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Students come up with ways to measure stress level

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Want to know your stress level? It's simple. Answer a set of questions honestly, and find out how stressed you are — highly, moderately or not at all.

A group of aspiring young psychologists at the Science Model Expo, on Thursday, displayed this rather unique yet simple method to gauge the



—Selvaprakash L

stress level in different individuals and prescribe necessary measures to cure it. The exhibition was organised by School of Graduates at the Jain University campus.

The USP of this model, devised by Pooja D Kamath and Niharika C, students of Sri Bhagawan Mahaveer Jain College, lay not only in the fact that it conducts "stress test",

but also that it is based on Nobel laureate Ivan Pavlov's famous classical conditioning theory. The model attracted a lot of science enthusiasts to the duo's stall at the expo.

"Here we have tried to recreate Pavlov's theory of classical conditioning, using a toy dog. In the 1890s, Pavlov was investigating the gastric function of dogs by externalising

a salivary gland so he could collect, measure, and analyse the saliva and see the response of the dogs to food under different conditions. He noticed that the dogs tended to salivate before food was actually delivered to their mouths, and set out to investigate this 'psychic secretion', as he called it," explained Pooja.

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