

Is There Any Fluctuation in Normal Blood Pressure While Watching Horror Movies?

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Abstract

The purpose of recent research was to probe any close linkage concerning the normal blood pressure with viewing scary films. Total 185 subjects contributed in this survey. Blood pressure is the force that transports blood throughout the vascular system. It is expressed by two figures. The systolic blood pressure defines the pressure in blood vessels when our heart strokes. The diastolic pressure estimates pressure when the heart relaxes between pumping. The readings are shown in the form of 120 systolic and 80 diastolic. It is the normal blood pressure. We can say "120 over 80" or note "120/80 mmHg." There is a constructive relation between watching a horror movie and the blood pressure. We encounter some physical situations while watching these events. We detect an increase in heart rate, rise up in blood pressure, stressed muscles and a reduction in body temperature. It activates the release of dopamine and adrenaline hormone. It triggers aggressive behavior and emergency situation. We applied automatic digital device for the precise measurement of blood pressure. We placed the cuff on naked arm on inch above or below the curve of the elbow. We pressed the start button and the cuff began inflating and then slowly deflated. We recorded the measurement of the blood pressure during this period. It was deduced that there is no significant fluctuation in normal blood pressure while watching horror movies.

Keywords: Horror Movies; Blood Pressure; Systolic; Diastolic; Digital Monometer; Dopamine

Introduction

Blood pressure is the power that transports blood throughout the vascular system. It is defined via two figures. The systolic blood pressure determines the pressure in blood vessels when our heart propels the blood. The diastolic pressure evaluates the pressure when the heart relaxes between pumping. The readings are shown in the form of 120 systolic and 80 diastolic. It is the normal blood pressure. We can say "120 over 80" or record "120/80 mmHg." The fluctuations from normal reading indicates low and high blood pressure which can be dangerous to our health. It reads highest at the beginning from our heart and it is lowest when it enters the minute branches of arteries. It is also significant as the afore mentioned carries leukocytes and antibodies for immunity, hormones i.e. insulin. It is not only vital in delivering O₂ and nutrients but also eliminates toxic carbon dioxide and toxins that removes through liver and kidney. It also helps in thermoregulation and prevents bleeding with the help of clotting platelets.

Blood runs across our body because of a variance in pressure. The state of the arteries alters blood pressure and flow. If the arteries become thicker and smaller, it will lead to blockage of the blood circulation and this condition cause stroke and heart attack. In recent age, the majority watch scary movies but they do not know about the facts of watching horror movies. Now a days, the internet source is easily accessible to everyone. So, we can download any type of horror videos. There is a worthy relation between watching a horror movie and the blood pressure. We face some physical situations while watching these events. We observe an increase in heart rate, rise in blood pressure, tense muscles and a fall in body temperature. It activates the release of dopamine and adrenaline hormone. It triggers aggressive behavior and emergency situation. There is a heart attack risk due to high blood pressure during this activity of viewing horror film. When we are habitual to these movies then there is no fear and no anxiety. Hence, low blood pressure or equal to normal BP is observed [1,2]. The target of this

project was to investigate the relationship between the normal blood pressure and watching horror movies [3-8].

Materials and Methods

We used automatic digital device for the accurate measurement of blood pressure. We positioned the cuff on naked arm on inch above or below the curve of the elbow. We pushed the start button and the cuff began inflating and then slowly deflated. We recorded the measurement of the blood pressure during this period. The screen displayed the blood pressure in the form of '120/80' mm of Hg. In this way, we counted the subjects' blood pressure.

Project Designing: Over-all 185 took part around the survey. The participants were the undergraduates getting education in BAHA UD DIN ZAKARIYA UNIVERSITY MULTAN, PAKISTAN. Their blood pressures were gaged through automatic digital sphygmomanometer and cited the blood pressure. A feedback form was supplied to them. Their replies accumulated and explored later in this study.

Statistical Analysis: This process was completed utilizing MS Excel software. T-test was manipulated to examine the following findings. P value (< 0.05) was indicated being substantial.

Result and Discussion

Table 1: Association relating normal systolic blood pressure (Mean \pm SD) and looking horror movies.

Partakers	Devoted to Horror Movies	Disliking Horror Films	p-Value
MEN	130.14 \pm 14.73	122.75 \pm 10.95	0.07
WOMEN	115.27 \pm 13.71	119.47 \pm 11.48	0.05*
COMBINED	119.72 \pm 15.54	120.06 \pm 11.37	0.86

P* < 0.05 considered as significant.

From above Table 1, we can describe that female subjects show the significant result because their actual P* value (0.05) is very equal or similar to original p value (< 0.05). Table 2 displays that there are greater actual p values than original value. So, there is non-significant results in situation of diastolic BP. But seeing the averages of 1st Table, greater systolic blood pressure avg for male

explains their attraction towards watching horror movies. The same result seeks from the 2nd Table. While in case of female and combined gender, they have greater avg values for hating to watch scary movies.

Table 2: Relation between normal diastolic blood pressure (Avg. \pm SD) and seeing horror movies.

Sex	Fond of Horror Movies	Hating Horror Films	P Value
♂	74.54 \pm 13.31	68.25 \pm 9.30	0.08
♀	73.48 \pm 11.23	75.81 \pm 12.34	0.26
Male + Female	73.80 \pm 11.84	74.40 \pm 12.15	0.73

Conclusion

It was concluded from the present study that there is no significant fluctuation in normal blood pressure while watching horror movies.

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