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(57) Abstract :
The method for the development of an employee stress has a significant impact on organizational performance, mental health, and productivity. combining machine learning and cloud computing to predict stress management with an emphasis on psychological behavior analysis. Wearables with Internet of Things capabilities gather behavioral and physiological data, which are sent to cloud platforms for processing and storing in real time. In order to identify stress patterns, anticipate possible burnout, and offer tailored interventions, machine learning models examine this data. Proactive stress monitoring is improved by cloud computing, which guarantees scalability, secure data handling, and remote accessibility. Organizations can reduce workplace anxiety and enhance employee well-being by implementing early stress detection strategies through the use of AI-driven analytics. This method provides HR departments with insights to improve work environments by supporting a data-driven framework for ongoing psychological assessment.

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