

Does Normal Blood Oxygen Level interrelate with watching Horror Movies?

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Abstract

The objective of current study was to analyze any relation between the normal blood oxygen level and watching horror movies. There are numbers of scary movies accessible on internet. Some people love watching horror movies and some fear from them. During fear, we feel an increase in heartbeat, adrenaline hormone and increase intake of oxygen. To compensate with fear, our respiration rate rises. Hence, our blood oxygen level enhances. Peripheral oxygen saturation (SpO_2) is a valuation of the oxygen saturation level generally gauged with the help of an oximeter instrument. It can be considered with pulse oximetry according to the given formulation:

$$S_pO_2 = \frac{HbO_2}{HbO_2 + Hb}$$

Where HbO_2 is oxygenated haemoglobin and Hb is the very low oxygenated haemoglobin. It can also be measured by using ARTERIAL BLOOD GAS TEST (ABG TEST). It was determined that students with higher blood oxygen level had no fear while watching horror movies. On the other hand, the students with lower blood oxygen level had fear towards watching horror movies. So, the results verified that there is a scientific relation between blood oxygen level and watching horror movies.

Keywords: Blood Oxygen Level; Horror Movies, Hypoxemia; Copd; Abg Test

Introduction

Our blood oxygen level is an assessment of how much oxygen our red blood cells are holding. Our body adjusts blood oxygen level. Sustaining the precise balance of oxygen-saturated blood is essential to our health. Many doctors do not check it unless we are indicating symptoms of a problem, like shortness of breath or chest pain. However, people with chronic health situations must need to monitor their blood oxygen level. The diseases can be asthma, heart disorder, and chronic obstructive pulmonary disease (COPD). In such cases, observing blood oxygen level can benefit in determining if treatments are at work, or if they should be modified. A usual blood oxygen level for fit lungs maintains between 80- and 100-mm Hg. In case of illness, this level reduces from normal. The oxygen level below 80 considers as crucial and this condition is called hypoxemia. The lesser the blood

oxygen level, the more brutal the hypoxemia. This can indicate to problems in body tissue and organs.

There are numbers of scary movies available on internet. Some people enjoy watching horror movies and some fear from them. During fear, we feel an increase in heartbeat, adrenaline hormone and increase intake of oxygen. To compensate with fear, our respiration rate rises. Hence, our blood oxygen level enhances [1, 2].

The objective of present study was to analyze any relation between the normal blood oxygen level and watching horror movies [3-8].

Materials and Methods

Measurement of Blood Oxygen Level (Peripheral Oxygen Saturation)

Peripheral oxygen saturation (SpO_2) is the approximation of the oxygen capacity level commonly computed with a pulse oximeter medical tool. It can be evaluated with oximetry according to the following formula:

$$S_pO_2 = \frac{HbO_2}{HbO_2 + Hb}$$

Where HbO_2 is oxygenated haemoglobin and Hb is short oxygenated haemoglobin.

It can also be measured by using ARTERIAL BLOOD GAS TEST (ABG TEST). Just one drop of blood is enough for testing. Automated aspirating machine suck small amount of blood and display amounts of oxygen, carbon dioxide etc present in the blood.

Project Design

Total 210 subjects contributed in this survey. The subjects were the students of Baha Uddin Zakariya University, Multan. We measured their blood oxygen level by the aid of pulse oximeter and noted the blood oxygen level. A questionnaire-based Performa was provided to them. Their answers were collected and analysed then.

Statistical Analysis

It was done using Microsoft Excel software. t-test was used to investigate the result. $p < 0.05$ was considered as significant.

Results and Discussions

From above (table1), it is clear that male gender shows significant result because p^* (0.023) is lower than given p value (<0.05) is considered as significant. Here female gender has non-significant results. Their p -value (0.53) is greater than provided p -value (<0.05). The same non-significant results were observed while combining both genders ($0.20 > 0.05$).

Table 1: Correlation between normal blood oxygen level (Mean \pm SD) and watching horror movies

Gender	Loving Horror Movies	Hating Horror Movies	p -Value
MALE	96.34 \pm 14.84	98.26 \pm 1.37	0.023*
FEMALE	95.5 \pm 7.74	96.15 \pm 4.36	0.53
COMBINED	95.78 \pm 7.00	96.75 \pm 3.87	0.20

$P^* < 0.05$ considered as significant

Conclusion

It was concluded that students with higher blood oxygen level had no fear while watching horror movies. On the other hand, the students with lower blood oxygen level had fear towards watching horror movies. So, the results proved that there is scientific relation between blood oxygen level and watching horror movies.

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