

不同干预方式、不同应激源对血压、心率的影响

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摘要 探讨不同干预方式、不同应激源对血压、心率影响的差异。被试为本科生48人, 采取干预方式、应激源、实验间期的三因素混合实验设计。干预方式为放松训练和预知, 应激源为心算和恐怖影片。实验间期包括基线期、干预期、应激期、恢复期。实验的因变量为每个实验间期的血压和心率。结果显示, 心算应激引起的血压和心率升高显著高于恐怖影片应激引起的血压和心率的升高; 放松训练组和预知组其干预期的血压和心率值都低于基线期; 干预方式和应激源在血压和心率两个指标上交互作用不显著。结果表明, 与恐怖情绪引起的紧张相比较, 智力操作紧张更容易影响血压和心率; 放松训练和预知对于对抗应激时血压和心率升高都起到了一定的作用; 不同干预方式对于不同性质的应激源作用没有差别。

关键词 [应激源, 应激干预, 血压, 心率。](#)
[应激源, 应激干预, 血压, 心率。](#)

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EFFECTS OF DIFFERENT COPING AND DIFFERENT STRESSORS ON BLOOD PRESSURE AND HEART RATE

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Abstract The purpose of this study was to discuss the effects of different coping and different stressors on blood pressure and heart rate. The participants were 48 Hebei normal university students. The interventions were foreknowledge and relaxation training. The stressors were mental arithmetic and Dracula movie. The subject' physical stress reactivity was recorded in four phases. The following physiologic indexes were measured: blood pressure, heart rate. Results are that blood pressure and heart rate of mental arithmetic was higher than that of Dracula movie. The blood pressure and heart rate of foreknowledge group and relaxation training group in intervention phase was lower than did in baseline phase. The interventions and stressors on blood pressure and heart rate hadn't interactive effect. Blood pressure and heart rate were smarter on mental arithmetic than that of Dracula movie. Foreknowledge and relaxation training were effective to slow blood pressure and heart rate in stress. There were no differences of different interventions on different stressors.

Key words [stressors, stress-intervention, blood pressure, heart rate.](#)

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