

Short Communication

IS THERE ANY RELATION OF URINE PROTEIN WITH LISTENING TO MUSIC WHILE TRAVELING?

Muhammad Imran Qadir, Maria Rizvi*

Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan

* *Corresponding Author: mariarizvi48@gmail.com*

ARTICLE INFO

Received 14 January 2020

Revised 10 April 2020

Accepted 01 July 2020

Keywords:

- Urine protein
- Glomerular
- Music

ABSTRACT

Different activities are being adopted by people when they are traveling. A very popular is music listening. It avoids from being tired. Basically, urine protein can be glomerular, preglomerular and postglomerular. Transient urine protein is benign. Purpose of this study is to find out the reaction between urine protein and music listening during travel. 13% with positive urine protein and 67% with negative urine protein like music listening. 5% with positive urine protein and 15% with negative urine protein don't like music listening.

1. INTRODUCTION

During travel people adopt different activities. Most popular is listening music. There are many people which are addicted to music especially while traveling. Music helps them to avoid from the exhaustion and boredom of travel particularly when individual is traveling alone. It relaxes them in a way that for that time people forget all their worries. And get them involved in the lyrics of the music playing in their ears. Music is something which doesn't let you feel alone wherever you go. It's always there to entertain person while traveling. It doesn't let people feel the length of distances. Because music is a good time pass in long journeys.

In origin, urine protein can be glomerular, preglomerular and postglomerular. Causes of preglomerular are strenuous exercise, fever, extreme of heat & cold, seizures, multiple myeloma and venous congestion. Glomerular proteinuria is the very common and serious type of urine protein. This occurs when barrier of glomerular filtration is damaged. Causes of postglomerular proteinuria are tubular disease and inflammation of genital tract or bladder. Difference between postglomerular and glomerular becomes difficult in the presence of hematuria [1]. Urine protein is important for identification of kidney disease. Usually, transient urine protein is benign [2]. Urine dipsticks provide semiquantitative estimation of urine protein. Sensitivity of color

indicator is more to albumins instead of globulin. Purpose of this study is to find out the reaction between urine protein and music listening during travel.

2. MATERIALS & METHODS

Materials required for this test are urine samples, test strips, tissue papers, timer, waste bin, gloves. Hundred students were selected for the urine test on random basis. They were asked for urine samples and after wearing gloves samples were collected. Each of them was labeled according to their names. And then strips were dipped in the specimens for 2 seconds. After that test strip was placed on the tissue paper so that colors don't get mixed. Time was recorded and after 1 minute, strip was placed on color gauge to confirm the result. All the results were recorded and then waste equipment was discarded in the waste bin. Hands were washed off thoroughly. Negative results meant for normal and positive results show abnormality.

3. RESULTS

Relation of urine protein with music listening is listed in table 1. 1.1% male and 12% female have positive urine protein and like music listening and 3% male and 2% female also have positive urine protein but they don't like music listening. 14% male and 53% female have negative protein in their urine and like music.

On the other hand, 2% male and 13% females with negative urine protein don't like music when they are traveling.

Table 1: Relation of urine protein with listening to music while traveling.

Gender	Listen to music while traveling		Don't listen to music while traveling	
	Urine protein positive	Urine protein negative	Urine protein positive	Urine protein negative
Male	1%	14%	3%	2%
Female	12%	53%	2%	13%

4. CONCLUSION

Music listening while traveling has no relation with urine protein.

REFERENCES

- [1] Kaplan BS, Pradhan M. Urinalysis interpretation for pediatricians. *Pediatric Annals*. 2013 Mar 1;42(3):e45-51.
- [2] Reine NJ, Langston CE. Urinalysis interpretation: how to squeeze out the maximum information from a small sample. *Clinical techniques in small animal practice*. 2005 Feb 1;20(1):2-10.