

## Effect of Pulse rate on skipping Breakfast

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### ABSTRACT

Objective of the present study was to correlate blood grouping and skipping breakfast. A total of 200 subjects were involved in the present study. These subjects were associated with the Institute of Molecular Biology and Biotechnology of Bahauddin Zakariya University, Multan, Pakistan. These subjects were asked to estimate their pulse. Normal pulse rate ranges from 65-100. And pulse rate varies from person to person. It was concluded from the present study that people with higher pulse rate take their breakfast. And those with lower pulse rate skip their breakfast.

**Key words:** pulse rate–energy–breakfast

## 1 INTRODUCTION

Pulse rate is the number of pulses per minute. Pulse is the rate at which heart beats. The pulse varies from person to person. Normal pulse rates for humans are usually between 65 to 100 beats per minute, however, there are specific medical conditions, such as cardiac arrhythmia, which can change a person's normal pulse rate. Other factors affecting are age, gender and physical state level. The pulse may be detected from neck, wrist, behind the knee and ankle joint. It can also be measured directly by using a stethoscope. [1]

Different factors are taken in consider when people are asked about why they skip their morning meals? Some support their answers by saying that they don not find time for it as they have to rush to their schools, universities or workplaces. Others claim that they don't like to eat anything in the morning, and later on they feed on high calorie, so called, junk food. Breakfast is the pivotal meal of the day. It provides energy for the metabolisms of the body, so that our muscles helps us do work throughout the day. [2]

Objective of the present study was to correlate blood grouping and skipping breakfast.

## 2 MATERIALS AND METHODS

Total 200 subjects were involved in the present study. These subjects were associated with the Institute of Molecular Biology and Biotechnology of Bahauddin Zakariya University,

Multan, Pakistan.

### 2.1 Measurement of Pulse rate

Pulse rate can be determined by different methods. A very common method which almost every physician follows when you visit him is measuring it by placing your index and mid-finger on your wrist. Pulse can be calculated by counting the times pulse beats in a minute. This is the standard and ordinary method of calculating one's pulse.

### 2.2 Project Design

A questionnaire was made regarding skipping breakfast. All the subjects involved were supposed to count their pulse. Later on, all of them were asked that whether they take their breakfast in the morning or not. All of this was done in order to check whether pulse rate has any influence on skipping breakfast or not. In accordance with this analysis, result was laid down.

### 2.3 Statistical Analysis

Stastical analysis was done by M Stat. The result of value was checked by students t-test. value 0.05 was considered as significant.

## 3 RESULTS AND DISCUSSION

A questionnaire-based studies have always given particular and specific results in the past studies. The average pulse

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rate is around 65-100 beats in a minute. It varies from person to person due to different factors. These factors include cardiac disorders, fatigue and laziness, excessive and hectic exercise. Out of the total 200 subjects, 117 subjects declared that they take their breakfast in the morning. While 83 subjects ditch their breakfast. Ditching breakfast is the bad habit as it might help you surviving a single day without it but you will definitely drain out of energy on the other day, as it provides energy for the fundamental processes of the body. [3-10] Effect of pulse rate on skipping breakfast is given in Table 1 given below.

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**Table 1.** Effect of pulse rate on skipping breakfast (Mean± Standard Deviation)

People who take breakfast	People who skip breakfast
79.38±11.41	84.93±10.41*

\* <0.05

#### 4 CONCLUSION

It was concluded from the present study that people with higher pulse rate take their breakfast. And those with lower pulse rate skip their breakfast.

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