

**DETERMINATION AND CLASSIFICATION OF  
STRESS LEVEL USING EEG SIGNAL AND AUDIO  
MODALITIES**

**SYAHRULL HI-FI SYAM BIN AHMAD JAMIL**

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**DETERMINATION AND CLASSIFICATION OF  
STRESS LEVEL USING EEG SIGNAL AND AUDIO  
MODALITIES**

By

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## TABLE OF CONTENTS

<b>CONTENTS</b>	<b>PAGE NO</b>
<b>THESIS DECLARATION</b>	i
<b>ACKNOWLEDGEMENT</b>	ii
<b>TABLE OF CONTENTS</b>	iv
<b>LIST OF TABLES</b>	viii
<b>LIST OF FIGURES</b>	xii
<b>LIST OF ABBREVIATIONS</b>	xv
<b>LIST OF SYMBOLS</b>	xviii
<b>ABSTRAK</b>	xx
<b>ABSTRACT</b>	xxi
<b>CHAPTER 1 INTRODUCTION</b>	
1.1 Research Background	1
1.2 Problem Statement and Significance of Research	2
1.3 Research Objectives	4
1.4 Scope of Research	4
1.5 Thesis Organization	5
<b>CHAPTER 2 LITERATURE SURVEY</b>	
2.1 Introduction	7
2.2 Brain and Neuron System	8
2.3 Perceiving Stress and Its Affect towards Health	10
2.4 Stress and Physiological Signals	14

2.5	Measurement of Stress through Physiological Signals	16
2.6	Human Brain and Electroencephalogram (EEG)	20
2.6.1	Classification of Brain Waves	21
2.6.2	Measurement of Electroencephalogram (EEG)	24
2.7	Noise Towards Inducing Stress State	25
2.8	Quantitative and Qualitative Assessment of Stress Index	27
2.9	Classification of EEG signals using Neural Network, K-Nearest Neighbor and Linear Discriminant Analysis classifier.	29
2.10	Conclusion	31

### **CHAPTER 3 DATA COLLECTION AND EXPERIMENTAL SET UP**

3.1	Introduction	33
3.2	Approaches in EEG Signals for Stress Evaluation	34
3.3	Sound Clip Mix with Noise Modalities to Induce Stress	36
3.3.1	Fix Time with Fix Db	37
3.3.2	Fix Time at Regular Interval and Increasing in Nature	38
3.3.3	Fix Time at Regular Interval and Decreasing in Nature	38
3.3.4	Increase Number of Interruption	39
3.3.5	Random Noise with High dB for 3 Seconds	39
3.3.6	Random Noise with High dB for 6 Seconds	39
3.4	Pilot Test on Audio Clips	40
3.5	Selection of Audio Clip	41
3.6	Subjective Evaluation	42
3.7	Acquisition Protocols	45
3.8	Electroencephalogram (EEG) Signal Measurement: Experimental Set up	47

3.9	Verification of Validity and Reliability for Acquisition Protocols and Collected Data	50
3.9.1	Data Validation for 60 dB Sound Pressure Level	53
3.9.2	Data Validation for 70 dB Sound Pressure Level	55
3.9.3	Data Validation for 80 dB Sound Pressure Level	57
3.10	Conclusion	59

## **CHAPTER 4 DATA PROCESSING, FEATURE EXTRACTION AND CLASSIFIER**

4.1	Introduction	60
4.2	Data Processing, Filtering and Frame Blocking	61
4.2.1	Pre-Processing and Filtering of Recorded Signals	61
4.2.2	Data Processing	63
4.2.3	Frame Blocking	66
4.3	Features Extraction Method	68
4.3.1	Band Energy Feature	69
4.3.2	Approximate Entropy Feature	70
4.3.3	Power Spectral Density Feature	71
4.4	Classification Techniques	74
4.4.1	Artificial Neural Network Classifier	75
4.4.2	The K-Nearest Neighbor Hood Classifier (k-NN)	82
4.4.3	Linear Discriminated Analysis Classifier (LDA)	84
4.5	Conclusion	86



## **CHAPTER 5 RESULTS AND DISCUSSION**

5.1	Introduction	88
5.2	Network Architecture of Stress Index for 60 dB, 70 dB and 80 dB Sound Pressure Level.	89
5.3	Classification Results of Stress Index at 60 dB Sound Pressure Level	120
5.4	Classification Results of Stress Index at 70 dB Sound Pressure Level	127
5.5	Classification Results of Stress Index at 80 dB Sound Pressure Level	134
5.6	Conclusion	141

## **CHAPTER 6 CONCLUSION**

6.1	Conclusions	143
6.2	Limitations	144
6.3	Research Findings	145
6.4	Future Work	145

<b>REFERENCES</b>	147
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<b>APPENDIX A</b>	160
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## LIST OF TABLES

NO	PAGE
2.1 Assessment and Measurement of Mental Stress through Physiological Signals	18
3.1 Pilot Test Result for Audio Clip Selection	41
3.2 Subjective Evaluation Results by Subject	44
3.3 Sound Clip Sequence for Stress Level Inducement of 6 Trials	46, 64
3.4 Result of Chi-Square Analysis for 60 dB Sound Pressure Level	53
3.5 Result of Chi-Square Analysis for 70 dB Sound Pressure Level	55
3.6 Result of Chi-Square Analysis for 80 dB Sound Pressure Level	57
4.1 Sound Clips were Played at 60 Db Sound Pressure Level During First Trial	64
5.1 Multilayer Neural Network architecture using Band Energy features (binary normalization)	90
5.2 Multilayer Neural Network architecture using Band Energy features (bipolar normalization)	91
5.3 Multilayer Neural Network architecture using Approximate Entropy features (binary normalization)	92
5.4 Multilayer Neural Network architecture using Approximate Entropy features (bipolar normalization)	93
5.5 Multilayer Neural Network architecture using Power Spectral Density features (binary normalization)	94
5.6 Multilayer Neural Network architecture using Power Spectral Density features (bipolar normalization)	95

5.7 Multilayer Neural Network architecture using Power Spectral Density RMS features (binary normalization)	96
5.8 Multilayer Neural Network architecture using Power Spectral Density RMS features (bipolar normalization)	97
5.9 Multilayer Neural Network architecture using Power Spectral Density Ratio features (binary normalization)	98
5.10 Multilayer Neural Network architecture using Power Spectral Density Ratio features (bipolar normalization)	99
5.11 K-Nearest Neighbor Hood architecture using Band Energy features (binary normalization)	100
5.12 K-Nearest Neighbor Hood architecture using Band Energy features (bipolar normalization)	101
5.13 K-Nearest Neighbor Hood architecture using Approximate Entropy features (binary normalization)	102
5.14 K-Nearest Neighbor Hood architecture using Approximate Entropy features (bipolar normalization)	103
5.15 K-Nearest Neighbor Hood architecture using Power Spectral Density features (binary normalization)	104
5.16 K-Nearest Neighbor Hood architecture using Power Spectral Density features (bipolar normalization)	105
5.17 K-Nearest Neighbor Hood architecture using Power Spectral Density RMS features (binary normalization)	106
5.18 K-Nearest Neighbor Hood architecture using Power Spectral Density RMS features (bipolar normalization)	107

5.19 K-Nearest Neighbor Hood architecture using Power Spectral Density Ratio features (binary normalization)	108
5.20 K-Nearest Neighbor Hood architecture using Power Spectral Density Ratio features (bipolar normalization)	109
5.21 Linear Discriminant Analysis architecture using Band Energy features (binary normalization)	110
5.22 Linear Discriminant Analysis architecture using Band Energy features (bipolar normalization)	111
5.23 Linear Discriminant Analysis architecture using Approximate Entropy features (binary normalization)	112
5.24 Linear Discriminant Analysis architecture using Approximate Entropy features (bipolar normalization)	113
5.25 Linear Discriminant Analysis architecture using Power Spectral Density features (binary normalization)	114
5.26 Linear Discriminant Analysis architecture using Power Spectral Density features (bipolar normalization)	115
5.27 Linear Discriminant Analysis architecture using Power Spectral Density RMS features (binary normalization)	116
5.28 Linear Discriminant Analysis architecture using Power Spectral Density RMS features (bipolar normalization)	117
5.29 Linear Discriminant Analysis architecture using Power Spectral Density Ratio features (binary normalization)	118
5.30 Linear Discriminant Analysis architecture using Power Spectral Density Ratio features (bipolar normalization)	119

5.31 Mean classification accuracy of extracted features using Neural Network classifier for 60 dB sound pressure level	120
5.32 Mean classification accuracy of extracted features using K-Nearest Neighbor Hood classifier for 60 dB sound pressure level	122
5.33 Mean classification accuracy of extracted features using Linear Discriminant Analysis classifier for 60 dB sound pressure level	124
5.34 Mean classification accuracy of extracted features using Neural Network classifier for 70 dB sound pressure level	127
5.35 Mean classification accuracy of extracted features using K-Nearest Neighbor Hood classifier for 70 dB sound pressure level	129
5.36 Mean classification accuracy of extracted features using Linear Discriminant Analysis classifier for 70 dB sound pressure level	131
5.37 Mean classification accuracy of extracted features using Neural Network classifier for 80 dB sound pressure level	134
5.38 Mean classification accuracy of extracted features using K-Nearest Neighbor Hood classifier for 80 dB sound pressure level	136
5.39 Mean classification accuracy of extracted features using Linear Discriminant Analysis classifier for 80 dB sound pressure level	138

## LIST OF FIGURES

NO	PAGE
2.1 Anatomy of Human Brain	8
2.2 The Four Lobes of the Cerebral Cortex	9
2.3 Major Internal Part of Internal Brain	11
2.4 General Adaptation Syndrome Model	11
2.5 Delta Waves	22
2.6 Theta Waves	22
2.7 Alpha Waves	23
2.8 Beta Waves	23
2.9 Labels for Points According To 10-20 Electrode Placements System	25
2.10 Chart of Various Techniques in Stress Measurement and Detection	32
3.1 Block Diagram of the Proposed System	34
3.2 Flowchart of the Proposed System	35
3.3 Sequence for Acquisition Protocols	45
3.4 Experimental Setup for the EEG Data Recording	47
3.5 Mindset 24- Neuro Mapping Topographic Instrument	48
3.6 Flow Chart of Experimental Set Up for Data Collection Process	49
3.7 Chi-Square Table Value	52
4.1 EEG stress signals blocked into frames	67
4.2 Architecture of Multilayer Feed Forward Neural Network	78

5.1	Mean classification accuracy for Neural Network classifier at 60 dB sound pressure level	121
5.2	Mean classification accuracy for K-Nearest Neighbor Hood classifier at 60 dB sound pressure level	123
5.3	Mean classification accuracy for Linear Discriminant Analysis classifier at 60 dB sound pressure level	125
5.4	Mean classification accuracy for Neural Network classifier at 70 dB sound pressure level	128
5.5	Mean classification accuracy for K-Nearest Neighbor Hood classifier at 70 dB sound pressure level	130
5.6	Mean classification accuracy for Linear Discriminant Analysis classifier at 70 dB sound pressure level	132
5.7	Mean classification accuracy for Neural Network classifier at 80 dB sound pressure level	135
5.8	Mean classification accuracy for K-Nearest Neighbor Hood classifier at 80 dB sound pressure level	137
5.9	Mean classification accuracy for Linear Discriminant Analysis classifier at 80 dB sound pressure level	139

## LIST OF ABBREVIATIONS

ACTH	Adrenocorticotrophic Hormone
A/D	Analog Digital Converter
ANN	Artificial Neural Network
ANS	Autonomic Nervous System
AVP	Arginine Vasopressin
BP	Blood Pressure
BS	Blank Screen
BTH	Breathing Exercise
BVP	Blood Volume Pulse
C	Number of Level in Column Variable
CRH	Corticotropin Releasing Hormone
CWT	Color Word Test
DASS	Divided Attention Steering Simulator
dB	Decibel
DBP	Diastolic Blood Pressure
dF	Degree of Freedom
DFT	Discrete Fourier Transform
ECG	Electrocardiograph
EEG	Electroencephalogram
EMG	Electromyograph
$F_e$	Expected Frequency
$F_o$	Observe Frequency
$F_r$	Product of Row



FFT	Fast Fourier Transform
GAS	General Adaptation Syndrome
GSR	Galvanic Skin Response
$H_a$	Alternative Hypothesis
$H_o$	Null Hypothesis
HFF	High Frequency Filter
HR	Heart Rate
HRV	Heart Rate Variability
HPA	Hypothalamic Pituitary Adrenal
IIR	Infinite Impulse Response
kNN	k-Nearest Neighbor Hood
LDA	Linear Discriminant Analysis
LFF	Low Frequency Filter
NN	Neural Network
PD	Pupil Diameter
PNS	Parasympathetic Nervous System
PPG	Photoplethysmograph
PSD	Power Spectral Density
R	Number of Row
RMS	Root Mean Square
SBP	Systolic Blood Pressure
SC	Sound Clip
SKL	Skin Conductance Level
ST	Skin Temperature
T1-T6	Number of Trial

TCs	Test Contraction
TNSD	True Non Stress Detection
TSD	True Stress Detection

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## LIST OF SYMBOLS

$d$	Distance
$E$	Energy
$e$	Frame Energy
$F$	Frontal Lobe
$f_s$	Sampling Frequency
$f(x)$	Activation function
$k$	Number of Neighbors
$N$	EEG's Stress Signal
$N$	Number of Features
$N$	Samples Features Dimensions
$n$	Number of Frames
$nfft$	Length of The FFT to Perform on each Segment of Data
$[P_{xx}, f]$	Power Spectral Density
$\Phi^m(r) - \Phi^{m+1}(r)$	Approximate Entropy ( $m, r, N$ )
$r$	Noise Level Filter
$SD$	Standard Deviation
$T$	Temporal Lobe
$V_{ij}$	Weight between Input and Hidden Layer
$W_{jk}$	Weight between Hidden Layer and Output
window	Window to Apply to $x$
$x$	Input Sequence
$x$	Input Data
$x$	Coordinate of $x$ Value

$X^2$	Chi Square Value
$X_k$	Amplitude and Phase of the Sinusoidal Components of Signal $X_n$
$X_n$	Input Signal
$y$	Coordinate of y Value
$\Sigma$	Covariance
$\mu$	<i>Mikro</i>

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## **Penentuan dan Pengkelasan Tahap Tekanan Jiwa menggunakan Isyarat EEG dan Pendekatan Klip Audio**

### **ABSTRAK**

Tekanan jiwa ditakrifkan sebagai gangguan keseimbangan hormon oleh faktor fizikal mahupun faktor psikologikal. Tekanan jiwa boleh wujud melalui 2 pendekatan yang berbeza, samada pendekatan positif yang dikenali sebagai eustres dan pendekatan negatif yang dikenali sebagai distres. Lazimnya eustres berkisar kepada pemangkinan terhadap insiden yang penting dan dikehendaki dalam hidup seseorang manakala distres akan membawa implikasi buruk terhadap kesihatan. Oleh yang demikian, ia adalah amat penting bagi memahami dan menghasilkan tahap bagi tekanan jiwa. Kesedaran ini akan mendorong kepada kaedah yang cekap dan berkesan bagi menangani dan mengatasi tekanan jiwa. Kajian ini bertujuan untuk menentukan tahap bagi tekanan jiwa (normal, tekanan jiwa pada tahap sangat rendah, tekanan jiwa pada tahap rendah, tekanan jiwa pada tahap sangat sederhana, tekanan jiwa pada tahap sederhana, tekanan jiwa pada tahap tinggi, dan tekanan jiwa pada tahap sangat tinggi) pada 3 tahap kekuatan bunyi (60 desibel, 70 desibel dan 80 desibel) melalui pengukuran isyarat biologi elektroensefalogram (EEG). Bagi tujuan untuk merangsang keadaan tekanan jiwa, pendekatan menggunakan klip bunyi digunakan. Sebanyak 36 klip bunyi yang dicampurkan dengan hingar yang dipilih daripada hasil kajian rintis dimainkan pada 3 tahap bunyi tersebut dan diselaraskan dengan borang soal selidik yang diisi oleh 30 orang responden. Isyarat elektroensefalogram (EEG) direkodkan serentak pada masa yang sama ketika responden mendengar klip bunyi tersebut. Isyarat elektroensefalogram (EEG) yang direkodkan, dianalisa dan diproses di mana kriteria penting diekstrak melalui kaedah analisa domain masa (Kumpulan Tenaga/Band Energy dan Penghampiran Entropi/ Approximate Entropy) dan kaedah analisa domain frekuensi (Ketumpatan Spektral Kuasa/Power Spectral Density). Kriteria yang diekstrak ini kemudian diklasifikasi oleh pengklasifikasi linear (Pembeza Analisis Lurus/ LDA) dan pengklasifikasi tidak linear (Rangkaian Neural/NN dan Jiran Terdekat k/kNN). Keputusan klasifikasi terhadap kriteria yang telah diekstrak menunjukkan ketepatan penetapan tahap terhadap tekanan jiwa. Keputusan klasifikasi menunjukkan tahap ketepatan pada 88.29% sehingga 99.87%. Berdasarkan keputusan ini, ia menunjukkan tahap bagi tekanan jiwa telah berjaya diwujudkan melalui pendekatan klip audio dan pengukuran isyarat biologi.

## **Determination and Classification of Stress Level Using EEG Signal and Audio**

### **Modalities**

#### **ABSTRACT**

Stress is defined as the disruption of homeostasis by physical or psychological stimuli. It can occur in two different approaches either positive way or negative way. Positive stress is called eustress and negative stress is called distress. Eustress is a positive form of stress, usually related to desirable event in person life, while distress will bring negative implication towards health on life. Thus it is essential to comprehend and come out with stress index. By knowing this, it will lead towards effective stress management and the efficiencies way of suppressing stress. This research work intends to determine the stress level (normal, very low stress, low stress, very moderate stress, moderate stress, high stress and very high stress) at 3 different sound pressure levels (60 dB, 70 dB and 80 dB) through physiological signal measurement which is Electroencephalogram signal (EEG). For stress state inducement audio clip modalities is being used. 36 sound clips which are mixed with noise selected from pilot test result, played at 3 different sound pressure levels and associated with the subjective evaluation obtained from the 30 participating subjects. EEG signal was simultaneously recorded while subjects were exposed to the played sound clips. The recorded EEG signal were analyzed and processed where features were extracted through time domain analysis (Band Energy and Approximate Entropy feature) and frequency domain analysis (Power Spectral Density feature). Theses extracted features classified through linear classifier (Linear Discriminated Analysis classifier) and non linear classifier (Neural Network and k-Nearest Neighbor classifier). The classification results by this classifier on the extracted features show the classification accuracy of the developed stress level at 3 different sound pressure levels. The classification accuracy results dwell within the range of 88.29% to 99.87%. These promising results show that the stress level were successfully developed using audio clip modalities through physiological signal measurement.

## CHAPTER 1

### INTRODUCTION

#### 1.1 Research Background

Mental and emotional stress is normal physical responses to both internal and external events that drive people feel fatigued or threatened. Mental and emotional stress also affects every day human life and human work performance. After a certain point, it may also cause major damage to the nervous system and may severely affect a person's productivity in work and their quality of life. The effects of stress can be seen physically, mentally and emotionally through memory problems, inability to concentrate, poor judgment, negative thinking and constant worrying.

Stress is very common in daily life and it is defined as the body's reaction to a perceived mental, emotional or physical distress (Campbell and Bagshaw, 2002). Stress is an undeniable part of human life. It is impossible to live without experiencing some degrees of stress and the effects of stress in people are seen physically, mentally as well as emotionally (Zhang et al, 2009). Stress affects health and causes burnout. Body continuously releases stress hormones when the stress factor is repetitive or persistent and this translates into constant high blood pressure levels as well as other functional adjustments. The effect of these hormones is harmful for the body. They may cause irreversible physiological damage of the brain and other effects such as tiredness, lack of concentration, headaches, fever, irritability, muscular tension and short term loss of memory (Frankenhaeuser, 1986).

Now days there have been numbers of research regarding effect of noise in order to induce stress and its implication towards health affect. There are many types of visual and audio noise that can cause distractions that break concentration and increase the stress level. Environmental noise is one of the most pervasive, annoying, and costly residuals of human activity. Minimizing the environmental noise can lead to better concentration, increased productivity and can reduce humans overall stress level (Frankenhaeuser, 1986; Lundberg, 1995; Babisch, 2002).

In this research work, as an initial step towards the development of stress level identification system based on the features extracted from the EEG, signals emanated from the scalp while hearing a sound clip simultaneously recorded. The suitable features from recorded signals is associated to the level of stress and by using classifier method, stress will be categorized into 7 types of stress domain namely very low stress, low stress, very moderate stress, moderate stress, high stress, very high stress and normal.

## **1.2 Problem Statement and Significance of Research**

Stress at chronic level can inflict negative implication toward health and life. Thus, within these past 5 year many researches have been conducted for detection and measurement of distress. Generally distress can be measured through experimental and non experimental methods.

Using experimental method, stress state is induced using visual modalities (Lizawati et al, 2007), audio modalities and audio visual modalities (Seo et al, 2008) and mental task (Taelman et al, 2008). Distress is measured through physiological signals such as brain electrical activity (Krantz et al, 2004), eye-related activity (Zhai and Barreto, 2006), respiratory, blood pressure and cardiac function (Jeong et al, 2007; Kim et al, 2007; Lizawati et al, 2007). Although experimental method manage to detect