

RESEARCH ARTICLE**How mobile use affiliates with the pulse rate?**

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Introduction: The questionnaire was assembled to study the impact of pulse rate on hours of mobile use. **Material and Methods:** About 200 students incriminate in this study. They all were appertaining to Bahauddin Zakariya University, Multan. **Result:** I had prepared a question about hours of mobile use. Then, I asked this question to students and checked their pulse rate. **Conclusion:** The motive of the present study was to check hours of mobile use by students according to the pulse rates.

Keywords: Communication, Bradycardia, Mobile**INTRODUCTION**

The total number of heartbeats per minute is called pulse rate. For the adults, the normal pulse rate is between 60 and 80. The pulse rate depends on the physical condition of person. For the children, the normal pulse rate is 70 and 100. It can be checked on wrist, ankle joint, and on neck. Pulse rate is different in different people.^[1-5] Pulse rate is low during rest stage and during exercise or any other activity, the pulse rate is high. Sometimes, the lower pulse rate is also dangerous, for example, if pulse rate is <60, bradycardia is diagnosed in this situation. To calculate the maximum pulse rate per minute during exercise, subtract present age from 220, then, it will be maximum normal pulse rate during any tough activity.

Mobile use is great innovation. Mobile phone is a source of conveyance. It is great innovation. It has made revolutionary change in the field of communication and technology. It is an integral part of our life. Mobile phones had altered our life. Today, educated and uneducated, youth, and even kids have mobile phones. It has become integral part of our

daily life.^[6-10] It feels that we cannot live without mobile phones. It has become very popular and useful gadget of today. It has shortened the miles of distance, because, now, we can talk with family and friends that live in other countries. Mobile phones have many advantages due to their small size, low cost, and many smart options in it. We can watch movies, play games on smartphones. However, it also has dark side. There many disadvantages of mobile phone. Our young generation is continuously misusing it. The students waste their vulnerable time in listening songs and watching movies. On the other hand, it has many bad influences on health. The excessive mobile use results in sight weakness and also vexation and hostility. We should use it only for beneficial purposes.

Pulse measurement

The pulse rate can be measured on ankle joint, wrist, neck, and at the groin. To check the pulse rate, I have placed by index, second, and third fingers on the side of wrist or at neck. I pressed these fingers lightly to find the pulsing of blood. Then, I used the stopwatch to count the number of pulses per minutes. The normal pulse rate at rest stage is between 60 and 80 bpm. The pulse rate is different according to the physical condition of person. The

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pulse rate can be higher during the hard activity. If pulse rate is less than 60, it will be dangerous.

MATERIALS AND METHODS

About 200 subjects engaged in this study. They all were appertained to Bahauddin Zakariya University, Multan. They all are in the age of 20–22. I have noted the pulse rate of each student and then asked the question about hours of mobile use.

Statistical analysis

This study has been done using the SPSS (statistical analysis software). The question was prepared about the use of mobile phone according to the pulse rate.

RESULTS AND DISCUSSION

The followings were the results of the present study.

The students with mobile use of 3–5 and 5–8 h have average value of 76	The students with mobile use 9–12 have average value of 94
They have probability value of 0.00	They have probability value of 0.02
They have lower pulse rate	They have higher pulse rate

The students with higher pulse rate had lesser mobile use. The students with lower pulse rate had more mobile use. It depends on their average values.

CONCLUSION

The pulse rate tells about the health. It also depends on the activity. The normal pulse rate is between 60

and 100. The pulse rate is high during the exercise and hard activity. The pulse rate is low during the rest stage. If pulse rate is lesser than 60, then it will be dangerous. It will result in bradycardia. If it is more than 120, then it will also be harmful. The pulse rate tells about the health of body.

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