and it also drains a lot of energy and even their health. Basically humans when they reach their maximum limit, their emotions will not be controlled. To overcome unwanted things, I submitted a thesis that I submitted in the form of a flexible tool to be used during working hours. There are stages in how the sensor works, detecting through sensors pulse, sweat glands and also body temperature which is called the Galvanic Skin Response (GSR) method. The accuracy value obtained with this sensor is influenced by the condition of the body when on the move. Therefore the algorithm used will be used specifically. With the tools I propose in this assignment, anyone who uses them will know their level of stress. The tool that I propose is in the form of a sensor that can read a person's emotional patterns obtained from the pulse at which stage it is called Galvanic Skin Response (GSR). With the tool that I propose, especially related to the effectiveness of one's performance, it can help its users to process their emotions. To solve the above problems, this final project proposes the development of a method for detecting emotional patterns starting from assembling the device to adjusting the algorithm. The methods used in this final project, development tools, algorithm implementation, and testing tools are available. The expected test results achieve an average of above 75%, sensitivity above 80% and specifications above 80%.

Keywords : Stress, Emotional Patterns, Galvanic Skin Response (GSR), Machine Learning.