

Is there any Relation between Respiratory Rate and Skipping Breakfast?

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Abstract

The main focus of present research was to seek any relation between respiration rate and the habit of skipping breakfast. Respiratory rate may be defined as the number of breaths a person take in a minute when at rest. Skipping breakfast may cause health problems like laziness, obesity and dizziness. 130 subjects affiliated to Bahauddin Zakariya University, Multan, Pakistan were involved in this research. They all estimated their respiratory rate in order to evaluate the results. It was analyzed from the recent study that breathing rate does not have any effect on skipping breakfast.

Keywords: Breakfast; Energetic; Breathing; Inhale; Exhale

Introduction

Respiratory rate may be defined as the number of breaths a person take in a minute when at rest. From researches, it is noted that recording of respiration rate may help in predicting medical status of a person. Respiratory rate varies with age. Children have breath rate around 30 - 60 breaths per minute, while that of adults have 12 - 20 breaths per minute. An increase or decrease in breathing rate depicts amiss in the body. Increase in respiratory rate may indicate fever, asthma, dehydration, hyperventilation and heart problems. While decrease in respiratory rate indicate use of narcotics, alcohol consumption, sleep apnea and brain conditions [1].

Skipping breakfast may cause health problems like laziness, obesity and dizziness. A person who skip breakfast in the morning may drain out of energy by the end of the day. If a person skips morning meal, he later on would starve and graze on high-fat, high-sugar snacks, which does not provide essential nutrients like proteins and vitamins, but causes obesity. While in comparison, a person who takes his breakfast is more healthy and fit [2].

The main focus of present research was to seek for any relation between respiration rate and the habit of skipping breakfast.

Material and Method

130 subjects affiliated to Bahauddin Zakariya University, Multan, Pakistan were involved in this research. Respiratory rate of these students was estimated and later on questionnaire was marked according to the consent of the students.

Statistical analysis

With the help of M.Stat analysis was done and p-value was laid down by t-test. 0.1 p-value was taken in consider as significant.

Result and Discussion

Out of the total 130 subjects, 24 subjects were male and 106 were female. Children have breath rate around 30-60 breaths per minute, while that of adults have 12-20 breaths per minute [3-10]. Questionnaire based studies had always given important consequences in the past researches. Relation between breathing rate (Mean \pm SD) and skipping breakfast is given in figure 1 and 2 below.

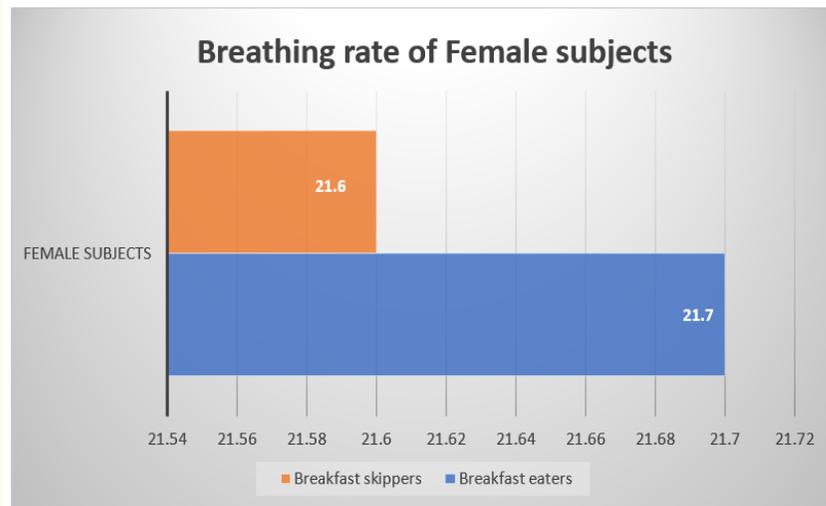


Figure 1: Relation between respiratory rate of female subjects (Mean \pm SD) and skipping breakfast.

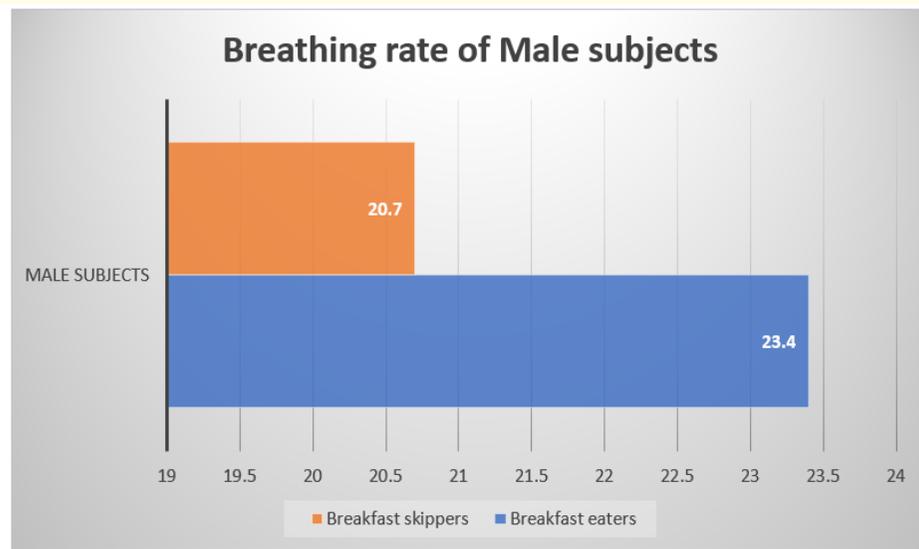


Figure 2: Relation between respiratory rate of male subjects (Mean \pm SD) and skipping breakfast.

Conclusion

It was analyzed from the recent study that breathing rate does not have any effect on skipping breakfast.

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