

Action to the stress caused by smell

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Summary

In this research, we have studied effects of smell to stress. The purpose of the study is reducing our stress and living better life.

Sense of smell is concerned directly with brain. So, our hypothesis is that we can get a relaxing effect by smell.

We experimented with smell to inspect our hypothesis.

We went “Japan Aroma environment association” to do fieldwork. We learned about the way of experience and basic knowledge.

We used sweet orange and patchouli.

As a result, sweet orange has an effect to raise our tension and has an effect to control our irritation.

Introduction

We are always stimulated from the outside world. For example, sound, light and smell. They sometimes make us happy, and sometimes make us sick.

This time, we have studied effects of smell to stress. The purpose of the study is reducing our stress and living better life.

Evidence

I'll talk about the reason of using smell for this study. Sense of smell is concerned directly with brain. Smell works directly on the cerebral limbic system. Only sense of smell is connected directly to the brain in the senses. So, our hypothesis is that we can get a relaxing effect by smell.

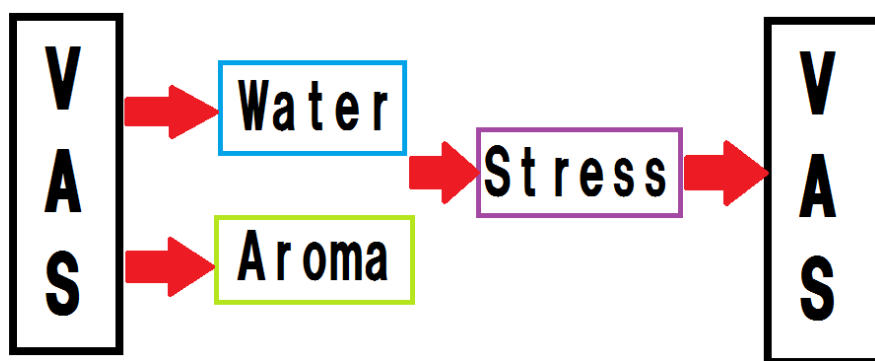
First, do you know how stressful we feel in modern society? This is the basic survey on people's lives of the 28th year of Heisei. The graph shows that 47% of Japanese feel stress.

We want to relieve your stress with smell. But, the way of dealing with aromatherapy isn't so familiar to Japanese because everyone might think of it as a kind of hobby. However, it is accepted as medical care in foreign countries. Why is it?

Curing with smell came from medical care in foreign countries. On the other hand, we use it as Buddhism and play in Japan. That's why we Japanese cannot accept it as medical care.

Experiment

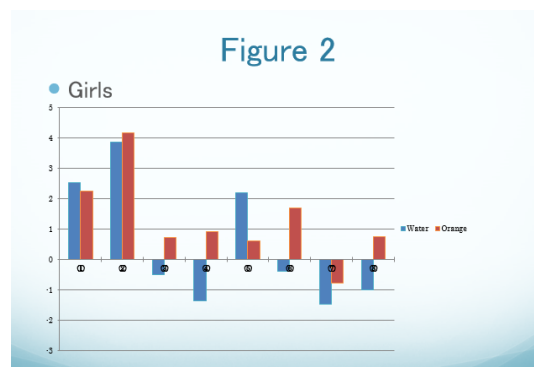
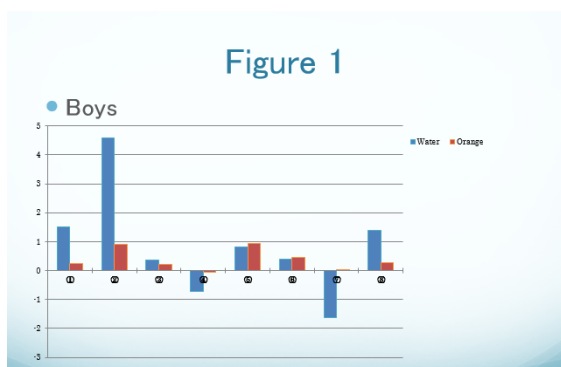
I want to prove the effect through experiment.
We went "Japan Aroma environment association" to do fieldwork before.
In experiment, we used VAS. It is survey to examine.
The way of experiment is like this.



Result

We carried out an experiment in December 16th. Subjects are students of Morioka first high school, 12 boys and girls each.

In the figures, positive values represent good feeling, and negative values represent bad feeling.



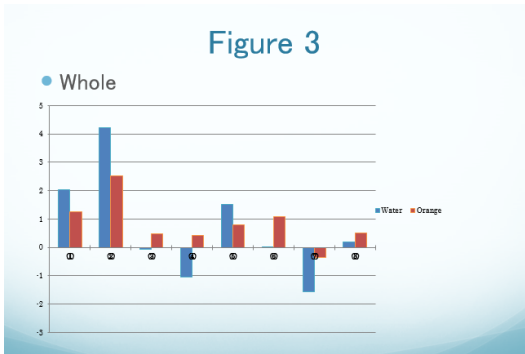
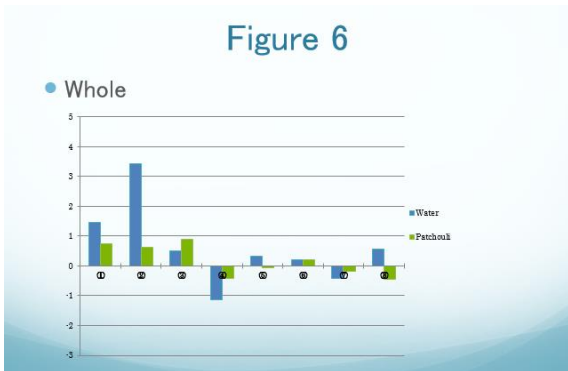
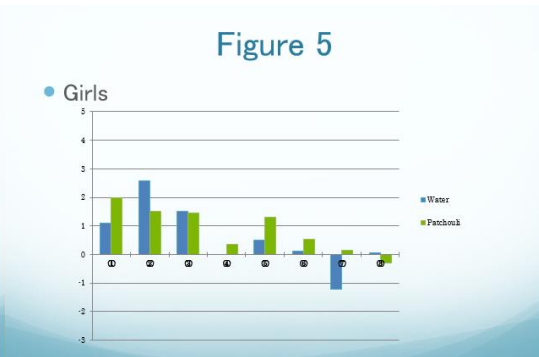


Figure 1 is the graph about the result of boys smelling sweet orange. As you can see this, most of items are positive. But in the item of concentration, the value of water is much higher than of sweet orange.

Figure 2 shows the result of girls smelling sweet orange. According to this, the value of sweet orange is better than of water overall. Especially, the item of refreshing and of relax are good. This is the effect of aroma.

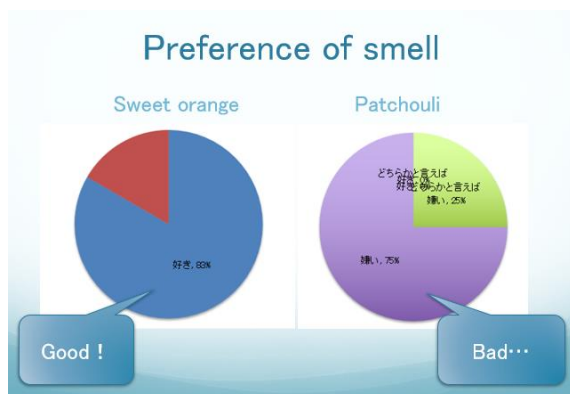
Figure 3 is about the result of the whole. These values of sweet orange are almost positive. Therefore, sweet orange makes us feel good.



Next, Figure 4 is the graph about boys smelling patchouli. As you can see this, most of items are negative.

Figure 5 shows the result of girls smelling patchouli. According to this, without the item of relax, all items are positive. Especially the item of relaxing and of brisk are good. This is the effect of aroma.

Figure 6 shows the result of the whole. These values of patchouli remain at the same level. Therefore, patchouli makes us calm.



We also carried out a survey of preference of smell. According to the survey, sweet orange is liked by people, and patchouli is disliked by people.

Conclusion

I'll tell you our study of the experiment. According to the result, there is a possibility that girls are more sensitive to smell than boys, Sweet orange raises our tension, and Patchouli controls our irritation.

On this point, it's conceivable the smell that is hated by person can give effect on the body.

Therefore, we can say that our feeling change by smelling the smell and we can reduce stress.

Reference

- Chizu Kumagai, Kourin Kawaguchi (Japan Aroma environment association)
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