ISSN: 2640-7477

Research Article

Journal of Gastroenterology & Digestive Systems

Interdependence of Singing and Body Temperature

Muhammad Imran Qadir and Tayyaba yousaf*

Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan

***Corresponding author**
Tayyaba yousaf, Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan, E-mail: tayyabayousaf2@gmail.com

Submitted: 11 Feb 2019; **Accepted:** 18 Feb 2019; **Published:** 26 Feb 2019

Abstract

This article sights in finding relatedness between singing and body temperature. For this purpose, we designed an opinion poll among 130 students of Bahuddin Zakariya University. They were requested to give their opinions on likeness of singing and tell their body temperature. Average, standard deviation and p value was calculated from the values using MS excel. P value found was non-significant. Most of the people liked singing.

Keywords: Body Temperature, Thermometer, Singing

Introduction

It is the level of heat sustained by a person's body. It can also be defined as stability connecting heat generated in the tissues and heat escape to the surrounding. Human body temperature that is normal is usually regarded as normothermia or euthermia. It is 37 °C or 98.6 °F. Body temperature can be studied by using electronic digital or mercury thermometer.

A condition called hypothermia can also occur. It exists when an individual's body temperature falls lower than 35 °C. It is induced due to exposure in cold environment. Certain other variables like sweat, rain, wind and inactiveness can also cause hypothermia. In this case, the symptoms can be mild, moderate or severe. The person can feel the sign of coldness, low energy, shivering and light skin in its early stages. When the signs include unconsciousness, less breathing, rigid muscles and enlarged pupils, he should see the doctor immediately. Such case can be treated by making the person stay inside and covering him with some hot clothes. By elevating their activity and giving them more energy eatables can also help them.

When the body temperature rises above normal, a condition called fever (pyrexia) can occur. There can be many reasons for fever like severe contagious disease, delayed pain and physiological tension. Person suffering from fever should be kept in a cold habitat. Complete bed rest and ice sheets are recommended for the patients. Medicine containing antipyretic drug can also be given.

Singing is the stunt of generating musical plays by using voice with the help of oral skills. Singing can have numerous benefits. Singing can lessen the degree of tension hormones. Thus, the person's immune system can function effectively. This will help the person to feel better. Singing can have immediate benefits both on brain and body. This article finds an association between singing and body temperature.

Materials and Methods

An approximate of 130 students took part in this study. The materials for checking body temperature were thermometer. Thermometer should be first sanitized. Water or alcohol can be used for cleaning. Body temperature should be calculated after at least 1 hour from an exercise or warm bath. Maximum time of 20 to 30 minutes is required after consumption of cigarette, eatable or any fluid for checking body temperature.

Body temperature measurement

For this experiment, we used electronic thermometers. Thermometers were placed in the mouth of students. The probe of thermometer was positioned beneath the tongue of students. They were asked to shut their mouth and respire through their nose. They had to use lips to grip the thermometer in order. The thermometer was left for about 3 minutes in the student's mouth. It was taken out after the apparatus beeps. The results were then noted down.

Project design

The survey form that was established contained 20 males and 110 females. Out of which 17 males said that they liked singing. Out of 110 females, 78 of them liked singing. From total students, 95 of them were in the favor of singing and 35 of them were against it. The conclusion was derived by considering the opinion of majority of students.

Statistical Analysis

Analysis is this experiment was made possible using statitix software. This software provides results promptly. The value of p less than 0.1 ($p<0.1$) is regarded as notable. P value for this experiment is 0.701 which is not significant. This value was from test using MS excel.

Results and Discussion

From the excel calculations, we found out that average calculated among the people who liked singing was 96.98. While the average of people who don't liked singing was 96.83. Their standard deviation and p value calculated was same. The data shows that most of the

people liked singing. Non-significant p value deduces that notable difference is present [1-11].

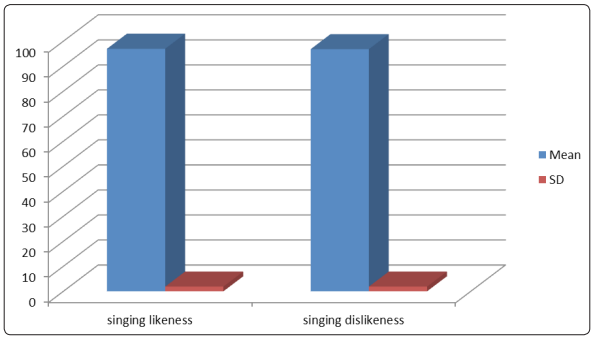

Figure 1: Links between Body Temperature (Mean ± SD) with Singing Likeness and Dislikeness

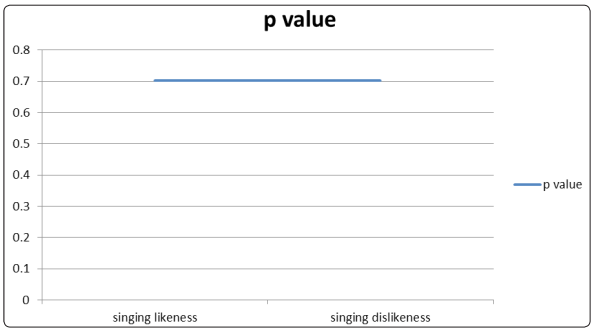

Figure 2: Links between Body Temperature (P Value) and Singing Likeness and Dislikeness

Average people of who liked singing	96.98
Average of people who disliked singing	96.831
Standard deviation of people who liked singing	1.877
Standard deviation of people who disliked singing	1.877

Conclusion

The above experiments conclude that majority of students liked singing. Singing is considered to minimize stress rate and encourage good mood. Thus, it can help patients to cure quickly during fever. P value calculated was non-significant. Students with high body temperature preferred their likeness towards singing than other students.

References

1. Shapiro RL, Hatheway C, Swerdlow DL (1998) Botulism in the United States: a clinical and epidemiologic review. Annals of internal medicine 129: 221-228.
2. Hauschild AHW, Gauvreau L (1985) Food-borne botulism in Canada, 1971-84. Canadian Medical Association Journal 133: 1141-1146.
3. Qadir MI, Javid A (2018) Awareness about Crohn's Disease in biotechnology students. Glo Adv Res J Med Medical Sci 7: 062-064.
4. Qadir MI, Saleem A (2018) Awareness about ischemic heart disease in university biotechnology students. Glo Adv Res J Med Medical Sci 7: 059-061.
5. Qadir MI, Ishfaq S (2018) Awareness about hypertension in biology students. Int J Mod Pharma Res 7: 08-10.
6. Qadir MI, Mehwish (2018) Awareness about psoriasis disease. Int J Mod Pharma Res 7: 17-18.
7. Qadir MI, Shahzad R (2018) Awareness about obesity in postgraduate students of biotechnology. Int J Mod Pharma Res 7: 14-16.
8. Qadir MI, Rizvi M (2018) Awareness about thalassemia in post graduate students. MOJ Lymph ology & Phlebology 2: 14-16.
9. Qadir MI, Ghalia BA (2018) Awareness survey about colorectal cancer in students of M. Phil Biotechnology at Bahauddin Zakariya University, Multan, Pakistan. Nov Appro in Can Study 1: NACS.000514.2018.
10. Qadir MI, Saba G (2018) Awareness about intestinal cancer in university student. Nov Appro in Can Study 1: NACS.000515.2018.
11. Fox CK, Keet CA, Strober JB (2005) Recent advances in infant botulism. Pediatric neurology 32: 149-154.