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I ♥VIDEO!! The Effect of Video on Heart Rate

Each day we see things that make us laugh, cry or even jump in fear. We have heard reports of movies scaring a person so much they could have a heart attack. Is our heart affected by what we watch? It would make our viewing choices important to heart health. We decided to see how our own hearts were affected by watching different types of video. We hypothesized that the scary video would raise heart rate the most.

We watched two funny video clips, two scary video clips and two video clips featuring action selected by our adult sponsor. The same people watched the same videos at the same time of day. We took our heart rates before we saw each video, then immediately after viewing.

The data showed that our hypothesis was correct. When we averaged out the change in each of our heart rates, one of the scary videos increased heart rate the most at 20 BPM higher, but one of the funny videos also increased our average heart rate almost as much at 19.33 BPM higher than starting rate.

Each of us was affected differently by what we saw. We have different senses of humor and different senses of fear, so this would affect how much our BPM increased. Talking affects our heart rates, so if we had been secluded while watching these videos, our hearts may have reacted differently. We also have varying fitness levels which could affect how our hearts reacted.