

DAFTAR PUSTAKA

- Abbaszadeh, F., Sarafraz, N., Atrian, M. K., Sadat, Z., Bagheri, A., & Moravveji, A. (2017). Anthropometric Indices in the Prediction of Hypertension in Female Adolescents. *Iran Red Crescent Med J.*, 19(11), e14591. <https://doi.org/http://dx.doi.org/%2010.5812/ircmj.14591>
- Agustina, R., Rianda, D., & Setiawan, E. A. (2022). Relationships of Child-, Parents-, and Environment-Associated Determinants with Diet Quality, Physical Activity, and Smoking Habits Among Indonesian Urban Adolescents. *Food and Nutrition Bulletin*, 43(1), 44–55. <https://doi.org/https://doi.org/10.1177/03795721211046145>
- Amir, Rantesigi, N., & Agusrianto. (2022). Seduhan Bawang Putih Terhadap Penurunan Tekanan Darah Pada Pasien Hipertensi: A Literature Review. *Poltekita: Jurnal Ilmu Kesehatan*, 16(1), 113–117. <https://doi.org/https://doi.org/10.33860/jik.v16i1.685>
- Amoah, E. M., Okai, D. E., Manu, A., Laar, A., Akamah, J., & Torpey, K. (2020). The Role of Lifestyle Factors in Controlling Blood Pressure among Hypertensive Patients in Two Health Facilities in Urban Ghana: A Cross-Sectional Study. *International Journal of Hypertension*, 2020(1), 1–8. <https://doi.org/https://doi.org/10.1155/2020/9379128>
- Amrynia, S. U., & Prameswari, G. N. (2022). Hubungan Pola Makan, Sedentary Lifestyle, dan Durasi Tidur dengan Kejadian Gizi Lebih Pada Remaja (Studi Kasus di SMA Negeri 1 Demak). *Indonesian Journal of Public Health and Nutrition*, 2(1), 112–121. <https://doi.org/https://doi.org/10.15294/ijphn.v2i1.52044>
- Andarge, E., Trevethan, R., & Fikadu, T. (2021). Assessing the Physical Activity Questionnaire for Adolescents (PAQ-A): Specific and General Insights from an Ethiopian Context. *BioMed Research International*, 2021(5511728), 1–9. <https://doi.org/https://doi.org/10.1155/2021/5511728>
- Angesti, A. N. (2020). Hubungan IMT/U, Lingkar Pinggang, RLPP, dan Persen Lemak Tubuh dengan Tekanan Darah Remaja. *Jurnal Ilmiah Gizi Kesehatan*, 8(1), 1–9.
- Ankhofiya, D., Kholifah, S. N., & Martiana, T. (2021). Analisis Hubungan Manajemen Stres dengan Tingkat Tekanan Darah pada Remaja SMP Kelas 8 se-Surabaya. *Media Kesehatan Masyarakat Indonesia*, 20(3), 173–179.
- Arieska, P. K., & Herdiani, N. (2020). Hubungan Pengetahuan dan Pola Konsumsi dengan Status Gizi pada Mahasiswa Kesehatan. *MTPH (Medical Technology and Public Health) Journal*, 4(2), 203–211. <https://doi.org/https://doi.org/10.33086/mtphj.v4i2.1199>

- Arini, F. A., Wahyudi, C. T., Sofianita, N. I., Fatmawati, I., Crosita, Y., & Simanungkalit, S. F. (2024). Faktor Risiko Peningkatan Tekanan Darah Remaja di MTs. Daarul Hikmah Tangerang Selatan. *JUMANTIK*, 11(2), 199–208.
- Assefa, M., Tsegaye, A., Addissie, A., & Worku, A. (2024). Body Composition-Derived Abdominal Circumference, Waist-to-Hip Ratio, and Waist-to-Height Ratio Cut-Offs for Ethiopian Adults in Northwest Ethiopia, 2023. *Journal of Health, Population and Nutrition*, 43(185), 1–15. <https://doi.org/https://doi.org/10.1186/s41043-024-00678-1>
- Azegami, T., Uchida, K., Tokumura, M., & Mori, M. (2021). Blood Pressure Tracking From Childhood to Adulthood. *Frontiers in Pediatrics*, 9(785356), 1–7. <https://doi.org/https://doi.org/10.3389/fped.2021.785356>
- Bordoni, L., Petracci, I., Zhao, F., Min, W., Pierella, E., Assmann, T. S., Martinez, J. A., & Gabbianelli, R. (2021). Nutrigenomics of Dietary Lipids. *Antioxidants*, 10(7), 994. <https://doi.org/https://doi.org/10.3390/antiox10070994>
- Brand, C., Sehn, A. P., Fochesatto, C. F., Silveira, J. F. de C., Mota, J., Gomez, D. M., Gaya, A. R., Reuter, C. P., & Renner, D. P. (2022). Body Fat Percentage, Cardiorespiratory Fitness and Arterial Blood Pressure in Children and Adolescents: A Longitudinal Analysis. *BMC Cardiovascular Disorders*, 22(267), 1–8. <https://doi.org/https://doi.org/10.1186/s12872-022-02704-8>
- Cahyaningsih, D. S. (2021). *Pertumbuhan Perkembangan Anak dan Remaja*. Trans Info Media.
- Chen, F., Liu, J., Yan, Y., & Mi, J. (2019). Abnormal Metabolic Phenotypes Among Urban Chinese Children: Epidemiology and the Impact of DXA-Measured Body Composition. *Obesity*, 27(5), 837–844. <https://doi.org/https://doi.org/10.1002/oby.22426>
- Chen, J., & Liu, H. (2020). Nutritional Indices for Assessing Fatty Acids: A Mini-Review. *International Journal of Molecular Sciences*, 21(16), 5695. <https://doi.org/http://dx.doi.org/10.3390/ijms21165695>
- Chen, K. K., Wee, S.-L., Pang, B. W. J., Lau, L. K., Jabbar, K. A., Seah, W. T., & Ng, T. P. (2021). Relationship Between BMI with Percentage Body Fat and Obesity in Singaporean Adults – The Yishun Study. *BMC Public Health*, 21(1030), 1–9. <https://doi.org/https://doi.org/10.1186/s12889-021-11070-7>
- Chen, M., Liu, J., Ma, Y., Li, Y., Gao, D., Chen, L., Ma, T., Dong, Y., & Ma, J. (2021). Association Between Body Fat and Elevated Blood Pressure Among Children and Adolescents Aged 7-17 Years: Using Dual-Energy X-ray Absorptiometry (DEXA) and Bioelectrical Impedance Analysis (BIA) from a Cross-Sectional Study in China. *International Journal of Environmental*

- Research and Public Health*, 18(17), 9254.
<https://doi.org/https://doi.org/10.3390/ijerph18179254>
- Chung, J., Ahn, S., Joung, H., & Shin, S. (2023). Development of a Semi-Quantitative Food-Frequency Questionnaire for Korean Adults with Obesity. *Nutrients*, 15(22), 4848. <https://doi.org/https://doi.org/10.3390/nu15224848>
- Daniartama, B., Murbawani, E. A., Wijayanti, H. S., & Syauqy, A. (2021). Obesitas Berhubungan dengan Pre Menstrual Syndrome (PMS) Pada Mahasiswi. *Journal Of Nutrition College*, 10(3), 207–217.
<https://doi.org/https://doi.org/10.14710/jnc.v10i3.30808>
- Dara, S., & Arora, S. (2023). Adolescent Health Problems and Strategies to Improve Them. *International Journal of Community Medicine and Public Health*, 10(7), 2645–2651. <https://doi.org/https://dx.doi.org/10.18203/2394-6040.ijcmph20232066>
- Desai, D. H., & Shukla, A. (2023). Variations in Blood Pressure in Adolescents and Its Correlation with Different Anthropometric Measurements: A Cross-Sectional Study. *Arterial Hypertension: Journal of The Polish Society of Hypertension*, 27(2), 78–87.
<https://doi.org/https://doi.org/10.5603/AH.a2023.0012>
- Ekaningrum, A. Y. (2021). Hubungan Asupan Natrium, Lemak, Gangguan Mental Emosional, dan Gaya Hidup dengan Hipertensi pada Dewasa di DKI Jakarta. *Journal Of Nutrition College*, 10(2), 82–92.
<https://doi.org/https://doi.org/10.14710/jnc.v10i2.30435>
- Erlena, & Cahyaningsih, D. S. (2022). Analisis Faktor Intrinsik Terhadap Kejadian Hipertensi pada Remaja. *INDOGENIUS*, 1(2), 52–57.
<https://doi.org/https://doi.org/10.56359/igj.v1i2.65>
- Fauziyah, N. (2019). *Sampling dan Besar Sampel Bidang Kesehatan Masyarakat dan Klinis*. Politeknik kesehatan Kemenkes Bandung.
- Flynn, J. T., Kaelber, D. C., Baker-Smith, C. M., Blowey, D., Carroll, A. E., Daniels, S. R., de Ferranti, S. D., Dionne, J. M., Falkner, B., Flinn, S. K., Gidding, S. S., Goodwin, C., Leu, M. G., Powers, M. E., Rea, C., Samuels, J., Simasek, M., Thaker, V. V., & Urbina, E. M. (2017). Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents. *Pediatrics*, 140(3), e20171904.
- Goorani, S., Zangene, S., & Imig, J. D. (2025). Hypertension: A Continuing Public Healthcare Issue. *International Journal of Molecular Sciences*, 26(1), 123.
<https://doi.org/https://doi.org/10.3390/ijms26010123>
- Hardy, S. T., & Urbina, E. M. (2021). Blood Pressure in Childhood and Adolescence. *American Journal of Hypertension*, 34(3), 242–249.

<https://doi.org/https://doi.org/10.1093/ajh/hpab004>

- Harmita, C., Witradharma, T. W., & Kusdalina. (2022). Faktor-Faktor yang Mempengaruhi Tekanan Darah pada Remaja di SMAN 6 Kota Bengkulu. *Jurnal Svasta Harena Rafflesia*, 1(1), 1–9. <https://doi.org/https://doi.org/10.33088/shr.v1i1.152>
- Harrison, D. G., Coffman, T. M., & Wilcox, C. S. (2021). Pathophysiology of Hypertension: The Mosaic Theory and Beyond. *Circulation Research*, 128(7), 847–863. <https://doi.org/https://doi.org/10.1161/CIRCRESAHA.121.318082>
- Haryadi, S. W., Nugraha, S., & Kawuryan, D. L. (2023). Hubungan antara Konsumsi Makanan Cepat Saji, Jenis Kelamin, dan Aktivitas Fisik dengan Persentase Lemak Tubuh pada Siswa SMP di Surakarta. *Ghidza: Jurnal Gizi Dan Kesehatan*, 7(1), 53–63. <https://doi.org/https://doi.org/10.22487/ghidza.v7i1.613>
- Ilmi, A. F., & Utari, D. M. (2020). Hubungan Lingkar Pinggang dan Rasio Lingkar Pinggang-Panggul (RLPP) Terhadap Kadar Glukosa Darah Puasa pada Mahasiswa. *Journal Of Nutrition College*, 9(3), 222–227. <https://doi.org/https://doi.org/10.14710/jnc.v9i3.27658>
- Irwanto, F. S., Hasni, D., Anggraini, D., & Febrianto, B. Y. (2023). Hubungan Pola Konsumsi Lemak dan Sodium Terhadap Tekanan Darah pada Pasien Hipertensi Perempuan Etnis Minangkabau. *Scientific Journal*, 2(2), 62–73. <https://doi.org/https://doi.org/10.56260/sciena.v2i2.82>
- Kementerian Kesehatan RI. (2014). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 25 Tahun 2014*. Kementerian Kesehatan Republik Indonesia.
- Kementerian Kesehatan RI. (2019). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019 Tentang Angka Kecukupan Gizi Yang Dianjurkan Untuk Masyarakat Indonesia*. Kementerian Kesehatan Republik Indonesia.
- Kementerian Kesehatan RI. (2023). *Survei Kesehatan Indonesia (SKI) 2023 Dalam Angka*. Badan Kebijakan Pembangunan Kesehatan.
- Kowalkowska, J., & Wadolowska, L. (2022). The 72-Item Semi-Quantitative Food Frequency Questionnaire (72-Item SQ-FFQ) for Polish Young Adults: Reproducibility and Relative Validity. *Nutrients*, 14(13), 2696. <https://doi.org/https://doi.org/10.3390/nu14132696>
- Kowalski, K. C., Crocker, P. R. E., & Donen, R. M. (2004). *The Physical Activity Questionnaire for Older Children (PAQ-C) and Adolescents (PAQ-A) Manual*. University of Saskatchewan.

- Kurnianto, A., Sunjaya, D. K., Rinawan, F. R., & Hilmanto, D. (2020). Prevalence of Hypertension and Its Associated Factors among Indonesian Adolescents. *International Journal of Hypertension*, 2020(4262034), 1–7. <https://doi.org/https://doi.org/10.1155/2020/4262034>
- Kusparlina, E. P. (2022). Analisis Faktor yang Berhubungan dengan Hipertensi pada Remaja. *Jurnal Penelitian Kesehatan Suara Forikes*, 13(1), 124–131. <https://doi.org/http://dx.doi.org/10.33846/sf.v13i1.1623>
- Kusuma, H. S., Widanti, M. N., Bening, S., & Bintanah, S. (2021). Keterkaitan Persentase Lemak Tubuh, Asupan Serat, dan Rasio Lingkar Pinggang Pinggul dengan Tekanan Darah Lansia. *Nutri-Sains: Jurnal Gizi, Pangan Dan Aplikasinya*, 5(1), 53–62. <https://doi.org/https://doi.org/10.21580/ns.2021.5.1.7429>
- Kusumastuti, A., Khoiron, A. M., & Achmadi, T. A. (2020). *Metode Penelitian Kuantitatif*. Deepublish.
- Larasati, M. D., & Yuliana, S. (2020). Asupan Makanan, Status Gizi dan Ketahanan Kardiorespirasi Atlet Renang. *Jurnal Riset Gizi*, 8(1), 37–43. <https://doi.org/https://doi.org/10.31983/jrg.v8i1.5763>
- Leifer. (2023). *Introduction to Maternity and Pediatric Nursing*. Elsevier.
- Lestari, P. Y., Tambunan, L. N., & Lestari, R. M. (2022). Hubungan Pengetahuan Tentang Gizi Terhadap Status Gizi Remaja. *Jurnal Surya Medika (JSM)*, 8(1), 65–69. <https://doi.org/https://doi.org/10.33084/jsm.v8i1.3439>
- Levy, R. V, Brathwaite, K. E., Sarathy, H., Reidy, K., Kaskel, F. J., & Melamed, M. L. (2021). Analysis of Active and Passive Tobacco Exposures and Blood Pressure in US Children and Adolescents. *JAMA Network Open*, 4(2), e2037936. <https://doi.org/doi:10.1001/jamanetworkopen.2020.37936>
- Li, R., Tian, Z., Wang, Y., Liu, X., Tu, R., Wang, Y., Dong, X., Wang, Y., Wei, D., Tian, H., Mao, Z., Li, L., Huo, W., Wang, C., & Bie, R. (2020). The Association of Body Fat Percentage With Hypertension in a Chinese Rural Population: The Henan Rural Cohort Study. *Frontiers in Public Health*, 8(70), 1–9. <https://doi.org/https://doi.org/10.3389/fpubh.2020.00070>
- Lisnawati, N., Kusmiyati, F., Herwibawa, B., Kristanto, B. A., & Rizkika, A. (2023). Hubungan Indeks Massa Tubuh, Persen Lemak Tubuh, dan Aktivitas Fisik dengan Kadar Gula Darah Remaja. *Journal Of Nutrition College*, 12(2), 168–178. <https://doi.org/https://doi.org/10.14710/jnc.v12i2.36662>
- Litwin, M. (2024). Pathophysiology of Primary Hypertension in Children and Adolescents. *Pediatric Nephrology*, 39, 1725–1737. <https://doi.org/https://doi.org/10.1007/s00467-023-06142-2>

- Litwin, M., & Kulaga, Z. (2021). Obesity, Metabolic Syndrome, and Primary Hypertension. *Pediatric Nephrology*, 36, 825–837. <https://doi.org/https://doi.org/10.1007/s00467-020-04579-3>
- Lukitaningtyas, D., & Cahyono, E. A. (2023). Hipertensi: Artikel Review. *Jurnal Pengembangan Ilmu Dan Praktik Kesehatan*, 2(2), 100–117.
- Macek, P., Biskup, M., Terek-Derszniak, M., Stachura, M., Krol, H., Gozdz, S., & Zak, M. (2020). Optimal Body Fat Percentage Cut-Off Values in Predicting the Obesity-Related Cardiovascular Risk Factors: A Cross-Sectional Cohort Study. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*, 13, 1587–1597.
- Malik, Q. 'Ainiy B. A., & Syahrul, F. (2022). Hubungan Status Gizi, Aktivitas Fisik, Konsumsi Natrium, Tingkat Stres, dan Tempat Tinggal dengan Tekanan Darah Remaja: Studi Cross-Sectional. *Preventif: Jurnal Kesehatan Masyarakat*, 13(1), 1–14. <https://doi.org/https://doi.org/10.22487/preventif.v13i1.226>
- Marasso, D., Lupo, C., Collura, S., Rainoldi, A., & Brustio, P. R. (2021). Subjective versus Objective Measure of Physical Activity: A Systematic Review and Meta-Analysis of the Convergent Validity of the Physical Activity Questionnaire for Children (PAQ-C). *International Journal of Environmental Research and Public Health*, 18(7), 3413. <https://doi.org/https://doi.org/10.3390/ijerph18073413>
- Merita, Hamzah, N., & Djayusmantoko. (2020). Persepsi Citra Tubuh, Kecenderungan Gangguan Makan dan Status Gizi pada Remaja Putri di Kota Jambi. *Journal Of Nutrition College*, 9(2), 81–86. <https://doi.org/https://doi.org/10.14710/jnc.v9i2.24603>
- Michalski, M.-C., Le Barz, M., & Vors, C. (2021). Metabolic Impact of Dietary Lipids: Towards A Role of Unabsorbed Lipid Residues? *OCL: Oilseeds & Fats Crops and Lipids*, 28(9), 1–9. <https://doi.org/https://doi.org/10.1051/ocl/2020058>
- Mohajan, D., & Mohajan, H. K. (2023). A Study on Body Fat Percentage for Physical Fitness and Prevention of Obesity: A Two Compartment Model. *Journal of Innovations in Medical Research*, 2(4), 1–10. <https://doi.org/doi:10.56397/JIMR/2023.04.01>
- Nawi, A. M., Mohammad, Z., Jetly, K., Razak, M. A. A., Ramli, N. S., Ibadullah, W. A. H. W., & Ahmad, N. (2021). The Prevalence and Risk Factors of Hypertension among the Urban Population in Southeast Asian Countries: A Systematic Review and Meta-Analysis. *International Journal of Hypertension*, 2021(6657003), 1–14. <https://doi.org/https://doi.org/10.1155/2021/6657003>

- Neves, M. E. A., Souza, M. R. de, Gorgulho, B. M., Cunha, D. B., Muraro, A. P., & Rodrigues, P. R. M. (2021). Association of Dietary Patterns with Blood Pressure and Body Adiposity in Adolescents: A Systematic Review. *European Journal of Clinical Nutrition*, 75, 1440–1453. <https://doi.org/https://doi.org/10.1038/s41430-020-00850-w>
- Ningrum, T. A. S., Azam, M., & Indrawati, F. (2019). Rasio Lingkar Pinggang Panggul dan Persentase Lemak Tubuh Dengan Kejadian Hipertensi. *HIGEIA JOURNAL OF PUBLIC HEALTH RESEARCH AND DEVELOPMENT*, 3(4), 646–657. <https://doi.org/https://doi.org/10.15294/higeia.v3i4.28809>
- Ningsih, O. S., Suryati, Y., Demang, F. Y., Egar, M. I., Idu, D. M., & Miheh, E. L. (2022). Pencegahan Faktor Risiko Hipertensi yang Dapat Dimodifikasi pada Remaja. *JMM (Jurnal Masyarakat Mandiri)*, 6(4), 3341–3350. <https://doi.org/https://doi.org/10.31764/jmm.v6i4.9620>
- Notoatmodjo, S. (2010). *Metodologi Penelitian Kesehatan*. Rineka Cipta.
- Nurmawi, Y., Robert, D., Restusari, L., Arsil, Y., Rajab, W., Kurniasih, D., Hanifah, H. N., Suarjana, I. M., Langi, G. K. L., Adam, Y., Junus, R., Kasma, A. S. R., Legi, N. N., Sineke, J., Kelabora, J., Permana, E. V., Sukraniti, D. P., & Purba, R. B. (2024). *Bunga Rampai Biokimia dan Daur Kehidupan* (H. J. Siagian (ed.)). Media Pustaka Indo.
- Pardede, S. O., Yunilasari, & Setyanto, D. B. (2017). Prevalence and Factors that Influence Hypertension in Adolescents in Central Jakarta. *American Journal of Clinical Medicine Research*, 5(4), 43–48. <https://doi.org/10.12691/ajcmr-5-4-1>
- Park, H., Jeong, H., Yim, H. W., & Bae, S. (2024). Associations of Active and Passive Tobacco Exposure with Elevated Blood Pressure in Korean Adolescents. *Epidemiology and Health*, 46(e2024028), 1–9. <https://doi.org/https://doi.org/10.4178/epih.e2024028>
- Park, S. K., Ryoo, J.-H., Oh, C.-M., Choi, J.-M., Chung, P.-W., & Jung, J. Y. (2019). Body Fat Percentage, Obesity, and Their Relation to the Incidental Risk of Hypertension. *Journal of Clinical Hypertension*, 21(10), 1496–1504. <https://doi.org/https://doi.org/10.1111/jch.13667>
- Pherenis, H. S. A., Katmawanti, S., & Nilasari, K. (2023). Hubungan Asupan Lemak dan Aktivitas Fisik terhadap Kejadian Hipertensi pada Penderita Hipertensi Usia 45-69 Tahun di Wilayah Kerja Puskesmas Dinoyo Kota Malang. *Jurnal Aisyah: Jurnal Ilmu Kesehatan*, 8(3), 1228–1238. <https://doi.org/10.30604/jika.v8i3.2055>
- Piqueras, P., Ballester, A., Durá-Gil, J. V., Martinez-Hervas, S., Redón, J., & Real, J. T. (2021). Anthropometric Indicators as a Tool for Diagnosis of Obesity

- and Other Health Risk Factors: A Literature Review. *Frontiers in Psychology*, 12(631179), 1–19. <https://doi.org/https://doi.org/10.3389/fpsyg.2021.631179>
- Poh, B. K., Ang, Y. N., Yeo, G. S., Lee, Y. Z., Lee, S. T., Chia, J. S. M., & Wee, B. S. (2022). Anthropometric Indices, But Not Birth Weight, Are Associated with High Blood Pressure Risk Among Malay Adolescents in Kuala Lumpur. *Dialogues in Health*, 1(100006), 1–7. <https://doi.org/https://doi.org/10.1016/j.dialog.2022.100006>
- Pratiwi, D., & Yuliwati. (2022). Determinan Perilaku Merokok Pada Remaja. *Jurnal Ilmu Kesehatan Karya Bunda Husada*, 8(1), 1–12. <https://doi.org/https://doi.org/10.56861/jikkbh.v8i1.89>
- Pratiwi, H., Rochma, M., & Nurahmi, A. (2022). Pemantauan Indeks Massa Tubuh dan Persen Lemak Tubuh dalam Pencegahan Obesitas. *Sociality: Journal of Public Health Service*, 1(1), 53–60.
- Priyadarshini, A., Mishra, S. P., & Behera, P. K. (2021). Correlation of Body Fat Percentage, Fat Mass Index, and Fat-Free Mass Index with Cardiovascular Parameters in Non-Obese Young Adults. *National Journal of Physiology, Pharmacy and Pharmacology*, 11(9), 1054–1059. <https://doi.org/http://dx.doi.org/10.5455/njppp.2021.11.08274202111082021>
- Qurbo, Z. H. (2024). Determinan Kejadian Hipertensi pada Remaja (13-18 Tahun) di Kota Semarang Tahun 2023. *HIGEIA JOURNAL OF PUBLIC HEALTH RESEARCH AND DEVELOPMENT*, 8(3), 331–343. <https://doi.org/https://doi.org/10.15294>
- Raharjati, T. M., & Hidayati, L. (2023). Asupan dan Status Gizi Remaja Putri di Kabupaten Sukoharjo. *Jurnal Penelitian Kesehatan Suara Forikes*, 14(3), 589–595. <https://doi.org/http://dx.doi.org/10.33846/sf14319>
- Rahman, J., Fatmawati, I., Syah, M. N. H., & Sufyan, D. L. (2021). Hubungan Peer Group Support, Uang Saku dan Pola Konsumsi Pangan dengan Status Gizi Lebih pada Remaja. *Action: Aceh Nutrition Journal*, 6(1), 65–74. <https://doi.org/http://dx.doi.org/10.30867/action.v6i1.391>
- Rahman, M. M., Salikunna, N. A., Sumarni, Wahyuni, R. D., Badaruddin, R., Ramadhan, M. Z., & Arief, A. (2021). Hubungan Asupan Lemak Terhadap Persentase Lemak Tubuh Mahasiswa Fakultas Kedokteran Universitas Tadulako Angkatan 2019. *Jurnal Kesehatan Tadulako*, 7(1), 21–29. <https://doi.org/https://doi.org/10.22487/htj.v7i1.137>
- Rahmatika, A. F. (2021). Hubungan Kebiasaan Merokok dengan Kejadian Hipertensi. *JMH: Jurnal Medika Utama*, 2(2), 706–710.
- Riyanto, A. (2022). *Aplikasi Metodologi Penelitian Kesehatan*. Nuha Medika.

- Rosdiana, E., & Elizar. (2022). Hubungan Obesitas, Asupan Makanan Sumber Natrium dan Aktivitas Fisik Dengan Kejadian Hipertensi Pada Remaja di UPTD Puskesmas Muara Batu Kabupaten Aceh Utara Tahun 2022. *Journal of Healthcare Technology and Medicine*, 8(2), 684–693. <https://doi.org/https://doi.org/10.33143/jhtm.v8i2.2316>
- Rusydi, H. N. Z., Kanang, I. L. D., Fattah, N., Nurmadilla, N., & Tahir, A. M. (2024). Correlation Between Waist Hip Ratio (RLPP) and Hypertension at Sudiang Raya Health Center in Makassar City. *Jurnal Biologi Tropis*, 24(4), 1110–1117. <https://doi.org/http://doi.org/10.29303/jbt.v24i4.8106>
- Salsabila, T., Muhlishoh, A., & Kusumawati, D. (2023). Hubungan Asupan Lemak, Serat, Kalsium, dan Magnesium dengan Tekanan Darah pada Pasien Hipertensi. *Jurnal Gizi Kerja Dan Produktivitas*, 4(2), 204–214. <https://doi.org/https://dx.doi.org/10.62870/jgkp.v4i2.24925>
- Saputri, R. K., Al-Bari, A., & Pitaloka, R. I. K. (2021). Hubungan Status Gizi dan Aktivitas Fisik dengan Kejadian Hipertensi Remaja. *Jurnal Gizi*, 10(2), 10–19. <https://doi.org/https://doi.org/10.26714/jg.10.2.2021.10-19>
- Scheen, A. J. (2019). Effects of SGLT2 Inhibitors on the Sympathetic Nervous System and Blood Pressure. *Current Cardiology Reports*, 21(70). <https://doi.org/https://doi.org/10.1007/s11886-019-1165-1>
- Shahidi, S. H., Williams, J. S., & Hassani, F. (2020). Physical Activity during COVID-19 Quarantine. *Acta Paediatrica*, 109(10), 2147–2148. <https://doi.org/https://doi.org/10.1111/apa.15420>
- Shalini, S., Gupta, S. A., Sharma, M., Verma, S., & Verma, N. (2021). Assessment of Status of Psychological Well-Being and Its Determinants Among Adolescent School Students Residing in Raipur City, Chhattisgarh. *International Journal of Community Medicine and Public Health*, 8(5), 2394–2400. <https://doi.org/https://dx.doi.org/10.18203/2394-6040.ijcmph20211763>
- Siregar, P. A., Simanjuntak, S. F. S., Ginting, F. H. B., Tarigan, S., Hanum, S., & Utami, F. S. (2020). Analisis Faktor Risiko Kejadian Hipertensi Masyarakat Pesisir Kota Medan (Aspek Sosial Budaya Masyarakat Pesisir). *Jurnal Pembangunan Perkotaan*, 8(1), 1–8.
- Song, P., Zhang, Y., Yu, J., Zha, M., Zhu, Y., Rahimi, K., & Rudan, I. (2019). Global Prevalence of Hypertension in Children. *JAMA Pediatrics*, 173(12), 1154–1163. <https://doi.org/doi:10.1001/jamapediatrics.2019.3310>
- Sudikno, S., Mubasyiroh, R., Rachmalina, R., Arfines, P. P., & Puspita, T. (2023). Prevalence and Associated Factors for Prehypertension and Hypertension Among Indonesian Adolescents: A Cross-Sectional Community Survey. *BMJ*

Open, 13(3), e065056. <https://doi.org/https://doi.org/10.1136/bmjopen-2022-065056>

- Sukmawati, M., & Sarbini, D. (2024). Hubungan Asupan Lemak dan Aktivitas Fisik dengan Risiko Sindrom Metabolik pada Remaja SMA Batik 1 Surakarta. *Ghidza: Jurnal Gizi Dan Kesehatan*, 8(2), 192–198. <https://doi.org/https://doi.org/10.22487/ghidza.v8i2.1519>
- Surya, D. P., Anindita, A., Fahrudina, C., & Amalia, R. (2022). Faktor Risiko Kejadian Hipertensi pada Remaja. *Jurnal Kesehatan Tambusai*, 3(2), 107–119. <https://doi.org/https://doi.org/10.31004/jkt.v3i2.4400>
- Suza, D. E., Miristia, V., & Hariati, H. (2020). Physical Activities and Incidence of Obesity among Adolescent in Medan, Indonesia. *Macedonian Journal of Medical Sciences*, 8(E), 198–203. <https://doi.org/https://doi.org/10.3889/oamjms.2020.4225>
- Taghizadeh, S., Abbasalizad-Farhangi, M., Pourali, F., & Asghari-Jafarabadi, M. (2021). Predictors of Childhood High Blood Pressure among Overweight and Obese Children and Adolescents according to the Lifestyle-Scoring Algorithm Using Data from Iranian Health Care Reform Plan. *Clinical Nutrition Research*, 10(3), 243–256. <https://doi.org/https://doi.org/10.7762/cnr.2021.10.3.243>
- Tee, J. Y. H., Gan, W. Y., & Lim, P. Y. (2020). Comparisons of Body Mass Index, Waist Circumference, Waist-to-Height Ratio and A Body Shape Index (ABSI) in Predicting High Blood Pressure Among Malaysian Adolescents: A Cross-Sectional Study. *BMJ Open*, 10(1), e032874. <https://doi.org/https://doi.org/10.1136/bmjopen-2019-032874>
- Wahidin, M., Handayani, R., & Ayu, I. M. (2021). Determinan Penggunaan Rokok Elektronik pada Remaja di Jakarta Pusat Tahun 2020. *Media Penelitian Dan Pengembangan Kesehatan*, 31(4), 257–266. <https://doi.org/https://doi.org/10.22435/mpk.v31i4.4872>
- Wahyudi, C. T., & Albary, R. (2021). Korelasi Perilaku Merokok dan Aktivitas Fisik dengan Kejadian Hipertensi pada Usia Remaja. *Jurnal JKFT: Universitas Muhammadiyah Tangerang*, 6(1), 62–71. <https://doi.org/http://dx.doi.org/10.31000/jkft.v6i1.5311.g2838>
- Wellman, R. J., Sylvestre, M.-P., Nader, P. A., Chiolerio, A., Mesidor, M., Dugas, E. N., Tougri, G., & O’Loughlin, J. (2020). Intensity and Frequency of Physical Activity and High Blood Pressure in Adolescents: A Longitudinal Study. *The Journal of Clinical Hypertension*, 22(2), 283–290. <https://doi.org/https://doi.org/10.1111/jch.13806>
- Welser, L., Pfeiffer, K. A., Silveira, J. F. de C., Valim, A. R. de M., Renner, J. D. P., & Reuter, C. P. (2023). Incidence of Arterial Hypertension is Associated

- with Adiposity in Children and Adolescents. *Arq Bras Cardiol*, 120(2), e20220070. <https://doi.org/https://doi.org/10.36660/abc.20220070>
- WHO. (2019). *Global Youth Tobacco Survey*. https://cdn.who.int/media/docs/default-source/searo/tobacco/global-youth-tobacco-survey/gyts-indonesia-extended-factsheet.pdf?sfvrsn=d202f34f_3
- Widjaja, N. A., Arifani, R., & Irawan, R. (2023). Cut-off Value of Waist-to-Hip Ratio as a Predictor of Metabolic Syndrome in Adolescents with Obesity. *Acta Biomed*, 94(3), e2023076. <https://doi.org/https://doi.org/10.23750/abm.v94i3.13755>
- Widyanto, F. C., & Triwibowo, C. (2021). *Trend Disease “Trend Penyakit Saat Ini.”* Trans Info Media.
- Zuhdi, M., Kosim, Ardhuha, J., Wahyudi, & Taufik, M. (2020). Keunggulan Pengukuran Tekanan Darah Menggunakan Tensimeter Digital Dibandingkan dengan Tensimeter Pegas. *Jurnal Penelitian Dan Pembelajaran Fisika Indonesia*, 2(2), 28–31.
- Zulaika, M. D. S., & Listiadi, A. (2020). Literasi Keuangan, Uang Saku, Kontrol Diri, dan Teman Sebaya Terhadap Perilaku Menabung Mahasiswa. *Ekuitas: Jurnal Pendidikan Ekonomi*, 8(2), 137–146. <https://doi.org/https://doi.org/10.23887/ekuitas.v8i2.26768>