



**CALIFORNIA STATE SCIENCE FAIR  
2006 PROJECT SUMMARY**

<b>Name(s)</b> <b>Naomi Baxter-Rubach; Angie Young</b>	<b>Project Number</b> <b>J1003</b>
<b>Project Title</b> <b>The Power of Meditation: Will Meditation Reduce Your Stress Level?</b>	
<b>Abstract</b> <b>Objectives/Goals</b> The objective of our project was to find out if meditation reduces stress. <b>Methods/Materials</b> We produced a guided meditation tape. We had 18 people listen to it and tested their stress indicators pre- and post- meditation. The indicators were blood pressure, heart rate and skin temperature. The materials included, a tape recorder, our meditation tape, bio- feedback stress dots, home use blood pressure cuff and heart rate monitor, data collection form, mind, body and spirit. <b>Results</b> Our results demonstrated that in fourteen out of eighteen subjects, two out of the three stress indicators showed a drop in stress level. This data supports our hypothesis that guided meditation is effective in reducing stress level. <b>Conclusions/Discussion</b> Through our project data, we found that meditation does in fact reduce stress levels. Our results show that meditation can be a very effective way to lower stress. This is good, because stress can be dangerous. Not only does stress affect you mentally but also physically. It can cause heart disease, ulcers, loss of memory, strokes, failure of immune system, and one type of obesity.	
<b>Summary Statement</b> Our project explores the effect of meditation on stress.	
<b>Help Received</b> Mothers provided guidance and supervision. Adult friends helped explain blood pressure measurement and provided resource materials.	