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Research Article

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How Normal Breathing Rate Can Affect Nail Biting Habit

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Abstract

Objective of the present study was to find the effects of normal breathing rate on nail biting habit. In present study, total 140 subjects participated. These all participants were the students of Bahauddin Zakariya University, Multan, Pakistan. In present study, survey based training had given an important advancement. Watch was used to calculate normal human breathing rate per minute. Subjects were allowed to sit in normal condition. Then one by one their breathing rate was calculated. After that asked question from them about their nail biting habit and put their breathing rate values in yes or no portion according to their answers. Concluded from recent research that there is no effect of normal breathing rate on nail biting habit

Keywords: Onychophagia, Nail Biting Habit, Normal Breathing Rate

Introduction

Normal breathing rate is also known as respiratory rate and is measured in breath per minute at rest. Breathing is process of inhaling oxygen into the body and exhaling carbon dioxide from body. Its normal ranges are from 12 to 18 beats per minute. Rate of respiration varies with age and it is faster in children. Normally breathing rates are higher in women than men. Too high or low breathing rates are nonspecific and can cause serious damage to vital organs. During exercise, rate of breathings is usually high but absence of breathing shows blocked airway or death. Breathing rates can affect the heart rates and blood pressure level. Sometimes increased rates are due to fever, drugs, stress, acidosis or anemia.

Nail biting is also known as onychophagia. It is everywhere around us. It is an oral compulsive habit usually present in both children and adults. Main cause of nail biting is usually stressed. It can be affected by both environmental and behavioral factors. It damages nails, fingertips, and skin around nail. It causes harmful effects in digestive system as nail biting provide path to the microbes to enter into digestive system through mouth. This habit can be prevented by simply discouraging the habit or applying bad taste nail polish.

Objective of the present study was to find the effects of normal breathing rate on nail biting habit.

Materials and Methods

In present study, total 140 subjects participated. These all participants were the students of Bahauddin Zakariya University, Multan, Pakistan.

Normal breathing rate per minute

Normal breathing rates are measured by using watch or clock. One count means it includes both inhaling and exhaling. Number of breathings count per minute show breathing rate at resting position.

Project designing

Watch was used to calculate normal human breathing rate per minute. Subjects were allowed to sit in normal condition. Then one by one their breathing rate was calculated. After that asked question from them about their nail biting habit and put their breathing rate values in yes or no portion according to their answers.

Statistical Analysis

It was performed by using MS-excel and t-Test was used to evaluate results.

Result and Discussion

Effect of normal breathing rate (Mean ± SD) on nail biting habit is given in table 1. Middling and standard deviation of male participants, with nail biting habit was 20.87 and 5.64 respectively, while males with no nail biting habit had an average and standard deviation value 23.33 and 4.80. Middling and standard deviation of female participants, with nail biting habit was 20.45 and 6.71 respectively, while females with no nail biting habit had an average and standard deviation value 19.88 and 3.79. Middling and standard deviation of combined participants, with nail biting habit was 20.53 and 6.45 respectively, while all combined participants with no nail biting habit had an average and standard deviation value 20.49 and 4.17.

Table 1: Effect of normal breathing rate (Mean ± SD) on nail biting habit

Gender	nail biting habit	No nail biting habit	*p*-value
Male	20.87±5.64	23.33± 4.80	0.3
Female	20.45± 6.71	19.88±3.79	0.64
Combined	20.53± 6.45	20.49± 4.17	0.96

Results were non-significant (P < o.1)

In present study, survey based training had given an important advancement. Many studies have been done before on nail biting habit, its effects, its causes and its treatments. Many studies have also been done on normal breathing rate but no one had study or relate normal breathing rate with nail biting habit [1-10].

Conclusion

Concluded from recent research that there is no effect of normal breathing rate on nail biting habit

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