

A correlation exists between normal breathing rate and watching horror movies

Abstract

The reason of present research was to estimate somewhat relation between normal breathing rate and watching horror movies. Total 135 subjects were the participants of this project. The breathing rate is expressed as the total number of breaths a person receiving in 1 minute. The normal rate is 12 to 20 breaths per minute in adults. The respiration rate underneath 12 and overhead 25 is regarded as abnormal and it points to grim health problems. The situations that can vary normal respiratory rate are anxiety, fever, flu, air pollution, asthma, pneumonia, heart failure, lung disorder, drug overdosing and usage of narcotics. Now a days, number of people love viewing horror movie while some hatred them. There is an elongated list of such movies on internet. Scary movies have the physical and psychological effects on one's mind. The most evident are anxiety and stress that can lead to high pulse rate and sweating. Such physical effects result in increase of respiration rate. In such situations, we inhale more oxygen and exhale more carbon dioxide. The member of the audience spots high breathing like performing a light exercise. The thrill of unknown and abrupt appearance of any terror initiates the body to groom against that fear. After-all above procedure, it was summarized that there was a significant interaction between normal breathing rate and watching horror movies.

Keywords: respiration rate, horror movies, asthma, pneumonia, narcotics

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Introduction

The breathing rate is stated as the total number of breaths an individual receiving in a minute. The normal rate is 12 to 20 breaths per minute in adults. The respiration rate below 12 and above 25 is considered as abnormal and it leads to serious health issues. The situations that can alter normal respiratory rate are anxiety, fever, flu, air pollution, asthma, pneumonia, heart failure, lung disorder, drug overdosing and use of narcotics. As the age progresses, the normal rate continues increasing. Smokers show higher respiration from normal even at rest state. Now a days, number of people love watching horror movie while some hate them. There is a long list of such movies on internet. Scary movies have the physiological and psychological effects on one's mind. The most noticeable are anxiety and stress that can lead to high pulse rate and sweating. Such physical effects result in increase of respiration rate. In such situations, we do more inhale of oxygen and exhale of carbon dioxide. The viewer notices high breathing like performing a light exercise. The suspense of unknown and sudden appearance of any terror causes the body to prepare against that fear. In this condition, our heart rate, blood flow and respiration speed rise.^{1,2} The purpose of present research was to estimate somewhat relation between normal breathing rate and watching horror movies.⁴⁻¹⁰

Materials and methods

How to count respiration rate?

We performed this measurement in a laboratory. We needed a stopwatch for this experiment and availed it easily. The subjects were asked to sit for a while and then took their breath counting inhale and exhale as one count. We measured the rate for 60 seconds.

Project designing

There 135 subjects were the members of this project. We consented

from subjects and measured their breathing rate by stopwatch. The subjects were the learners of Baha Ud Din Zakariya University Multan, Pakistan. A questionnaire-Performa was supplied them and obtained their answers. These answers were noted down and evaluated the result.

Statistical analysis

MS Excel was used as a tool for evaluation of the result and t-test was performed. $P < 0.1$ was considered as significant.

Results and discussion

After observing this Table 1 & Figure 1, it was deduced that male showed significant result as their calculated p value is lesser than original p value ($0.01 < 0.1$). In case of females and combined form, the actual p value is larger than given p value ($0.47, 0.67 > 0.1$), so, the results are non-significant in this situation. Male has higher average breathing rate while other genders explore lower mean respiration rate.

Table 1 The correlation between normal breathing rate (Avg \pm S.D) and watching horror movies

Gender type	Loving horror movies	Hating horror movies	P value
Male	25.38 \pm 4.84	19.7 \pm 2.87	0.001*
Female	20.58 \pm 4.78	21.43 \pm 6.68	0.47
Combined	21.54 \pm 5.14	21.11 \pm 6.17	0.67

$P < 0.1$ considered significant as $P = 0.001^*$

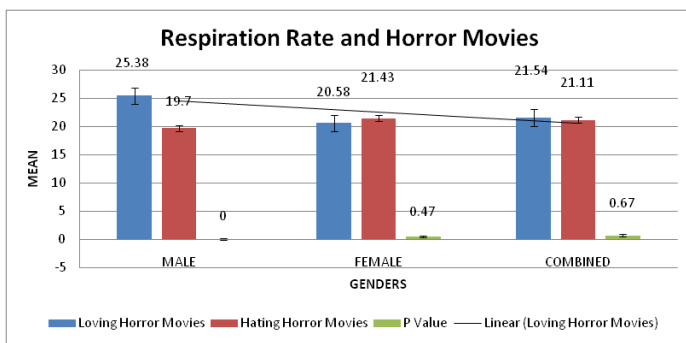


Figure 1 Respiration Rate and Horror Movies.

Discussion

This study has given an important advancement in recent researchers. For the assessment of change in breathing rate while seeing horror videos, some audiences were explored with horror scenes. After watching such scenes, the CO₂ concentration was measured and the results were expressive. The amount of carbon dioxide was enhanced during expiration. Hence, more breathing rate is noticed.³

Conclusion

After-all above procedure, it was inferred that there was a significant scientific interaction between normal breathing rate and watching horror movies. Male proved more daring towards horror movies as compared to female and combined case.

Acknowledgments

None.

Conflicts of interest

The author declares there is no conflict of interest.

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