

## RESEARCH ARTICLE

### How blood type is correlated with skipping breakfast?

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**Received on: 28 October 2018; Revised on: 25 November 2018; Accepted on: 25 January 2019**

#### ABSTRACT

The objective of this study was to correlate blood grouping and skipping breakfast. A total of 160 subjects were there for the project study. These subjects determined their blood group by standard method using antisera. Afterward, all the subjects marked the questionnaire which was about skipping breakfast.

**Keywords:** ABO blood grouping, Rh factor, Breakfast

#### INTRODUCTION

Human blood group system is defined as a system in humans where the antigens which are present on the surface of cells are controlled by genes. Blood type can be determined by the specific reaction shown by the blood when antisera are added. Among the 33 system by the ISBT, ABO remains important in transfusion and transplantation. A person who have blood Group A would have the same antigen that is antigen A and opposite antibody that is B. Similarly, a person who possess blood Type B have antigen B and antibody A. Moreover, AB blood group does not possess any of the antibody and thus has both the antigens, that is, antigen A and antigen B. Moreover, a blood group is O; in case, there is not any antigen but both of the antibodies A and B.<sup>[1]</sup> Another system for the classification of blood is the Rh blood group system which is widely used. Rh gene is located on the short arm of the chromosome 1. It makes two possible types, a blood type is positive if and only if it has Rh factor in it. Moreover, it is negative if it lacks the Rh factor.<sup>[2]</sup>

Breakfast initiates the metabolism which helps in working of brain and the body throughout the day that is why it is taken as vital meal which provides basic essential nutrients that keep a person fresh and active throughout the day. Hence, this is much clear that skipping breakfast can disturb the rhythm of the body. When a person gets up in the morning from the long sleep of night, the sugar level of his blood

is usually low, which is necessary for the proper working of the body. Breakfast helps recovering it. Many people skip the morning meal due to different issues; like some people wake up really late and it is lunchtime, or some do not have an appetite in the morning or some ran out of time and need to go to school/work. It is extremely harmful if a person skips his breakfast due to any reason. Everyone should take breakfast so as to break the fasting period of the night. If a person ditches his breakfast, then he will definitely need something to eat before lunchtime, in that case, he intakes snacks which are rich in fats and sugar. Students, who skip their breakfast, have focusing issues during working hours, and thus, consequently, they get tired and lazy. They may also feel sleepy or restless. If a person skip breakfast, it may work for him for a day, but he will ultimately suffer from weakness and loss of essential nutrients on the 3<sup>rd</sup> day.

The objective of the present study was to correlate blood grouping and skipping breakfast.

#### MATERIALS AND METHODS

A total number of 160 subjects participated in this aspect. 160 students of Bahauddin Zakariya University, Multan, Pakistan, between the age of 18 and 23 years, were induced to consider their blood group and correlate it with the fact whether they skip breakfast or not.

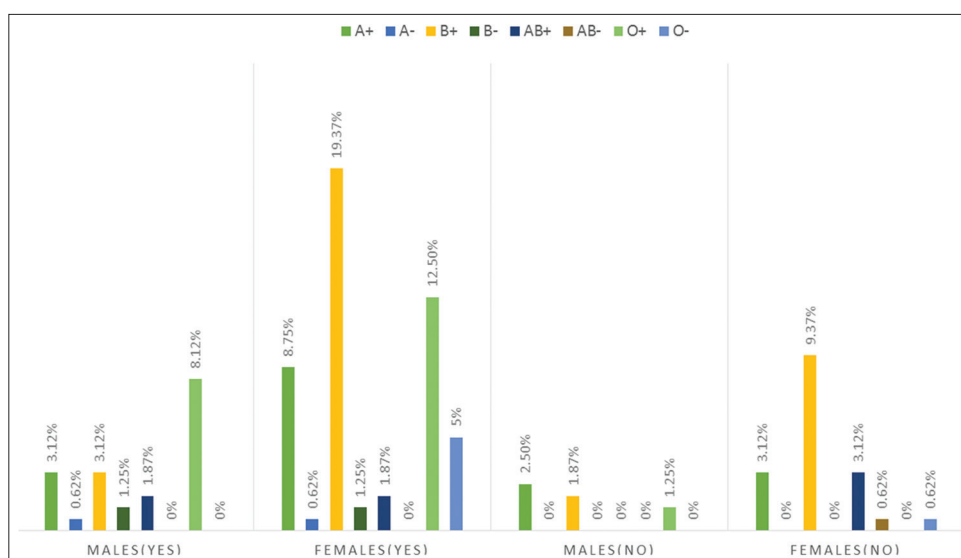
#### Blood grouping

To check the blood type, first of all, we prick the finger of the subject with a clean and new needle.

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**Figure 1:** Correlating blood type with skipping breakfast

Then, we put three drops of blood on the clean and dry glass slide apart from each other. Then, we added few drops of antisera A on the first drop of blood and that clearly start to burst which indicated that the sample of blood is Type A. Later on, we added few drops of antisera B on the second drop of blood on the slide and it was noted that it remained same and does not start to distort which confirmed that the blood type is A and not B. Then, we finally added few drops of antisera D on the third and last drop of blood, and it immediately started to burst which indicated that the blood type is positive. Hence, by this test, it cleared that subject has A positive.

### Project

A questionnaire was prepared about skipping breakfast. 160 students were supposed to mark the questionnaire regarding the fact that whether they take their breakfast in the morning. These 160 students after determining their blood type individually recorded about skipping breakfast in accordance to their blood type.

### Statistical analysis

A statistical analysis was performed through MS Excel.

### RESULTS AND DISCUSSION

The analysis of how blood type is correlated with skipping breakfast is given in Figure 1. Of 160

subjects, almost 108 subjects gave the positive result that is they agreed to the fact that they take their breakfast before coming to the campus, while only 46 subjects out of 160 disagreed and claimed that they skip their breakfast in the morning. Questionnaire studies have given important outcomes in the current researches. Research about the correlation of blood type and skipping breakfast has not done before. This is elaborated for the 1<sup>st</sup> time.<sup>[3-10]</sup>

### CONCLUSION

It is concluded from the present study that out of 160 subjects, it was found that 54 subjects had B+ blood type, which is most of all. Moreover, out of these 54 B+ blood type subjects, 36 claimed that they take their breakfast while 18 skip their breakfast. Moreover, the least result was from the blood Type AB- which has only a single female subject who skip her breakfast.

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