

Is there any Relation of Normal Body Temperature with Stress Eating?

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Abstract

The relation of normal body temperature with stress eating was aim of present research. 125 subjects took part in present research, where their normal body temperature measured. Thermometer is widely used to measure body temperature. The normal temperature of body is in between 36.5–37.5°C (97.7–99.5°F). The overeating during stress and tension is called stress tension. The unhealthy and junk foods are also connected with stress eating. The 125 students take part in this study. They measured their body temperature by thermometer and check that there is any relation of temperature with stress eating. This was resulted from current study that normal body temperature has no effect on stress eating.

Keywords: Temperature; Stress Eating; Thermometer

Introduction

The body temperature is define as the maintain balance of heat loss and heat gain by body. The normal temperature of body is in between 36.5–37.5°C (97.7–99.5°F). The body temperature is measured by various sites including vagina, ear, mouth, underarm, bladder, rectum and nose. Thermometer is widely used to measure body temperature. The maintenance of body temperature is called thermoregulation. The high body temperature is called hyperthermia. In this condition body absorbed greater heat then it released. The disturbed pulse rate, heavy sweating, vomiting, fainting, headaches, dizziness, rapid breathing and low blood pressure are symptoms of hyperthermia. The low body temperature is called hypothermia. In this condition body release more heat

then it absorbed. The symptoms of hypothermia are mental confusion, paradoxical undressing, low sugar level and shivering [1].

The overeating during stress and tension is called stress tension. During stress adrenal gland received message from nervous system and cortisol hormone released that causing appetite and peoples eat more food. The stress eating is more common in females than males because during stress females eat food while males doing smoking. The unhealthy and junk food is also connected with stress eating. The overeating is major cause of the obesity that leads to serious and fetal diseases. The stress eating is minimized by reducing stress. The stress is reduced by exercise, mediation and social support [2].

Aim of the current study was to relate normal body temperature with stress eating.

Materials and Methods

The 125 subjects took part in current study. All subjects were students of Bahauddin Zakariya University, Multan, Pakistan. The body temperature is measured by thermometer. First we take a clean thermometer. Then placed the thermometer to under tongue. After few second remove thermometer and check the temperature.

Statistical Analysis

Statistical analysis was determined by M state. Student's *t*-test was used to check conclusion of *p* value. The $p < 0.05$ are considered as significant

| Gender | People who addict of stress eating | People who don't addict of stress eating | <i>p</i> value |
|--------|------------------------------------|--|----------------|
| Male | 97.57 ± 0.77 | 97.86 ± 1.26 | 0.57 |
| Female | 96.73 ± 1.71 | 96.75 ± 2.14 | 0.96 |
| Both | 96.88 ± 1.62 | 96.90 ± 2.07 | 0.94 |

Table 1: Relation of Normal Body Temperature (Means ± SD) with Stress Eating. Non-Significant $p > 0.05$

Conclusion

This was resulted from current study that normal body temperature has no effect on stress eating.

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