COMPARISON OF BRAINWAVE PATTERN FOR ALPHA STATE BETWEEN SMOKERS AND NON SMOKERS AFTER MOTION TECHNOLOGY

This project report is presented in partial fulfillment for the award of the

Bachelor of Electrical Engineering (Honours)

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ACKNOWLEDGEMENT

All praises be to Allah S.W.T, Lord of Universe, the Merciful and Beneficent Salam to Nabi Muhammad S.A.W, his friends, companion and the people who follow his path.

I would like to express my gratitude and sincere appreciation to my supervisor, Prof. Madya Zunairah bt. Hj Murat for her suggestions, guidance and invaluable advice throughout the preparation and completion of my final year project.

I also would like to thank everyone who has involved directly in completing this project. I also would like to thanks to my parents and families for their love and support through out the years, without them, would never have gone this far.

Thank you,

Amyza binti Ibrahim

ABSTRACT

This paper presents a research project on analyzing the brainwave pattern with correlation to motion technology using Electroencephalogram (EEG). Motion technology is an experimental method, or process designed to relax the physical body and synchronize the electrical activity of the brain through horizontal rotation measurement.

The brainwaves of twenty one samples were observed before and after the motion treatment using EEG equipment. In addition, each sample undergoes at least 5 sessions of treatments. A short interview was carried out for each respondent to confirm the results.

In general, the result shows that the motion treatment produces significant improvement in terms of increasing alpha state signal of the brain. It was found that this treatment produces a significant improvement in terms of health condition and could reduce smoking.

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