

CORRELATION BETWEEN PULSE RATE AND PEOPLE HAVING ARACHNOPHOBIA

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ABSTRACT

Arterial expansion resulting into pumping of heart is known as pulse. Pulse rate is actually the numbers of heart beat per minute, can easily be count on certain body parts i.e. on wrists, on the neck side and above the foot point. Normal pulse rate in a healthy individual is 60-100 beats per minute. Individuals having body fitness and athlete have pulse rate less than 40 bpm because their muscles have not to work hard for maintaining the heart beat. Certain heart diseases occur as a result of increased or decreased pulse rate e.g. Tachycardia and bradycardia etc. People having arachnophobia have increased pulse rate and in some cases due to severe phobia, their heart beat stops suddenly resulting into searing pain and emotional outbursts even death as well. 25% scorpion species are responsible for human death and are dangerous due to venomous sting. Results of relation between arachnophobia and pulse rate obtained from survey are significant. Male and female both have high pulse rate due to arachnophobia i.e. p value showed the significant result.

Keyword:

Arachnophobia, Electrolyte imbalance, Pulse rate, Bradycardia, Tachycardia,

Introduction:

Measure of heart rate or pumping of heart by arterial expansion is referred as pulse. Heart beat often checked by counting the pulse rate, which is 60-100, beats per minute. Pulse rate less than 60 is also count as normal especially in athlete and among people who are active because heart muscles have not to do hard work for a steady beat(Raj et al., 2017). There are certain points on the body to check pulse rate i.e. on the neck side, wrists and above the foot point .Pulse rate is easily measure able and its counting shows normal heart rate as well as function. Tachycardia, a condition when heart beat is so high may lead toward certain cardiac problems, but depending on health and age factor etc.Slow heart rate shows the condition called bradycardia due to electrolyte imbalance and adverse medicational effects. Pulse rate or heart beat may be abnormal or problematic due to anxiety, fatigue, and stress as well as alcoholic or caffeine consumption(Nentwig, 2018). High pulse rate shows heart beat is running too fast to be able to cause blood clots and ultimately results heart attack.

People having fear of scorpions and of spiders have a increased pulse rate

ultimately results into more no of heart beats than normal. Scorpion fear is actually a kind of innate fear, and is genetically programmed so that animals that can harm to them are of greater fear(Vetter et al., 2018). Scorpion is a long legged arthropods which have venomous sting ,responsible for immediate searing pain and severe reactions(Handouzi et al., 2013).And in some cases even death because 25% scorpions species are dangerous and total population that is affected by scorpions is near about 3.5 to 6.1% (Mullen and Sissom, 2019).Individuals having greater fear of arachnids may have sudden emotional outbursts as well as increased heart beat.

Objective:

To find out the relation between the Arachnophobic people and their pulse rate

Material and Methods:

Group of individuals, Stop watch, notepad
We checked the pulse rate of individuals using stop watch and then find out the result.

Table no.1 Correlation between the normal pulse rate (Avg±S.D) and individuals having Arachnophobia

Gender type	People having Arachnophobia	People having no arachnophobia	P value
Male	80±9.34	82.6±11.30	0.602
Female	75.72±10.57	71.79±9.87	0.11

Combined	77.12±10.29	73.17±10.56	0.073
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Results:

Our survey on finding the relation between pulse rate and phobia showed the significant results. i.e. both male and female have high rate of pulse due to Arachnophobia. p value of both (male & female) is less than 0.1 i.e. significant results were obtained.

Conclusion:

Pulse rate of individuals' i.e. male and female increases due to Arachnophobia that is fear of scorpion. And values obtained from survey showed the significant results.

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