Effect of Self Preferred Romantic Music after Physical Exertion in Males

Abstract

Romantic music is considered to promote relaxation and reduce stress. Past researchers reveal that different types of music varying in tempo can have physiological effects on the body. To examine the effects of Romantic music after physical exertion, 15 male students performed a stressful, cardiovascular exercise. After performing the running exercise, participants were made listened to their preferred romantic bollywood music. The physiological effects of romantic music promoting relaxation are indicated by changes in Heart rate variability (HRV). Specifically, the relative change in low to high frequency (LF/HF) ratio component of heart rate variability proven to be a non invasive technique was used to indicate physiological changes occurring in the Autonomic nervous system (ANS). The results obtained demonstrate the effects of romantic music after physical exertion based on individual preference for the song.
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Index Terms

Computer Science

Singla Processing

Keywords

Romantic music  Heart rate variability  Autonomic Nervous system  LF/HF ratio