

Noise-Induced Stress Alert Device for Environmental & Occupational Safety

V.Kavitha 

Assistant Professor, Department of Medical Electronics,
Sengunthar Engineering College (Autonomous), Tiruchengode, India
vkavitha.bme@gmail.com

<https://orcid.org/0000-0003-2636-8930>

S.Janasurya, M.Prabakaran, S.Rutheran, S.Tamilvalavan

UG Students, Department of Medical Electronics,
Sengunthar Engineering College (Autonomous), Tiruchengode, India
janasurya1212@gmail.com, prabhakaranmurugesan07@gmail.com, ruthranruthran470@gmail.com,
sureshtamilvalavan@gmail.com



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Abstract: Noise pollution has become a significant environmental and occupational health concern in modern society. Continuous exposure to high levels of noise can lead to psychological stress, reduced productivity, and long-term health problems such as hypertension and cardiovascular diseases. Traditional noise monitoring systems mainly focus on measuring environmental sound levels but do not consider physiological responses that indicate stress in the human body. This paper proposes a Noise-Induced Stress Monitoring and Alert Device that combines environmental noise detection with physiological monitoring. The system uses a noise sensor to measure environmental sound levels, a heart rate sensor to monitor pulse rate, and a temperature sensor to measure body temperature. These parameters are processed using a microcontroller to evaluate stress conditions. When the measured values exceed predefined safe thresholds, the device generates alerts through a buzzer and LED indicators. Experimental observations indicate that the system effectively detects harmful noise levels and corresponding physiological changes associated with stress. The proposed device provides a low-cost and real-time monitoring solution that can be implemented in workplaces, hospitals, and urban environments to improve occupational safety and environmental health awareness.

Keywords: Noise Pollution, Stress Monitoring, Heart Rate Sensor, Temperature Sensor, Environmental Monitoring, Microcontroller, Occupational Safety.

I. INTRODUCTION

Noise pollution is one of the most serious environmental issues affecting human health today. With rapid industrialization and urbanization, noise levels in workplaces and public areas have increased significantly. Continuous exposure to excessive noise can negatively affect human health by causing stress, fatigue, sleep disturbances, and cardiovascular disorders. Noise levels above 85 dB are considered harmful when exposure occurs over long periods. Apart from hearing damage, noise exposure also affects the human nervous system, leading to physiological responses such as increased heart rate and elevated body temperature. These responses indicate that the body is experiencing stress. Existing noise monitoring devices mainly measure sound intensity but do not evaluate physiological responses that may indicate stress conditions. Therefore, integrating biomedical sensors with environmental monitoring systems can provide more accurate stress detection. The purpose of this research is to develop a Noise-Induced Stress Monitoring and Alert Device that measures environmental noise along with physiological parameters such as heart rate and body temperature. The system alerts users when noise levels and physiological indicators suggest stress conditions, thereby improving occupational and environmental safety.

II. LITERATURE REVIEW

B.Chen and X.Zhu [1] studied the impact of different noise environments on sleep quality among hospitalized patients. Their research showed that excessive environmental noise can disturb sleep patterns and negatively affect patient recovery. The study highlights the importance of monitoring environmental noise levels to maintain a healthy environment. C.Zhang et al.[2] investigated noise exposure levels in industrial enterprises. Their work focused on monitoring occupational noise and assessing its effects on workers' health.

The study emphasized the need for continuous noise monitoring systems in workplaces to reduce the risk of hearing loss and stress. J.Liu et al. [3] proposed an IoT-based airport noise perception and monitoring system using multi-source data fusion techniques. The system collects noise data from different sensors and processes it to provide accurate noise monitoring in airport environments. J.Sun et al. [4] developed a non-contact heart rate monitoring method using Wi-Fi Channel State Information (CSI). Their research demonstrated that physiological parameters such as heart rate can be monitored without direct physical sensors, which can be useful in remote health monitoring applications. M. Nazeer et al. [5] proposed an improved stress detection method using biosensor technology combined with machine learning algorithms. Their research showed that physiological data such as heart rate and body signal scan be analyzed to detect stress conditions effectively. Q. Chen and N.Sheng [6] developed a novel IoT-based health monitoring system for measuring vital signs such as heart rate and body temperature. Their work demonstrated that IoT technologies can be used for real-time monitoring of human health parameters.

R.A.Sanadi and A.A.Singh [7] designed an IoT- enabled noise monitoring and control device for silent zones such as hospitals and educational institutions. The system measures environmental noise and generates alerts when the noise level exceeds the permitted limit. R.D.Astuti et al. [8] investigated the effect of noise on cognitive performance using EEG signals. Their study revealed that high noise levels can reduce concentration and increase mental fatigue. Renetal. [9] analyzed the effects of traffic noise on environmental health in pedestrian streets. Their findings showed that long-term exposure to traffic noise can cause stress and negatively impact mental health. Z.Zhang et al. [10] proposed an audio-perception-based algorithm for physiological monitoring. Their research demonstrated that sound-based analysis can be used to detect physiological responses in humans.

III. UPDATED PROPOSED SYSTEM

The proposed Noise-Induced Stress Alert Device monitors both environmental noise levels and physiological parameters such as heart rate and body temperature to identify stress conditions more accurately. High noise levels combined with abnormal physiological reading scan indicate that a person is experiencing stress. The system consists of three sensing modules: a noise sensor, a heart rate sensor, and a temperature sensor. These sensors continuously collect data from the environment and the user. The collected data is processed by a microcontroller, which analyzes the readings and compares them with predefined threshold values. If the noise level exceeds the safe limit and physiological parameters show abnormal changes (such as increased heart rate or elevated temperature), the system activates an alert mechanism such as a buzzer or LED indicator. This helps warn the user about possible stress caused by excessive noise exposure.

IV. SYSTEM ARCHITECTURE

The proposed Noise-Induced Stress Monitoring and Alert Device integrates environmental sensing and physiological monitoring to detect stress conditions caused by excessive noise exposure. The system architecture consists of several interconnected modules that work together to measure noise levels, monitor physiological parameters, process the collected data, and generate alerts when stress conditions are detected.

The architecture mainly includes the following components: noise sensor, heart rate sensor, temperature sensor, signal conditioning unit, microcontroller, alert system, and display unit.

1. Noise Sensor Module

The noise sensor module is used to detect environmental sound levels. It consists of a microphone that converts sound waves into electrical signals. These signals represent the intensity of the surrounding noise and are sent to the signal conditioning circuit for further processing.

2. Heart Rate Sensor Module

The heart rate sensor measures the pulse rate of the user. It works by detecting variations in blood flow through the finger using an optical sensing technique. The sensor produces electrical signals corresponding to the user's heart rate, which are transmitted to the microcontroller for analysis.

3. Temperature Sensor Module

The temperature sensor measures the body temperature of the user. It provides an analog signal corresponding to the measured temperature value. Changes in body temperature may indicate physiological stress conditions.

4. Signal Conditioning Unit

The signal conditioning unit processes the signals obtained from the sensors. It performs functions such as amplification, filtering, and noise reduction to ensure accurate and reliable measurements before sending the signals to the microcontroller.

5. Microcontroller Unit

The microcontroller acts as the central processing unit of the system. It receives input signals from all sensors and processes the data to determine the noise level, heart rate, and body temperature. The microcontroller compares these values with predefined threshold limits to determine whether a stress condition is present.

6. Alert System

If the measured values exceed the predefined safe thresholds, the microcontroller activates the alert system. The alert system may include a buzzer, LED indicator, or vibration module to notify the user about potential stress caused by excessive noise exposure.

7. Display Unit

The display unit, such as an LCD or OLED screen, is used to show real-time values of noise level, heart rate, and body temperature. This allows the user to monitor the parameters continuously.

Noise-Induced Stress Alert System with Heart Rate & Temperature Sensor

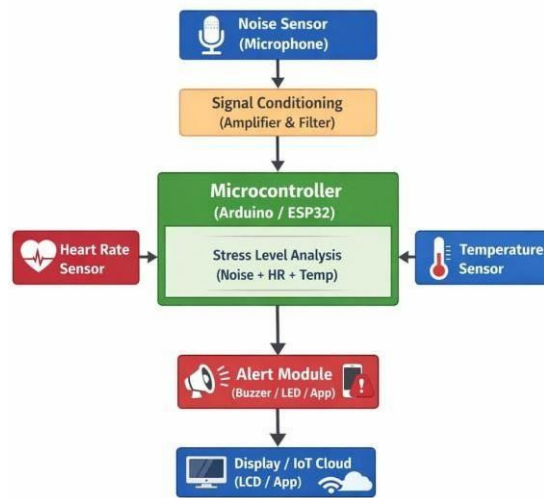


Fig:4.1 Block Diagram
V. METHODOLOGY

The methodology of the proposed Noise-Induced Stress Monitoring and Alert Device focuses on monitoring environmental noise levels and physiological parameters to detect stress conditions. The system integrates multiple sensors and a microcontroller to process the collected data and generate alerts when necessary.

1. Data Acquisition

The first step in the system operation is data acquisition from the sensors. The noise sensor detects sound levels from the surrounding environment and converts them into electrical signals. At the same time, the heart rate sensor measures the pulse rate of the user by detecting variations in blood flow through the finger. The temperature sensor measures the body temperature of the user. These sensors continuously collect real-time data and send it to the microcontroller.

2. Signal Processing

The signals obtained from the sensors are processed using a signal conditioning circuit and the microcontroller. The microcontroller converts the analog signals from the sensors into digital values for further analysis. The noise sensor readings are used to estimate the sound intensity decibels (dB), while the heart rate sensor calculates the beats per minute (BPM). The temperature sensor provides the body temperature in degrees Celsius.

3. Data Analysis

After signal processing, the microcontroller analyzes the collected data and compares the measured values with predefined threshold limits. For example, noise levels above 85 dB may indicate harmful exposure, while abnormal heart rate or temperature readings may indicate stress conditions. The system evaluates these parameters together to determine whether the user is experiencing stress.

4. Alert Generation

If the measured values exceed the predefined threshold levels, the system activates an alert mechanism. The alert system may include a buzzer and LED indicator to notify the user about the potential stress condition. This allows the user to take preventive actions such as moving to a quieter environment.

EXPRIMENTAL KIT

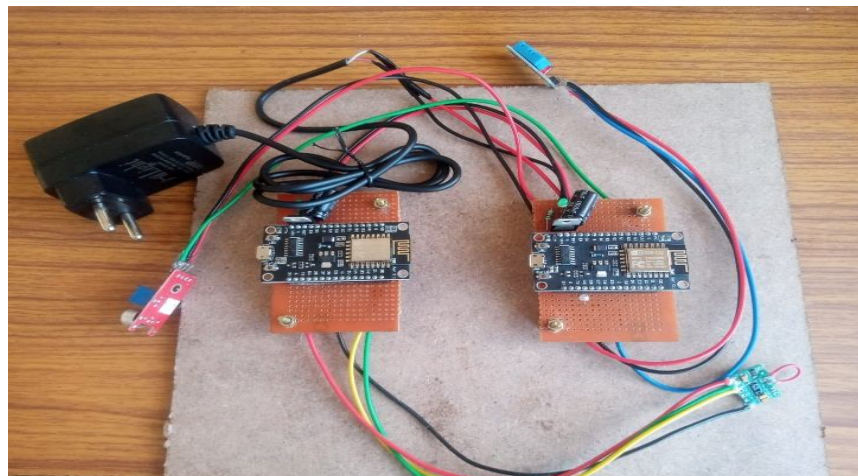


Fig: 6.1. Hardware

5. Data Display

The measured parameters such as noise level, heart rate, and temperature can be displayed on an LCD or OLED display. This allows users to monitor their physiological and environmental conditions in real time.

6. System Evaluation

The system is tested under different environmental conditions to evaluate its performance. The results demonstrate that the proposed device can effectively detect high noise levels and physiological changes associated with stress, making it useful for environmental and occupational health monitoring.

VI. RESULTS AND DISCUSSION

The proposed Noise-Induced Stress Monitoring Device was tested under different environmental conditions including quiet indoor environments, classrooms, and traffic areas. The results showed that the system successfully detected changes in noise levels and physiological parameters. When noise levels increased above the preset threshold, the device generated alerts to warn the user. The system demonstrated reliable performance in detecting potential stress conditions caused by excessive noise exposure. Integrating physiological sensors improved the accuracy of stress detection compared to systems that only measure environmental noise.

VII. CONCLUSION AND FUTURE SCOPE

Noise pollution is a significant environmental factor that can negatively affect human health and productivity. Continuous exposure to high noise level can lead to stress and long-term health complications. The proposed Noise- Induced Stress Monitoring and Alert Device provides an effective solution by combining environmental noise detection with physiological monitoring. The system measures noise levels, heart rate, and body temperature to identify stress conditions and generate alerts when necessary. This approach improves the reliability of stress detection and enhances occupational safety. Future work may involve integrating IoT technology, wearable devices, and cloud-based monitoring systems to improve accessibility and real-time data analysis.

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