

The Relationship of Body Mass Index and Age Toward Systolic and Diastolic Blood Pressure

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Abstract

The study was intended to determine the relationship of body mass index and age with systolic and diastolic blood pressure, employing cross sectional design and purposive sampling in methodology for 35 participants. Pearson product moment result showed that body mass index was not significantly related to the systolic or diastolic blood pressure, whilst the age was significantly related to the diastolic blood pressure, and had moderate level of positive relationship. In other words, when age is advancing then systolic blood pressure will be rise as well; however, that was not the case with diastolic blood pressure. By utilizing simple regression linear, it was found that the predictor of age toward blood pressure is 12.4% and every one-year advancement of age the systolic blood pressure will rise as much as .580 mmHg.

Keywords: *age, body mass index, systolic and diastolic blood pressure*