

Poetry Connection with Pulse Rate

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2. Key words

Pulse rate, Poetry,

Heart beat

1. Abstract

The objective of the present study was to correlate poetry with pulse rate. This study was done with the help of students of Bahauddin Zakariya University varying the age from 18 to 22 in order to illustrate connection between poetry and pulse rate. For the purpose, a project was designed in which pulse rates of students were measured and their likeness about poetry was noted. It was concluded from the present study that people with high pulse rate were fond of poetry more than those with relatively low pulse rate.

3. Introduction

Understanding about pulse rate or heart rate can be useful in monitoring the level of fitness. The pulse rate is determined by the number of beats of heart in a minute and obviously it differs from person to person. 60 to 100 beats per minute are taken as normal in an adult. Wrists, elbow's inside, side of the neck and top of the foot are the points where it can be measured. But most commonly, it is measured by wrists. Heart rate of an adult is about 100,000 times per day. Cardiac conduction is an electrical system that controls rhythm of our heart. The elements that may effect the rate of heart involve emotions, Air tempera-ture, position of body, body size and use of medications.

Poetry, that can also be termed as verse is a literature's kind that employs surroundings to deliberate every kind of feelings and emotions. Epic poems were the earliest poems. In general, poetry deliberates all kinds of feelings. A person with deep emotions portrays the poetry well. Like a good dance, a good poem also plays and flows. A poet is often considered as the most sensitive person of the society as he used to see the society into deep. 21st of March is the day for poetry.

The objective of the present study was to correlate poetry with pulse rate.

4. Materials and Methods

A total of 200 subjects participated in the present study. The subjects were the disciples from Bahauddin Zakariya Uni-versity Multan Pakistan.

4.1. Quantification of Pulse rate

In order to measure the pulse rate of 200 subjects, we took a stop watch, a pen and a chart to record the pulse rate of students. First of all, we washed our hands to avoid cross-infection. Then we made it sure that the person was relaxed and with comfort. We placed the points of our index and middle fingers and pressed against the pulse. We counted the number of beats for a minute. In the end, we washed our hands and the record for pulse rates of different subjects was arranged in a chart.

4.2. Project Design

A questionnaire was designed regarding poetry connection with pulse rate. 66 males and 144 females participated in this.

5. Statistical Analysis

Statistical Analysis were carried out by using M-STAT. Student *t* test was done for analysis. $p < 0.05$ was considered as significant.

6. Results and Discussions

Poetry connection with pulse rate is given in the (table 1). The results were seen that the people who liked poetry had the pulse rate of average 80.24 beats per minute while for those who did not like had the average of 76.26 beats per minute. Then standard deviation for people with high pulse rate was 11.6 and that of with low pulse rate was 11.3 and then its *t* test was done.

Facts were given that the heartbeat of a women is slightly more than men's. Previous studies proved poetry as outcome of feelings.

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Table 1: Poetry connection with pulse rate(Mean and Standard Deviation)

<i>Poetry likening</i>	<i>Poetry dis likening</i>
80.24±11.62	76.26±11.33*

P<0.05

7. Conclusion

It was concluded from the present study that people with high pulse rate were fond of poetry more than those with relatively low pulse rate.

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