

PSYCHOLOGICAL STATE ESTIMATION SYSTEM, PSYCHOLOGICAL STATE ESTIMATION METHOD, AND PROGRAM

[ABSTRACT]

A psychological state estimation system (100) includes: a physiological data obtainer (32a) that obtains heart rate data or pulse wave data of a subject (1); a first state quantity calculator (32b) that calculates a first state quantity based on a first index indicating a balance between sympathetic and parasympathetic nervous systems calculated based on the heart rate data or the pulse wave data, the first state quantity indicating a state of the balance between the sympathetic and parasympathetic nervous systems of the subject (1); a second state quantity calculator (32c) that calculates a second state quantity based on a second index indicating an amount of an autonomic nervous system activity calculated based on the heart rate data or the pulse wave data, the second state quantity indicating a state of the amount of the autonomic nervous system activity of the subject; and a psychological state estimator (32d) that estimates a psychological state of the subject by considering the first state quantity as a value on a first axis and the second state quantity as a value on a second axis that intersects with the first axis, the first axis being oblique to both a pleasure-displeasure axis and an arousal-sleepiness axis in Russell's circumplex model of affect.

Figure 2