CALIFORNIA STATE SCIENCE FAIR
2011 PROJECT SUMMARY

Name(s)
Rahul Bekal

Project Number
31102

Project Title
Blood Pressure and Music

Abstract

Objectives/Goals
The objective of this project is to find out whether different tempos of music affect blood pressure of a person. My hypothesis, based on my research, is that blood pressure will go up after listening to fast tempo music and will go down after listening to slow music.

Methods/Materials
Informed consent was obtained from 25 adult volunteers of both gender. Initial systolic and diastolic blood pressure readings of the volunteers were taken with electronic blood pressure monitor kit. The readings were taken again after the volunteers listened to fast music for five minutes with an ipod. Following a 15 minute break, the readings were taken again. The volunteers then listened to slow music for five minutes and then their blood pressure readings were taken.

Results
72% of the volunteers had a drop in systolic blood pressure and 64% had a drop in diastolic blood pressure after listening to fast tempo music. With slow music, 72% had a drop in systolic blood pressure and 44% had a drop in diastolic blood pressure after listening to slow tempo music.

Conclusions/Discussion
My experiment shows that for most people the blood pressure in general goes down after listening to music of any tempo, fast or slow.

Summary Statement
This project is to find out if there is any impact of slow or fast tempo music on the blood pressure of a person.

Help Received
Parents drove me to volunteers' houses and my mother helped with pasting information on the board.