

ABSTRACT

Title: The effect of previous experience on stress response during adventure activities among FTVS students

Objectives: The aim of the study was to determine the influence of previous experience on stress response during adventure activities among students of the FTVS.

Methods: The study was attended by 100 students from FTVS UK studying for bachelor's or master's studies. The average age of participants was 21 ± 3 years. The probands crossed an obstacle – a tall log at 11 m above the ground for 4 minutes and then crossed the same obstacle on the ground at the same speed. The monitored parameters of the stress response were heart rate (HR), oxygen consumption (VO₂), respiratory rate (RR), and ventilation (VE). The participants' experience with the obstacle was assessed using Google Forms. The results were analysed using basic statistical methods.

Results: In the group with experience with an obstacle (Z) compared to the group without experience with an obstacle (B), we found the following differences: HR $\uparrow 2.1$ beats.min⁻¹, VO₂ $\downarrow 0.2$ ml.min⁻¹.kg⁻¹, v DF $\downarrow 0.8$ breaths.min⁻¹, VE $\downarrow 1.6$ l.min⁻¹.

Conclusion: The study did not demonstrate a significant effect of previous experience with adventurous activity among the group of probands with and without experience on the stress response in any of the monitored indicators (HR, VO₂, DF, VE).

Keywords: Physiological response; rope obstacles; outdoor challenge; activities.