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The Sound Of Stress

Division: Health Sciences

Category: Senior

Region: East Parry Sound

City: Novar, ON

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Abstract: The average teen listens to music at 94 dB (industry standard is 85 dB). This project studied music's effect on a teenager's stress by measuring their heart rate, blood pressure and ability to concentrate. The teenagers exhibited an elevated heart rate, no change in blood pressure, and improved ability to concentrate.