

# **Body Weight and Blood Pressure of Young Adult Women in Universitas Advent Indonesia**

Evelin Malinti and Firdawati Lola  
Universitas Advent Indonesia

## **Abstract**

The number of people in the world with high blood pressure is on the rise, and the incidence rates among young women are increasing. One of the risk factors of elevated blood pressure is obesity. This study aimed to determine the differences in blood pressure between young adult women with normal body weight and overweight at the Universitas Advent Indonesia. The research design used in this study is descriptive analysis. A total of 224 respondents participated in the study that consisted of 112 respondents with the category of normal weight and 112 respondents with the category of overweight. The blood pressures of all respondents are measured in the morning before breakfast. The results showed that the group of participants with normal weight and the group of participants with overweight category had normal range systolic and diastolic blood pressure. The results on both systolic and diastolic blood pressure between the two groups showed significant differences ( $p < .05$ ). This study proves that body weight affects blood pressure in young age women.

**Keywords:** *blood pressure, normal body weight, overweight*