

OVERTHINKING DURING STRESS HAS ANY RELATION WITH BLOOD IN URINE

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ABSTRACT

Blood may be present in urine. This presence may indicate some infection in urinary bladder and kidneys. Overthinking is a condition in which a person is thinking about past incidence over and over again. To know the if there is any relation between blood in urine with overthinking in stress a test is performed known as strip dip test. And comparing the value with the standard value we go to a result that shows there is not any relation between blood in urine with overthinking

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INTRODUCTION

In this case blood is present in the urine. The presence of the blood indicated the infection in the urinary bladder or the kidney or urinary track. It is called hematuria. It has two types. In one blood can be seen directly with eyes and in 2nd case blood cannot be seen with naked eyes. Mostly chances that's people that having stones in kidney can cause the blood in urine. Causes of blood in urine vary from kidney stones and urinary bladder infection to bladder cancer.

Overthinking destroys you as it doubts everyone and everything around you. Overthinking is like a fire onset that you cannot control and it set everything in fire that can lead you to the success. It is critical voice that cling you to the past events, mistakes, problem or your failures. It's like you are continuously waiting for something that actually not know what are you waiting for like waiting for something to change, waiting for someone who do go for you but that is actually never going to happen. Overthinking make you doubt yourself and doubt everyone else. Overthinking is a fear that is pushing you back. It's like constantly thinking of something bad happened in past and left you unsuccessful. During overthinking you

stick to the thoughts and actions are not done. Overthinking leads you to be cautious with everything.

Project design

100 of student of IMBB, Bahaudinn Zakariya University take part in this research. A questionnaire was design to distinguish people who overthink during stress from the people who don't overthink during stress

Methodology of measurement of blood in urine

We take the blood sample from the volunteers and check that whether blood is present in urine or not by a simple method known as dipstick methods.

We compare the strip colors with the standard color and calculate the value of the blood in urine.

Statistical analysis

M-stat was used to analyze the result.

Result and discussion

Table 1: relation of blood in urine with overthinking during stress

Gender	Do you overthink during stress? Yes		Do you overthink during stress? No	
	Blood Positive	Blood Negative	Blood Positive	Blood Negative
Female	13.04348 %	86.95652 %	66.66%	33.33%
Male	12.36%	87.64%	68.34%	31.66%

Result

Study shows that there is no connection between blood in urine with overthinking during stress.

