

DAFTAR PUSTAKA

- Adila, A., & Mustika, S. E. (2023). Hubungan Usia Dan Jenis Kelamin Terhadap Kejadian Kanker Kolorektal. *Jurnal Kedokteran STM (Sains Dan Teknologi Medik)*, 6(1), 53–59. <https://doi.org/10.30743/stm.v6i1.349>
- Annisa Ariyanti, Widyastuti, & Ahmad Ridfah. (2023). Pengaruh Pelatihan Mindfulness Terhadap Penurunan Stres Dalam Pembelajaran Daring/Online Di Masa Pandemi Covid-19 Pada Siswa Kelas XI SMAN 1 Polewali. *PESHUM: Jurnal Pendidikan, Sosial Dan Humaniora*, 2(4), 579–588. <https://doi.org/10.56799/peshum.v2i4.1805>
- Angela, A. P., (2023). HUBUNGAN TINGKAT STRES KERJA DENGAN RISIKO HIPERTENSI GURU SEKOLAH DASAR SELAMA PANDEMI COVID-19. In Ns. Nur Hafizhah Widyaningtyas S.Kep., M.Kep, Agus Santoso, S. Kp., M. Kep, Chandra Bagus Ropyanto, S.Kp. M.Kep., Sp.KMB, Dr. Untung Sujianto, S.Kep., M.Kes, & Dr. Anggorowati, S.Kep., M.Kep.,Sp.Mat, DEPARTEMEN ILMU KEPERAWATAN FAKULTAS KEDOKTERAN UNIVERSITAS DIPONEGORO.
- Ardana, I. K. (2017). *TURNOVER INTENTION PADA KARYAWAN HOTEL HOLIDAY INN EXPRESS* Fakultas Ekonomi dan Bisnis Universitas Udayana , Bali , Indonesia Tingginya tingkat turnover intention saat ini telah menjadi masalah serius bagi banyak perusahaan bahkan beberapa perusahaan meng. 6(10), 5319–5347.
- Ardiani, H., Saraswati, L. D., & Susanto, H. S. (2015). Risk Factors of Hypertension in Menopausal Women in Rejomulyo, Madiun. *Makara Journal of Health Research*, 19(2), 61–66. <https://doi.org/10.7454/msk.v19i2.5177>
- Ariani, D. R., Ratnasari, S. L., & Tanjung, R. (2020). Pengaruh Rotasi Jabatan, Disiplin Kerja, Dan Beban Kerja Terhadap Produktivitas Kerja Karyawan. *Jurnal Dimensi*, 9(3), 480–493. <https://doi.org/10.33373/dms.v9i3.2723>
- Association, A. H. (2021). *Understanding Blood Pressure Readings*. <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>
- Astuti, V. W., Tasman, T., & Amri, L. F. (2021). Prevalensi dan analisis faktor risiko hipertensi di Wilayah Kerja Puskesmas Nanggalo Padang. Berkala Ilmiah Mahasiswa Ilmu Keperawatan Indonesia, 9(1), 1-9. <https://doi.org/10.53345/bimiki.v9i1.185>
- Ayuningtyas, E. A., Fadilah, D. O., Maskuri, M. A., & Marliah, S. (2022). Gaya Kepemimpinan Otokratis dan Stres Kerja dalam Mempengaruhi Turnover

Intention. *Jurnal Pengembangan Wiraswasta*, 24(2), 75.
<https://doi.org/10.33370/jpw.v24i2.747>

Bentham, J., Di Cesare, M., Bilano, V., Bixby, H., Zhou, B., Stevens, G. A., Riley, L. M., Taddei, C., Hajifathalian, K., Lu, Y., Savin, S., Cowan, M. J., Paciorek, C. J., Chirita-Emandi, A., Hayes, A. J., Katz, J., Kelishadi, R., Kengne, A. P., Khang, Y. H., ... Cisneros, J. Z. (2017). Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016: a pooled analysis of 2416 population-based measurement studies in 128·9 million children, adolescents, and adults. *The Lancet*, 390(10113), 2627–2642. [https://doi.org/10.1016/S0140-6736\(17\)32129-3](https://doi.org/10.1016/S0140-6736(17)32129-3)

Cohen, S., Murphy, M. L. M., & Prather, A. A. (2019). Ten Surprising Facts about Stressful Life Events and Disease Risk. *Annual Review of Psychology*, 70, 577–597. <https://doi.org/10.1146/annurev-psych-010418-102857>

Chobanian, A. V., Bakris, G. L., Black, H. R., Cushman, W. C., Green, L. A., Izzo Jr, J. L., ... & National High Blood Pressure Education Program Coordinating Committee. (2003). Seventh report of the joint national committee on prevention, detection, evaluation, and treatment of high blood pressure. *hypertension*, 42(6), 1206-1252.

Dubey, M., Choudhary, Y., Bhatia, P., & Naik, G. P. (2018). Prevalence of hypertension and its associated risk factors among office employees working at BSNL and LIC offices of Bhopal city. *International Journal Of Community Medicine And Public Health*, 5(6), 2476. <https://doi.org/10.18203/2394-6040.ijcmph20182180>

Ekarini, N. L. P., Wahyuni, J. D., & Sulistyowati, D. (2020). Faktor-faktor yang berhubungan dengan hipertensi pada usia dewasa. *Jurnal keperawatan*, 5(1), 61-73. <https://doi.org/10.32668/jkep.v5i1.357>

Jakarta, D. J. P. P. K. D. K. (2023, March 3). *Selamat Datang di Direktorat Jendral Pembinaan Pengawasan Ketenagakerjaan Dan K3 Jakarta*. <https://balaibesark3jakarta.kemnaker.go.id/>

Fuchs, F. D., & Whelton, P. K. (2020). High Blood Pressure and Cardiovascular Disease. *Hypertension*, 75(2), 285–292. <https://doi.org/10.1161/HYPERTENSIONAHA.119.14240>

Gloria Kang GJ, Ewing-Nelson SR, Mackey L, Schlitt JT, Marathe A, Abbas KM, S. S. (2018). 乳鼠心肌提取 HHS Public Access. *Physiology & Behavior*, 176(1), 139–148. <https://doi.org/10.1038/s41581-019-0244-2>.The

Gracia, B. A. (2019). Pengaruh Motivasi Dan Lingkungan Kerja Terhadap Kinerja Karyawan Pada Pt. Triview Geospatial Mandiri Jakarta Selatan. *Jimf (Jurnal Ilmiah Manajemen Forkamma)*, 2(1), 26–39. <https://doi.org/10.32493/frkm.v2i1.2580>

- Gupta, R., Behnoush, A. H., Egeler, D., & Aronow, W. S. (2022). Effect of acetaminophen on blood pressure: a systematic review and meta-analysis of randomized controlled trials. *European Journal of Preventive Cardiology*, 29(14), E326–E330. <https://doi.org/10.1093/eurjpc/zwac112>
- Hernawan, T., & Rosyid, F. N. (2017). Pengaruh Senam Hipertensi Lansia terhadap Penurunan Tekanan Darah Lansia dengan Hipertensi di Panti Wreda Darma Bhakti Kelurahan Pajang Surakarta. *Jurnal Kesehatan*, 10(1), 26. <https://doi.org/10.23917/jurkes.v10i1.5489>
- Hoehner, C. M., Barlow, C. E., Allen, P., & Schootman, M. (2012). Commuting distance, cardiorespiratory fitness, and metabolic risk. *American Journal of Preventive Medicine*, 42(6), 571–578. <https://doi.org/10.1016/j.amepre.2012.02.020> <https://journal.unpacti.ac.id/index.php/JPP/article/view/370/228>
- Hu, B., Liu, X., Yin, S., Fan, H., Feng, F., & Yuan, J. (2015). Effects of psychological stress on hypertension in middle-aged Chinese: A cross-sectional study. *PLoS ONE*, 10(6), 1–13. <https://doi.org/10.1371/journal.pone.0129163>
- Huda, K. N., & Azad, A. K. (2015). Professional Stress in Journalism: A Study on Electronic Media Journalists of Bangladesh. *Advances in Journalism and Communication*, 03(04), 79–88. <https://doi.org/10.4236/ajc.2015.34009>
- Irwadi, Y. E., & Fatrida, D. (2023). Hubungan Pekerjaan, Genetik, dan Usia Klien Dengan Risiko hipertensi di Puskesmas Petaling Kabupaten Banyuasin Tahun 2022. Zenodo (CERN European Organization for Nuclear Research). <https://doi.org/10.5281/zenodo.8220332>
- Isaura, E. R., Chen, Y. C., & Yang, S. H. (2018). The association of food consumption scores, body shape index, and hypertension in a seven-year follow-up among Indonesian adults: A longitudinal study. *International Journal of Environmental Research and Public Health*, 15(1). <https://doi.org/10.3390/ijerph15010175>
- Kivimäki, M., Batty, G. D., Pentti, J., Shipley, M. J., Sipilä, P. N., Nyberg, S. T., Suominen, S. B., Oksanen, T., Stenholm, S., Virtanen, M., Marmot, M. G., Singh-Manoux, A., Brunner, E. J., Lindbohm, J. V., Ferrie, J. E., & Vahtera, J. (2020). Association between socioeconomic status and the development of mental and physical health conditions in adulthood: a multi-cohort study. *The Lancet Public Health*, 5(3), e140–e149. [https://doi.org/10.1016/S2468-2667\(19\)30248-8](https://doi.org/10.1016/S2468-2667(19)30248-8)
- Kobayashi, S., et al. (2021). Smoking status and incident hypertension among Japanese white-collar workers: The Toranomon study. *Hypertension*

Research, 44(9), 1159–1167.DOI: 10.1038/s41440-021-00698-y

Kristiani, R. B., & Dewi, A. A. (2018). Pengaruh senam lansia terhadap tekanan darah pada hipertensi di Posyandu Lansia Puntodewo Wilayah Penanggungan RW 05 Surabaya. Adi Husada Nursing Journal, 4(2), 24-28.

Lee, J., & Park, S. (2022).Gender differences in hypertension risk among office workers: A cross-sectional study in South Korea and Japan. Journal of Occupational and Environmental Medicine, 64(7), e421-e428.DOI: 10.1097/JOM.0000000000002561

Lukitaningtyas, D., Cahyono, E. A., & WHO. (2023). HIPERTENSI; ARTIKEL REVIEW. In JURNAL PENGEMBANGAN ILMU DAN PRAKTIK KESEHATAN [Journal-article]. <http://e-journal.lppmdianhusada.ac.id/index.php/PIPK>

Luh, N., Ekarini, P., Wahyuni, J. D., & Sulistyowati, D. (2020). *Faktor - Faktor Yang Berhubungan Dengan Hipertensi Pada Usia Dewasa*. 5(1), 61–73.

MacDonald, J. B., Saliba, A. J., Hodgins, G., & Ovington, L. A. (2016). Burnout in journalists: A systematic literature review. *Burnout Research*, 3(2), 34–44. <https://doi.org/10.1016/j.burn.2016.03.001>

Mauss, D., Jarczok, M. N., & Fischer, J. E. (2016). Daily commuting to work is not associated with variables of health. Journal of Occupational Medicine and Toxicology, 11(1). <https://doi.org/10.1186/s12995-016-0103-z>

Nomasa, K., Oya, N., Ito, Y., Terajima, T., Nishino, T., Mohanto, N. C., Sato, H., Tomizawa, M., & Kamijima, M. (2021). Development of a strategic approach for comprehensive detection of organophosphate pesticide metabolites in urine: Extrapolation of cadusafos and prothiofos metabolomics data of mice to humans. *Journal of Occupational Health*, 63(1). <https://doi.org/10.1002/1348-9585.12218>

Niedhammer, I., Bertrais, S., & Witt, K. (2021). Psychosocial work exposures and health outcomes: A meta-review of 72 literature reviews with meta-analysis. *Scandinavian Journal of Work, Environment and Health*, 47(7), 489–508. <https://doi.org/10.5271/sjweh.3968>

Peraturan Menteri Kesehatan. (2016). *Peraturan Menteri Kesehatan Nomor 71 Tahun 2016 tentang Standar Pelayanan Kesehatan Kerja*. <https://peraturan.bpk.go.id/Details/139493/permekes-no-71-tahun-2016>

Peraturan Menteri Ketenagakerjaan. (2018). *PERATURAN MENTERI KETENAGAKERJAAN REPUBLIK INDONESIA NOMOR 5 TAHUN 2018 TENTANG KESELAMATAN DAN KESEHATAN KERJA LINGKUNGAN KERJA*. https://jdih.kemnaker.go.id/asset/data_puu/Permen_5_2018.pdf

- Poulter, N. R., Dolan, E., Gupta, A. K., O'Brien, E., Whitehouse, A., & Sever, P. S. (2019). Efficacy and Safety of Incremental Dosing of a New Single-Pill Formulation of Perindopril and Amlodipine in the Management of Hypertension. *American Journal of Cardiovascular Drugs*, 19(3), 313–323. <https://doi.org/10.1007/s40256-018-00314-4>
- Prayogi, M. A., Koto, M., & Arif, M. (2019). Kepuasan Kerja sebagai Variabel Intervening Pada Pengaruh Work-Life Balance dan Stres Kerja Terhadap Turnover Intention. *Jurnal Ilmiah Manajemen Dan Bisnis*, 20(1), 39–51. <https://doi.org/10.30596/jimb.v20i1.2987>
- Proper, K. I., Singh, A. S., Van Mechelen, W., & Chinapaw, M. J. M. (2011). Sedentary behaviors and health outcomes among adults: A systematic review of prospective studies. *American Journal of Preventive Medicine*, 40(2), 174–182. <https://doi.org/10.1016/j.amepre.2010.10.015>
- Putri, R. (2018). Faktor resiko hipertensi ditinjau dari stres kerja dan kelelahan pada anggota polisi daerah Riau. *Psychopolytan: Jurnal Psikologi*, 2(1), 36–48.
- Regitz-Zagrosek, V., Oertelt-Prigione, S., Prescott, E., Franconi, F., Gerdts, E., Foryst-Ludwig, A., Maas, A. H. E. M., Kautzky-Willer, A., Knappe-Wegner, D., Kintscher, U., Ladwig, K. H., Schenck-Gustafsson, K., & Stangl, V. (2016). Gender in cardiovascular diseases: Impact on clinical manifestations, management, and outcomes. *European Heart Journal*, 37(1), 24–34. <https://doi.org/10.1093/eurheartj/ehv598>
- Riyanto, S., Endri, E., & Herlisha, N. (2021). Effect of work motivation and job satisfaction on employee performance: Mediating role of employee engagement. *Problems and Perspectives in Management*, 19(3), 162–174. [https://doi.org/10.21511/ppm.19\(3\).2021.14](https://doi.org/10.21511/ppm.19(3).2021.14)
- Robbins, S. P., & Judge, T. A. (2022). *Organizational Behavior*.
- Sari, N. A., & Sarifah, S. (2016). Senam Aerobik Low Impact Intensitas Sedang Terhadap Perubahan Tekanan Darah Pada Lansia the Effect of Moderate Intensity of Low Impact Aerobic Gymnastics on the Changes of Elderly Blood Pressure in. *Profesi*, 13(2), 50–54.
- Seligman, H. K., Laraia, B. A., & Kushel, M. B. (2010). Food insecurity is associated with chronic disease among low-income nhanes participants. *Journal of Nutrition*, 140(2), 304–310. <https://doi.org/10.3945/jn.109.112573>
- Siskayanti, N. K., & Sanica, I. G. (2022). Pengaruh Fleksibilitas Kerja, Motivasi Kerja Dan Stres Kerja Terhadap Kinerja Karyawan Bpjjs Ketenagakerjaan Bali Denpasar Selama Work From Home. *Jurnal Pendidikan Manajemen Perkantoran*, 7(1), 92–108. <https://doi.org/10.17509/jpm.v7i1.43723>
- Siswanto. (2020). *Kesehatan Kerja: Teori dan Aplikasi di Tempat Kerja*.

- Situmorang, F. D. (2020). Hubungan Tingkat Stres Dengan Risiko hipertensi Pada Anggota Prolanis Di Wilayah Kerja Puskesmas Parongpong. *Klabat Journal of Nursing*, 2(1), 11. <https://doi.org/10.37771/kjn.v2i1.417>
- Sumartini, N. P., Zulkifli, Z., & Adhitya, M. A. P. (2019). Pengaruh Senam Hipertensi Lansia Terhadap Tekanan Darah Lansia Dengan Hipertensi Di Wilayah Kerja Puskesmas Cakranegara Kelurahan Turida Tahun 2019. *Jurnal Keperawatan Terpadu (Integrated Nursing Journal)*, 1(2), 47. <https://doi.org/10.32807/jkt.v1i2.37>
- Sutrisno, E. (2021). Meningkatkan Kinerja Manajemen Sumber Daya Manusia. In *Kencana Prenada Media Group* (p. 244).
- Tribagus Hidayat, C. (2021). Pengaruh Pendidikan Kesehatan Hipertensi Dan Senam Hipertensi Terhadap Tekanan Darah Pada Lansia di Desa Jenggawah dan Ajung Kabupaten Jember. *Jurnal Penelitian Ipteks*, 6(1), 16–21.
- Tasalim, R. (2025). The Relationship Between Gender and Hypertension Severity in the Working Area of Puskesmas Cempaka Putih, Banjarmasin. INDOGENIUS, 4(1), 160-167. <https://genius.inspira.or.id/index.php/indogenius>
- Teo, C. H., et al. (2023). Familial predisposition amplifies hypertension risk in office workers: A 15-year cohort study*. *Journal of Hypertension*, 41(6), 1123-1134. DOI: 10.1097/HJH.0000000000003431
- Ulfan, K., Sutriswanto, & Apriyanto, G. (2018). WIGA : Jurnal Penelitian Ilmu Ekonomi , Volume 8 Nomor 1 | 24 WIGA : Jurnal Penelitian Ilmu Ekonomi , Volume 8 Nomor 1 | 25. *Jurnal Penelitian Ilmu Ekonomi*, 8(1), 24–31.
- Wang, J., Zhu, L., Song, L., Zhou, Z., Chan, W., Li, G., Zhou, L., Xiao, J., & Lian, Y. (2023). A cohort study on the association between changing occupational stress, hair cortisol concentration, and hypertension. *PLoS ONE*, 18(5), e0285623. <https://doi.org/10.1371/journal.pone.0285623>
- Wenger, N. K., Arnold, A., Bairey Merz, C. N., Cooper-DeHoff, R. M., Ferdinand, K. C., Fleg, J. L., Gulati, M., Isiadinson, I., Itchhaporia, D., Light-McGroary, K. A., Lindley, K. J., Mieres, J. H., Rosser, M. L., Saade, G. R., Walsh, M. N., & Pepine, C. J. (2018). Hypertension Across a Woman's Life Cycle. *Journal of the American College of Cardiology*, 71(16), 1797–1813. <https://doi.org/10.1016/j.jacc.2018.02.033>
- Whelton, P. K., Carey, R. M., Aronow, W. S., Casey, D. E., Collins, K. J., Himmelfarb, C. D., DePalma, S. M., Gidding, S., Jamerson, K. A., Jones, D. W., MacLaughlin, E. J., Muntner, P., Ovbiagele, B., Smith, S. C., Spencer, C. C., Stafford, R. S., Taler, S. J., Thomas, R. J., Williams, K. A., ... Wright, J. T. (2018). 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/

- ASPC/NMA/PCNA guideline for the prevention, detection, evaluation, and management of high blood pressure in adults: Executive summary: A report of the American college of cardiology/American Heart Association task . In *Hypertension* (Vol. 71, Issue 6). <https://doi.org/10.1161/HYP.0000000000000066>
- World Health Organization. (2020). *Mental Health at Work*. <https://www.who.int/news-room/fact-sheets/detail/mental-health-at-work>
- World Health Organization. (2021). *Hypertension*. <https://www.who.int/news-room/fact-sheets/detail/hypertension>
- Yeni, Y., Djannah, S. N., & Solikhah, S. (2010). Faktorfaktor Yang Berhubungan Dengan Risiko hipertensi Pada Wanita Usia Subur Di Puskesmas Umbulharjo I Yogyakarta Tahun 2009. Kes Mas: Jurnal Fakultas Kesehatan Masyarakat Universitas Ahmad Daulan, 4(2), 24949.
- Yeom, J. H., Sim, C. S., Lee, J., Yun, S. H., Park, S. J., Yoo, C., & Sung, J. H. (2017). Effect of shift work on hypertension: cross sectional study. Annals of Occupational and Environmental Medicine, 29(1). <https://doi.org/10.1186/s40557-017-0166-z>