

Refining Digital Behaviour Change Interventions

Mrs.R.Amirthavalli

Assistant Professor, Department of Computer Science and Engineering College, Velammal Engineering College, Chennai.

Prathiyankaradevi.R

UG Scholar, Department of Computer Science and Engineering, Velammal Engineering College, Chennai.

Poornima.K

UG Scholar, Department of Computer Science and Engineering, Velammal Engineering College, Chennai.

ABSTRACT

In recent years, stress has threatened people's mental health without age restrictions. The explosive growth in quality of social networking results in the problematic usage. An increasing range of Social Network Stress (SNS), such as Cyber-Relationship Addiction, Information Overload, and Net Compulsion, have been recently noted. Symptoms of those mental disorders square measure sometimes determined passively these days, resulting in delayed clinical interventions. In this study, we found that stress status is related to the interaction with friends in social media, and using large data sets on social platforms, the stress status of users and their social interaction. We define a set of text, visual, and social attributes related to Social network Stress Disorder (SNSD) in various aspects. Using content-based filtering algorithms and Q-gram set-based techniques, negative feedback and commands are compared to attributes in predefined data sets for stress detection. As a result, the user's stress level is displayed in his account. Also, depending on user stress levels, users are redirected to other links to manage stress.

If a user publishes or shares negative feedback and comments, the user is given three alerts. The user account is automatically terminated during the fourth attempt. This is done using a ranking algorithm.

Keyword- Support Vector Machine, Content Based Filtering, Q-Gram.

I. INTRODUCTION

Financial problems, uneasy work, exams and relationship difficulties are the main causes of stress. Stress has threatened people's mental health without age restrictions. Therefore, it is very important to detect stress within time constraint. It is very difficult to detect the stress in social media, an existing system, which consist of interaction between people and allows messages from any unknown person which may allow them to send even an unfavourable message. Social Media allows just to upload their photos and send messages. Thus, in our project we aimed to define a set of text, visual, and social attributes related to stress in various aspects. In this project, a content-based filtering algorithm and Q-gram set-based techniques, negative feedback and commands are compared to attributes in predefined data sets for stress detection. Thus, as a result, the stress level of the user is displayed on his/her account. Moreover, according to the users' stress level, the user is redirected to related links to manage their stress. If the user proceeds to post or share negative feedback or comments, the user will be given three alerts. During the fourth attempt the user account will automatically be revoked.

II. RELATED WORK

Social media is an interactive technology that facilitates creating and sharing ideas, information and other types of expression through networks. Networks fashioned through social media modifications, means team of individual interact and communicate. The power of social media is that the ability to attach and share information with anyone

on Earth, or with many people simultaneously. That means technology is growing, it is obvious that more and more people are going to grasp its benefits. It has brought a plenty of benefits for the society. However, on the opposite hand, it has also affected the society in a negative way. Just like something which might be used for both smart and dangerous, social media have also provided the negative and positive ways for the people. It is all regarding the usage and obtaining things done completely by mistreating the facility of social media. These are some of the disadvantages of social media for students and society.

III. PROPOSED SYSTEM

Stress states from users' invites, updates, events, status, etc as well as users' social interactions. Employing real-world social media data as the basis, the inter connection between user's psychological stress states and their social interaction behaviours to fully leverage both content and social interaction data of users' tweets is studied. The proposed model is a probabilistic language model which combines the Content base algorithm and Q-gram technique. Further analysing this model, the Social Network Stress Detection (SNSD) is analysed. It detects the stressed users by comparing the data set. Based on this, the stress level of the user is displayed in his/her account. Moreover, according to the user's stress level the user is redirected to different links to manage the stress. If the user proceeds to post or share negative feedbacks and comments, the user will be given three alerts. During the fourth attempt the user account will automatically be revoked.

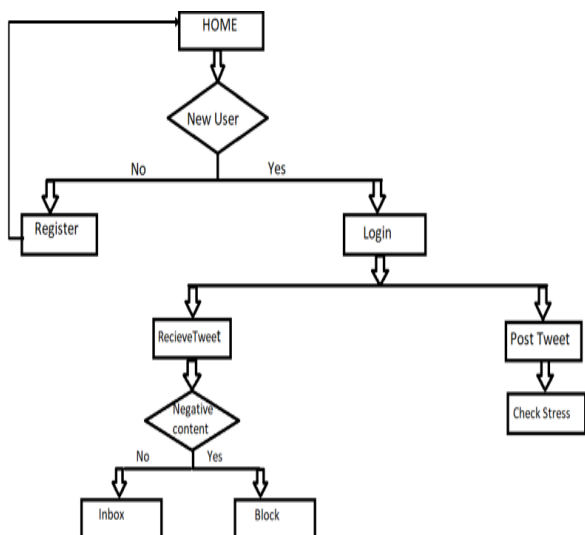


Fig 1: Architecture of the proposed system.

IV. IMPLEMENTATION

The proposed system is similar to any other social media platform. The landing page shown in Figure 2 which is the first screen every user sees and helps them to login or register.

The figure 3 shows a Profile page that is unique for each user as they enter the details themselves. ThePost feed is shown in figure 5 which contains all the videos posted by the users. The Stress level for each user based on the tweets is shown in figure 6. The user can look into the videos been posted by the admin to reduce the stress level is shown in figure 7. The account being revoked when negative content is sent is shown in figure 8.



Fig 2: The landing page.

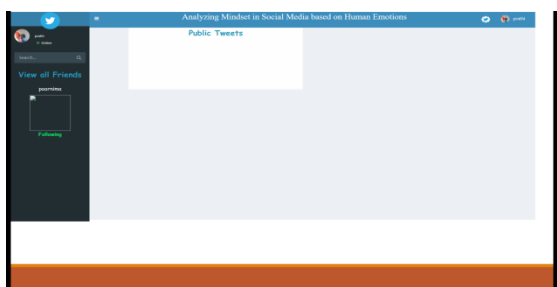


Fig 3: A Profile page.

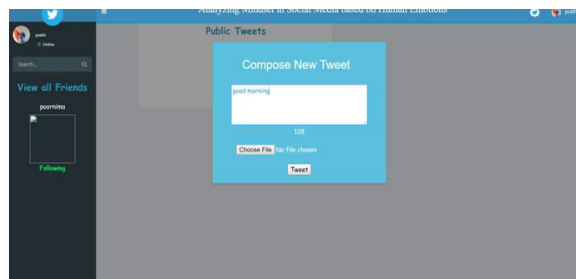


Fig 4: The Tweet page.



Fig 6: The stress level.



Fig 7: Videos upload page





Fig 8:Revoke page

V. CONCLUSION

In this paper, we make an attempt to automatically identify potential online users with Social Network Stress Detection (SNSDs). In conclusion, this is an exciting moment in human history as the digital world and the physical world become increasingly intertwined in a seamless manner.

Social media, search, and information extraction technologies don't seem to be solely dynamic are not only changing the structure and dynamics of social networks, but also changing how controllable these systems are.

Precision, quantitatively justified interventions into behavioural dynamics are increasingly feasible within the digital domain, permitting large-scale experiments on human behaviour and social systems. This is useful and presents challenges.

VI. FUTURE ENHANCEMENTS

As for future step, we have a tendency to decide to study the options extracted from multimedia system contents by techniques on information science and laptop vision. We also plan to further explore new issues from the perspective of a social network service provider, e.g., Facebook or Instagram, to improve the well-beings of OSN users without compromising the user engagement.

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