

Differences in Blood Pressure of Active Smokers and Non-Smokers Before and After Playing Futsal

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Abstract

Smoking is a bad habit that greatly affects the health of a person who either exercises regularly or who does not exercise. This study was conducted to determine the differences in blood pressure of smokers and non-smokers before and after playing futsal. The study utilized quasi experimental design. Purposive sampling technique was used to ensure that the participants met the criteria of the study. Active smokers group as well as non-smokers groups consisted of 20 participants. Both groups showed a normal blood pressure before playing futsal, while after playing the blood pressure increased. T-test result showed a significant difference in systolic blood pressure between the smokers and non-smokers' group after playing futsal, p value $< .05$. While diastolic blood pressure between groups was not significantly different. The systolic blood pressure of participants in the smokers group was higher than participants in the non-smokers group after playing futsal.

Keyword: *active smokers, non-smokers, futsal, systolic blood pressure, diastolic blood pressure*