

## Audit to See the Effect of Nicotine Addiction on Pulse Rate

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### Abstract

Objective of present study was to see the effect of nicotine addiction on pulse rate. Nicotine can cause cardiovascular diseases and it also affect pulse rate by increasing its speed. So it was concluded that the docents who are addicted to tea have higher pulse rate and who are not addicted to tea they have normal or slow pulse rate.

**Keywords:** Nicotine, Addiction, Tea, Heartbeat

### Introduction

#### Pulse rate and nicotine addiction

Pulse rate is also known as bpm. Bpm means beats per minutes so it shows the speed of beats of heart that how much time heart beats during 1 minute. It is measured by the no of beats or contractions of the heart in one minute. The normal heartbeat or pulse rate of human ranges from 65\_105 bpm. And a phenomenon in which heart beat is more than 100bpm is known as Tachycardia.

Nicotine Addiction is habit of taking nicotine daily r many times in one day through many sources like tea. Some people take tea many times per day or one time in a day to meet the need of nicotine because they are addicted to consumption of nicotine. Nicotine has a strong effect on the physiology and neurology of man. So more intake of nicotine can cause cardiovascular diseases and in this way it can affect the heart beat or pulse rate of human who is nicotine addicted?

### Objective

Objective of this present study and research was relating this nicotine addiction to the pulse rate of the students.

### Material and Methods

There are total 122 subjects or students involved in this audit. So all docents were asked to check their hearts beat after giving answer that they are addicted to tea or not. So they checked their pulse rate by putting their fingers on their wrist in this way that fingers are between the bone and tendon over their radial artery and count the no of beats in one minute by setting stop watch.

### Statistical analysis

The above statistical analysis of docents was performed or measured by MS Excel.

### Results and Discussion

Relation of nicotine addiction with pulse rate is given in table 01 by finding average and standard deviation and after that putting t-test [1-10].

66 docents are addicted to tea and 56 are not. Table 01 is following:

Yes	No
Average* $\pm$ STDEV	Average* $\pm$ STDEV
79.7 $\pm$ 11.4	78.2 $\pm$ 12.7

\*p< 0.49 and it is non-significant.

So p<0.05 was set down as it is significant figure.

### Conclusion

It was concluded that the docents with heigher pulse rate are addicted to tea and with low has no addiction of tea. After that we concluded that nictoine addiction and consumption of tea will increase the pulse rate.

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