

Is normal blood glucose level influenced by watching horror movies?

Abstract

The aspiration of this project was to assess either interactions between the blood glucose level and watching horror movies. Over-all 120 subjects were the participants of this study. Blood glucose level is the volume of glucose present in the blood. It is computed in the units of millimoles per liter. Its normal level remains between 4 and 8mmol/lit. It is the large unit of measurement and mainly measured in units of mg/dl (milligrams per deciliter). The normal blood glucose is from 70 to 130mg/dl in case of no eating. It escalates after taking meal (>140 mg/dl) and declines after 4-5hours of previous food bite. Carbohydrates are the chief source of liveliness for our body. They are converted to form glucose mostly. It stays normal if we will take the diet habitually. It is very important to watch BGL during diabetes, pregnancy, pancreatitis and in case of increasing age. The amount of sugar in blood, above from normal range proposes a disturbance in glucose homeostasis. A constant raised level is considered as hyperglycemia and minimal level is stated for hypoglycemia. We, most of us, think that horror movies are harmful for health but that is not same for all situations. No doubt, it elates anxiety and heart rate but it also burns calories of fatty persons significantly. The extra stored calories burning benefits you making smarter and healthier. Viewing a horror movie for 1.5hours triggers your adrenaline pump and it exhausts close to 113 calories certainly. It is similar to walking for half an hour. This condition depresses your blood glucose and makes you hungry. Now I am revealing with you the list of top 3 calories burning horror movies. "The Shinning" burns 184 calories, "Jigsaw" exhausts 161 and the 3rd one is "The Exorcist" that exploits 158 calories. Such type of films also lowers stress. They release neurotransmitters that uplifts your brain activities and make us alert for a little time. From this project, it was resolved that there is a significant logical relation between normal blood glucose level and watching horror movies.

Keywords: horror movies, blood glucose level, the exorcist, glucometer, lancet, hyperglycemia, hypoglycemia, diabetes mellitus

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Introduction

Blood glucose level is the quantity of glucose present in the blood. It is quantified in the units of millimoles per liter. Its normal level remains between 4 and 8mmol/lit. It is the large unit of measurement and mainly measured in units of mg/dl (milligrams per deciliter). The normal blood glucose is from 70 to 130mg/dl in case of fasting. It increases after taking meal (>140 mg/dl) and reduces after 4-5hours of previous food bite. Carbohydrates are the main source of energy for our body. They are converted to form glucose mainly. It lies normal if we will take the diet regularly. It is very important to monitor BGL during diabetes, pregnancy, and pancreatitis and in case of increasing age. The concentration of sugar in blood, above from normal range specifies a disorder in glucose homeostasis. A constant elevated level is considered as hyperglycemia and depleted level is reported for hypoglycemia. Diabetes Mellitus is known for lasting hyperglycemia. A good and stable blood sugar level decreases the chances of getting diabetes. During insulin dependent diabetes, body does not produce insulin inside, hence, sugar level enhances. This condition leads to kidney problems, heart failure and high pressure. A person with low blood glucose level also gets complications such as headache, dazzling, muscle pain and mental retardation. The balanced diet and exercise play an important role in maintaining sugar level of blood. It helps in lowering BGL, weight and improving blood pressure, muscle power and stability.

We, most of us, think that horror movies are bad for health but that is not same for all situations. No doubt, it elevates anxiety and heart

rate but it also burns calories of fatty persons significantly. The extra stored calories burning helps you making smart and healthy. Watching a horror movie for 1.5hours activates your adrenaline pump and it consumes close to 113calories typically. It is same as walking for 30 minutes. This condition lowers your blood glucose and makes you hungrier. Now I am sharing with you the list of top 3calories burning horror movies. "The Shinning" burns 184 calories, "Jigsaw" exhausts 161 and the third one is "The Exorcist" that utilizes 158 calories. Such type of films also lessens stress. They secrete neurotransmitters that uplift your brain actions and make us alert for a little time. An interesting fact is that watching horror movies secrete feeling good chemicals like dopamine and serotonin. These are the hormones also release when we fall in love with someone. So, we should not be shy to say, "I love you", to beloved one. The goal of this project was to evaluate whichever interactions between blood glucose level and watching horror movies.¹⁻⁴

Materials and methods

Method of measurement of blood glucose level (BGL)

We know mainly about two methods for BGL measurement. 1st is the laboratory procedure that is time consuming. We used this simple method described here. Before starting the procedure, we managed some important tools i.e. test strips, blood glucose meter, lancet, alcohol swab and chart of blood glucose level. We swept their 2nd fingers with the help of cotton swab and pierced the lancet and got a drop of blood by pushing gently. We drenched test strips with drop of

blood and put them in blood glucose meter. We recorded their blood glucose levels just in 15seconds. These results were the accurate and precise.

Project designing

Over-all 120 subjects were the part of this study. These all were the science students of BAHA UD DIN ZAKARIYA UNIVERSITY MULTAN, PAKISTAN. We reported the blood sugar level and noted it on notepad for rough calculation. Questionnaire forms were distributed among them. They wrote their answers. In this way, we gathered a smart data for evaluation.

Statistical analysis

We used MS excel formulas. T-test was run to investigate the result. P value less than 0.05 was considered being as significant.

Results

Table 1 explains that the p value for male is greater than the original figure ($0.46 > 0.05$) considered as non-significant. But in case of female, the results are significant because the calculated p value is less than the given p value ($0.002 < 0.05$) (Figure 1). There is a same situation for combining genders both male and female, we evaluated less p value ($0.011 < 0.05$) that shows significant outcome. This bar graph captures the table values in a smart way that is easy for understanding. We can say that females are devoted more towards watching horror movies while male hate them. Women explore more avg. for loving scary videos.

Table 1 Correlation of normal blood glucose level (Avg±S.D) to watching horror movies

Gender	Loving horror movies	Hating horror movies	p-value
Male ♂	91.65 ±5.89	94.50±6.46	0.46
Female ♀	94.32 ±9.42	89.50±5.74	0.002*
Combined (Male + Female)	93.70±8.77	90.10±5.95	0.011*

$p < 0.05$ contemplated as significant, ($P^* = 0.002$), ($P^* = 0.011$)

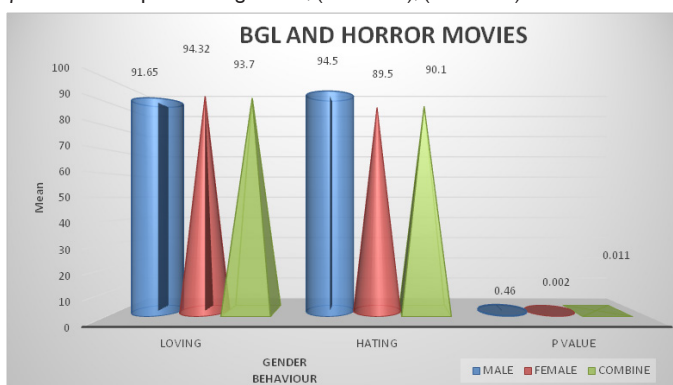


Figure 1 glucose level influenced by watching horror movies in male and female

Discussion

This study has given an important advancement in recent research. The fear affects the metabolism of liver glycogen. It was experimented

that killing scenes from scary movies increase the liver hormones for the digestion of glycogen into glucose. In this way, glucose amount in the blood uplifts. When there is fear, the pupil expands, the heart pumps more, blood moves towards muscles and blood sugar enhances for some time (Hyperglycemia).^{5,6} To normalize the level of glucose in blood, more insulin secretes as the result of stress (fear). After this, in the shade of constant fear while watching movie, the blood glucose level goes decreasing.⁷⁻⁹

Conclusion

As the problem discussed above, there was a diminished glucose level in the blood when we were having fear in the given situation. The results were significant values according to given problem. From this project, it was concluded that there is a significant scientific relation between normal blood glucose level and watching horror movies.^{10,11}

Acknowledgments

None.

Conflicts of interest

Author declares that there is no conflicts of interest.

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