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Research Article

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Is There any Correlation between Urine PH and Fear of Darkness

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Abstract

Fear of darkness is found in different people of different ages. It causes anxiety and stress in them. Root cause of this fear is feeling insecure and at target of ghosts and spirits. Urine pH test is use to calculate the acidity and al-kalinity of urine. In this research, I had perform experimentation to understand correlation of urine pH with nyc-tophobia. 100 samples of urine were collected and dipstick test was performed. Results were statistically ana-lyzed by Student's t-test. From these results it is observed that there is no relation of urine pH and nyctophobia.

Key words: *Nyctophobia; Kidney stones; Urine pH*

Introduction

Nyctophobia is actually fear of darkness, it is present in adults but mostly in children. Causes includes depres-sion and anxiety. Major reasons of nyctophobia are experiences in past like parents gave punishment and lock the child in store full of darkness. Other cause of nyctophobia is fear of danger and ghosts. This fear reduces with passage of time in children but if this fear increases with passage of time then this becomes phobia. There are many treatments available to overcome the fear of darkness. (OLESEN 2018)

To maintain the balance and to regulate the pH of urine the responsibility is entirely of lungs and kidneys. To maintain the pH specific regulators are produced from them. The pH of urine varies from 4 to 8 normally (Welch, Mulligan et al. 2008). Very high acidic pH of urine as high pH of urine indicates that there are many chances of kidney stones. As pH of the urine can be monitored by consuming different fruits and vegetables. While the urine pH may become too much acidic due to the use of certain medicines having chemicals which are responsible for acidic urine. It is resulted in a research that eating more fruits and vegetables and less consumption of meat is directly involved in the producing alkaline urine (Welch, Mulligan et al. 2008). Small masses of some minerals that get accumulated in kidney are due to high acidity and high alkalinity and are painful stones (Maalouf, Came-ron et al. 2007).

Materials and Methods

Sampling

Samples of 100 individuals were collected for urinalysis randomly, without taking into account the age, race fac-tors etc. samples were taken from both males and females. The process used was clean catch urine sampling in which the genital area is cleaned with pre-wet swipes and then the midstream urine is collected in sterilized con-tainer and after collection capped tightly (Leisure, Dudley et al. 1993).

Urinalysis

Dipstick test

Dip stick method was used for urinalysis in which the strip that is chemically coated and is used as an indicators (Sehgal, Vijayachari et al. 1999). The chemicals on the strip react with the present ions in urine to give color which is then used as an indicator and pH of urine is estimated (Gariti, Rosenthal et al. 2002) .

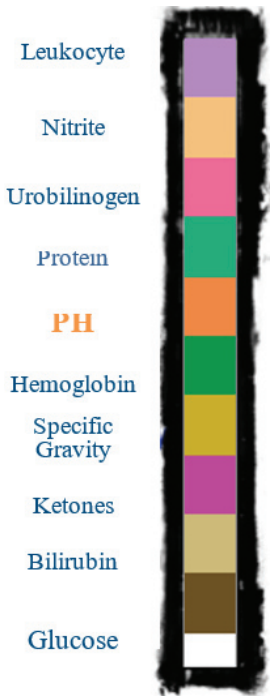
Process

First step of this experiment was to uncovered the container and then I dipped the chemically coated strip in sample for 2 minutes. Then I shook the strip gently. Then wait for some time. Then check the color changed on the strip and I matched it against the chart provided with the strip.

Note

If red and yellow color is produced then the pH is in between 4 to 6.

if blue color is produced then pH is in between 5 to 9 (Gyure 1977).



Results and Discussions

Then the results were collected from the given data to check the relation between urine pH and Nyctophobia. Af-ter the accumulation of results and statistical analysis the table is design. Statistical analysis is done by using student TTEST.

Gender	YES	NO	p-value
Male	7 ±1.414	6.11± 0.333	0.08
Female	6.351 ± 0.824	6.167 ± 0.746	0.35
Both	6.414 ±0.894	6.154± 0.670	0.145

Conclusion

It is concluded from the above studies that as the results obtained from the data are non-significant for males but significant in case of females

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