

Building a stress warning application for preschool teachers based on data from smart devices

Hoang Anh Duong

Abstract: In the current context, ensuring the mental health of preschool teachers is a very important issue. This topic focuses on developing a stress warning application to support preschool teachers in managing work pressure through data analysis from smart devices. Through theoretical research and experimental implementation, the project aims to provide a useful solution to improve teachers' quality of life and work efficiency. This result not only contributes to enhancing individual stress management capabilities but can also be expanded for application in other educational organizations.

Keywords: Stress warning, smart application, preschool teacher, data analysis, pressure management