

報 文

和服の短時間および長時間着用時の心拍変動からみた着心地

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Physical Comfort viewed from Heart Rate Variability during
Short- and Long-time Wearing of Kimono

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Abstract

This study was performed to investigate physical comfort of short- and long-term kimono wearing based on a power spectral analysis of heart rate variability. Changes in the heart rate was measured using an ACTIVETRACER (AC-301A, GMS). The kimono used in the study was a lined kimono tied with a fukuro-obi of otaiko knotting. Subjects were 17 healthy young female students.

Compared with condition before wearing the kimono, the heart rate of most subjects decreased during short-time wear of a kimono. The HF/TP (high frequency / total power) ratio increased in those subjects, which indicated a parasympathetic hyperactivity. During long-time wearing of kimono, the HF/TP ratio of some subjects decreased in an early stage of the study and the ratio of other subjects increased temporally. In most cases, however, the long-term wearing of kimono suppressed the HF/TP ratio, which was considered to cause a physical stress to the subjects.

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