

System On The Web To Calculate The Stress

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ABSTRACT

The growing importance of school stress is related to the changes that are occurring in the classroom, school relations, universities and the nature of the study.

In this work a brief analysis on stress was performed in order to understand some ways to handle it, in order to be able to include a small section of advice to the user. Subsequently automating data capture was performed using the html language, through various forms and a small menu of responses, which represent different levels that occur frequently in different situations mentioned in the questionnaire.

Capturing data from the questionnaire are handled using php. This language is responsible for performing various accounts for the total percentage of stress that presents the user of the platform. Also, based on the information obtained is given the user the choice to read tips according to your stress level obtained.

All this work focuses on providing a simple and easy to know the stress in the student population. And the program after solving the test gives the user practical advice to solve your stress.

This work is done in a language that young people constantly use and also covers a large population such as web pages.

Keywords. Stress, surveys, web pages, web site, programming language, statistics

INTRODUCTION

The term stress has been used in scientific research in a triple sense as stimulus, like response and interaction of people with their environment [1]

This condition is usually very common in the school world, and is the silent enemy of many students. There are many aspects of daily school life that may be of concern to students, such as the risk of failing the subject, the risk of having a disease, the pace of work, the relationship with other students [2].

It is a fact that there is empirical evidence that significantly relates the experiences of stress, especially when they are intense or chronic, with psychological distress, mental health, musculoskeletal disorders and gastro-intestinal and cardiovascular disease. These problems in turn tend to have a negative impact on students and their results. Including the deterioration of the social climate, increased absenteeism or reduced performance.

The growing importance of school stress is related to the transformations taking place in the classroom, the ration of students to their environment and the university itself [3 ,4].

The website where you can browse your stress level is as follows **barbara 80.webnote.es**

1-DEVELOPMENT JOB

For the realization of this web platform is required to use two programming languages, which are html [5] and php [6]. For the part of html using some forms that were used to capture details about the respondent, which are: age, race, gender and semester. To catch replies was necessary a field called "select" which allows us to choose between a numbers of options that will be called with the help of "option" field. Every option available was assigned values from 0 to 4, representing different levels of frequency in which the situations described in the questions occur.

Capturing data is collected through the "POST" method, which allows you to retrieve values entered in a form. Subsequently, the retrieved values are assigned to variables of type integer (\$ menu) and summed to obtain partial totals.

Each of these totals applies rule 3 with the purpose of obtaining a partial percentage. Each partial percentage obtained is stored in a variable. This allows us to obtain a final percentage, and implementing the rule 3 with the partial percentages obtained above. Where as the sum of all the percentages is 1100.

Finally, there are three conditional statements to determine based on the score, if the stress level is between the ranges: low, moderate and high. Along with the score and the rank obtained, comes a series of tips, which can be accessed with one button. Each rank has its User Tips, and can decide whether to enter or return to the home menu.

2.-RESULTS

It was possible to get a web platform, able to calculate the percentage of stress a student, based on their score obtained by providing the answers to each question see Figure 1.

Cuestionario II

¡Responda Sinceramente!

Edad: 23
Sexo: masculino
Carrera: Licenciatura en computación
Semestre: 11

I El tener que hacer mis tareas me ocasiona:

"Me Presiono ":
0 - Nunca

"Pensamientos Negativos ":
0 - Nunca

"Me tiemblan las piernas y las manos":
0 - Nunca

"Me siento inseguro":
0 - Nunca

Figure 1 first questionnaire

These questions have a small multiple dropdown menu with 5 different answers, which have a unique value see figure 2.

"me dan mareos":
2.- Algunas veces

"me siento estresado":
1.- Casi nunca

II ¿Cuando tengo que hacer trabajo en equipos me ocasiona?:

"Me Presiono":
0.- Nunca
1.- Casi nunca
2.- Algunas veces
3.- Casi siempre
4.- Siempre

"Me tiemblan las piernas y las manos":
0.- Nunca

"Me siento inseguro":
0.- Nunca

"Me da taquicardia":
0.- Nunca

"Resequedad en la boca":
0.- Nunca

Figure 2 second questionnaire

This page was developed for Spanish speakers and can be seen in Figure 3 the results spewing machine after you count if you have a low medium or high stress

Resultados

Mi edad es: 23

Mi sexo es: masculino

Mi carrera es: Licenciatura en computación

Mi semestre es: II

"Su nivel de estrés es moderado"

Consejos para el estrés moderado

Su porcentaje de estrés es 57.323232323232

De acuerdo a su nivel de estrés de acuerdo a este cuestionario, puede elegir seguir unos consejos para ayudar a evitar el estrés o regresar a la página de inicio.

Gracias por utilizar la herramienta de medición de estrés

Terminar y volver al inicio

Figure 3 answer after answer the computer gives results

At the same time (depending on the range in which the score of the student is) I will give the user an option to review a number of tips to help you manage your stress, and plunge winding down, see figures 4-y5

Consejos sobre el manejo del estrés moderado

A continuación se presentan una lista de consejos que podrían ser de utilidad para el manejo de su estrés.

1.- Administra tus finanzas

Las deudas causan estrés. Mantén el control de tus finanzas y planifica tus gastos cuidadosamente. No gastes lo que no tienes. Aprende a gastar responsablemente. Las posesiones generalmente, traen una felicidad efímera, las deudas financieras pueden durar toda una vida.



Figure 4 Some tips for stress convatir



3.- Asiste a un evento

Ve a ver algo que disfrutes. Un encuentro deportivo, un show en el teatro, un concierto musical, una banda en vivo – cualquier cosa que te interese. Saca tiempo para ir a ver algo que te de energía o te inspire.



Figure 5 Some tips for stress convatir

3.-SOME TIPS TO TAKE OFF THE STRESS

Young people can go with their parents, teachers, college counselors, or friends and talk about your situation, they should go with someone who cares and considers their welfare and timely advice can solve your problem.

Today young people do not practice a sport, its main recreation is playing video games, or chat , this activity does not diminish the stress, so it is important that young people have a hobby like listening to soothing music and do some sports.

It also helps fight stress a good diet rich in vitamin B, to strengthen the nervous system.

It is also important social, youth may not have a fictitious social life through a computer or electronic medium distance, but has to be more personal, so that individuals feel part of this society.

It also helps greatly help plan your activities, because if we leave everything until the last thing we can do school activities slowly and have time to perform tasks and take advantage of more time

4.-CONCLUSIONS

School stress is an extremely serious matter that requires the attention of both parents, and teachers, so we can take the necessary measures to ensure that the disorder does not ruin the school life and student performance.

Each student can reduce your stress level through recreational activities, food, and in severe cases using drugs. But parents can do a lot for their children, and prevent relapse in these situations, first of all, understand that every student is likely to suffer from stress, and therefore should avoid pressuring their children very much, but require be aware that each individual is different and everyone has their own time and their own priorities, and realize they can become factors that may cause some degree of stress to their children.

School life can not be easy in many cases, but that does not mean that one cannot relax and take time for yourself when required. The work should be first in these cases, but good health is paramount in life. The rest is just a product of it.

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