

Title : Comparative Study of Heart Rate, Blood Pressure and Selective Attention of Subjects Before and After Music

Abstract

Introduction: Studies have shown different views regarding the effect of music in vitals e.g Heart rate (HR), Blood pressure (BP) and attention. The effect of preferred music with lyrics in vitals and reaction time in Stroop test has not been performed in Nepalese students so, we conducted the study. **Objective:** To find out the change in HR, BP and reaction time in Stroop test before and after their preferred music with lyrics. **Methodology** Thirty male medical and paramedical students aged 25.27 ± 2.0 participated in study. The vital signs and reaction time in Stroop test before and after music was taken. Results Paired-t test was used to compare means before and after exposure to music. The means are expressed as Mean \pm SD. Heart rate (HR) increased after exposure to music (66.33 ± 9.51 Vs 67.2 ± 8.44) ($p < .05$). The error in Stroop test was less after music ($.66 \pm .49$ Vs $.63 \pm .66$) ($p < .05$). The reaction time after error correction decreased post exposure to music (24.117 ± 4.61 Vs 23.29 ± 4.45) ($p < .05$). **Conclusion** The heart rate increased after exposure to music. The errors decreased after listening to music which also decreased reaction time.

Keywords : Error, heart rate, music, reaction time

For more details :

[https://www.researchgate.net/publication/332903814 Comparative Study of Heart Rate Blood Pressure and Selective Attention of Subjects Before and After Music](https://www.researchgate.net/publication/332903814_Comparative_Study_of_Heart_Rate_Blood_Pressure_and_Selective_Attention_of_Subjects_Before_and_After_Music)