

〈教育セミナー〉

## 音：不安の高低と脳活動

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### Sounds : The Intensity of Anxiety and Brain Activity

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#### Abstract

Various kinds of sounds in daily life give any influence to psychological aspects and brain activity. In this study the relation between laterality of EEG frequency fluctuation on the frontal lobe and the state anxiety was examined for daily irritating sounds. When the rhythmicity of  $\alpha$  wave frequency is higher on the left frontal lobe and is lower on the right frontal lobe, the state anxiety is high. When the rhythmicity is high on right and left frontal lobe, the state anxiety is low. These suggests that the state anxiety is related to a difference of activity on both right and left hemisphere, and suggesting that the degree of anxiety is higher, when both rhythmicity of right and left hemisphere is low.

**Key words:** frontal lobe,  $\alpha$  wave, rhythmicity, anxiety.