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Relation between Blood Grouping and Awaking Time

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Abstract

The objective of the present study was to co-relate blood grouping with the awaking time. We performed an experiment to find the blood group, and then we asked the students about their awaking time. They answered about the time at which they awake in the morning. Total 161 students answered about their awaking time, with the help of this project we became able to know about the awaking time of students with different blood groups.

Keywords: Blood grouping; Awaking time; Bahaudin zakriya university students

Introduction

Blood grouping is the classification of blood on the basis of presence or absence of antibodies and inherited antigenic substances on the surface of red blood cells. The antigens may be different proteins, carbohydrates, glycoproteins or glycolipids. It depends on the type of blood group. ABO and Rh blood group systems are the two types of blood group system. The ABO blood group system is used to denote the presence of one, both or neither of the A and B antigens on the red blood cells [1].

In Rh blood group system blood groups are classified on the basis of the presence or absence of Rh factor on the cell membrane of the red blood cell. The Rh blood group system consists of 49 defined blood group antigens among which the five antigens D, C, c, E and e are the most important [2].

Getting up early in the morning is very useful for health. Some people get up early and some awake very late. It is very useful to get up early in the morning and offering prayer. It keeps active whole the day. It makes punctuate. Walking in the morning is also very useful for health this all happen when you wake early in the morning. Awaking time is also related to the timing of job work or office. Objective of the present study was to co-relate blood grouping with awaking time.

Material and Methods

Blood grouping

Blood sample was taken and three spots were made on the slides. These spots were marked as A, B and D. Then one drop of antisera was added in each spot of blood. Antisera A, B and D were added in spots A, B and C respectively. Then they were mixed and results were found about the type of blood groups.

Project

A questionnaire was prepared about the awaking time and a survey of whole class was done. All the people answered the question about the awaking time. The results were calculated after the survey of whole class completed.

Statistical analysis

Above project was performed by using MS Word.

Results and Discussion

The total strength of the students was 161 in which the students with A^+ blood group were 29 which involved 9 males and 20 females. The students with A^- blood group were 2 which involved one male and one female. The students with B^+ blood group were 53 which involved 8 males and 45 females.

The students which have B^- blood group were 4 which include 2 males and 2 females. The students with AB^+ blood group were 11 in which 3 were males and 8 were females. Only one female had AB^- blood group. The students with O^+ blood group were 51 in numbers which include 14

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Table 1: Average awaking time of different blood groups.

Blood Group	Average Awaking Time (am)
A^+	6:30
A^-	8:45
B^+	6:15
B^-	6:15
AB^+	6:00
AB^-	5:30
O^+	6:15
O^-	6:15

males and 37 females. The students which have O^- blood group were 10 which involved all females. The average awaking time of males and females of each blood group is given in Table 1.

Questionnaire based studies have been given important outcomes in current researches. There is no research on internet. We discussed it in the class. About 90% students get up at range between 6:00 am to 6:30 am. Some students also wake too earlier at about 2:00 am and also some late at about 8:30 am to 9:00 am. It is also discussed that getting up early in the morning is very useful for health. Awaking early in the morning and going for walk is very healthy exercise. It keeps us whole the day active and also makes us punctuate [3-10].

Conclusion

It was concluded from the present study that the students with blood groups A^+ awake at 6:30 am. The students with A^- awake late and the students with B^+, B^-, O^+, O^- blood groups awake at 6:15 am. The students with AB^+ and AB^- awake 5:00 am to 6:00 am.

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