

Abstract

Project Title:All About That Blood (Pressure)

Project ID:120

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Stress can cause you to rush and to forget things that you know. That is why I want to find out what the best stress reliever is. If young kids are having emotional tension during a math test, they aren't going to be able to focus very well. But if they have a good stress reliever then they will be able to focus better and get a good grade on their math test. My hypothesis was that calm relaxing music would calm people down the most. To test this hypothesis, I had the test subjects complete a math test, and I checked their blood pressure while stressed and relaxed. My finding shocked me and did not show my hypothesis was true. I learned that the fidget spinner is a better stress reliever than silly putty or calm relaxing music.