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Short Communication

How Blood Oxygen Level Correlates with Selfie Loving

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Abstract

This study investigates the correlation between blood oxygen levels and selfie-loving. 200 graduate students participated, and their blood oxygen levels were assessed. Participants were also queried about their selfie-taking habits. The study, conducted at a University, revealed a significant correlation between selfie adoration and blood oxygen level. Excessive selfie-taking may have physiological implications, particularly on blood oxygen levels. This finding contributes to research on the psychological and physiological effects of social media behavior. The results suggest that selfie adoration can have unexpected physical consequences, highlighting the need for further investigation into the impact of social media on physical health.

Introduction

The amount of oxygen that is circulating in the blood is called the blood oxygen level. The oxygen is carried by red blood cells which are collected through the lungs and supply this oxygen to all parts of the body. The body controls blood oxygen levels in a specific range so that enough oxygen is used for every cell of the body. The blood oxygen level acts as the indicator of how well the body distributes oxygen from the lungs to the cells, and it is important for health. Most children and adults don't even need to monitor their blood oxygen levels. Many doctors won't check it unless people show signs of a problem, like chest pain or shortness of breath [1-11].

Oxygen saturation (SaO2) measures the percentage of oxygen-bound hemoglobin in arterial blood, reflecting oxygen delivery to tissues (StatPearls Publishing LLC, 2024). Normal SaO2 ranges from 95% to 100%. Values below 90% indicate hypoxemia, potentially leading to adverse health effects. Pulse oximetry is a common non-invasive method for measuring peripheral oxygen saturation (SpO2).

Now in this epoch, many people are keen on taking selfies. Students take their selfies and upload them on social media like Facebook, Instagram, Twitter, etc. We can capture our selfies at any time with our desire [1-3]. The main objective of this study was to coordinate blood oxygen levels with selfie-likeliness.

Material and methods

Absolute 200 understudies took part in the undertaking. The inquiry was by understudies and they answered about their enthusiasm for selfie adoring. To check blood oxygen levels most importantly we asked the understudies how they felt. Then we discover the typical oxygen level of the understudies. We take a fingerbeat oximeter to check the oxygen rate. At that point place your finger into it. Then an oximeter checks the blood oxygen dimension of each understudy. Experimental Design

The study was conducted among graduating students of M.Sc Biotechnology and BS Biotechnology at Bahauddin Zakariya University, Multan, Pakistan. The blood oxygen level was determined first, followed by a questionnaire administered

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to all participants to assess their behavior and habits regarding selfie-taking. A total of 200 students participated in the study. Initially, students' blood oxygen levels were measured using a finger pulse oximeter. Subsequently, they were asked a simple "yes" or "no" question regarding their likeness for taking selfies, to investigate the correlation between selfie adoration and blood oxygen level.

Statistical analysis

The M State was used for statistical analysis. And the $p < 0.1$ was not significant.

Results

200 understudies participated in this task. Their blood oxygen level was checked with the help of a finger pulse oximeter and identified with the selfie adoring. So it was seen that the understudies whose oxygen level was higher were selfie lovers while students with lower rates were nonselfie lovers $p > 0.1$ was the value of the t-test [3,10] (Table 1).

The study's results reveal a significant difference in blood oxygen levels between students who are selfie lovers and those who are not. Students who identified as selfie lovers had an average blood oxygen level of 96.31%, with a standard deviation of ± 4.72%. This suggests that selfie lovers tend to have higher blood oxygen levels, which fall within the normal range (95% - 100%). The relatively low standard deviation indicates that the blood oxygen levels among selfie lovers are fairly consistent. In contrast, students who did not identify as selfie lovers had an average blood oxygen level of 94.46%, with a standard deviation of ± 9.57%. This average is slightly lower than the normal range, indicating that non-selfie lovers may have slightly lower blood oxygen levels. The higher standard deviation suggests that there is more variability in blood oxygen levels among non-selfie lovers.

Table 1: Relation of blood oxygen level (Mean ± SD) with selfie-loving.

Yes (selfie lovers)	No (non-selfie lovers)
96.31 ± 4.72* (blood oxygen level)	94.46 ± 9.57 (blood oxygen level)
Significant ($p = 0.1$).	

Conclusion

The present examination concluded that blood oxygen level had a logical connection with selfie cherishing. This study provides novel insights into the physiological correlates of selfie-taking behavior, suggesting that individuals who enjoy taking selfies tend to have higher blood oxygen levels. This finding has implications for our understanding of the complex interplay between social media behavior, physiology, and overall health.

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