

Utilizing an Abacus as a Coping Mechanism for Post-Acute Stress

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Abstract

The abacus was used as a calculating device for basic operations of math in ancient times. However, it may be applicable as a coping mechanism for post-acute stress. To verify the abacus' ability to provide relief, ten individuals participated in an experiment in which they carried out the sing-a-song stress test derived from Brouwer & Hogervorst (2014). Participants sat in front of a monitor displaying ten messages interchanged by a one minute timer; with one message entailing a task that would be completed when the final counter reached zero. Heart rate was measured throughout the process and surveys were filled out before and after the procedure. The abacus proved to be an ineffective tool among half of the participants to cope with the symptoms after a stressful experience, yet three of the participants were relieved following the use of the abacus. Inconsistencies possibly occurred within the results due to the difference in personality type among the participants.