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Music Under Pressure: How Music Affects Blood Pressure

The purpose of this project is to determine how classical, country, and heavy metal music will affect the blood pressure of human subjects in three different age groups. I will test 10 subjects in each of these age groups: ages 3-12, 13-29, and 30+. Recruit 30 participants. Thoroughly explain the procedure. Take and record the first subject's blood pressure at rest. This is the baseline pressure. Have the subject listen to "Under This Old Hat" for two minutes at rest. Take and record the subject's blood pressure at rest. Allow the subject's blood pressure to return to their baseline pressure at rest. Repeat steps 2-4 using "Extreme Days." Repeat steps 2-4 using "Canon in D." Country music had a mixed effect on the subjects' blood pressures. Some blood pressure went up and some went down in each age group. The heavy metal music had very little effect on the 3-12 age group and pressure remained close to baseline. The heavy metal music had an effect on the 13-29 age group. Mostly, the systolic mmHg went up and the diastolic mmHg lowered or stayed the same. The 30+ age group's blood pressure raised for some people and lowered for some (both systolic and diastolic). For the classical music, the blood pressure (systolic and diastolic) mostly lowered in the 3-12 age group. In the 13-29 age group, the blood pressures mostly raised. In the 30+ age group, there were close to equal increases and decreases in both systolic and diastolic. Overall, the results were not exactly what the researcher hypothesized. Music preference probably affected the blood pressure change more than anything.