

## **Abstract**

Stress is a condition that can not be underestimated in any individual. However, most people do not realize that they are under stress until it is too late to be overcome. Therefore, this final project made stress control based on the data obtained from emotiv insight provided by the user.

Type of control are providing suggest on how to reduce stress level based on things done by the user concerned. Type of suggestion is activity list text (instructions to be done). This application is built with three main components, there are desktop applications, cloud and mobile applications. Decision making is done on historical data used during the process using emotiv insights.

**Keywords:** *Electroencephalogram, Emotiv Insight, Stress*