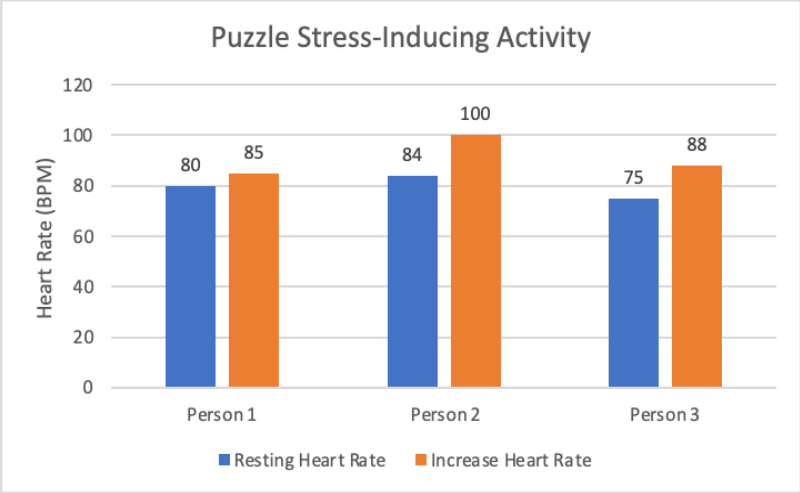
Purpose - This experiment aims to provide insight into the relationship between stress and heart rate. By arranging participants to engage in stress-inducing activities allows there to be a change in their heart rate. When the human body experiences stress, our body then releases a stress hormone like adrenaline, which can increase heart rate. By observing the changes in heart rate before and after stress-inducing activities , individuals can get an understanding of the physiological response to stress and its impact on the cardiovascular system.

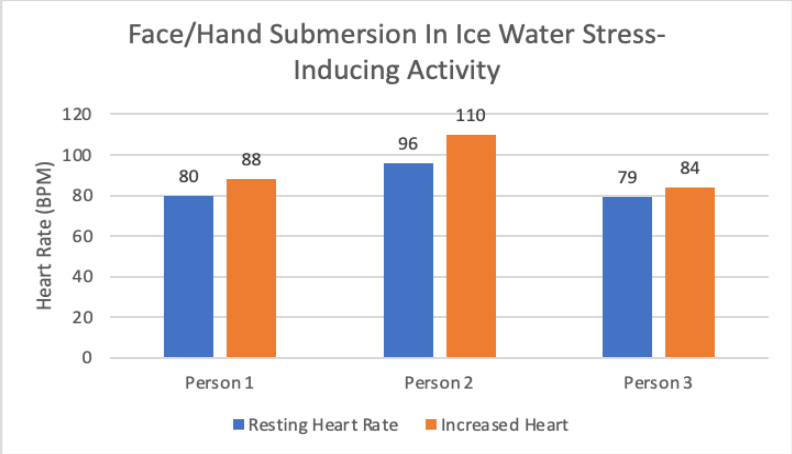
Methods -

1. Participants: Arrange group of participants for the study
2. Stress- inducing Activity: Arrange stress inducing activities that require decision making. Ask participants to solve challenges like puzzles and mazes, or submerge hands in cold water.
3. Resting Heart Rate Measurement: Before Stress activity begins, measure the resting heart rate of each participant. Heart rate be done counting pulse manually, or heart monitor if available.
4. Apply Stressors: Once resting heart rate is taken, begin stress inducing activity, while ensuring all participants are fully engaged to experience an increase in stress levels.
5. Post- Stress inducing activity heart rate Measurement: After participants complete the stress inducing activity, measure heart rate to record any signs of change in heart rate.

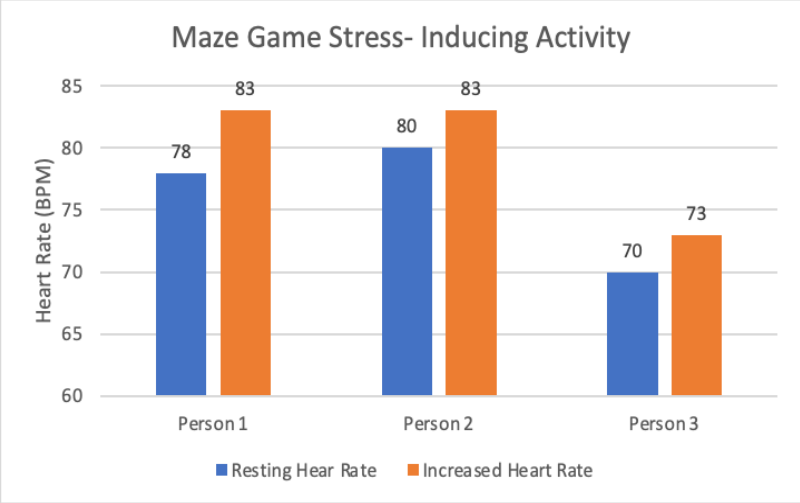
Result #1:



Result #2 :



Result # 3:



Conclusion: Based on the results, stress influences individuals heart rate. Exposure to stress inducing activities triggers the body's stress response system. This experiment emphasizes the physiological response the body has against stress, while offering insight to the relationship between the impact of stress on heart health.