



California Science Center
CALIFORNIA STATE SCIENCE FAIR
2001 PROJECT SUMMARY

Your Name (List all student names if multiple authors.) Lauren Virnoche	Science Fair Use Only
Project Title (Limit: 120 characters. Those beyond 120 will be ignored. See pg. 9) Get into the Beat: What are the Effects of Music On Blood Pressure and Pulse?	J1535
	Division <input checked="" type="checkbox"/> Junior (6-8) <input type="checkbox"/> Senior (9-12)
Preferred Category (See page 5 for descriptions.) 2 - Behavioral Sciences	
Abstract (Include Objective, Methods, Results, Conclusion. See samples on page 14.) Use no attachments. Only text inside these boxes will be used for category assignment or given to your judges. <p>Objective: My project was to determine the effects of music on blood pressure and pulse. I thought that rap music would raise the blood pressure and pulse the most and that classical music would lower the blood pressure and pulse the most.</p> <p>Materials and Methods: My materials were two digital blood pressure and pulse monitor machines, one tape player, two headphones, one tape cassette, a Y headphone adapter, and two comfortable chairs. I used six different types of music; they were classical, rap, acappella, pop, #oldies#, and country. My subjects were five male adults, five female adults, five male seventh grade children, and five female seventh grade children. I put a blood pressure cuff around the subject#s arm and had them put on the headphones. First I took a base measurement. The subjects listened to the same music for three minutes. After they were finished listening and I took the reading, they rested five minutes so their blood pressures and pulses could go back to their base.</p> <p>Results: The classical music lowered the blood pressures and pulses the most on the average. Surprisingly, the rest of the music also lowered the blood pressures and pulses except for the diastolic blood pressure in #oldies#, which was slightly raised.</p> <p>Conclusions: My conclusion is that all music is good for you and lowers your blood pressure and pulse.</p>	
Summary Statement (In one sentence, state what your project is about.) My project was about the effects of music on blood pressure and pulse.	
Help Received in Doing Project (e.g. Mother helped type report; Neighbor helped wire board; Used lab equipment at university X under the supervision of Dr. Y; Participant in NSF Young Scholars Program) See Display Regulation #8 on page 4. Mother drove me to the store to get materials and to subject's houses. Mr. Florkiewicz helped correct my papers.	