

Questionnaire Based Study on Relation between Normal Pulse Rate and Skin Texture

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Abstract

The basic and foremost objective of the recent study was to correlate normal pulse rate and skin texture. The basic purpose was to assess the role of pulse rate in skin texture. Pulse rate also known as the number of contractions produced by heart in one minute determines heart rate. It varies from slow to fast according to body needs to intake oxygen and release carbon dioxide. Persons with age of eighteen or more have heart rate ranging between 60 and 100 beats per minute. Children with age 6 to 15 have heart rate ranging between 70 and 100 beats per minute. Skin Texture also known as skin type. There are many sorts of skin ranging from dry to oily, but three skin types are of major concern; Dry, Oily and Normal. Dry skin is a sort of skin type with lowest moisture. A person with normal skin will not be facing skin problems like acne or blackheads. A person with normal skin will not be facing skin problems like acne or blackheads.

Keywords: Pulse Rate, Skin Type, Electrocardiography (ECG), Heart Beat Rate, Radial Palpation

the role of pulse rate in skin texture.

Introduction

Pulse rate also known as heart rate is determined by counting the number of contractions produced by heart per minute. It varies from slow to fast according to body needs to intake oxygen and release carbon dioxide. However, a normal pulse rate depends upon the person, age, body sort, heart working order, whether the person is at rest or in motion, medication use and even surrounding temperature. Emotions can lead to fluctuations in heart rate; for example, state of excitement can lead to increase heart beat rate or being frightened can also elevate pulse rate. Persons with age of eighteen or more have heart rate ranging between 60 and 100 beats per minute. Children with age 6 to 15 have heart rate ranging between 70 and 100 beats per minute.

Skin Texture also known as skin type. There are many sorts of skin ranging from dry to oily, but three skin types are of major concern; Dry, Oily and Normal. Dry skin is a sort of skin type with lowest moisture. A person with dry skin will have less or no pimples or acne problem. It is dehydrated and not sensitive. Normal skin is a sort of skin texture with normal moisture. This is smooth skin and not much sensitive. A person with normal skin will not be facing skin problems like acne or blackheads. In addition, the third type is oily skin, which is greasy. Person with oily skin texture have to face many skin problems like acne, pimples and blackheads.

Objective

The basic and foremost objective of the recent study was to correlate normal pulse rate and skin texture. The basic purpose was to assess

Materials and Methods**Protocol for the measurement of pulse rate:**

Pulse or heart beat rate can be evaluated by using Electrocardiography (ECG), Oximetry or some other analyzing methods. However, the most common pulse rate determination method is the Radial Palpation. Pulse rate was measured by calculating the beats in a fixed period for 15 to 20 seconds and multiplying that number by 4 to analyze the number of beats produced in a minute. Your pulse varies periodically. During exercise, pulse rate becomes faster. Under stress conditions, it becomes faster. During rest conditions, it becomes slower.

A questionnaire was prepared to correlate pulse rate with the skin texture. Pulse rate of subject was checked and they were asked about their skin texture. First, I prepared a survey form and my question was "What is your skin Texture?" It had three options_ Oily, Normal and Dry.

Project Designing

A total number of 136 subjects got involved in my project. Out of 136, 37 were males and 99 were females. The subjects were the Undergraduate students of Bahauddin Zakariya University, Multan, Pakistan. I took the approval of subjects first and then enquired them about information of their pulse rate and skin texture. Subjects filled the survey form and answered the question.

Statistical Analysis:

Statistical analysis was done by using ROOT software. The assessment was done by using t-test.

Results and Discussion

The average of 20 males and 40 females with oily skin texture came out to be 79.8 with Standard Deviation 11.45. The average of 11 males and 39 females with normal skin texture came out as 78.97 with Standard Deviation 12.33. The p-value of subjects with normal skin texture and oily skin texture was come out to be 0.72. It was analyzed by considering p-value, that the result was non-significant. The results of p-value showed that the results are non-significant. The average of 6 males and 20 females with dry skin texture was calculated 76.12 with Standard Deviation 11.31. The p-value of subjects with normal skin texture and dry skin texture was 0.29. This was also non-significant. The p-value of subjects with oily skin texture and dry skin texture is calculated as 0.14, which was non-significant [1-11].

Table 1: Role of normal pulse rate (Average ± SD) in Skin texture

Subjects	Average ± SD
1- Oily Skin Texture	79.8±11.45
2- Normal Skin Texture	78.97±12.33
3- Dry Skin Texture	76.12±11.31

Results were non-significant ($p > 0.05$)

Conclusion

It was concluded that there is no correlation between pulse rate and skin texture because p-value is greater than 0.05. Results were come out non-significant.

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