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The Effects of Equine Association on the Initial Beneficiary and Benefactor

The purpose of the experiment is to determine the benefits for human and horse as well as vital monitoring. This research will include individuals from the age range 12 to 60, those engaging in high stress professions, and aberrant/troubled individuals. Each individual will be paired with a horse of mild temperament. They will be required to participate in three sessions, each time practicing a different method of equine association. They will be adequately informed of safety and procedural details. Prior to commencement and conclusion of their session, each individual will complete various questionnaires and have their vitals taken to determine the benefits or lack thereof. The horse will also be evaluated in a similar manner. Between 82% and 83% of the horses involved in these sessions experienced a decrease or a regulation of his/her vitals. Typically, I saw horses experience a decrease in both their heart rate and respiration rates. When I did not see this decrease, there was typically some sort of variable or influential interference. Similarly, about 86% of humans experienced a decrease or regulation of their vitals during an equine association session. In general, I found that horses and humans both benefit from association. Aberrant and troubled individuals appear to have the greatest positive influence from their equine encounter. This research was very informative and enlightening.