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Human Reactions Under Pressure

The purpose of my experiment was to examine how pressure affected human performance. It was believed that humans would perform better when under less pressure and worse when under more pressure. One group of five was ten through twenty years old. The other group of five was twenty through forty years old. In the groups, each individual was given a bag of plastic letters. They were given a sheet of paper with all the letters in a random grouping printed on it. They were timed with a stopwatch all at the same time, observing how long it took them to assemble the letters in that order. In the second trial, they were all given one dollar and a new piece of paper with a different grouping of the letters. They were told that whoever finished first would get the person in last place's dollar. They were once again timed and all the results were recorded. Although four test subjects performed worse in Trial 2, six subjects improved their times. The 10-20 year olds had faster times than the 20-40 year olds. Altogether, in the second trial both groups demonstrated a consistent improvement of 12.01%. It was concluded that more subjects performed better when under more pressure than when under less pressure. Sixty percent performed better when under more pressure and forty percent performed better when under less pressure. Also, the teenagers and young adults had faster times and performed slightly better when under pressure in this situation than the adults.