

## CONNECTION OF NORMAL PULSE RATE WITH LONELINESS

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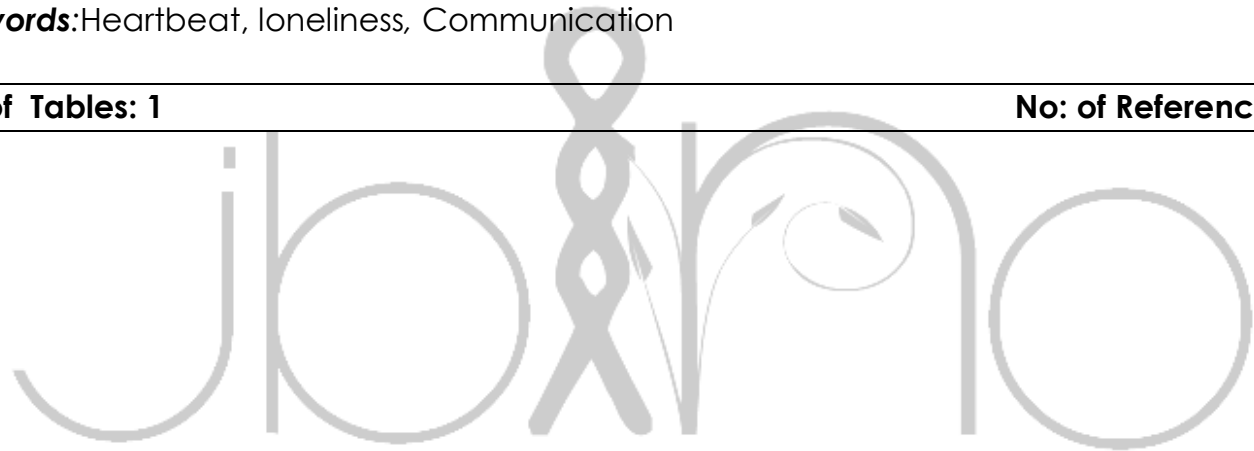
### ABSTRACT

The main purpose of this study was to correlate the normal pulse rate with loneliness. 200 subjects were participated in this study. All were the students of Bahauddin Zakariya University, Multan, Pakistan. Pulse is sense of palpation or movement of artery as compression and dilation in any place near the body surface like wrist, neck, etc. Loneliness is a condition in which a person deals with separation to their relations. Certain past bad experiences are also cause of loneliness because suffering peoples do not trust on other peoples. They thought that peoples don't understand their problem. It was concluded from present study that normal pulse rate have no scientific connection to loneliness.

**Keywords:** Heartbeat, loneliness, Communication

**No: of Tables: 1**

**No: of References: 10**



## INTRODUCTION

Pulse is actually sense of palpation in any place near the body surface which allows an artery to compress. It may occur near the neck, wrist, behind the knee, ankle and foot. Pulse is actually a movement of compression and dilation. Pulse relates with heart. Pulse is lab-dob sound. It is measured by several ways. It is measured by stethoscope or by counting with time. There is a simple method in which we use three fingers put them on wrist and count pulses and noted time for 1min. As such a way we can find or heart beats in a minute. 60 or 100 pulse or heart beats in one minute are identification of health. Pulse produces due to heart pumping the blood. During pumping the arteries expand and contract. So, pulse produces. Heart attack will not occur by irregular pulse or palpation. It does not mean a person may suffer from any disorder. Pulse or palpation may increased by several factors. These are stress, hypertension, dehydration, alcohol, fever and smoking. And exercise also faster the pulse rate. Certain food supplements also responsible for increasing pulse like goldeanseal, oleander and ephedra. Pulse is mark of life. Hearts clean the body blood and arteries expand and compress and deoxygenated blood change into oxygenated blood. This whole cycle produces pulse.

Loneliness may be innate or adaptive. Loneliness is actually a property or habit which deals with separation. You have number of relationships and friends do not matter. Loneliness does not depend on friends and relations. It depends on

interaction and communication between you and your friends or relatives. About 78% or 80% peoples around us those not share their problems or feelings or emotions to their friends because they thought that their friends cannot understand their problems or emotions. Those people limit their thought to themselves. Loneliness is not any disease or mental disorder if it does not disturb your social and economic circle. There are many causes of loneliness. There are certain bad past experinces. Many people do not get rid of all past memories. Such people become alone because they don't like to share their problem to others. They seemed that people are not trustworthy in this world. Breakup, certain accidents can cause loneliness. Many married couples are also suffering from loneliness. Many successful peoples are also alone. Life becomes busy today. It is also a cause of loneliness.

Main purpose of the present study was to correlate connection of normal pulse rate with loneliness.

## MATERIALS AND METHODS

200 subjects were participated in this study. These all were the students of Bahauddin Zakariya University, Multan, Pakistan.

### Measurement of pulse rate

Patient should be relaxed. We put first and second fingers on patient wrist. We pressed the wrist and felt the pulse by noted the time and count the number of pulse. We recorded the pulse rate and compared it

with values in table. Normal pulse numbers are between 60 to 100. Pulse rates varied from person to person.

### Project Design

A questionnaire was prepared to ask questions about loneliness. 200 students were participated in this study.

### Statistical Analysis

M. state was used to perform statistical analysis. Student's *t*-test was done for analysis the results.  $p < 0.05$  was considered as significant.

## RESULTS AND DISCUSSION

In this study *t*-test was used to calculate the results. 200 subjects were participated in this study. A questionnaire was prepared to co-relate loneliness with pulse rate. Different students had different pulse rate. Some had lower pulse rate and some had stronger pulse rate. We asked the questions to student and they answered. Many people like to live alone and their average was 78.07. Peoples those were not like loneliness, their average was 79.54,  $p < 0.05$  *p*-values is significant. But concluded value of this study is not significant.

The results which were obtained from the present study are given in table 1.

**Table 1: Connection of normal pulse rate (Means $\pm$ SD) with loneliness**

Loneliness Likeness	Loneliness Dislikeness
78.07 $\pm$ 12.61	79.54 $\pm$ 11.85

Non-significant ( $p < 0.05$ )

Questionnaire based studies have importance in research (1-10). Our this research will be an important addition in the scientific literature.

### CONCLUSION

It was concluded from present study that normal pulse rate have no scientific connection to loneliness.

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