

## DAFTAR PUSTAKA

- Agnesia, D. (2025) “Peran Pendidikan Gizi dalam Meningkatkan Pengetahuan, Sikap, dan Perilaku Gizi Seimbang pada Remaja di SMA Yasnu Kecamatan Manyar Kabupaten Gresik,” *ResearchGate* [Preprint]. Tersedia pada: <https://doi.org/10.33021/aia.v1i2.847>.
- Álvarez, J., Aguilar, F. dan Lurbe, E. (2022) “Blood pressure measurement in children and adolescents: key element in the evaluation of arterial hypertension,” *Anales de Pediatría (English Edition)*, 96(6), hlm. 536.e1-536.e7. Tersedia pada: <https://doi.org/10.1016/j.anpede.2022.04.011>.
- Alves, R.F. (2024) “The relationship between health-related knowledge and attitudes and health risk behaviours among Portuguese university students,” *Global Health Promotion*, 31(1), hlm. 36–44. Tersedia pada: <https://doi.org/10.1177/17579759231195561>.
- Amanda, A. dkk. (2024) “The Influence of Power Point Education Development on the Level of Knowledge of Dental Health Care in Grade 3 Students at SDN Leles 02, Garut Regency,” *Jurnal Terapi Gigi dan Mulut*, 3(2), hlm. 86–93. Tersedia pada: <https://doi.org/10.34011/jtgm.v3i2.2168>.
- Aminuddin, A., Sudarman, Y. dan Syakib, M. (2020) “Penurunan Tekanan Darah Penderita Hipertensi Setelah Diberikan Terapi Akupresur,” *Jurnal Kesehatan Manarang*, 6(1), hlm. 57. Tersedia pada: <https://doi.org/10.33490/jkm.v6i1.119>.
- Amiroh, A., Dwiyan, P. dan Mardiyah, S. (2021) “Edukasi Gizi Pola Konsumsi Rendah Gula, Garam, Lemak (GGL) pada Remaja,” *Community Empowerment*, 6(4), hlm. 595–601. Tersedia pada: <https://doi.org/10.31603/ce.4600>.
- Amsari, D. dkk. (2022) “Pengembangan Media Berbasis PowerPoint dalam Peningkatan Hasil Belajar Matematika,” *EDUKATIF: JURNAL ILMU PENDIDIKAN*, 4, hlm. 5039–5049. Tersedia pada: <https://doi.org/10.31004/edukatif.v4i3.2978>.
- Anantasia, G., Rindrayani, S. dan Nastiar, M.F. (2025) “Metodologi Penelitian Quasi Eksperimen,” 5, hlm. 183–192.
- Andria, T. (2024) “Perancangan Komunikasi Visual Papan Permainan ‘HOMPIMPAH!’ sebagai Penunjang Interaksi dan Kesadaran Sosial Anak Melalui Suasana & Permainan Tradisional Indonesia.” Tersedia pada: <https://dkv.binus.ac.id/2024/01/29/perancangan-komunikasi-visual-papan-permainan-hompimpah-sebagai-penunjang-interaksi-dan-kesadaran-sosial-anak-melalui-suasana-permainan-tradisional-indonesia/>.

- APA Dictionary of Psychology* (tanpa tanggal). Tersedia pada: <https://dictionary.apa.org/>.
- Ariza, R., Rustika, R. dan Hermawan, N.S.A. (2025) *Efektivitas Media Board Game Dalam Meningkatkan Pengetahuan Sanitasi Pada Siswa Sekolah Dasar* | Ariza | *Jurnal Medika Malahayati*. Tersedia pada: <https://ejournalmalahayati.ac.id/index.php/medika/article/view/17968>.
- Aryatika, K., Antika, R.B. dan Wicaksono, D.B. (2021) “Efektivitas Metode Edukasi Tricky Card Game dalam Meningkatkan Pengetahuan Lansia terhadap Pencegahan Hipertensi di Sekolah Eyang-Eyang Kabupaten Jember,” *IKESMA*, 17(1), hlm. 33. Tersedia pada: <https://doi.org/10.19184/ikesma.v17i1.22425>.
- Ash, S. dkk. (2023) “Position of the Society for Nutrition Education and Behavior: Nutrition Educator Competencies for Promoting Healthy Individuals, Communities, and Food Systems: Rationale and Application,” *Journal of Nutrition Education and Behavior*, 55(1), hlm. 3–15. Tersedia pada: <https://doi.org/10.1016/j.jneb.2022.07.010>.
- Aulia, N.R. (2021) “Peran Pengetahuan Gizi Terhadap Asupan Energi, Status Gizi Dan Sikap Tentang Gizi Remaja,” *Jurnal Ilmiah Gizi Kesehatan (JIGK)*, 2(02), hlm. 31–35. Tersedia pada: <https://doi.org/10.46772/jigk.v2i02.454>.
- Badriyah, L. dan Pratiwi, R.I.R. (2024) “Hubungan Obesitas dengan Kejadian Hipertensi dan Hiperglikemia di Indonesia,” *Ghidza: Jurnal Gizi dan Kesehatan*, 8(1), hlm. 33–38. Tersedia pada: <https://doi.org/10.22487/ghidza.v8i1.1021>.
- Baiti, N., Friantary, H. dan Satrisno, H. (2023) *The Impact of PowerPoint-Based Pedagogy on Student Achievement: Evidence from Indonesian Secondary Schools* | *JPI: Jurnal Pustaka Indonesia*. Tersedia pada: <https://siducat.org/index.php/jpi/article/view/760> (Diakses: 18 Juni 2026).
- Bhat, S. dkk. (2020) “A Systematic Review of the Sources of Dietary Salt Around the World,” *Advances in Nutrition*, 11(3), hlm. 677–686. Tersedia pada: <https://doi.org/10.1093/advances/nmz134>.
- Biney, I.D., Wowor, R.E. dan Rumayar, A.A. (2022) “Hubungan Antara Pengetahuan Dan Sikap Dengan Tindakan Pencegahan Covid-19 Di Kelurahan Sagerat Kecamatan Matuari Kota Bitung,” *KESMAS: Jurnal Kesehatan Masyarakat Universitas Sam Ratulangi*, 11(2). Tersedia pada: <https://ejournal.unsrat.ac.id/v3/index.php/kesmas/article/view/39216>.
- BPS (2025) *Jumlah Penduduk Menurut Kelompok Umur dan Jenis Kelamin, 2025 - Tabel Statistik*. Tersedia pada: <https://www.bps.go.id/id/statistics-table/3/WVc0%20MGEyMXBkVFUxY25KeE9HdDZkbTQzWkVkb1p6MDkjMw==/jumlah-penduduk-menurut-kelompok-umur-dan-jenis-kelamin--2023.html>.

- Canyolu, B.A. dan Sadiç, B. (2025) "Dietary Salt-Related Knowledge, Attitudes and Behaviors in Healthy and Hypertensive Turkish Adults from Food Choice Perspective," *Foods*, 14(1), hlm. 141. Tersedia pada: <https://doi.org/10.3390/foods14010141>.
- CDC (2024) *About Sodium and Health, Salt*. Tersedia pada: <https://www.cdc.gov/salt/about/index.html>.
- Chiang, F.-K., Wang, S. dan Tang, Z. (2022) "Design and Evaluation of a Board Game in Food and Nutrition Education," *Education Sciences*, 12(3), hlm. 162. Tersedia pada: <https://doi.org/10.3390/educsci12030162>.
- Connelly, P.J., Currie, G. dan Delles, C. (2022) "Sex Differences in the Prevalence, Outcomes and Management of Hypertension," *Current Hypertension Reports*, 24(6), hlm. 185–192. Tersedia pada: <https://doi.org/10.1007/s11906-022-01183-8>.
- Damanik, S. dan Sitompul, L.N. (2020) "Hubungan gaya hidup dengan hipertensi pada lansia," *Nursing Arts*, 14(1), hlm. 30–36.
- Daniels, S.R. (2019) "Understanding the Global Prevalence of Hypertension in Children and Adolescents," *JAMA Pediatrics*, 173(12), hlm. 1133–1134. Tersedia pada: <https://doi.org/10.1001/jamapediatrics.2019.3333>.
- Darsini, D., Fahrurrozi, F. dan Cahyono, E.A. (2019) "Pengetahuan ; Artikel Review," *Jurnal Keperawatan*, 12(1), hlm. 13–13.
- Davidovitch, N. dan Wadmany, R. (2025) "Slideshows as a Tool for Learning and Assessment: Pros and Cons as Perceived by Students," *Electronic Journal of e-Learning*, 23(2), hlm. 30–45. Tersedia pada: <https://doi.org/10.34190/ejel.23.2.3647>.
- Destiyanti, I.C. (2024) "ICD Edukasi gizi isi piringku dengan media powerpoint di SDN Banjaransari Cikijing," *BEMAS: Jurnal Bermasyarakat*, 4(2), hlm. 314–320. Tersedia pada: <https://doi.org/10.37373/bemas.v4i2.809>.
- Dewanti, R. dkk. (2023) "Hubungan Pengetahuan Gizi dengan Sikap dalam Pemilihan Makanan Sehat pada Remaja di Area Pedesaan," *Jurnal Ilmu Kebidanan*, 13(2). Tersedia pada: <https://doi.org/10.54444/jik.v13i2.135>.
- Dewi, N.L.S.J. dan Suwena, K.R. (2024) "Pengaruh Sikap, Pengetahuan, dan Informasi Terhadap Partisipasi Masyarakat Pada Penerapan Program Kerja Badan Usaha Milik Desa (BUMDes) Tri Jenaka di Desa Timuhun," *Jurnal Pendidikan Ekonomi Undiksha*, 16(3), hlm. 445–458. Tersedia pada: <https://doi.org/10.23887/jjpe.v16i3.80251>.
- Dianah, R. dan Mutia, J. (2025) "Pengembangan Media Edukasi Nutrigo Board Game dalam Meningkatkan Pengetahuan Gizi Seimbang pada Anak Sekolah Dasar," *PREPOTIF : JURNAL KESEHATAN MASYARAKAT*, 9(3),

- hlm. 7708–7719. Tersedia pada: <https://doi.org/10.31004/prepotif.v9i3.51518>.
- Doharey, R.K. dkk. (2023) “Education: Meaning, definition & Types,” *ResearchGate*. Tersedia pada: [https://www.researchgate.net/publication/372418302\\_Education\\_Meaning\\_definition\\_Types](https://www.researchgate.net/publication/372418302_Education_Meaning_definition_Types).
- Dong, O.M. (2018) “Excessive dietary sodium intake and elevated blood pressure: a review of current prevention and management strategies and the emerging role of pharmaconutrigenetics,” *BMJ Nutrition, Prevention & Health*, 1(1), hlm. 7–16. Tersedia pada: <https://doi.org/10.1136/bmjnp-2018-000004>.
- Eleanor M. Winpenny dkk. (2018) *Changes in diet through adolescence and early adulthood: longitudinal trajectories and association with key life transitions | International Journal of Behavioral Nutrition and Physical Activity*. Tersedia pada: <https://link.springer.com/article/10.1186/s12966-018-0719-8>.
- Fadlilah, S., Rahil, N.H. dan Lanni, F. (2020) “Analisis Faktor yang Mempengaruhi Tekanan Darah dan Saturasi Oksigen Perifer (SpO<sub>2</sub>),” *Jurnal Kesehatan Kusuma Husada*, hlm. 21–30. Tersedia pada: <https://doi.org/10.34035/jk.v11i1.408>.
- Febriani, Y. dkk. (2023) *Pengaruh Kejenuhan Belajar Terhadap Hasil Belajar Matematika Siswa Kelas VIII SMP Negeri 5 Bukittinggi*. Tersedia pada: <https://ejournal.uin-suska.ac.id/index.php/juring/article/view/25125>.
- Ferencia, C., Rahayu, N.S. dan Purwaningtyas, D.R. (2023) “Hubungan Konsumsi Gula, Garam, Lemak dan Sedentary Lifestyle Terhadap Tekanan Darah Pada Usia Dewasa,” *Muhammadiyah Journal of Geriatric*, 4(2), hlm. 117–128. Tersedia pada: <https://doi.org/10.24853/mujg.4.2.117-128>.
- Firman, T. dan Nandiyanto, A.B.D. (2023) “Effectiveness of Socialization Through PowerPoint Media to Understanding Nutrition of Adolescents,” *ASEAN Journal of Science and Engineering Education*, 3(3), hlm. 211–220. Tersedia pada: <https://doi.org/10.17509/ajsee.v3i3.49796>.
- Fishman, J., Yang, C. dan Mandell, D. (2021) “Attitude theory and measurement in implementation science: a secondary review of empirical studies and opportunities for advancement,” *Implementation Science: IS*, 16, hlm. 87. Tersedia pada: <https://doi.org/10.1186/s13012-021-01153-9>.
- Fitriyani, P., Mulyono, S. dan Handayani, T.W. (2024) “The Importance of Nutrition Education to Change Mother’s Knowledge and Behaviour in Achieving Adequate Nutrition for Toddler,” *Proceedings of the International Conference on Nursing and Health Sciences*, 5(1), hlm. 127–134. Tersedia pada: <https://doi.org/10.37287/picnhs.v5i1.2848>.
- Garrido-Castro, E. dkk. (2025) “Knowledge as a Key Factor in Consumption and Its Importance for Agrifood Product Communication,” *Journal of Food*

- Science*, 90(9), hlm. e70528. Tersedia pada: <https://doi.org/10.1111/1750-3841.70528>.
- Gauthier, A. dkk. (2019) "Board Games for Health: A Systematic Literature Review and Meta-Analysis," *Games for Health Journal*, 8(2), hlm. 85–100. Tersedia pada: <https://doi.org/10.1089/g4h.2018.0017>.
- Gerdts, E. dkk. (2022) "Sex differences in arterial hypertension," *European Heart Journal*, 43(46), hlm. 4777–4788. Tersedia pada: <https://doi.org/10.1093/eurheartj/ehac470>.
- Grillo, A. dkk. (2019) "Sodium Intake and Hypertension," *Nutrients*, 11(9), hlm. 1970. Tersedia pada: <https://doi.org/10.3390/nu11091970>.
- Habibi, M. dan Rusdi, R. (2018) "Pengaruh Media Slide Presentasi dalam Menunjang Peningkatan Pengetahuan tentang Gerakan Shodaqoh Sampah Muhammadiyah pada Siswa Kelas V SD Muhammadiyah 4 Samarinda, Kalimantan Timur," *Jurnal Ilmiah Pendidikan Lingkungan dan Pembangunan*, 19(02), hlm. 50–64. Tersedia pada: <https://doi.org/10.21009/PLPB.192.05>.
- Halik, J.B. dkk. (2023) *Pengaruh Literasi Keuangan, Gaya Hidup, dan Uang Saku Mahasiswa dalam Pengelolaan Keuangan Pribadi pada Mahasiswa Universitas Kristen Indonesia Paulus Makassar*. Tersedia pada: [https://www.researchgate.net/publication/375525159\\_PENGARUH\\_LITERASI\\_KEUANGAN\\_GAYA\\_HIDUP\\_DAN\\_UANG\\_SAKU\\_MAHASISWA\\_DALAM\\_PENGLOLAAN\\_KEUANGAN\\_PIBADI\\_PADA\\_MAHASI\\_SWA\\_UNIVERSITAS\\_KRISTEN\\_INDONESIA\\_PAULUS\\_MAKASSAR](https://www.researchgate.net/publication/375525159_PENGARUH_LITERASI_KEUANGAN_GAYA_HIDUP_DAN_UANG_SAKU_MAHASISWA_DALAM_PENGLOLAAN_KEUANGAN_PIBADI_PADA_MAHASI_SWA_UNIVERSITAS_KRISTEN_INDONESIA_PAULUS_MAKASSAR).
- Hanifah, R., Oktavia, N.S. dan Nelwatri, H. (2021) "Perbedaan Efektivitas Pendidikan Kesehatan melalui Media Video Animasi dan \*PowerPoint\* terhadap Pengetahuan Remaja Putri dalam Menghadapi Menarche," *JURNAL KESEHATAN MERCUSUAR*, 4(2), hlm. 74–81. Tersedia pada: <https://doi.org/10.36984/jkm.v4i2.232>.
- Hardy, S.T. dan Urbina, E.M. (2021) "Blood Pressure in Childhood and Adolescence," *American Journal of Hypertension*, 34(3), hlm. 242–249. Tersedia pada: <https://doi.org/10.1093/ajh/hpab004>.
- Hegde, S., Ahmed, I. dan Aeddula, N.R. (2025) "Secondary Hypertension," *StatPearls*. Treasure Island (FL): StatPearls Publishing. Tersedia pada: <http://www.ncbi.nlm.nih.gov/books/NBK544305/> (Diakses: 9 Desember 2025).
- Herpratiwi, H. dan Tohir, A. (2022) "Learning Interest and Discipline on Learning Motivation," *International Journal of Education in Mathematics, Science and Technology*, 10(2), hlm. 424–435. Tersedia pada: <https://doi.org/10.46328/ijemst.2290>.

- Hsu, T.-C. dan Chiang, Y.-Y. (2023) “Exploring Motivational Differences in Competitive and Cooperative Game-Based Learning through Educational Board Games,” *International Conference on Computers in Education* [Preprint]. Tersedia pada: <https://doi.org/10.58459/icce.2023.1449>.
- Huang, Z., Huang, B. dan Huang, J. (2021) “The Relationship between Nutrition Knowledge and Nutrition Facts Table Use in China: A Structural Equation Model,” *International Journal of Environmental Research and Public Health*, 18(12), hlm. 6307. Tersedia pada: <https://doi.org/10.3390/ijerph18126307>.
- Husna, R., Saida, S.A. dan Cahyady, E. (2025) “Hubungan Antara Kualitas Tidur Dengan Tekanan Darah Pada Pasien Hipertensi di Puskesmas Baiturrahman,” *Future Academia: The Journal of Multidisciplinary Research on Scientific and Advanced*, 3(3), hlm. 1514–1521. Tersedia pada: <https://doi.org/10.61579/future.v3i3.612>.
- Hussainy, S. dan Shereen, S. (2024) “Blood Pressure in Relation to Age and Gender,” *Journal of Drug Delivery and Therapeutics*, 14, hlm. 39–43. Tersedia pada: <https://doi.org/10.22270/jddt.v14i3.6456>.
- Huzaipah, A.A., Aritonang, E.Y. dan Lubis, R. (2020) “Correlation among Sodium Intake, Fat Intake and Physical Activity with Prevalence of Hypertension in Young Adults at Arifin Achmad Regional Public Hospital, Riau,” *Journal of Epidemiology and Public Health*, 5(3), hlm. 384–392.
- Illavina, I. dan Kusumaningati, W. (2022) “Pengaruh Edukasi Pembacaan Label Informasi Nilai Gizi dengan Media Slide PowerPoint terhadap Pengetahuan Siswa SMA Kota Depok,” *Muhammadiyah Journal of Nutrition and Food Science (MJNF)*, 3(1), hlm. 27–35. Tersedia pada: <https://doi.org/10.24853/mjnf.3.1.27-35>.
- Iqbal, A.M. dan Jamal, S.F. (2025) “Essential Hypertension,” *StatPearls*. Treasure Island (FL): StatPearls Publishing. Tersedia pada: <http://www.ncbi.nlm.nih.gov/books/NBK539859/>.
- Juanda, N., Sujana, A. dan Ali, E. (2024) “Pengaruh Board Game terhadap Pemahaman Konsep IPAS pada Siswa Kelas V Sekolah Dasar,” *Ideguru: Jurnal Karya Ilmiah Guru*, 9, hlm. 1381–1386. Tersedia pada: <https://doi.org/10.51169/ideguru.v9i3.1140>.
- Junaedi dkk. (2022) “Pelatihan Desain Slide dengan Canva,” *Abdi Dharma*, 2(2), hlm. 109–114. Tersedia pada: <https://doi.org/10.31253/ad.v2i2.1737>.
- Kamsiah, K. dkk. (2023) “The Effect of Nutrition Education on Knowledge, Attitudes and Consumption Patterns of Young Women in Prevention of Chronic Energy Deficiency in Bengkulu City,” *Media Gizi Indonesia*, 18(1SP), hlm. 7–13. Tersedia pada: <https://doi.org/10.20473/mgi.v18i1SP.7-13>.

- Kantorski, B. *dkk.* (2025) “Cards, cubes, and collaboration: a case study of the development of an educational board game,” *ResearchGate* [Preprint]. Tersedia pada: <https://doi.org/10.1007/s44217-025-00472-z>.
- Karsini, H. *dkk.* (2025) “Analisis Perkembangan Fisik Motorik, Kognitif, Moral, Sosial, dan Emosional pada Remaja SMAN 1 Badegan,” *SOCIETY*, 16(1), hlm. 41–47. Tersedia pada: <https://doi.org/10.20414/society.v16i1.13829>.
- Kartika, P.T., Hermansyah, H. dan Sahran, S. (2021) “Pengaruh Board Game Edukasi Popohidatku terhadap Pengetahuan PHBS pada Anak Sekolah Menengah Pertama Usia 13 Tahun di Kota Bengkulu,” *JURNAL PENELITIAN TERAPAN KESEHATAN*, 8(1). Tersedia pada: <https://doi.org/10.33088/jptk.v8i1.167>.
- Kemenkes (2013) *Permenkes No. 30 Tahun 2013, Database Peraturan | JDIH BPK.* Tersedia pada: <http://peraturan.bpk.go.id/Details/172111/permenkes-no-30-tahun-2013>.
- Kemenkes (2020) *Permenkes No. 21 Tahun 2020, Database Peraturan | JDIH BPK.* Tersedia pada: <http://peraturan.bpk.go.id/Details/152564/permenkes-no-21-tahun-2020>.
- Kemenkes (2023) “SKI 2023 Dalam Angka,” *Badan Kebijakan Pembangunan Kesehatan | BKPK Kemenkes.* Tersedia pada: <https://www.badankebijakan.kemkes.go.id/ski-2023-dalam-angka/>.
- Khairianto, D. dan Firdaus, R. (2024) “Penerapan Hand Gesture Recognition sebagai Media Kontrol Presentasi Aplikasi PowerPoint,” *JATI (Jurnal Mahasiswa Teknik Informatika)*, 8(2), hlm. 1852–1860. Tersedia pada: <https://doi.org/10.36040/jati.v8i2.9167>.
- Kunnas, T. dan Nikkari, S.T. (2023) “Family history of hypertension enhances age-dependent rise in blood pressure, a 15-year follow-up, the Tampere adult population cardiovascular risk study,” *Medicine*, 102(39), hlm. e35366. Tersedia pada: <https://doi.org/10.1097/MD.00000000000035366>.
- Kusumawardani, L.H. *dkk.* (2020) “Improving clean and healthy living behaviour through snakes and ladders board game among school children,” *Sri Lanka Journal of Child Health*, 49(4), hlm. 341–346. Tersedia pada: <https://doi.org/10.4038/slch.v49i4.9265>.
- Lauren, G. *dkk.* (2023) “Faktor – Faktor Yang Berhubungan Dengan Kejadian Hipertensi Pada Pasien 45-59 Tahun Di Puskesmas Bintaro Jakarta Selatan Pada Tahun 2022,” *Jurnal Kesehatan Masyarakat*, 11(3), hlm. 308–317. Tersedia pada: <https://doi.org/10.14710/jkm.v11i3.35795>.
- Lestari, P.Y., Tambunan, L.N. dan Lestari, R.M. (2022) “Hubungan Pengetahuan tentang Gizi terhadap Status Gizi Remaja: Relationship of Nutritional Knowledge to Nutritional Status Teenage,” *Jurnal Surya Medika (JSM)*, 8(1), hlm. 65–69. Tersedia pada: <https://doi.org/10.33084/jsm.v8i1.3439>.

- Lindqvist, A., Sendén, M.G. dan Renström, E.A. (2021) “What is gender, anyway: a review of the options for operationalising gender,” *Psychology & Sexuality*, 12(4), hlm. 332–344. Tersedia pada: <https://doi.org/10.1080/19419899.2020.1729844>.
- Liu, K. dkk. (2021) “Prevalence and Risk Factors for Hypertension in Adolescents Aged 12 to 17 Years: A School-Based Study in China,” *Hypertension*, 78(5), hlm. 1577–1585. Tersedia pada: <https://doi.org/10.1161/HYPERTENSIONAHA.121.17300>.
- Loppies, I.J. dan Nurrokhmah, L.E. (2021) “Perilaku Masyarakat dalam Pencegahan Penyebaran Virus COVID-19 di Kelurahan Karang Mulia Distrik Samofa Kabupaten Biak Numfor,” *Gema Kampus IISIP YAPIS Biak*, 16(2), hlm. 46–54. Tersedia pada: <https://doi.org/10.52049/gemakampus.v16i2.197>.
- Madinah, S., Farhat, Y. dan Hariati, N.W. (2024) “Pengaruh Permainan Edukatif Ular Tangga Terhadap Pengetahuan dan Sikap Tentang Gizi Seimbang,” *Jurnal Riset Pangan dan Gizi*, 6(1), hlm. 13–22. Tersedia pada: <https://doi.org/10.31964/jr-panzi.v6i1.176>.
- Maman, M. (2018) “Sikap Cara Belajar dan Prestasi Belajar,” *Faktor : Jurnal Ilmiah Kependidikan*, 5(1), hlm. 49–58. Tersedia pada: <https://doi.org/10.30998/fjik.v5i1.2353>.
- Martinic, M.K. dkk. (2022) “Creating an online educational intervention to improve knowledge about systematic reviews among healthcare workers: mixed-methods pilot study,” *BMC Medical Education*, 22(1), hlm. 722. Tersedia pada: <https://doi.org/10.1186/s12909-022-03763-3>.
- Martony, O. (2019) “The Role of the Game of Balanced Nutrition Ladder Snake in Influencing Changes in Knowledge and Attitudes of Children in Muhammadiyah Tanjung Morawa Elementary School,” *International Journal of Science and Society (IJSOC)*, 1(4), hlm. 34–43. Tersedia pada: <https://doi.org/10.54783/ijsoc.v1i4.149>.
- Mastorci, F. dkk. (2024) “The Transition from Childhood to Adolescence: Between Health and Vulnerability,” *Children (Basel, Switzerland)*, 11(8), hlm. 989. Tersedia pada: <https://doi.org/10.3390/children11080989>.
- Mathew, A.C. dkk. (2025) “Correlation of blood pressure within the families and the heritability estimates: A cross-sectional study in South India,” *Clinical Epidemiology and Global Health*, 34, hlm. 102080. Tersedia pada: <https://doi.org/10.1016/j.cegh.2025.102080>.
- Maughan, R.J. dkk. (2016) “A randomized trial to assess the potential of different beverages to affect hydration status: development of a beverage hydration index1,” *The American Journal of Clinical Nutrition*, 103(3), hlm. 717–723. Tersedia pada: <https://doi.org/10.3945/ajcn.115.114769>.

- Maulidina, A.F., Wandu, W. dan Rachman, M.Z. (2024) “Pengaruh edukasi kesehatan menggunakan board game terhadap pengetahuan dan sikap pemilahan sampah,” *Journal of Health Research Science*, 4(02), hlm. 232–239. Tersedia pada: <https://doi.org/10.34305/jhrs.v4i2.1222>.
- Memon, M.A. dkk. (2020) *Sample Size for Survey Research: Review and Recommendations*. Tersedia pada: [https://www.researchgate.net/publication/343303677\\_Sample\\_Size\\_for\\_Survey\\_Research\\_Review\\_and\\_Recommendations](https://www.researchgate.net/publication/343303677_Sample_Size_for_Survey_Research_Review_and_Recommendations).
- Menyanu, E., Russle, J. dan Charlton, K. (2019) *Dietary Sources of Salt in Low- and Middle-Income Countries: A Systematic Literature Review*. Tersedia pada: <https://www.mdpi.com/1660-4601/16/12/2082>.
- Mujahidah, H. dkk. (2025) “Penyuluhan dan Edukasi terhadap Pengetahuan dan Sikap Ibu dalam Memberikan ASI Eksklusif dengan Media Video,” 7(3).
- Mulyati, E. dan Suryani, L. (2023) “Penggunaan Media Board Game dan Aplikasi Quizziz dalam Pengembangan Kemampuan Kognitif Anak Usia Dini | JIIP - Jurnal Ilmiah Ilmu Pendidikan.” Tersedia pada: <http://www.jiip.stkipyapisdompui.ac.id/jiip/index.php/JIIP/article/view/2690>.
- Nabila, B., Mustofa, S.B. dan Widjanarko, B. (2021) “Pengaruh Board Game ‘Germas Game’ dan Metode Ceramah terhadap Pengetahuan dan Sikap Gerakan Masyarakat Hidup Sehat pada Remaja Perempuan (Studi pada Siswi Kelas VIII SMPIT Daarussalaam, Sangatta, Kalimantan Timur),” *Jurnal Kesehatan Masyarakat*, 9(3), hlm. 353–359. Tersedia pada: <https://doi.org/10.14710/jkm.v9i3.29360>.
- Nakao, M. (2019) “Special series on ‘effects of board games on health education and promotion’ board games as a promising tool for health promotion: a review of recent literature,” *Biopsychosocial Medicine*, 13, hlm. 5. Tersedia pada: <https://doi.org/10.1186/s13030-019-0146-3>.
- Nguyen, T. dan Lo, J.C. (2017) “Teaching Nutrition in Graduate Medical Education: An Interactive Workshop,” *Journal of Graduate Medical Education*, 9(3), hlm. 375–376. Tersedia pada: <https://doi.org/10.4300/JGME-D-16-00765.1>.
- Ningtyas, R.R. dan Ghufon, M.A. (2025) “Pengaruh Penggunaan Power Point Interaktif terhadap Pemahaman Materi Ilmu Pengetahuan Alam (IPA) di Madrasah Ibtidaiyah,” *JIMU: Jurnal Ilmiah Multidisipliner*, 3(03). Tersedia pada: <https://ojs.smkmerahputih.com/index.php/jimu/article/view/1345-1351>.
- Noda, S., Shiotsuki, K. dan Nakao, M. (2019) “The effectiveness of intervention with board games: a systematic review,” *BioPsychoSocial Medicine*, 13, hlm. 22. Tersedia pada: <https://doi.org/10.1186/s13030-019-0164-1>.

- Nugraha, F.A. *dkk.* (2021) “Efektivitas Media Powerpoint dalam Pembelajaran Materi Luas Daerah Segitiga untuk Meningkatkan Minat Belajar Peserta Didik di Sekolah Dasar,” *EDUKATIF : JURNAL ILMU PENDIDIKAN*, 3(5), hlm. 2760–2768. Tersedia pada: <https://doi.org/10.31004/edukatif.v3i5.931>.
- Nurhayati, U.A., Ariyanto, A. dan Syafriakhwan, F. (2023) “Hubungan usia dan jenis kelamin terhadap kejadian hipertensi,” *Prosiding Seminar Nasional Penelitian dan Pengabdian Kepada Masyarakat LPPM Universitas 'Aisyiyah Yogyakarta*, 1, hlm. 363–369.
- Nurmilah, S. *dkk.* (2022) “Strategies to Reduce Salt Content and Its Effect on Food Characteristics and Acceptance: A Review,” *Foods*, 11(19), hlm. 3120. Tersedia pada: <https://doi.org/10.3390/foods11193120>.
- Nuzrina, R. *dkk.* (2024) “Nutrihocky Board Game meningkatkan pengetahuan dan sikap picky eater pada anak sekolah dasar,” *Ilmu Gizi Indonesia*, 7(2), hlm. 107–120. Tersedia pada: <https://doi.org/10.35842/ilgi.v7i2.442>.
- Octavia, D.R. (2019) “Tingkat Pengetahuan Masyarakat Tentang Swamedikasi yang Rasional di Lamongan,” *SURYA: Jurnal Media Komunikasi Ilmu Kesehatan*, 11(03), hlm. 1–8. Tersedia pada: <https://doi.org/10.38040/js.v11i03.54>.
- Octavianie, G. *dkk.* (2022) “Promosi Kesehatan Hipertensi Pada Usia Produktif Sampai Lansia di Wilayah Desa Lulut RT 04 RW 02 Kec. Klapanunggal Kab. Bogor,” *Jurnal Pengabdian Masyarakat Saga Komunitas*, 1(02), hlm. 32–38. Tersedia pada: <https://doi.org/10.53801/jpmsk.v1i02.11>.
- Oparil, S. *dkk.* (2018) “Hypertension,” *Nature reviews. Disease primers*, 4, hlm. 18014. Tersedia pada: <https://doi.org/10.1038/nrdp.2018.14>.
- Pariati dan Jumriani (2021) “Gambaran Pengetahuan Kesehatan Gigi dengan Penyuluhan Metode Storytelling pada Siswa Kelas III dan IV SD Inpres Mangasa Gowa,” *Media Kesehatan Gigi : Politeknik Kesehatan Makassar*. Tersedia pada: <https://doi.org/10.32382/mkg.v19i2.1933>.
- Patino, C.M. dan Ferreira, J.C. (2018) “Inclusion and exclusion criteria in research studies: definitions and why they matter,” *Jornal Brasileiro de Pneumologia*, 44(2), hlm. 84. Tersedia pada: <https://doi.org/10.1590/S1806-37562018000000088>.
- Peeters, M.J. dan Masterson, M.M. (2024) “Response-shift effect for self-assessment: Magnitude and accuracy within an interprofessional education course,” *Journal of Interprofessional Education & Practice*, 37, hlm. 100725. Tersedia pada: <https://doi.org/10.1016/j.xjep.2024.100725>.
- PIB College (2025) “Kenapa Garam Bisa Macam-macam? Ini Bedanya Garam Dapur, Garam Laut, dan Garam Himalaya - PIB College,” 4 Juli. Tersedia pada:

<https://pib.ac.id/id/kenapa-garam-bisa-macam-macam-ini-bedanya-garam-dapur-garam-laut-dan-garam-himalaya/>.

- Prasetya, R.D. dkk. (2021) “The Effect of Audiovisual Media Based Education on Changes in Adolescent’s Attitudes Related to Cigarette Advertising,” *Jurnal Ilmu Kesehatan Masyarakat*, 12(1), hlm. 38–49. Tersedia pada: <https://doi.org/10.26553/jikm.2021.12.1.38-49>.
- Prasodjo, R.A. dan Farapti, F. (2024) “Literature Review: Strategi Penurunan Asupan Natrium Melalui Pengurangan Garam untuk Mencegah Hipertensi,” *Media Gizi Kesmas*, 13(1), hlm. 521–529. Tersedia pada: <https://doi.org/10.20473/mgk.v13i1.2024.521-529>.
- Putri, D.K., Sari, D.C. dan Putri, S.F. (2023) “Media Pembelajaran Berbasis PowerPoint Pada Mata Pelajaran Akuntansi Di MA Al-Ittihad Poncokusumo,” *Prosiding National Seminar on Accounting, Finance, and Economics (NSAFE)*, 3(4). Tersedia pada: <https://conference.um.ac.id/index.php/nsafe/article/view/7964>.
- Putri, W.A. dan Yuniarta, T.N.H. (2018) “Learning Media Development of Board Game ‘The Labyrinth of Trigonometry’ in Trigonometry Materials for the 10th Grade Senior High School,” *Satya Widya*, 34(2), hlm. 88–100. Tersedia pada: <https://doi.org/10.24246/j.sw.2018.v34.i2.p88-100>.
- Putrianti, F.G., Trisniawati, T. dan Rhosyida, N. (2018) “Menumbuhkan Sikap Positif Siswa pada Pembelajaran Matematika,” *Personifikasi: Jurnal Ilmu Psikologi*, 8(2). Tersedia pada: <https://doi.org/10.21107/personifikasi.v8i2.3860>.
- Qudsy, S. dan Putri, S.F. (2024) “Inovasi Pembelajaran Menggunakan PPT Interaktif: Peningkatan Kualitas dan Daya Tarik Belajar,” *Prosiding National Seminar on Accounting, Finance, and Economics (NSAFE)*, 4(4). Tersedia pada: <https://conference.um.ac.id/index.php/nsafe/article/view/9048>.
- Rachmawati, C.A. dan Ismawati, R. (2025) “Pengaruh Edukasi Gizi tentang Pencegahan Hipertensi melalui Media Permainan Kartu terhadap Peningkatan Pengetahuan dan Sikap Remaja di SMAN 1 Krian,” *Jurnal Ilmu Kesehatan dan Gizi*, 3(2), hlm. 248–259. Tersedia pada: <https://doi.org/10.55606/jig.v3i2.5973>.
- Rahmawati, A. (2025) *Hubungan Antropometri (IMT/U dan Lingkar Perut), Sedentary Lifestyle, Konsumsi Gula, Garam, dan Lemak dengan Tekanan Darah Tinggi pada Remaja di SMA Negeri 109 Jakarta*. skripsi. Universitas Pembangunan Nasional Veteran Jakarta. Tersedia pada: <http://repository.upnvj.ac.id>.
- Rakhmad, R., Pratiwi, C.P. dan Maruti, E.S. (2025) “The Effectiveness of Using Microsoft PowerPoint Media on Learning Achievement of Indonesian Subjects Reviewed From Learning Facilities at the Home of Class V

- Students,” *International Journal of Technology and Education Research*, 3(01), hlm. 356–366. Tersedia pada: <https://doi.org/10.63922/ijeter.v3i01.1678>.
- Ramadani, U.P. dkk. (2025) “Strategi Penentuan Populasi dan Sampel dalam Penelitian Pendidikan: Antara Validitas dan Representativitas,” *Jurnal QOSIM Jurnal Pendidikan Sosial & Humaniora*, 3(2), hlm. 574–585. Tersedia pada: <https://doi.org/10.61104/jq.v3i2.1021>.
- Rayanti, R.E., Nugroho, K.P.A. dan Marwa, S.L. (2021) “Health Belief Model dan Management Hipertensi Pada Penderita Hipertensi Primer di Papua,” *JURNAL KEPERAWATAN MUHAMMADIYAH*, 6(1). Tersedia pada: <https://doi.org/10.30651/jkm.v6i1.7065>.
- Riastami, D.S.S., G, F.N. dan Salsabila, S. (2025) “Faktor Yang Berhubungan Dengan Status Gizi Pada Remaja Di Kota Kendari Tahun 2025,” *Endemis Journal*, 6(2), hlm. 77–83.
- Rusmaningrum, S.W. (2023) “Pengetahuan Remaja Putri Tentang Faktor Penyebab Terjadinya Anemia Di Smp Negeri 1 Merakurak,” *Jurnal Multidisiplin Indonesia*, 2(8), hlm. 1994–2000. Tersedia pada: <https://doi.org/10.58344/jmi.v2i8.409>.
- Safitri, F.N. (2025) *Hubungan Pengetahuan Gizi, Pola Konsumsi Sarapan, dan Status Gizi dengan Prestasi Belajar pada Siswa di SMA Negeri 109 Jakarta*. skripsi. Universitas Pembangunan Nasional Veteran Jakarta. Tersedia pada: <https://doi.org/10/LAMPIRAN.pdf>.
- Saing, J.H. (2016) “Hipertensi pada Remaja,” *Sari Pediatri*, 6(4), hlm. 159–65. Tersedia pada: <https://doi.org/10.14238/sp6.4.2005.159-65>.
- Sanaky, M.M. (2021) “Analisis Faktor-Faktor Keterlambatan pada Proyek Pembangunan Gedung Asrama MAN 1 Tulehu Maluku Tengah,” *JURNAL SIMETRIK*, 11(1), hlm. 432–439. Tersedia pada: <https://doi.org/10.31959/js.v11i1.615>.
- Saputro, K.Z. (2017) “Memahami Ciri dan Tugas Perkembangan Masa Remaja,” *Aplikasia: Jurnal Aplikasi Ilmu-ilmu Agama*, 17(1), hlm. 25–32. Tersedia pada: <https://doi.org/10.14421/aplikasia.v17i1.1362>.
- Sari, S.K., Ifrianti, S. dan Aryanika, S. (2025) “The Effectiveness of Using Educational Board Games on Students’ Vocabulary Mastery at Junior High School,” *Nusantara: Jurnal Pendidikan Indonesia*, 5(3), hlm. 605–616. Tersedia pada: <https://doi.org/10.62491/njpi.2025.v5i3-5>.
- Sarkanik, A. (2026) “Peran Media Pembelajaran Dalam Meningkatkan Motivasi Dan Keterlibatan Siswa Pada Mata Pelajaran PPKN Di SMK,” *Jurnal Kajian Ilmu Pendidikan (JKIP)*, 7(3), hlm. 1803–1815. Tersedia pada: <https://doi.org/10.55583/jkip.v7i3.2315>.

- Sary, L. dkk. (2024) “Efektivitas media penyuluhan terhadap persepsi pasien hipertensi dalam pengendalian tekanan darah pada masa pandemi Covid-19,” *Holistik Jurnal Kesehatan*, 17(9), hlm. 827–839. Tersedia pada: <https://doi.org/10.33024/hjk.v17i9.12029>.
- S.Garingging, V.C., Siahaan, A.L. dan Simamora, B.A. (2025) “Pengaruh Minat Belajar dan Motivasi Belajar Terhadap Hasil Belajar pada Mata Pelajaran IPS Siswa Kelas VIII SMP Negeri 2 Siantar: Penelitian,” *Jurnal Pengabdian Masyarakat dan Riset Pendidikan*, 4(2), hlm. 7931–7943. Tersedia pada: <https://doi.org/10.31004/jerkin.v4i2.3085>.
- SILVA, D.M. (2024) *Pengembangan Media Board Game Ular Tangga Aksara Lampung dalam Pembelajaran Bahasa Lampung Kelas V SD/MI*. diploma. UIN RADEN INTAN LAMPUNG. Tersedia pada: <https://repository.radenintan.ac.id/36086/>.
- Simanjuntak, M.M.P., Afirianto, T. dan Wardhono, W.S. (2019) “Pengembangan Board Game Edukasi Dengan Teknologi Augmented Reality (Studi Kasus Permainan Ular Tangga),” *Jurnal Pengembangan Teknologi Informasi dan Ilmu Komputer*, 3(3), hlm. 2425–2435.
- Smith, C.D. dan Scarf, D. (2017) “Spacing Repetitions Over Long Timescales: A Review and a Reconsolidation Explanation,” *Frontiers in Psychology*, 8. Tersedia pada: <https://doi.org/10.3389/fpsyg.2017.00962>.
- Sriyanti, I. (2021) “Sikap Siswa dalam Belajar Matematika Melalui Model Pembelajaran Learning Cycle 5E,” *Pasundan Journal of Mathematics Education : Jurnal Pendidikan Matematika*, 11(1), hlm. 36–49. Tersedia pada: <https://doi.org/10.23969/pjme.v11i1.3840>.
- Suriani, N., Risnita dan Jailani, M.S. (2023) “Konsep Populasi dan Sampling Serta Pemilihan Partisipan Ditinjau Dari Penelitian Ilmiah Pendidikan,” *IHSAN: Jurnal Pendidikan Islam*, 1(2), hlm. 24–36. Tersedia pada: <https://doi.org/10.61104/ihsan.v1i2.55>.
- Susanti, N. dkk. (2024) *Hubungan Usia, Jenis Kelamin dengan Penyakit Hipertensi di Klinik Utama Paru Soeroso | Prepotif: Jurnal Kesehatan Masyarakat*. Tersedia pada: <https://journal.universitaspahlawan.ac.id/index.php/prepotif/article/view/30438>.
- Susanto, N.A. dkk. (2025) “Edukasi Gizi untuk Pencegahan Anemia: Membangun Kesadaran Pola Makan Sehat di Kelurahan Tembalang,” *PEDAMAS (PENGABDIAN KEPADA MASYARAKAT)*, 3(01), hlm. 435–441.
- Syakuro, A.H., Widuri, A. dan Fakhriani, R. (2025) “Effect of Educational Videos on Knowledge, Attitudes, and Practices of Ear Health: A Quasi-Experimental Study among Medical Students in Yogyakarta, Indonesia,” *ResearchGate* [Preprint]. Tersedia pada: <https://doi.org/10.56338/mppki.v8i11.8497>.

- Taghizadeh Moghaddam, H. *dkk.* (2016) “Adolescence Health: the Needs, Problems and Attention,” *Journal of Pediatric Perspectives*, 4(2), hlm. 1423–1438. Tersedia pada: <https://doi.org/10.22038/ijp.2016.6569>.
- Thout, S.R. *dkk.* (2019) “The Science of Salt: Updating the evidence on global estimates of salt intake,” *The Journal of Clinical Hypertension*, 21(6), hlm. 710–721. Tersedia pada: <https://doi.org/10.1111/jch.13546>.
- Tresnawan, T. (2025) “Stress, Dietary Habits, and Their Relationship with Hypertension among the Elderly in Sukabumi, Indonesia: A Cross-Sectional Study,” *Journal of Health and Nutrition Research*, 4(2), hlm. 822–831. Tersedia pada: <https://doi.org/10.56303/jhnresearch.v4i2.499>.
- Trianasari, N., Sari, P.K. dan Prasetyo, A. (2025) “Peningkatan Kualitas Penelitian di Bidang Kesehatan Melalui Pelatihan Penentuan Teknik Sampling dan Besar Sampel di STFI Bandung,” *Jurnal Pengabdian Masyarakat: Pemberdayaan, Inovasi dan Perubahan*, 5(1). Tersedia pada: <https://doi.org/10.59818/jpm.v5i2.1152>.
- Tsania, N. *dkk.* (2023) “Efektivitas Edukasi Gizi Menggunakan Media Flashcard dan PowerPoint terhadap Pengetahuan, Sikap, dan Perilaku Gizi Seimbang pada Siswa Sekolah Dasar,” *Jurnal Gizi dan Dietetik*, 2(2), hlm. 22–30. Tersedia pada: <https://doi.org/10.34011/jgd.v2i2.1800>.
- Umami, I. (2019) *Psikologi Remaja*. Idea Press.
- Umasugi, M.T. (2021) “Sosialisasi dan Edukasi Pemberian Vaksin Sebagai Upaya Trust Pada Masyarakat Kota Ambon,” *Journal Of Human And Education (JAHE)*, 1(2), hlm. 5–7. Tersedia pada: <https://doi.org/10.31004/jh.v1i2.12>.
- Wahyuni, A.S. *dkk.* (2019) “The Difference of Educational Effectiveness Using Presentation Slide Method with Video About Prevention of Hypertension on Increasing Knowledge and Attitude in People with the Hypertension Risk in Amplas Health Center,” *Open Access Macedonian Journal of Medical Sciences*, 7(20), hlm. 3478–3482. Tersedia pada: <https://doi.org/10.3889/oamjms.2019.450>.
- WHO (2024) *The adolescent health indicators recommended by the Global Action for Measurement of Adolescent health*. Tersedia pada: <https://www.who.int/publications/i/item/9789240092198>.
- Wibawanto, W. (2024) *Board Game Edukasi*. Nas Media Pustaka.
- Widi, W. dan Barkah, A. (2025) “Pengaruh Edukasi Kesehatan terhadap Penurunan Tekanan Darah Pada Penderita Hipertensi di UPTD Puskesmas Kotabaru Kabupaten Karawang,” *MAHESA : Malahayati Health Student Journal*, 5(11), hlm. 5133–5141. Tersedia pada: <https://doi.org/10.33024/mahesa.v5i11.19716>.

- Williams, B. *dkk.* (2019) “Corrigendum to: 2018 ESC/ESH Guidelines for the management of arterial hypertension,” *European Heart Journal*, 40(5), hlm. 475–475. Tersedia pada: <https://doi.org/10.1093/eurheartj/ehy686>.
- Wu, Y. *dkk.* (2022) “Awareness of nutrition and health knowledge and its influencing factors among Wuhan residents,” *Frontiers in Public Health*, 10, hlm. 987755. Tersedia pada: <https://doi.org/10.3389/fpubh.2022.987755>.
- Wulandari, E. (2022) “Pemanfaatan Powerpoint Interaktif Sebagai Media Pembelajaran Dalam Hybrid Learning,” *JUPEIS: Jurnal Pendidikan dan Ilmu Sosial*, 1(2), hlm. 26–32. Tersedia pada: <https://doi.org/10.55784/jupeis.Vol1.Iss2.34>.
- Yakin, A.A. (2019) “Manajemen Kelas di Era Industri 4.0,” *Journal Pegguruang*, 1(2), hlm. 9–12. Tersedia pada: <https://doi.org/10.35329/jp.v1i2.328>.
- Yanita (2022) *Berdamai dengan Hipertensi*. Bumi Medika.
- Youssef, G.S. (2022) *Salt and hypertension: current views*. Tersedia pada: [https://www.escardio.org/Journals/E-Journal-of-Cardiology-Practice/Volume-22/salt-and-hypertension-current-views?utm\\_source=social&utm\\_medium=twitter&utm\\_campaign=E-Journal-of-Cardiology-Practice#](https://www.escardio.org/Journals/E-Journal-of-Cardiology-Practice/Volume-22/salt-and-hypertension-current-views?utm_source=social&utm_medium=twitter&utm_campaign=E-Journal-of-Cardiology-Practice#).
- Zamroni, J. (2025) “Pengaruh Gaya Hidup Sehat terhadap Kesehatan Metabolik pada Remaja,” *Journal of Medical and Health Sciences*, 1(1), hlm. 1–4. Tersedia pada: <https://doi.org/10.71094/jmhs.v1i1.110>.
- Zilvitanafiandina, Z. dan Estri, B.A. (2026) “Hubungan Pengetahuan dengan Sikap Tentang Sadari pada Remaja Putri Kelas X di MAN 3 Sleman,” *JURNAL Riset RUMPUN ILMU KESEHATAN*, 5(2), hlm. 82–96. Tersedia pada: <https://doi.org/10.55606/jurrikes.v5i2.8741>.
- Zuhdi, M., Arduha, J. dan Taufik, M. (2020) “Keunggulan Pengukuran Tekanan Darah Menggunakan Tensimeter Digital Dibandingkan dengan Tensimeter Pegas,” 2(2).