

④ (岡崎班)

Exploring The Relationship Between Hair And Lifestyle Habits

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Abstract

We focused on hair because it is easy to collect and there are many differences among people, so we thought that it could obtain interesting results as an experimental material. Through our research, we hope to explore the relationship between hair strength and lifestyle habits, and propose ways to keep hair beautiful and healthy.

1 Theory and Experiment

People who lead a healthy lifestyle and take care of their hair will have stronger hair.

Experiment 1

We collected hair with the cooperation of the students as a sample and measured the strength of the hair by measuring the thickness of each hair one by one with a microscope.

Experiment 2

We conducted a questionnaire for the students who participated in the experiment. Questions were asked about their gender, sleep time, bedtime, breakfast status, and whether they used a hair dryer.

2 Results

Experiment 1

- Correlation coefficient was 0.2.
- There is no correlation between the thickness and strength of the hair.

Experiment 2

- Those who slept for between 6 or 7 hours became stronger hair.
- Weakening of hair was related to hair dryer use.
- The presence or absence of hair styling products and breakfast was not significantly related to strength.

3 Conclusion

There is little relationship between hair strength and lifestyle.

4 Key word

Lifestyle Cortex Hair strength