

Madison Baker



# Does Posture Affect Reading?




# Goal

This project was to figure out which posture, with options of sitting, standing and supine, was the best to read the most amount of pages in 30 minutes.



# Research


Discomfort can be caused by unfamiliar or uncomfortable positions, and can cause distraction from the task at hand, and this is important for the hypothesis. It was believed that the unfamiliar positions, standing and supine posture, would cause discomfort and distract the participants from reading.







# Hypothesis

If the absolute value of a degree increases  $90^\circ$  from  $90^\circ$ , then the amount of pages read will decrease because the unfamiliar posture will distract one from reading.



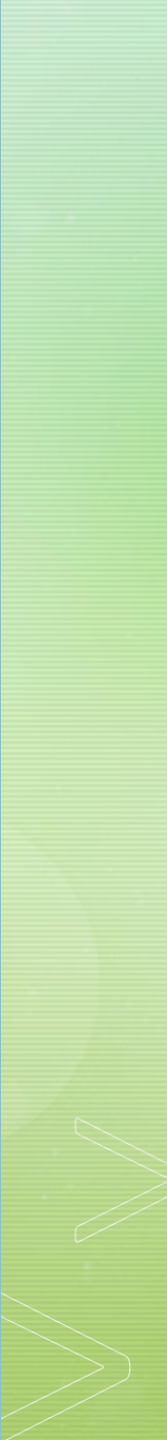


## Procedure - Simplified

1. Have everyone read, in a sitting position, for 30 minutes
  2. Record the amount of pages completed, no half pages, for each persons
  3. Have 2 people read, in a supine posture, for 30 minutes, have the other 3 read standing for 30 minutes
  4. Record the amount of completed pages, for that round, for each person
  5. Have 3 people read, in a supine posture, for 30 minutes, have the other 2 read standing for 30 minutes
  6. Record the completed pages read, for that round, for each person
  7. Find the average of each pages read per posture
  8. Find out if hypothesis was supported or not
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# Variables

- Independent: The posture the participant is in
  - Dependent: The pages read according to that posture
  - Controlled: Same postures, same places, same amount of time
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# Pages Read by Participant per Posture

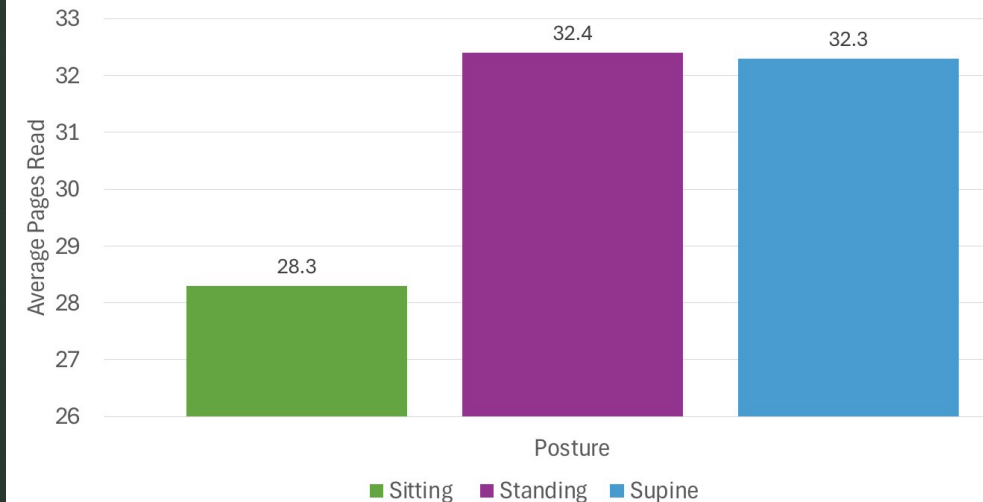
Participant #	Name	Age	Pages Read - Sitting	Pages Read - Standing	Pages Read - Supine
Participant 1	Victoria B	13	28	36	28
Participant 2	Emily S	12	22	30	35
Participant 3	Hope B	13	18	21	22
Participant 4	Ellory B	13	69	68	70
Participant 5	Alaina S	13	32	33	33
Participant 6	Connor B	13	23	26	24
Participant 7	Zoe A	11	20	20	15
Participant 8	Evelyn O	11	34	49	53
Participant 9	Sophie H	12	16	18	25
Participant 10	Charlie R	12	21	23	18

## Data/Results

### Average Pages Read per Posture

Posture	Average Pages Read
Sitting	28.3
Standing	32.4
Supine	32.3

Average Pages Read According to Posture



# Conclusion

- The data showed that standing posture had the highest average pages read.
- This shows that the hypothesis was not supported, because if it was, then sitting posture would have the highest average pages read.
- Errors made in the experiment included 2 participants completing the experiment at a later date, and performing the experiment at different hours of the day.