

Correlation of Movie Likeness with Blood Pressure

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Abstract

Blood pressure is the force of blood flow in larger arteries and blood vessels. Its normal value is 120/80 mmHg. It is calculated in two terms namely systolic and diastolic blood pressure. Its value can fluctuate leading to hypertension and hypotension. A questionnaire-based study was designed to correlate blood pressure with movie likeness. Such studies have been given great outcomes in recent years. The blood pressure was determined by sphygmomanometer. The values of blood pressure of all the subjects were recorded. The participants were asked about their opinion of liking movies or not. The average and SD values were calculated separately. T test was also performed. The p value less than 0.05 were considered significant.

Keywords: Blood Pressure; Movie Likeness

Introduction

Blood pressure is the force with which blood is pumped and circulates in the blood vessels. The resistance to the blood flow in vessels is also termed as blood pressure. Blood pressure is mostly explained in two terms namely systolic and diastolic blood pressure. Systolic pressure is maximum in a hear beat while diastolic is minimum one. The unit in which blood pressure is expressed is mm of mercury column (mmHg). The normal value of blood pressure in a healthy adult is 120/80 mmHg. However, it can fluctuate as well. But very serious fluctuation from normal value can be dangerous. Depending upon these fluctuations, two types of blood pressure disorders are there namely hypertension and hypotension. The hypertension is referred as high blood pressure while hypotension refers to low blood pressure. Hypertension or high blood pressure has higher values of both systolic and diastolic pressures. It is usually 140/90 mmHg or even higher than this. Its symptoms are not clear but if this condition is left unnoticeable and untreated, it can be fatal. Continuous high blood pressure can lead to heart problems, strokes, kidney failures etc.

The major factors leading to hypertension are obesity, high consumption of salts, eating unhealthy or junk food, high consumption of alcohol and other drugs like caffeine and not doing exercise regularly. This situation can be controlled either by adopting healthy attitudes and proper medications. In order to control hypertension, we must reduce the amount of salt consumption, use of vegetables and fruits should be increased, avoid alcohol and other drugs, losing weight and doing exercise regularly. On the other hand, there is another situation named as hypotension or low blood pressure. Its value may range between 90/60 mmHg. The major symptoms of hypotension are feeling sick, weakness, feeling dizzy and low sight. Many factors can lead to this situation like improper diet, some medicines, pregnancy etc. Changing your medical habits and adopting good attitudes can cover up this problem [1]. Movies are the ways to get rid of the daily boring routine for a small time. This is a fun tool and a recreational tool. Indeed, a great source of fun and joy. People watch movies for the sake of fun, entertainment and amusement.

There are different types of movies and different choices of people as well. Some people like to watch action movies, some like comedy and even some others like romantic movies. This choice depends upon the habits and behaviors of people. Movies are vehicles to create awareness among people and to highlight various aspects of society. They have a great impact on the minds of youth. These can make them alert and aware as well as can alter their schools of thoughts. Our youth try to copy the actions and stunts shown in action movies and make them injured. Similarly, the unnecessary romance shown in the movies can also misguide the youth. There is always a censor board in every industry which judge the quality of movies. This board should do its duty faithfully. In this way, good and message provoking movies can be produced, and their goals can be surely achieved. Physically strong people like horror movies while the weak people can't watch the horror movies because it effects their minds and also their cardiac muscles. Also those who have some mental issues are not interested in watching movies also mentally disturb people mostly like movies that are tyrannized movies [2].

The objective of present study was to correlate the habits of movie likeness with human blood pressure. Blood pressure is one of the variables of human body. It was correlated with the trend of movie likeness. It was a questionnaire-based study. We use T test for this study and calculate the Blood pressure and relate it with likeness of people. Such studies have been given great outcomes in current years and tell about the likeness of a normal person. Most of the people like watching movies.

Materials and Methods

I designed a questionnaire-based study basically to correlate the blood pressure with the general trend of movie likeness. 200 participants took part in this study. All the participants were the students of BZ University Multan. I tested their blood pressure and took their consent on the issue. Before took them in consideration I requested them to told me their physical status and their habits. Most of the students did not addict of smoking. And most were physical fit, having a good lifestyle as most students belong to the rural areas. I measured blood pressure using two techniques one by sphygmomanometer and through digital machine. By digital method, I tied the arm cuff on the arm and the blood pressure value was displayed on the screen. The second method using sphygmomanometer was also adapted. I tied the arm cuff was tied on the arm and arm was balanced. I pressed pump with hand and the arm cuff tightened gradually by press of pump. Then, I released the pump and the cuff relaxed slowly. The value was shown on the dial. By this method, I tested the blood pressure of the subjects and recorded the values. After measuring the blood pressure, I asked the people whether they liked to watch movies or not.

Statistical Analysis

I performed statistical analysis using MS excel. The first table was about all those persons who replied in yes or no and was to correlate with the systolic blood pressure. The second table was about the diastolic blood pressure and the answers of the people on the question.

Results and Discussions

Questionnaire based studies have been given important outcomes in current researches [3-10]. The students that are smokers have more blood pressure than the normal students. Also, the physical fitness of students effects their likeness. Students who are apparently weak have more blood pressure problems as they can't watch the horror movies so they mostly like the romantic movies. This study was designed to correlate the variable of human behavior with the variable of physiology. Average was also taken separately for systolic and diastolic pressures. Standard deviations were also calculated. Then the T test was also taken.

Mean+/- SD for systolic pressure was following.

Yes	No
120.95 +/- 7.8388	78.7 +/- 9.81

Similarly, for diastolic blood pressure:

Yes	No
121.2 +/- 8.55	76.3 +/- 9.96

Conclusion

It was concluded from the present study that different people having different blood pressure values also had different habits of watching movies. Some people liked to watch movies while some not. The p value less than 0.05 was considered significant. People having normal Blood pressure value mostly like to watch movies.

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