

The Affect of Some Health Parameters on 3rd year Intermediate School of Girls Scientific Lesson

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Key words : health , blood pressure , pulse rate , scientific exam .

The aims of this study deals with the affect of some health parameters on a scientific lesson on some 3rd Intermediate school of Fatimat Al-zahraa intermediate school for girls. These parameters are Blood pressure (systolic and diastolic) and Pulse rate respectively. The experimental method was used to suit the nature and the problem of the research. The sample of the research was counted of (18 students) of the 3rd grad at the year (2018-2019). The high and low Blood Pressure, the Pulse rate and O₂ were measured before and after the exam. The statistic means were used and concluded that the value of the high blood pressure and pulse rate increased before the exam and decreased after the exam ends. The scientific lessons were greatly affected by the exam. The researchers recommended that the psychological side affected by the these parameters. More attention must be given to the students' psychological state before the exam also the researchers recommended doing similar researches concerning other health parameters which affect the exams' results.

اثر بعض مؤشرات الصحة على الدرس العلمي لطالبات الصف الثالث
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الكلمات المفتاحية : health , blood pressure , pulse rate , scientific exam .

الملخص

يهدف البحث الى معرفة بعض مؤشرات الصحة كضغط الدم الانقباضي والانقباضي ومعدل النبض ونسبة التشبع O₂ هل تتأثر بالامتحان العلمي لعينة من طالبات مرحلة الثالث المتوسط في متوسطة فاطمة الزهراء للبنات واستخدمت الباحثتان المنهج الوصفي لملائمة طبيعة مشكلة البحث وتكونت عينة البحث من طالبات العام الدراسي (٢٠١٨-٢٠١٩) والبالغ عددهم 18 طالبة. تم قياس مؤشر ضغط الدم الانقباضي والانقباضي ومعدل النبض ونسبة التشبع O₂ قبل الامتحان و بعد الامتحان . وتم استخدام الوسائل الاحصائية المناسبة واستنتجت الباحثة ان مؤشرات ضغط الدم الانقباضي ومعدل النبض ونسبة التشبع (High blood pressure) O₂ Pulse rate، يرتفع قبل اداء الامتحان لعينة البحث قبل الامتحان وينخفض بعده. واهم الاستنتاجات هي الاهتمام بالحالة النفسية للطالبات كي لا تؤثر على مؤشرات الصحة (ضغط الدم الانقباضي والانقباضي ومعدل النبض) كي لا ينتج عن ذلك فقدان التركيز والانتباه، اما التوصيات فان الحالة النفسية تتأثر بشكل كبير بالامتحان العلمي واعطاء اهمية للحالة النفسية للطالبات وكذلك اجراء اختبارات لمؤشرات اخرى لها تأثير على نتائج الامتحان.

1.1 THE INTRODUCTION OF THE RESEARCH

The health and Education are of a mutual affect and one of the factors that affects the educational process in all its stages is health .This due to the fact that the mental abilities are must to be available to all the educational stages. The mental abilities and health are good aspects that help pupils (girls) to understand the school subjects, fulfill the homework and doing the exam effectively. The role of health cannot be neglected in the educational process and accomplishing the exam in specific. The importance of this research comes from this respect, to express the importance of health in the educational process in general and especially in exam.

The importance of the research lies in identifying some health parameters and their effect on a scientific lesson (English lesson) to some 3rd intermediate student girls. The educational process requires the individual to be healthy to comprehend and focus; but are the health parameters (high and low blood pressure, pulse and O₂) affected positively or negatively in doing a scientific lesson exam.

1.2 THE PROBLEM

Due to some difficulties in the learning process , health parameters like (high and low blood pressure, heart rate and Co₂) acquire a substantial effect on educational skills like understanding, doing the lessons and the exam. So it is important to bound these parameters (high and low blood pressure ,heart rate, and Co₂) to be taken in consideration .The question is that ,are these parameters (high and low blood pressure ,heart rate , and Co₂) have positive or negative affect on a scientific lesson exam.

1.3 THE AIMS OF THE STUDY

1. Identify some health parameters (high and low blood pressure, heart rate, and Co₂) to the 3rd intermediate school for girls.
2. Illustrate the affect of some health parameters (high and low blood pressure, heart rate, and Co₂) before the exam and after to be reliable in terms of dealing with the students girls before any monthly scientific exam.

1.4 THE HYPOTHESES

There are differences that have a statistic means between the test before and after the exam to some health parameters (high and low blood pressure, heart rate, and Co₂) to the 3rd intermediate students for girls.

1.5 THE SCOOP OF THE STUDY

1. The population: The 3rd year Intermediate student girls (18) students girls.
2. The date is from 2/12/2018 to 5/2/2018.

3. The location: the English classroom at Fatimat- Al Zahrra Intermediate school for girls.

1.6 Terms

Kronenfield (2002:22f) introduces health as the absence of disease and illness, and it includes some aspects concerning individual's ability relevant to the environment including physical, mental and social dimension. Health, in this respect, is affected by life expectancies including biological and social factors.

2.1 THE RESEARCH METHODOLOGY AND PROCEDURES

The term methodology according to Kuthari (2004:8) is the way of "systematically" solve the problems or a science study of how a research is done scientifically , the various steps adapted by the researcher in studying the research problem.

2.2 The Samples of the Research

The samples are chosen randomly since it achieves the aims of the study .It includes (18) Intermediate student girls at FATimat-Al-Zahraa for the academic year (2018-2019) and their rate is 17%of the total students which was (105).

2.3 Collecting Data

-English references.

-Blood pressure measuring tool kind (Rossmax).

-Pulse measuring tool kind (Oximeter).

2.4 The Procedures of the Field Research

1. Measuring of the blood pressure , John Willis,(1960:13-16) defines the blood pressure as the result of the heart action by contracting the heart and pushing amount of blood inside the blood vessels. In the rest the blood pressure of the heart contraction reaches (120-140) m/l and in rest (80) ml. He says that the differences between the systolic and the diastolic blood pressureis (40)ml which represents the amount of the blood pushed from one pulse of the heart which comes together equal to multiplying the (c.o.p) with the heart pulse at one minute and it is called the heart production .

Description: the student sits and put the tool on the brachium under the shoulder and starting measuring the systolic and the diastolic blood pressure.

-Recording: measuring the blood pressure and recording the results to each of the student girl respectively before and after the exam.

2. The aim: measuring the rate of O₂ filling.

Description: The student girl sits and puts the Oximeter on the forefinger and start measuring the rate of O₂ in the blood to all the student girls respectively.

3. The aim: measuring the pulse in one minute According to Keir ,Wise ,Krebs,(2003:312f) the pulse rate is the number of the heart beats per minute , and it can be measured by counting the pulse rate in the radial artery. It is the cardiac production. The average adult pulse is 72 beats per minute. The pulse is recorded as beats every minute preceded by a capital p (i.e. P72).

Description: the student girl sits and puts the Oximeter on the forefinger then pushes the button to show number that reads the pulse at one minute.

-Recording: record the results.

2.5 The Main Experiment

The test took place on Sunday 2/12/2018 at 8 am to measure the blood pressure (the systolic and the diastolic) the pulse and the O₂ to the 3rd intermediate school for girls whose numbers are (18) student girls at the English classroom before the exam and doing the English exam then re testing the student girls after the exam immediately and respectively. Jackson and Thurgate(2002:12f) define learning as the changing in behaviour as knowledge or skills and it can be noticed or measured at any time and it happened as a result of any external effect.

2.6 Statistical Methods

Descriptive statistics research

3. SHOWING THE RESULTS, ANALYZING AND DISCUSSION

3.1 Showing the Results, Analyzing and Discussing the Results of the Results

Table (1) shows the means the standard deviation before and after testing to the parameters of the research

			After	After	Before	Before	Measuring Unit	Parameter
Indication	Standard	T calculation	SD	M	SD	M		
Significant	2.11	4.78	116.1	13.87	16.26	120.4	ml/g	systolic
Not significant	2.11	1.55	11.33	74.61	7.31	83.5	ml/g	Diastolic
Significant	2.11	2.96	8.06	89.16	12.31	102.3	Beat/min	Pulse rate
Significant	2.11	4.13	9.75	101.1	5.3	97.4	%	Rate O ₂

Average Means

Standard Deviation

Paul (1971:66) shows that the Free degree = $N-1=18-1=17=2.11$ under the indication level 0.05

3-2 Analysing Data

The average of the parameters before the exam (the systolic, diastolic blood pressure, the pulse and the O₂) the results are as follows respectively. (120.4),(83.05) ,(102.33) (97.41) .

The standard deviation to the research parameters before the exam (the systolic, diastolic blood pressure, the pulse and the O₂) the results are as flows respectively. (16.26),(7.31),(12.31),(5.03).

The average of the parameters after the exam (the systolic, diastolic blood pressure, the pulse and the O₂) the results are as follows respectively. (116.11),(74.61),(89.16),(101.1).

The standard deviation to the research parameters after the exam (the systolic, diastolic blood pressure, the pulse and the O₂) the results are as flows respectively. (13.87),(11.33),(8.06),(9.75).

The (T test) for the systolic blood pressure is (4.78) which is more so it is incorporeal

The diastolic blood pressure is (1.55) and it is less than the tabular data so it random The pulse rate is (2.96) and it is higher than the two tables so it has affect The O₂,

The rate is (4.13) and it is higher than the tables so it has affect under the indication of 5%, and free degree 17.

3-3 Discussing the Research:

The table (1) shows there is asignificant result to the systolic, Sharma (2006:206-211) defines blood pressure as the cardiac production and it is the resistance of the lateral and the vascular vessels to the flowing blood and the heart responds to the cardiovascular. He explains that the normal records of the blood pressure are within the limits of (120-80)mmHg. He also explains that the main cause for the high blood pressure is the narrowing in the aorta; widen heart muscle illness, muscle inflammation, cut in the left ventricle especially when changing the aortic valve, in these cases the blood pressure is more affected than the pulse.

Elian, Marieb (1984:729) add that the systolic happens when the is a contraction in the left ventricle and flows towards the Aorta which in its positions expands and the Aortic pressure on its peak then the Aorta opens at this time, then we have the systolic pressure which begins from 5 to 6 yards at an average 120 ml/g. William, et al (2012:137ff) the systolic pressure happens when the body gets low pressure with low blood volume to flow forwards inside the small blood vessels.

Raju, (2005:224) adds that the causes of the pressure alternation are Severe aortic stenosis, dilated Cardiomyopathy, myocarditis, sever with AR left ventricular familiar especially after aortic valve replacement. Blood pressure is more sensitive than palpable pulses alternates .

The standard values (normal ones) are taken in consideration with the current results of the research.

Kraemer ,Fleck , Deschenes.(2012:149) also say that the pressure can be affected by other factors than the radius of the vessels. If the cardiac increased, the pressure in the arterial system will also increase, because more blood will be ejected into the arteries; in other words an increase in the amount of the fluid in

the containers on a fixed size will increase pressure. Thus blood pressure increases during the physical activities since the cardiac output is elevated.

The pulse and the O₂ rate. According to Keir ,Wise ,Krebs C.,(2003:312f) (the pulse is connected with age, sex, the size of the body, and affected by the nervous system of the body such as fear, anxiety, pain, or anger. The pulse rate could be measured directly or indirectly. Dörnyei (2001:27) states in terms of preparing the students for the exam, the everyday teacher's thinking of long-term developments of the students. He contrasts with Jackson and Thurgate C. that the short term preparing for the test might produce better immediate results than making preparations for long term motivation qualities

William, et al (2012:137ff) the diastolic refers to the rest of the cardiovascular system. The heart contracts and pushes the blood, but when the heart is at rest this means it is full of blood for the next contraction of the cardiovascular circulation. diastolic blood pressure doesn't give any incorporeal affect which means that the diastolic is not affected by the scientific exam. The exam has an influence on the rest of the parameters (The systolic blood pressure, the pulse rate and the O₂ rate to the 3rd intermediate students for girls. The systolic blood pressure comes inside the blood vessels at a result to the contraction of the heart muscle (the left ventricular contraction) and pushes the blood to the whole body. It is also affected by the weight, psychology, age and hormones and others. So the psychological factors affect the systolic blood pressure and increases before and in the exam.

The O₂ rate term refers to the rate of the oxygen in the blood. The blood and the oxygen are arranged in the body in a very precise way. The Oxygen normal rate is 95%-100%, but if it is less than 90% it causes the hypoxemia. If the Oxygen in the blood is less than the 80% then it causes a defect in the action of the heart and the mind. The continuous descend of the Oxygen in the blood causes breath stopping or cardiac arrest .The Oxygen should be pushed inside the body and it is called the oxygenate stiff. Then the Oxygen goes to the lungs then to the blood, so this technique is called the medical Oxygen saturation (Net source.1). Arabski , Wojtaszek(2010:39) Suggest that some specific difficulties in learning (reading and writing) resulted in the existence of the anatomical and the psychological bases.

The diastolic blood pressure does not affect in the 3rd intermediate school girls. The diastolic is not affected before, in or after the exam. The biological aspects affect the linguistic activities like reading and writing which are essential in doing the exam.

4. CONCLUSIONS AND RECOMMENDATIONS

4.1 Conclusions

1. There is a significant affect to the systolic blood pressure to the 3rd Intermediate students for girls.
2. There is significant affect to both the pulse and the O₂ rate because of the exam to
The 3rd year Intermediate students for girls.

3. There is no significant affect to the diastolic blood pressure to the 3rd year Intermediate students for girls because of the scientific exam.

4.2 Recommendations

1. The psychological side of the researcher must be taken in consideration to the 3rd year Intermediate students for girls, the increase in these parameters has affected the learning process.

2. The marks or the points of the exam are constantly affected by these parameters .

3. The researcher recommended doing similar researches with different samples and different categories.

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