

Evaluation of Resting Systolic and Diastolic Blood Pressure of Staff of Multi-National Petroleum Company in Warri, Nigeria

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Abstract : The study evaluated the resting systolic blood pressure (RSBP) and resting diastolic blood pressure (RDBP) of staff of a multi-national petroleum company in Nigeria with the aim of helping the staff maintain optimal health which is necessary to carry out their secular work. Eleven healthy male (age 36.9 ± 10.48 years, mean \pm S.D) and 38 healthy female (39.99 ± 12.23 years, mean \pm S.D) staff of the multi-national petroleum company performed an incremental exercise on a treadmill and cycle ergometers to determine RSBP and RDBP. An assessment of the health status of the staff of the company was carried out using a physical activity readiness questionnaire (PAR-Q) to determine their suitability for the program. Analysis of the t-test for male staff of RSBP shows that it was statistically significant with a calculated t value of 2.19, $\alpha = 0.05$ and t-calculated for RSBP of female staff was 1.897, $\alpha = 0.05$ showing a significance. While the t-calculated RSBP for male staff of the multi-national company is 0.44 with $\alpha = 0.05$ and the female RDBP is 4.129, $\alpha = 0.05$ and they are all significant. It was recommended that staff of the company should regularly visit the company gym during their leisure hours to maintain optimum health.

Keywords : systolic blood pressure, diastolic blood pressure, exercise, pressure staff

Conference Title : ICSRD 2020 : International Conference on Scientific Research and Development

Conference Location : Chicago, United States

Conference Dates : December 12-13, 2020