

The relationship between normal glucose level of blood and people's interest for watching cricket

Abstract

The purpose of current study was to correlate the glucose level of blood and people's interest for watching cricket. Blood glucose level is the quantity of sugar which is present within the blood of organisms. The body maintain the glucose level in blood for homeostasis. Glucose is present in every cell of body and it is stored in a liver and skeletal muscles. In humans, glucose is very necessary for normal functioning of body and tissues like the brain of humans. There are also different types of fans which are more interested in cricket and can do anything for cricket. We all know that cricket makes us perfect mentally as well physically. So, many parent advices their children to play games. Cricket is very easy game so mostly people play cricket. There is no scientific relation between people's interest for watching cricket and glucose level of blood.

Keywords: watching cricket, glucose level, glucometer

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Introduction

Blood glucose level is the quantity of sugar which is present within the blood of organisms. Simple sugar that is present in our blood is a glucose and about 4-5grams of sugar is present in the blood of 65-70kilograms human. The body maintain the glucose level in blood for homeostasis. Glucose is present in every cell of body and it is stored in a liver and skeletal muscles. In humans, glucose is very necessary for normal functioning of body and tissues like the brain of humans. Glucose level may be down in the morning and increase after eating meal for two hours. If there is any problem or disease in the body it may increase or decrease which depend upon the conditions. Both conditions are dangerous for health and can cause disease like hyperglycemia for high level and hypoglycemia for low level of glucose in blood.¹ Alcohol or certain drugs can deviate the glucose level in blood. Many methods are used to measure the blood glucose level in humans. The blood glucose level is measured in the units of mmol/L and mg/dL. The body's homeostatic system while working it store the glucose in very small range of 4 to 6mmol/L. the normal sugar level in humans is from 70 to 125mg/dL which mean 5.5mmol/L in humans. Instead many variations within our body and outside of our body our sugar regulation system maintain the normal blood glucose level. There are two types of hormone which many deviate the normal glucose level in blood the catabolic and anabolic hormones. Catabolic hormones such as glucagon they may increase the glucose level in blood of humans and anabolic hormones such as insulin can decrease the glucose level in blood. There are two important methods are used to measure the glucose level in blood 1st the chemical method and 2nd Enzymatic method.^{2,3}

On our earth where we live, many different types of people also live with us. They have different thinking and interests. That's why many people love and like cricket but some dislike this game. But overall cricket is famous in all over the world and have billions of fans which can play, watch and support their teams. There are also different types of fans which are more interested in cricket and can do anything for cricket. We all know that cricket makes us perfect

mentally as well physically. So many parent's advice their children to play games. Cricket is very easy game so mostly people play cricket. Many people may go to that extent that they leave their studies for cricket and start preparing themselves for international level. Some people just watch and do commentary on the whole match. Some people just watch and support their teams if their team won or loss, they love him. Some watch leagues, some test and some ODIs. Some just criticize their teams and country and considered themselves as perfect man on earth. The objective of our present study was to check the relationship between normal blood glucose level and people's interest for watching cricket.

Material and method

Project design

Initially, we questioned the subjects to measure their blood glucose level and they allowed us for glucose level measurement. Then we prick the fingers of subjects one by one with a small needle (lancet) and some blood came out of finger and put them on the test strips. Then we placed the strips in meter which show the glucose level of blood. We used the high-quality glucometer which showed the precise values of glucose level of subjects. Then we again questioned them that they like to watch cricket or not. They gave us answered and we wrote them one by one and at the last we made a list of values.⁴ Total of 120 subjects were included in the survey. All the subjects were the students of Bahauddin Zakariya University, Multan, Pakistan.^{5,6}

Statistical analysis

Statistical analysis was conducted by Microsoft Excel and T-test applied to evaluate the results.⁷

Results and discussions

The Table 1 shows that p value is considered as significant value whose value is 0.05. Men with the average glucose level of 92 and the SD 7.1 are interested to watch cricket. Men with the average blood glucose level in humans is 90 and the standard deviation is 5.1 they

are not lover or take no interest in watching cricket and the p value is 0.59 which is higher than the standard value of p value which tell that the relation between them is non-significant. Women with the normal glucose level of blood in humans of 98 with SD 7.8 they are lover of cricket and take interest in watching cricket. Women with the 92 average blood glucose level with the SD of 7 they are not lover of watching cricket. The p value is 0.80 which is also higher than the significant value and relation between them is non-significant.⁸⁻¹⁰

Table I The relation between the normal glucose level of blood (average value±SD) and cricket loving.

Gender	They are cricket lover	They are not cricket lover	P value
Men	92±7.1	90±5.1	0.59
Women	98±7.8	92±7	0.80
Both men and women	95±7.5	91±6.7	0.65

P>0.05 so the value of p is non-significant

Conclusion

There is no scientific relation between people's interest for watching cricket and glucose level of blood.

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None.

Conflicts of interest

The authors declare that there is no conflict of interest.

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