

Correlation between Anxiety Level and Leukocytes in the Urine



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Abstract

The goal of our current investigation was to detect the correlation between Anxiety level and leukocyte in the urine. 100 students of Bahauddin Zakariya University Multan, Pakistan were taken for our analysis. Leukocyte or white blood cell is vital part of immune system of the body. When harmful microorganisms enter into the body then leukocytes give protection against these harmful substances. Normally, a very small amount of leukocyte is present in the urine. The person has Urinary Tract disease if large quantity of leukocyte is analyzed in the urine. Urine test was done to detect the leukocytes in the urine. The presence of large amount of leukocyte in the urine may be due to the kidney stones. Anxiety mystification occurs when various issues can effort together. Stress hormones are liberated from the body in case of high level of anxiety. The symptoms produced in this condition are headaches, sadness and dizziness. We concluded from the above study that percentage of normal individuals having leukocytes in their urine is greater than happy individuals. So, there is a connection between normal individuals and anxiety level [1].

Keywords: Anxiety; Leukocytes in Urine; Urine Test

Introduction

Leukocyte or white blood cell is vital part of immune system of the body. When harmful microorganisms enter into the body then leukocytes give protection against these harmful substances. Leukocyte travels in the entire body to detect the disease or microbes. Normally, a very small amount of leukocyte is present in the urine. The person has Urinary Tract disease if large quantity of leukocyte is analyzed in the urine. If there is infection in the ureters, kidney, bladder and urethra then the level of leukocytes in the urine may increased. The bacteria move in the urinary tract and begin to reproduce in the bladder which may cause the urinary tract disease. If the infection is not managed properly then it may be spread to the ureters and kidney. The presence of large amount of leukocyte in the urine may be due to the kidney stones. The symptoms of these higher levels are ache in the pelvic region, fever and pain in the lower back. Urine test was done to detect the leukocytes in the urine. Due to pain killers and sickle cell anemia the level of leukocyte is also increased in the urine. To reduce the level of leukocytes in the urine drinks more amount of water [2].

If the nervousness becomes a disease, then it changes the usual life of the individuals. Anxiety mystification occurs when various issues can effort together. Stress hormones are liberated from the body in case of high level of anxiety. The symptoms produced in this condition are headaches, sadness and dizziness.

The stress created from this anxiety is very dangerous. Normally, the low level of anxiety is risk free while higher level of anxiety can disturb the normal functions of the persons or it may be harmful. There are many methods to reduce the anxiety level which may contain a stable sleep chart, avoiding alcohol and also maintain the diet [3-6].

Materials and Methods

The goal of our current investigation was to detect the correlation between Anxiety level and leukocyte in the urine. 100 students of Bahauddin Zakariya University Multan, Pakistan were taken for our analysis. Urine test was done to detect the leukocytes in the urine. First of all, the urine sample of all students was collected and immersed (few seconds) the analysis strip in the sample and this strip shows various colors like ketone, nitrite and leukocyte etc. After that taken out the strip and compared it to the ordinary colors. Leukocytes were present in the urine of some persons and also absent in some persons [7-10].

Project Designing

Urine test was done to detect the leukocytes in the urine. Then analyze each student which remained sad, normal and happy. We gathered the data and correlation between anxiety level and leukocytes in the urine was observed (Table 1&2).

Table 1: show that the percentage of normal females having leukocyte in their urine is greater than happy females.

	Happy individuals		Normal individuals		Sad individuals	
	Leukocytes present	Leukocytes deficient	Leukocytes present	Leukocytes deficient	Leukocytes present	Leukocytes deficient
Female	4%	10%	10%	58%	0%	0%
Male	1%	9%	0%	8%	0%	0%

Table 2: Connection between Anxiety level and leukocytes in the urine

	Happy individuals		Normal individuals		Sad individuals	
	Leukocytes present	Leukocytes deficient	Leukocytes present	Leukocytes deficient	Leukocytes present	Leukocytes deficient
Female	4.81%	12.00%	12.00%	69.80%	0%	0%
Male	5.80%	52.90%	0%	47.00%	0%	0%

Discussion

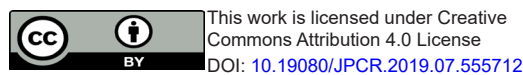
Some study was also done before our analysis. Bema K Bonsu and Marvin B Harper described that leukocytes in urine reveal well the danger of affiliated sepsis in young babies with bacteriuria.

Conclusion

We concluded from the above study that percentage of normal individuals having leukocytes in their urine is greater than happy individuals. So, there is a connection between normal individuals and anxiety level.

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