

DOES NORMAL PULSE RATE AFFECT CLOTH'S COLOR CHOICE

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ABSTRACT

Objective of the present study was to correlate with the measurements of pulse rate. The total number of subjects of 200 was involved. Pulse is related to our heart and in other words we can call the pulse that how many times the heart beats in one minute. We can measure the pulse rate by placing our fingers on the wrists or by putting a small clip on the finger which is joined by the machine which records our pulse. A questionnaire was prepared regarding the measurement of pulse rates. And it is concluded from this study that the subject who like black color have high number of pulse rates and the subjects who like brown color have lower levels of pulse rates.

Key words: Pulse, heart rate, clothes color, measurement of heart beat, artery, black color.

No: of Tables : 4

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INTRODUCTION

Pulse is related to our heart and in other words we can call the pulse that how many times the heart beats in one minute. We can feel the pulse from the wrist, neck, some points on foot and also from the areas where we can feel the pulse, where the arteries are close from the surface of skin. Doctors check the pulse mostly from the wrist. Pulse rate measurement is very important for the person's health because this pulse can tell the health of person that how fit or bad he is. Heart is a major organ, its veins, capillaries and arteries are present in all around the body under the skin. There are six points on the both of our hands each hand containing three important points from where the badness or fitness of a person can be felt. These points shows that these pulses are connected to our major organs of the body. In right hand, at wrist, there are three points of lungs, spleen and kidney on the pulse from which doctors put there three fingers on these points of wrist that if there is any irregularities in the pulse rate of these three points. And on the left hand wrist also three points of heart, liver and kidney are present. Doctor check these points in order to check the health of the patient. The normal pulse rate is about four to five beats per breath. If there is any irregularity in the pulse rate, then doctors or expert can tell easily that from which disease patient is suffering from and then they give them a proper medication and treatment. So pulse is very important in checking the health of a body because it is connected to our body organs and organelles at certain points.

The human race universally wears a variety of clothing also known as dress and wears

it as a purpose of protection because the atmosphere can be very rough and tough and may be very cold so humans need a dress which can protect their body from the severe environment. But mostly people wear the dress according to their functions and social reasons in order to meet someone and there relaxing mood. In this case, the most important thing is the clothing color for the people to choose to wear by themselves. Some people choose black, red, royal blue, brown, violet and purple colors which means that they are bright in nature and are interested in many things. Some people choose light and dim colors which means that they are calm in nature as well as shy.

Objective of the present study was correlate with the measurement of the pulse rate.(1-2)

MATERIALS AND METHOD

A total of 200 subjects participated in this present study. The subjects we're students of Bahauddin Zakariya University. There mean ages are between the 20-22 years.

Measurement of pulse rate

We can measure the pulse rate at different points in our body. These points are those points in our body where an artery is present just beneath our skin. Where it can be pressed against a bone, which allow us to feel each beat. Many times such as stress, pain and fever can raise the pulse rate and certain medicines can lower it. The method to measure the pulse is by knowing that whether the patient has walked, climbed, stairs. Then give them a rest of 20 minutes in order to normalize there breathe. Then put your first and

second finger tips on the patient's wrists. Press softly against the pulse, record if any of the irregularities are present in the rhythm. If the pulse is regular, measure the pulse for 30 seconds. Double the number to give the beats minute for example 32 beats in 30 seconds means the 64 beats per minutes. If you feel any irregularity, record this for one minute. Now record this pulse and then compare it with a normal table of heart beat to see how the pulse is fast or slow. Each pulse matches with a heartbeat that pumps blood into your arteries. Or in hospitals nurse can check the pulse by putting a small clip on your finger and the clip is joined to a machine that will measure your pulse.

Project

A questionnaire was prepared regarding the clothes color to relate with pulse rate.

Statistical Analysis

This statistical analysis was performed by using the micro -soft Excel. Student's T-Test was used to analyze the result.

RESULTS AND DISCUSSION

This project contains 200 subjects. In which 45 males and 155 females are involved. A student's T-Test was used to analyze the results and it relate with the pulse rates. A questionnaire was prepared that how the

pulse rate affects the choice of clothes color.p value of 0.05 was considered as significant. A lot of questions were asked to the student's and four choices of colors were given to the student that in these choices which color they like. These choices are of black, blue, green and white colors. They give different opinions on which choices we have given to them. Their results are that the black color lovers or selectors have higher number of pulse rates and almost 126 people love this color and they have higher number of pulse rates and 74 people don't like this color. 21 males and 105 females are involved in this likeness of black color. 36 subjects like blue color and 164 don't like this color and 12 males and 24 females are involved in this quantity. 32 subjects like white color and 168 don't like this color. In which 11 males and 21 females are involved. The least number of subjects were involved in the likeness of brown color in which only 6 subjects like this color out of total 200 subjects. In which 1 male and 5 females are involved and lower level of pulse rates. There are 4 tables included in order to explain the mean average and standard deviation and also T-Test has 0.05 a significant value. These tables give complete information of the subjects involved in this survey.

Table 1: Affinity towards black color related to pulse rate (Mean±SD)

Total no of subjects	Total Males	Total Females	Like black color	Don't like black color	Average% standard dev
200	21	105	126	74	77.77±10.232

Table 2:Affinity towards blue color to pulse rate (Mean±SD)

Total no of subjects	Total Males	Total Females	Like blue color	Don't like blue color	Average% standard dev
200	12	24	36	164	81±13.70

Table 3:Affinity towards white color to pulse rate (Mean±SD)

Total no of subjects	Total Males	Total Females	Like white color	Don't like white color	Average% standard dev
200	11	21	32	168	76.75±10.76

Table 4: Affinity towards brown color to pulse rate (Mean±SD)

Total no of subjects	Total Males	Total Females	Like brown color	Don't like brown color	Average% standard dev
200	1	5	6	194	77±13.13

A questionnaire based studied given important outcomes in research outcomes. According to above information the black color lovers have average and standard deviation is 77.77 ± 10.232 means that they have more and higher numbers of pulse rates and more subjects with these pulse rates have higher number of likeness of black color. Blue color have 81 ± 13.70 have little lower number of pulse rates then the black color lovers. White color lovers have average and standard deviation is

76.75 ± 10.76 and brown color have 77 ± 13.13 . (3-10)

CONCLUSION

It is concluded from the above all the discussion that p value is greater then the significant value which is a 0.05 ($p > 0.05$) so that clothes color has no significantly relation to the pulse rate. It is non-significant. (11-12)

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