

Effect of Music on Vital Parameters, Rate of Perceived Exertion and Six Minute Walk Distance in Normal Healthy Individuals

Vaishnavi Vivek Chiddarwar, Nilima Shirish Bedekar, Parag Kantilal Sancheti & Ashok K Shyam

Abstract

Aim: To find the effect of music on vital parameters, Rate of Perceived Exertion and six-minute walk distance in normal healthy individuals. **Method:** The study was performed on 60 normal healthy individuals (18-25 years). 30 individuals performed six minute walk test with music on the first day and without music on the second day while, 30 individuals performed without music on the first day and with music on the second day. The vital parameters, Rate of Perceived Exertion were recorded pre and post the test (with and without music), six-minute walk distance was recorded. **Results:** On statistical analysis with unpaired t-test for parametric data and Mann Whitney U test for non-parametric data, there was no significant effect on the blood pressure ($p=0.91$ systolic blood pressure, $p=0.93$ diastolic blood pressure), heart rate ($p=0.87$), RPE ($p=0.85$), respiratory rate ($p=0.43$) or the six minute walk distance ($p=0.12$). **Conclusion:** Music had no significant effect on the walking performance of the studied population.

Vaishnavi Vivek Chiddarwar

B.Ph Intern,
Sancheti Institute College of Physiotherapy
E-mail: vaishnavichiddarwar@yahoo.com

Nilima Shirish Bedekar

Professor
Sancheti Institute College of Physiotherapy
E-mail: nilimabedekar@yahoo.com

Parag Kantilal Sancheti

Chairman
Sancheti Institute College of Physiotherapy

Ashok K Shyam

Orthopedic surgeon
Research officer
Sancheti Institute for Orthopedics and Rehabilitation
E-mail: doc.ashokshyam@gmail.com

Key Words: Music, Heart Rate, Blood Pressure, Walking, RPE

DOI: 10.18376/jesp/2018/v14/i1/111295

Introduction

Exercise is important in fitness, health promotion and in recovering from long standing health issues. It is a vital part to have a healthy life. Doing exercise should be a part of the routine and must be done regularly as the effects are not permanently lasting. Physical inactivity has become an epidemic and also has been considered as, "The biggest public health problem of the 21st century." (Stork et al, 2015). There is hence, a dire need to incorporate physical activity in people's lives, it should be made interesting to have compliance for it. Music is one such form which can help improve performance while exercising. Self-selected playlists have shown to improve Sprint Interval Training performance. [Stork MJ et al, 2015]. Music has an effect on the mood, arousal and enjoyment when varied in tempo and mode [Thompson WF et al, 2001]. Six-minute walk test (6MWT) is a sub-maximal exercise test that measures the functional capacity, it