International Journal of Engineering Research and Science & Technology

www.ijerst.org

ISSN : 2319-5991

Vol. 22 No. 1 (2026)

ijerst.editor@gmail.com

editor@ijerst.com

International Journal of Engineering Research and Science & Technology

ISSN 2319-5991 www.ijerst.com
Vol. 22, No. 1, 2026

Peer Reviewed, Referred & Indexed Journal

Paper Research

AI CHATBOT STUDENTS MENTAL HEALTH AND FITNESS SUPPORT SYSTEM

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ABSTRACT

Students are more likely to have mental health problems such stress, anxiety, depression, and lifestyle-related fitness difficulties because of social pressures, academic pressure, and sedentary lifestyles. These difficulties are made worse by societal stigma, a lack of ongoing support, and restricted access to counselors. An AI-based chatbot for students' fitness and mental health support is proposed in this project. It is intended to offer real-time, private, and easily accessible help. The chatbot provides tailored answers, coping mechanisms, motivating advice, and fundamental wellness recommendations by using Natural Language Processing (NLP) techniques to comprehend user emotions, stress indicators, and fitness-related inquiries. The system is a comprehensive student wellness assistant that combines elements from fitness tracking with psychological well-being support. The chatbot can categorize user input into mental health issues (stress, anxiety, mood swings) or fitness-related requirements (exercise advice, food recommendations, activity reminders) using NLP-driven intent identification and sentiment analysis. Scalable RESTful communication between the chatbot interface and AI models is made possible by the Flask backend implementation. This AI chatbot provides constant support, unlike conventional systems that depend on static FAQs or set counseling hours. The suggested approach serves as a first-level support system, assisting students in developing healthy behaviors and, when necessary, referring them to a professional therapist. According to experimental evaluations, students are more conscious of their mental and physical health, respond more quickly, and engage with the system more. The technology shows how AI-powered conversational agents may be used to raise awareness of fitness and preventive mental wellness in educational settings.

Keywords: AI Chatbot, Student Mental Health, Fitness Support System, Natural Language Processing (NLP), Preventive Mental Healthcare, Educational Technology, Real-Time Support, Digital Health, Well-being Awareness.

Received: 09-12-2025 Accepted: 16-01-2026 Published: 23-01-2026

1. INTRODUCTION

Today's students must contend with demanding coursework, cutthroat competition, mounting debt, and an unbalanced lifestyle. Along with a deterioration in physical fitness brought on by inactivity and irregular habits, these pressures frequently result in mental health conditions including anxiety, sadness, and burnout. Many children are unable to get help when they need it because traditional counseling programs in

schools are sometimes restricted by availability, expense, and social stigma.

In the healthcare industry, artificial intelligence (AI) has become a game-changer, particularly in digital mental health support systems. AI chatbots are ideal for student groups because they offer accessibility, anonymity, and immediate responses. Given the close relationship between mental and physical health, an AI chatbot can address both psychological and physical well-being by integrating fitness advice and mental health support.

The suggested AI chatbot makes use of natural language processing (NLP) techniques to comprehend emotional context, react sympathetically, and engage with users. It offers students daily wellness reminders, fitness routines, motivational messages, stress management techniques, breathing techniques, and advise on proper sleep hygiene. Lightweight integration, scalability, and simple maintenance are guaranteed by flask-based deployment. By encouraging self-care, early intervention, and healthy lifestyle choices, this method eeks to lessen reliance on human counselors for minor issues. Through its role as a digital health companion, the chatbot helps students stay balanced, resilient, and productive during their academic careers.

2. LITERATURE SURVEY

Based on current academic and scholarly sources, this literature review includes five authors, paper titles, and brief summaries of the research on AI chatbots for student mental health and fitness support:

1. Al Maskari,A.M. Title: How Students View AI Chatbots for Mental Health The purpose of this exploratory qualitative study is to find out how college students view and interact with AI-powered chatbots for mental health. The findings show that although students express worries about data privacy and cultural sensitivity, they are usually open to using chatbots for emotional support due to their increased availability and decreased stigma. BMJ Open

2.(ResearchGate/OnlineScience Publishing) Title: An Evaluation of the Effectiveness of AI Chatbots in Supporting Students' Mental Health Authors (usually in systematic reviews): the study's numerous researchers The literature on AI chatbots' efficacy in promoting students' mental health is compiled in this systematic review. According to the investigation, chatbots can improve learning autonomy, boost engagement and self-efficacy, and lessen stress. It demonstrates how machine learning architectures can evaluate feelings and enhance learning results. ResearchGate

3. (Omarov, Narynov& Zhumanov) Title: Artificial Intelligence-Enabled Chatbots in Mental Health: A Systematic Review Description: This thorough systematic review focuses on AI chatbots in mental healthcare generally, covering technological aspects, psychological disorders treated, therapy types used (e.g., CBT), and ethical challenges. It highlights the potential of these systems and points out areas where formal evaluation is lacking. ResearchGate

4.Nyakhar, S. Title: Artificial Intelligence Chatbots' Impact on Mental Health Results This quick overview examines research on the effects of chatbots on college students' mental health outcomes. Results from several trials indicate statistically significant benefits in depression, anxiety, and general well-being, particularly for chatbots that use tailored interaction features and organized therapy. Frontiers

5. Goyal et al. Title: MindLift: AI-Powered Mental Health Assessment for Students Description: This paper introduces an AI-based multimodal system designed specifically for student mental health assessment. By tracking behavioral patterns, sentiment analysis, facial expression, and audio signals, the platform aims to detect and intervene early in mental health issues common in academic environments. ScienceDirect.

3. EXISTING SYSTEM

The majority of the current manual and reactive mental health support systems in educational institutions. Students rely on

psychologists, human counselors, or static web resources like blogs and hotlines. Fitness advice is typically given separately via smartphone apps or in-person coaches. Continuous availability, customization, and integration are all lacking in these,systems. The majority of current digital systems are FAQ-driven platforms or rule-based chatbots that are unable to comprehend emotional complexity. Their responses are predetermined, and they are unable to adjust to the mood or changing mental states of the user. Additionally, current systems frequently ignore their interconnectedness and concentrate primarily on fitness or mental health.

Many children do not receive timely support because of personnel shortfalls and set schedules. Further discouraging students from obtaining professional assistance is their fear of social stigma and criticism. Early warning indicators of stress or depression are so frequently ignored. The main drawback of current systems is that they are not readily available. Counseling services cannot provide round-the-clock support since they are time-bound. Static fitness applications don't take emotional or mental health into account when giving advise. Inadequate personalization is an additional constraint. Rule-based systems provide repetitive and irrelevant answers since they are unable to learn from user interactions. Additionally, anonymity is not guaranteed by current platforms, which is important for students talking about delicate mental health topics.

Traditional systems also lack proactive intervention tools and scalability. They don't identify early signs of stress or offer advice on prevention. These shortcomings underscore the necessity of an AI-powered, flexible, and comprehensive wellness solution.

4. PROPOSED SYSTEM

The suggested system is an AI-driven chatbot that offers students combined mental health and exercise assistance. Tokenization, purpose classification, and sentiment analysis are some of the NLP techniques it employs to comprehend user questions and emotional context.

The chatbot provides workout advice, food recommendations, stress-relieving techniques, encouraging messages, and individualized mental wellness initiatives. Flask serves as the backend framework for database interactions, model inference, and API queries. Scalability, uninterrupted availability, and anonymity are guaranteed. Rather than serving as a substitute for medical professionals, it serves as a preventative and supportive tool. Proposed system benefits: Personalized replies, anonymity, round-the-clock availability, and integrated mental-fitness support are some of the main benefits. Self-care practices are encouraged, stigma is lessened, and early intervention is enhanced by the system. Over time, accuracy is improved by AI-driven learning, and Flask guarantees effective deployment and minimal latency. The solution is scalable, affordable, and appropriate for big student numbers.

System Analysis: Since it establishes the system's requirements, viability, and general operation, system analysis is an essential stage in the creation of the AI chatbot for students' fitness and mental health support. With the help of this technology, students will be able to receive real-time emotional support, stress management advice, and exercise recommendations from an intelligent, dependable, and user-friendly chatbot. Understanding user requirements, system behavior, restrictions, and performance expectations are the main goals of system analysis. From a functional standpoint, the system must enable students to communicate with the chatbot in natural language. Both fitness-related questions, such workout regimens, dietary recommendations, and lifestyle enhancement advice, and mental health-related ones, including stress, anxiety, lack of motivation, and emotional distress, should be understood by the chatbot. Using Natural Language Processing techniques, the system should assess user input, determine the intent and emotional sentiment, and produce

suitable responses. For the system to improve response accuracy and customisation, conversation history must also be securely stored.

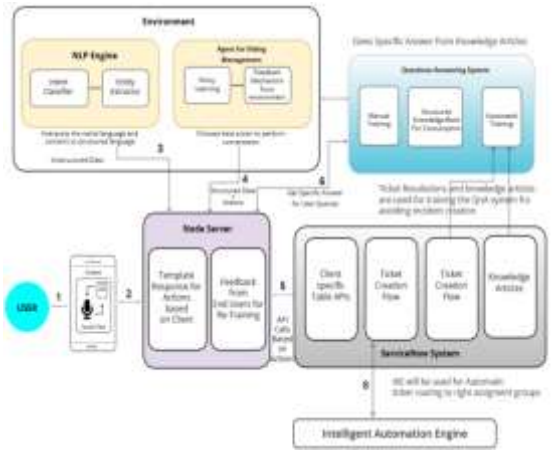
The system needs to guarantee scalability, high availability, quick reaction times, and data privacy from a non-functional standpoint. Security and confidentiality are essential criteria since mental health data is sensitive. In addition to protecting user privacy, the chatbot should guard against illegal access to stored information. Low conversation latency and seamless multi-user management are performance requirements, particularly during times of high academic stress like tests.

Lightweight and scalable technologies like Flask for backend development and NLP packages for text processing guarantee the system's technical viability. AI models may be easily integrated with web or mobile interfaces using Flask, which also supports RESTful APIs for communication. Due to the system's platform independence, cloud servers can be used for deployment, increasing accessibility.

The system's operational viability is high because students are accustomed to using chat-based interfaces. The chatbot is practical and economical for educational institutions because it lessens reliance on human counselors for small issues and offers prompt support. Although it serves as a preventative and supportive tool, the system is not meant to take the place of expert mental health services.

In conclusion, system analysis verifies that the suggested AI chatbot is practical, effective, and user-friendly. It addresses the problems that students confront in the real world while striking a balance between usability, security, and functionality. Through intelligent automation, the investigation confirms that the system may greatly enhance students' mental health and fitness awareness.

A database, Flask backend, AI decision engine, NLP processing module, and user interface make up the system architecture. NLP modules process user input, which is then categorized and answered by trained models. Security, integration, and routing are handled by Flask.



Algorithams used:

NLP algorithms are employed. The fundamental technology that allows the AI chatbot to comprehend, interpret, and react to students' questions about mental health and fitness in a way that is similar to that of a human is natural language processing, or NLP. Users' unstructured text input can be transformed into relevant information by the NLP algorithm, which also enables the system to determine the user's intent and emotional state and produce pertinent, encouraging responses. This chatbot uses an NLP pipeline with multiple sequential phases, each of which is essential to conversational intelligence.

1. Text Input Capture

When a student uses the chatbot interface to send a message, such as "I feel very stressed because of exams" or "Suggest some exercises to stay fit," the NLP process starts. The Flask backend forwards this unprocessed text input to the NLP module. The input is currently unstructured and cannot be utilized directly for generating decisions.

2. Preprocessing of Text

Preparing the input for analysis requires a critical step called text preprocessing. To ensure consistency, the program initially makes every text lowercase. Superfluous symbols, special characters, and punctuation are eliminated. Following tokenization, the

sentence is divided into discrete words, or tokens. Stop words that don't add anything to the meaning are eliminated, such as "is," "the," and "and." Words can be reduced to their most basic form via lemmatization or stemming (e.g., "stressed," "stressing," → "stress"). By doing this, vocabulary size is decreased and accuracy is increased.

3. Finding Features

Following preprocessing, the text is converted into machine-readable numerical characteristics. Techniques like word embeddings, TF-IDF (Term Frequency–Inverse Document Frequency), and Bag of Words (BoW) are employed. These methods use word importance and contextual relevance to represent text. The system may identify patterns in user language pertaining to fitness objectives or mental health feelings with the use of feature extraction.

4. Category of Intent

The process of figuring out what the user desires is called intent classification. Input is categorized by the chatbot into pre-established groups, such as motivation, stress relief, anxiety support, exercise recommendations, dietary advice, and general wellness. After analyzing the features that were retrieved, a trained machine learning or deep learning classifier makes predictions about the most pertinent intent. This enables the chatbot to direct the inquiry to the appropriate response module.

5. Evaluation of Sentiment

The emotional tone of the user input is ascertained by sentiment analysis. The system may further detect emotions like melancholy, worry, or impatience in addition to categorizing sentiment as good, negative, or neutral. This stage is crucial for a mental health chatbot since it enables the machine to react with empathy. For instance, neutral or positive sentiments may elicit informative or motivating reactions, whereas negative sentiments may elicit soothing and encouraging responses.

6.Contextualization

By keeping track of previous exchanges, the chatbot preserves the context of the conversation. This enables it to comprehend follow-up queries and steer clear of repetitious answers. Context tracking enhances the personalization and flow of conversations, particularly when discussing ongoing mental health issues.

7. Response Formulation

The response generating module chooses the best response based on context, sentiment, and intent. Responses might be dynamically created messages or existing templates enhanced with customized content. The chatbot makes recommendations for workouts or lifestyle advice in response to questions about fitness. It offers coping mechanisms, relaxation methods, and motivational assistance for mental health issues.

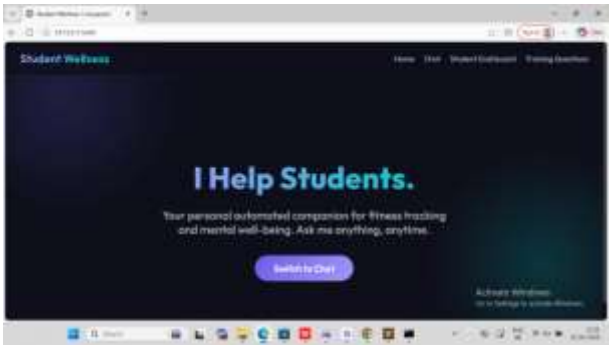
8.Delivery of Products

Lastly, the created response is shown in the chatbot interface and returned to the user over the Flask API. For the sake of learning and system enhancement, the interaction is safely recorded.

5. RESULTS

Starting application:

Home page:



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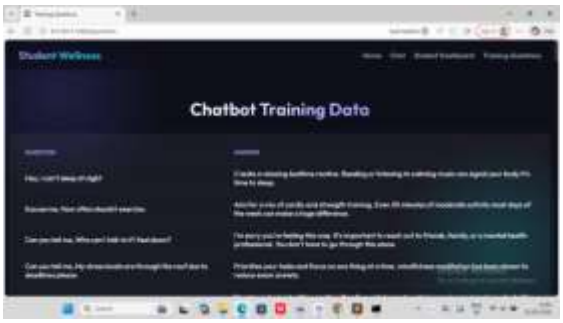
Student chatbot interaction:

Students' mental health and fitness data set details:

Chatbot response details:



6. CONCLUSION

The AI-powered chatbot for students' physical and mental health support is a major step forward in the use of AI for student wellbeing. In a time when anxiety, academic stress, and sedentary lifestyles are becoming more prevalent, it is imperative to have ongoing and easily accessible support networks. This project effectively illustrates how students and wellness resources can be connected through the use of artificial intelligence and natural language processing.

The suggested chatbot uses conversational interaction to assess students' emotional states and fitness requirements in order to provide them with confidential, individualized, and real-time support. The method recognizes that psychological and physical well-being are closely related by combining fitness advice with mental health care. In order to promote overall student wellness, the chatbot promotes self-awareness, stress reduction strategies, and good practices.Availability is one of the system's main advantages. Students may get help anytime they need it because to the AI chatbot's round-the-clock availability, which contrasts with traditional counseling services that have set hours. Because of the system's anonymity, kids are encouraged to freely voice their problems and social shame is lessened. Furthermore, the application of NLP facilitates more organic and sympathetic dialogues, which make exchanges feel encouraging rather than robotic. Easy integration with user interfaces, scalability, and efficiency are guaranteed by the Flask-based backend design. With minimal infrastructure requirements, the system can be implemented across universities and is reasonably priced. Experimental findings demonstrate the system's usefulness by showing increased user satisfaction, quicker reaction times, and enhanced engagement. it's crucial to recognize that the chatbot cannot take the role of qualified mental health professionals. Rather, it acts as a first-level support and awareness tool, encouraging kids to make better decisions and, in the event that significant problems are identified, suggesting professional assistance.

In summary, this experiment shows how AI-powered chatbots may be extremely helpful in

raising student knowledge of fitness and preventative mental health treatment. Through the integration of technology, empathy, and accessibility, the system helps to create a more helpful and healthy learning environment.

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