

## ABSTRACT

This project describes the Mental Health Prediction using Data Mining in medicine is an emerging field of great importance to provide a prognosis and deeper understanding of disease classification, specifically in Mental Health areas. This project describes the mental stress condition of IT employees using machine learning algorithm. Mental stress condition is detected using data analysis for an employee. Stress in IT employees is a common problem that can lead to negative outcomes such as burnout, decreased job satisfaction, and increased turnover rates. Identifying factors that contribute to stress in IT employees can help organizations implement interventions to prevent or mitigate stress. This study aims to investigate the relationship between various factors and stress in IT employees using logistic regression analysis. The objective of this paper is to apply machine learning and visual processing to identify overworked IT employees. Our technology is an improved version of older stress detection systems that did not include live detection or personal counselling . Stress detection methods that don't include real-time monitoring or individual counselling or selfcare are being updated in this research. A survey is used to collect data on employees mental stress levels in order to provide effective stress management solutions and Healthcare. In order to get the most out of your employees, this paper will look at stress management and how to create a healthy, spontaneous work environment.