

DAFTAR PUSTAKA

- American College of Sports Medicine. 2018. *Physical Activity Guidelines*.
<https://www.acsm.org/education-resources/books/guidelines-exercise-testing-prescription>
- American Heart Association (AHA). 2017. *The Facts About High Blood Pressure*.
- American Heart Association (AHA). 2019. *Is drinking alcohol part of a healthy lifestyle?* <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/alcohol-and-heart-health>
- American Heart Association (AHA). 2021. *How much sodium should I eat per day?*. <http://www.heart.org/en/healthy-living/healthy-eating/eat->
- Andri, J., Waluyo, A., Jumaiyah, W., & Nastashia, D. 2018. Efektivitas Isometric Handgrip Exercise dan Slow Deep Breathing Exercise terhadap Perubahan Tekanan Darah pada Penderita Hipertensi. *Jurnal Keperawatan Silampari*, 2(1), pp. 371-384. <https://doi.org/10.31539/jks.v2i1.382>
- Anggraini, Y. 2020. EFEKTIFITAS TEKNIK RELAKSASI NAFAS DALAM TERHADAP TEKANAN DARAH PADA PASIEN HIPERTENSI DI JAKARTA. *Universitas Muhamadiyah Tangerang*, Volume 5.
- Ari, Thomas, W. 2018. Pengaruh *Slow Stroke Back Massage* (SSBM) Terhadap Penurunan Tekanan Darah Pada Hipertensi Lansia. *Journals.Umkt.Ac.Id*. Retrieved from <https://journals.umkt.ac.id/index.php/jik/article/view/172>
- Berman, A., Snyder, S., & Frandsen, G. 2022. *Fundamentals of Nursing Concepts, Process, and Practice* (A. Berman, S. Snyder, & G. Frandsen, Eds.; 11th ed.). Pearson Education.
- Dorobantu, G. M., & Rosei, E. A. 2019. Updates in Hypertension and Cardiovascular Protection Series Editors. <http://www.springer.com/series/15049>
- Fareza, Aldin Fareza. 2022. Analisis Asuhan Keperawatan Intervensi Inovasi *Isometric Handgrip Excercise Training* Pada Pasien Dengan Hipertensi Di IGD RS Bhayangkara TK. I R. Said Sukanto. *Doctoral dissertation, Universitas Pembangunan Nasional Veteran Jakarta*.
- Febriani, E., & Oktaviani, A. S. 2019. Efektivitas *Slow Stroke Back Massage* Untuk Hipertensi Pada Ibu Nifas Di Rsud Cilacap. *Ejournal.Unugha.Ac.Id*. Retrieved from <https://ejournal.unugha.ac.id/index.php/jarlit/article/view/271>

- Gaol, R.L. 2018. GAMBARAN PENANGANAN PASIEN GAWATDARURAT DI INTALASI GAWAT DARURAT RUMAH SAKIT SANTA ELISABETH MEDAN. *Elisabeth Health Jurnal*, 3(2), pp.63-72. <http://ejournal.stikeselisabethmedan.ac.id:85/index.php/EHJ/article/view/249>
- Gularso, G., Ninda, D., & Ana, F. 2019. Pola Tatalaksana Farmakologis Hipertensi pada Pasien Rawat Inap di RS dr Soedirman Kebumen. *Mutiara Medika: Jurnal Kedokteran Dan Kesehatan*, 19(1). <https://doi.org/10.18196/mm.190121>
- Gupta, P., Patel, P., Štrauch, B., Lai, F. Y., Akbarov, A., Marešová, V., White, C. M. J., Petrák, O., Gulsin, G. S., Patel, V., Rosa, J., Cole, R., Zelinka, T., Holaj, R., Kinnell, A., Smith, P. R., Thompson, J. R., Squire, I., Widimský, J., ... Tomaszewski, M. 2017. *Risk Factors for Nonadherence to Antihypertensive Treatment. Hypertension*, 69(6), 1113–1120. <https://doi.org/10.1161/HYPERTENSIONAHA.116.08729>
- Hariyanto, S. 2020. Pengaruh Terapi Akupunktur Terhadap Penurunan Tekanan Darah Pada Lansia Dengan Hipertensi Di Panti Werdha Mojopahit Mojokerto.
- Hoesny, R., Alim, Z., & Darmawati, D. 2020. *The Effect of Deep Breathing Therapy on the Blood Pressure of Hypertension Patients in Health Centre. Journal of Health Science and Prevention*, 3(3S), 127–130. <https://doi.org/10.29080/jhsp.v3i3s.285>
- Kementerian Kesehatan RI. 2019. Riskesdas 2019. Badan Penelitian dan Pengembangan Kesehatan Kementerian RI.
- Khanam, R., Ahmed, S., Rahman, S., Kibria, G. M. al, Syed, J. R. R., Khan, A. M., Moin, S. M. I., Ram, M., Gibson, D. G., Pariyo, G., & Baqui, A. H. 2019. *Prevalence and factors associated with hypertension among adults in rural Sylhet district of Bangladesh: a cross-sectional study. BMJ Open*, 9(10). <https://doi.org/10.1136/bmjopen-2018-026722>
- Kistan. 2018. Rangkuman buku ajar: asuhan keperawatan gawat darurat (1st ed.). BITREAD Publishing.
- Kusumoningtyas, D. N., & Ratnawati, D. 2018. Efektifitas Terapi *Slow Stroke Back Massage* Terhadap Tekanan Darah Pada Lansia di RW 001 Kelurahan Jombang Kecamatan Ciputat Kota Tangerang Selatan. *JIKO (Jurnal Ilmiah Keperawatan Orthopedi)*, 2(2), 39–57. <https://doi.org/10.46749/JIKO.V2I2.15>
- Lita, D.W. 2021. ASUHAN KEPERAWATAN GERONTIK PADA LANSIA YANG MENGALAMI HIPERTENSI DENGAN MASALAH NYERI

AKUT DI WILAYAH KERJA PUSKESMAS RAWAT INAP WATES
KECAMATAN GADING REJO TAHUN 2021 (*Doctoral dissertation*,
Universitas Muhammadiyah Pringsewu).
<http://repository.umpri.ac.id/id/eprint/183/2/FILE%202.pdf>

- Magnuson, A., Schroder Sattar, ;, Ginah Nightingale, ;, Saracino, R., Skonecki, E., & Trevino, K. M. 2019. *GERIATRIC ONCOLOGY A Practical Guide to Geriatric Syndromes in Older Adults With Cancer: A Focus on Falls, Cognition, Polypharmacy, and Depression*. https://doi.org/10.1200/EDBK_
- Mahmood, S., Shah, K. U., Khan, T. M., Nawaz, S., Rashid, H., Baqar, S. W. A., & Kamran, S. 2019. *Non-pharmacological management of hypertension: in the light of current research*. In *Irish Journal of Medical Science* (Vol. 188, Issue 2, pp. 437–452). Springer London. <https://doi.org/10.1007/s11845-018-1889-8>
- Mayo Clinic. 2018. *Acupuncture*. <https://www.mayoclinic.org/tests-procedures/acupuncture/about/pac-20392763>
- Mohammadpourhodki, R., Sargolzaei, M. S., & Basirinezhad, M. H. 2019. *Evaluating The Effect Of Massage Based On Slow Stroke Back Massage On The Anxiety Of Candidates For Cataract Surgery*. *Romanian Journal of Ophthalmology*, 63(2), 146. <https://doi.org/10.22336/rjo.2019.22>
- Naci, H., Salcher-Konrad, M., Dias, S., Blum, M. R., Sahoo, S. A., Nunan, D., & Ioannidis, J. P. A. 2019. *How does exercise treatment compare with antihypertensive medications? A network meta-analysis of 391 randomised controlled trials assessing exercise and medication effects on systolic blood pressure*. In *British Journal of Sports Medicine* (Vol. 53, Issue 14, pp. 859–869). BMJ Publishing Group. <https://doi.org/10.1136/bjsports-2018-099921>
- Okamoto, T., Hashimoto, Y., & Kobayashi, R. 2020. *Isometric handgrip training reduces blood pressure and wave reflections in East Asian, non-medicated, middle-aged and older adults: a randomized control trial*. *Aging Clinical and Experimental Research*, 32(8), 1485–1491. <https://doi.org/10.1007/s40520-019-01330-3>
- Oparil, S., Acelajado, M. C., Bakris, G. L., Berlowitz, D. R., Cifková, R., Dominiczak, A. F., Grassi, G., Jordan, J., Poulter, N. R., Rodgers, A., & Whelton, P. K. 2018. *Hypertension*. In *Nature Reviews Disease Primers* (Vol. 4). Nature Publishing Group. <https://doi.org/10.1038/nrdp.2018.14>
- Peron Yoewono, E. 2020. Efektivitas Terapi Antihipertensi Pada Kasus Krisis Hipertensi Di Instalasi Gawat Darurat Rsud Ulin Banjarmasin. <http://repository.unism.ac.id/id/eprint/1722>
- Pokja SDKI DPP PPNI. 2017. *Standar Diagnosis Keperawatan Indonesia*. PPNI.

- Pokja SIKI DPP PPNI. 2018. *Standar Intervensi Keperawatan Indonesia*. 2 ed. PPNI.
- Pokja SLKI DPP PPNI. 2019. *Standar Luaran Keperawatan*. 2 ed. PPNI.
- Putri, R. M., Setiaji, B., Masra, F., & Budiati, E. 2021. *Factors Related to the Incidence of Hypertension*. *Indonesian Journal of Global Health Research*, 3(3), 305–316. <https://doi.org/10.37287/ijghr.v3i3.519>
- Rêgo, M. L. M., Cabral, D. A. R., Costa, E. C., & Fontes, E. B. 2019. *Physical Exercise for Individuals with Hypertension: It Is Time to Emphasize its Benefits on the Brain and Cognition*. *Clinical Medicine Insights: Cardiology*, 13. <https://doi.org/10.1177/1179546819839411>
- Ren, R. R., Covassin, N., Yang, L., & Zhang, Y. 2018. *Objective but Not Subjective Short Sleep Duration Is Associated with Hypertension in Obstructive Sleep Apnea*.
- Risdiana, N., & Rozy, M. F. 2019. Hubungan antara Gangguan Pola Tidur dengan Keseimbangan Sistem Saraf Otonom pada Usia Dewasa Muda. *Mutiara Medika: Jurnal Kedokteran Dan Kesehatan*, 19(1). <https://doi.org/10.18196/mm.190120>
- Risikesdas. 2018. *Riset Kesehatan Dasar 2018*.
- Riza. 2022. Asuhan Keperawatan Pasien Dengan Hipertensi Dalam Pemenuhan Kebutuhan Rasa Aman dan Nyaman : Nyeri. *Doctoral dissertation*, Universitas Kusuma Husada Surakarta.
- Rohmawati, D.L. 2021. Kebiasaan Merokok dan Kualitas Tidur Berhubungan dengan Tingkat Kekambuhan Hipertensi. *Jurnal Keperawatan*, 13(3), pp.661-674. <http://journal.stikeskendal.ac.id/index.php/Keperawatan/article/view/1263>
- Sahensolar, L.N., Bidjuni, H. and Kallo, V. 2021. Gambaran tingkat kegawat daruratan pasien di instalasi gawat darurat (IGD) rumah sakit Bhayangkara Kota Manado. *Jurnal Keperawatan*, 9(1), pp.1-8. <https://ejournal.unsrat.ac.id/v3/index.php/jkp/article/view/36763>
- Sari. 2020. Asuhan Keperawatan Pada Pasien Dengan Hipertensi Yang Di Rawat Di Rumah Sakit.
- Sepriana, C. 2019. PENGARUH TERAPI SSBM TERHADAP PERUBAHAN TD PADA LANSIA DENGAN HIPERTENSI DI BSLU MANDALIKA NTB. *PrimA: Jurnal Ilmiah Ilmu Kesehatan*, 5(2).
- Septiari, P., & Restuning, D. 2021. Pengaruh Terapi *Slow Stroke Back Massage* Terhadap Perubahan Tekanan Darah Pada Penderita Hipertensi Derajat 1 Di

- Panti Wreda Omega Semarang. *Jurnal.Akper-Whs.Ac.Id*, 16(1). Retrieved from <http://jurnal.akper-whs.ac.id/index.php/mak/article/view/5>
- Suwanto, A. W., Sugiyorini, E., & Wiratmoko, H. 2020. Efektifitas Relaksasi Benson Dan *Slow Stroke Back Massage* Terhadap Penurunan Kecemasan Pada Pasien Hemodialisa. In *Indonesian Journal for Health Sciences* (Vol. 4). <https://doi.org/10.24269/ijhs.v4i2.2309>
- The GBD 2015 Obesity Collaborators. 2017. *Health Effects of Overweight and Obesity in 195 Countries over 25 Years. New England Journal of Medicine*, 377(1), 13–27. <https://doi.org/10.1056/NEJMoa1614362>
- Tirtasari, S., & Kodim, N. 2019. Prevalensi dan karakteristik hipertensi pada usia dewasa muda di Indonesia. In *Tarumanagara Medical Journal* (Vol. 1, Issue 2).
- Turana, Y., Teng kawan, J., Chia, Y. C., Nathaniel, M., Wang, J. G., Sukonthasarn, A., Chen, C. H., Minh, H. van, Buranakitjaroen, P., Shin, J., Siddique, S., Nailes, J. M., Park, S., Teo, B. W., Sison, J., Ann Soenarta, A., Hoshide, S., Tay, J. C., Prasad Sogunuru, G., ... Kario, K. 2021. *Hypertension and stroke in Asia: A comprehensive review from HOPE Asia. In Journal of Clinical Hypertension* (Vol. 23, Issue 3, pp. 513–521). John Wiley and Sons Inc. <https://doi.org/10.1111/jch.14099>
- Ublosakka-Jones, C., Tongdee, P., Pachirat, O., & Jones, D. A. 2018. *Slow loaded breathing training improves blood pressure, lung capacity and arm exercise endurance for older people with treated and stable isolated systolic hypertension. Experimental Gerontology*, 108, 48–53. <https://doi.org/10.1016/j.exger.2018.03.023>
- Unger, T., Borghi, C., Charchar, F., Khan, N. A., Poulter, N. R., Prabhakaran, D., Ramirez, A., Schlaich, M., Stergiou, G. S., Tomaszewski, M., Wainford, R. D., Williams, B., & Schutte, A. E. 2020. *International society of hypertension global hypertension practice guidelines. In Journal of Hypertension* (Vol. 38, Issue 6, pp. 982–1004). Lippincott Williams and Wilkins. <https://doi.org/10.1097/HJH.0000000000002453>
- Wayne, G. 2022. *The Nursing Process: A Comprehensive Guide*. <https://nurseslabs.com/nursing-process/>
- Wibowo, T. A. 2017. *Slow Stroke Back Massage Terhadap Penurunan Depresi Pada Penderita Pascastroke Iskemik The Effects Of Slow Stroke Back Massage On Decreasing Depression In Post Ischemic Stroke Patients. In Jurnal Ilmiah Sehat Bebaya* (Vol. 1).
- Wilkinson & Barcus. 2017. *Pearson Nursing Diagnosis Handbook*. 11 ed. Pearson.

World Health Organization (WHO). 2021. *Hypertension*.
<https://www.who.int/news-room/factsheets/detail/hypertension#%3A~%3Atext%3DWhen%20symptoms%20do%20occur%2C%20they%2Cchest%20pain%2C%20and%20muscle%20tremors>

Yokoi, T., Kobayashi, M., Hattori, S., Efremova, E., Shutov, A., Suvorova, S., Tolstyga, M., Vydrina, S., Troshina, I., Podusov, A., Zalyaleeva, C., Timofeev, A., Novgorodskij, V., Filho, S. P., Toscano Paffer, M., Moura, M. P., Barros, L., Caminha, N., & Toscano Paffer, T. 2019. *Evaluation of Blood Pressure and Pulse Wave Velocity In Healthy Youths With/Without Sports Customs Adherence To Lifestyle Therapy And Drug Therapy In Patients With Arterial Hypertension And Comorbidity Non-Pharmacological Treatment For Hypertension: A Systematic Review*.