

DAFTAR PUSTAKA

- Ahmed, Y. R., Sc, M., Hanfy, H. M., Ph, D., Kamal, W. M., & Ph, D. (2019). The effect of isometric hand grip on blood pressure in post menopausal hypertension. *The Medical Journal of Cairo University*, 87(5), 2685–2691.
<https://doi.org/10.21608/MJCU.2019.58501>
- Alligood, M. R. (2014). *Nursing theorists and their work*. In *Nursing Theorists and Their Work* (8th ed). Elsevier : Mosby
- Andari, F, N. (2019). Pengaruh pelatihan peregangan senam ergonomis terhadap penurunan skor nyeri musculoskeletal disorders (MSDs) pada perkerja pembuat kaleng alumunium. *Indonesian Jounal of Nursing Practices*.
<https://doi.org/10.18196/ijnp.v2i1.666>
- 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), 371–384.
<https://doi.org/https://doi.org/10.31539/jks.v2i1.382>
- Carlson, D. J., Dieberg, G., Hess, N. C., Millar, P. J., & Smart, N. A. (2014). Isometric exercise training for blood pressure management: A systematic review and meta-analysis. *Mayo Clinic Proceedings*, 89(3), 327–334.
<https://doi.org/10.1016/j.mayocp.2013.10.030>
- Carlson, D. J., Inder, J., Palanisamy, S. K. A., McFarlane, J. R., Dieberg, G., & Smart, N. A. (2016). The efficacy of isometric resistance training utilizing handgrip exercise for blood pressure management: A randomized trial. *Medicine (United States)*, 95(52).

<https://doi.org/10.1097/MD.0000000000005791>

Elvira, M., & Anggraini, N. (2019). Faktor-faktor yang berhubungan dengan kejadian hipertensi. *Jurnal Akademika Baiturrahim Jambi*, 8(1), 78.
<https://doi.org/10.36565/jab.v8i1.105>

Farah, B. Q., Germano-soares, A. H., Rodrigues, S. L. C., Santos, C. X., Barbosa, S. S., Vianna, L. C., ... Ritti-dias, R. M. (2017). Acute and chronic effects of isometric handgrip exercise on cardiovascular variables in hypertensive patients : A systematic review. *Journal Sports*, 5(3), 1–10.
<https://doi.org/10.3390/sports5030055>

Garg, R., Malhotra, V., Kumar, A., Dhar, U., & Tripathi, Y. (2014). Effect of isometric handgrip exercise training on resting blood pressure in normal healthy adults. *Journal of Clinical and Diagnostic Research*, 8(9), 10–12. <https://doi.org/10.7860/JCDR/2014/8908.4850>

Gusnilawati, G. (2018). Hubungan aktivitas fisik dan kuantitas tidur dengan kejadian hipertensi. *Jurnal Media Kesehatan*, 9(2), 152–159.
<https://doi.org/10.33088/jmk.v9i2.307>

Guyton, A.C & Hall, J. (2008). *Buku ajar fisiologi kedokteran (11th ed.)*. Jakarta: EGC

Hala M. Hanfy., & Mahmoud M. Fouad, M.D., W. M. K. P. D. . (2019). The effect of isometric hand grip on blood pressure in post menopausal hypertension. *The Medical Journal of Cairo University*, 87(9), 2685–2691.
<https://doi.org/10.21608/mjcu.2019.58501>

Hasanudin, Adriyani, V. M., & Perwiraningtyas, P. (2018). Hubungan aktivitas fisik dengan tekanan darah pada masyarakat penderita hipertensi di wilayah

- tlogosuryo kelurahan tlogomas kecamatan lowokwaru kota malang. *Journal Nursing News*, 3(1), 787–799
- Hatmawan, S. R. (2020). *Metode riset penelitian kuantitatif penelitian di bidang manajemen, teknik, pendidikan, dan eksperimen*. Yoyakarta: CV Budi Utama
- Insana, M. (2018). Gangguan rasa nyaman pada pasien hipertensi. *Jurnal Keperawatan Suaka Insan (Jksi)*, 3(Vol 3 No 2 (2018): Jurnal Keperawatan Suaka Insan (JKSI)), 2.
- Joeng, R. S., Au, M., Yauri, I., & Rumokoy, L. (2019). Pengaruh pilates exercise terhadap intensi dan keterampilan remaja putri dalam penanganan nyeri haid (dismenore) di SMP Negeri 13 Manado (Doctoral Dissertation, Universitas Katolik De La Salle).
- Jørgensen, M. G., Ryg, J., Danielsen, M. B., Madeleine, P., & Andersen, S. (2018). Twenty weeks of isometric handgrip home training to lower blood pressure in hypertensive older adults: A study protocol for a randomized controlled trial. *BMC Medical Central*, 19(97), 1–7. <https://doi.org/10.1186/s13063-018-2441-x>
- Jogiyanto. (2008). *Metodologi penelitian sistem informasi*. Yogyakarta: Andi Yogyakarta
- Karthikkeyan, K., Latha, K., & Gokulnathan, V. (2020). Effects of isometric handgrip exercise on blood pressure and its role in identifying hypertensive risk individuals. *International Journal of Contemporary Medical Research*, 7(2), 1–4. <https://doi.org/http://dx.doi.org/10.21276/ijcmr.2020.7.2.4>
- Kementerian Kesehatan RI. (2018). *Aktivitas fisik 150 menit per minggu agar*

- jantung sehat - Direktorat P2PTM* (Issue September 2018, pp. 4–5). Diakses tanggal 23 November 2022 <http://www.p2ptm.kemkes.go.id/infographic-p2ptm/hipertensi-penyakit-jantung-dan-pembuluh-darah/aktivitas-fisik-150-menit-per-minggu-agar-jantung-sehat>
- Kolcaba, K., Schirm, V., & Steiner, R. (2006). Effects of hand massage on comfort of nursing home residents. *Pubmed*, 27(2), 85-91.
- Lam, E. T. C. (2018). The benefits of isometric hand grip devices. *Research & Investigations in Sports Medicine*, 1(5), 73–74. <https://doi.org/10.31031/RISM.2018.01.000521>
- Lher, R. A. R. O., Ousa, I. O. C. S., Eruchi, L. U. I. Z. H. P., Eves, R. O. V. N., Osa, T. H. S. R., Erreira, A. P. P. F., & Oraes, M. I. R. M. (2018). A h a m -i h e h e p. 32(10), 2971–2977.
- Majumder, K., & Wu, J. (2014). Molecular targets of antihypertensive peptides: Understanding the mechanisms of action based on the pathophysiology of hypertension. *International Journal of Molecular Sciences*, 16(1), 256–283. <https://doi.org/10.3390/ijms16010256>
- Makruf, A. (2019). Bekam dan self help group terhadap tekanan darah dan kecemasan pada pasien hipertensi rawat jalan (studi di puskesmas soromandi kabupaten bima). Poltekkes Kemenkes Semarang.
- Manimala, J. (2015). Efficacy of isometric hand grip training to lower resting blood pressure : A systematic review and meta - analysis. *American College of Sports Medicine*, 14(7), 1–20
- McGowan, C. L., Proctor, D. N., Swaine, I., Brook, R. D., Jackson, E. A., & Levy, P. D. (2017). Isometric handgrip as an adjunct for blood pressure

- control: A primer for clinicians. *Current Hypertension Reports*, 19(6).
<https://doi.org/10.1007/s11906-017-0748-8>
- Mortimer, J., & Mckune, A. J. (2011). Effect of short-term isometric handgrip training on blood pressure in middle-aged females. *Africa Cardiovascular Journal of Africa*, 22(5), 257–260. <https://doi.org/10.5830/CVJA-2010-090>
- Naldi, F., Juwita, L., & Silvia, S. (2022). Pengaruh latihan isometrik untuk menurunkan tekanan darah pada penderita hipertensi. *REAL in Nursing Journal*, 5(1), 8–17.
<https://ojs.fdk.ac.id/index.php/Nursing/article/download/1496/633>
- Notoatmodjo, S. (2012). *Metodologi penelitian kesehatan*. Rineka Cipta.
- Nursalam. (2016). *Metodologi penelitian ilmu keperawatan : Pendekatan Praktis*. Jakarta : Salemba Medika
- Ogbutor, G., Nwangwa, E., Uyagu, D., & Pract, N. J. C. (2019). Isometric handgrip exercise training attenuates blood pressure in prehypertensive subjects at 30% maximum voluntary contraction. *Nigerian Journal of Clinical Practice*, 22(12), 1765–1771. <https://doi.org/10.4103/njcp.njcp>
- Okamoto, T., Hashimoto, Y., & Kobayashi, R. (2019). 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*, 7(1), 1–7. <https://doi.org/10.1007/s40520-019-01330-3>
- Owen, A., Wiles, J., & Swaine, I. (2010). Effect of isometric exercise on resting blood pressure: a meta analysis. *Journal of Human Hypertension*, 24(12), 796–800. <https://doi.org/10.1038/jhh.2010.13>

- Peters, P. G., Alessio, H. M., Hagerman, A. E., Ashton, T., Nagy, S., & Wiley, R. L. (2006). Short-term isometric exercise reduces systolic blood pressure in hypertensive adults : Possible role of reactive oxygen species. 110, 199–205. <https://doi.org/10.1016/j.ijcard.2005.07.035>
- Polit, D. F., & Beck, C. T. (2012). Nursing research: generating and assesing evidence for nursing practice (edition 9). Lippincott.
- Pratama, I. B. A., Fathnin, F. H., & Budiono, I. (2020). Analisis faktor yang mempengaruhi hipertensi di wilayah kerja puskesmas kedungmundu. *Prosiding Seminar Nasional Pascasarjana UNNES*, 3(1), 408–413.
- Pratiwi, A. (2020). Isometri chandgrip exercise pada pasien hipertensi: literature review. *Proceeding Seminar Nasional Keperawatan*. <http://www.conference.unsri.ac.id/index.php/SNK/article/view/1733>
- Purnomo, E., Irianto, J. P., & Mansur, M. (2020). Respons molekuler beta endorphin terhadap variasi intensitas latihan pada atlet sprint. *Jurnal Keolahragaan*, 8(2), 183–194. <https://doi.org/10.21831/jk.v8i2.33833>
- Rahmawati, E., Dewi, A., & Sari, N. K. (2018). Perbandingan isometric handgrip exercise dan jalan kaki terhadap tekanan darah sistolik dan tekanan darah diastolik pada pasien hipertensi. *Jurnal Stikes Notokusumo*, VI(1), 12–23. <http://jurnal.stikes-notokusumo.ac.id/index.php/jkn/article/view/66>
- Sabar, S. (2015). Pengaruh isometric handgrip exercise terhadap perubahan tekanan darah. *Universitas Indonesia* (Tesis). Diakses dari <https://lib.ui.ac.id/detail?id=20404253&lokasi=lokal>
- Sefia Nurindra, M. Y., B.Herman, R., & Yenita, Y. (2016). Perbandingan tekanan darah sebelum dan sewaktu melakukan handgrip isometric exercise pada

- mahasiswa angkatan 2011 fakultas kedokteran universitas andalas. *Jurnal Kesehatan Andalas*, 5(2), 443–447. <https://doi.org/10.25077/jka.v5i2.537>
- Silva, G. O., Farah, B. Q., Germano-Soares, A. H., Andrade-Lima, A., Santana, F. S., Rodrigues, S. rgio L. C., & Ritti-Dias, R. M. (2018). Acute blood pressure responses after different isometric handgrip protocols in hypertensive patients. *Journal Clinics*, 17(10), 1–6. <https://doi.org/10.6061/clinics/2018/e373>
- Sopiyudin, D. (2018). *Langkah-langkah membuat proposal penelitian bidang kedokteran dan kesehatan*. Jakarta. Sagung Seto.
- Sugiyono. (2018). *Metode penelitian kuantitatif*. Alfabeta.
- Stefani, L., Mascherini, G., Tosi, B., & Galanti, G. (2019). Hypertension today: Role of sports and exercise medicine. *Journal of Hypertension And Cardiology*, 2(4), 20–27. <https://doi.org/10.14302/issn.2329>
- Widiana, I. M. R., & Luh Seri Ani. (2017). Prevalensi dan karakteristik hipertensi pada pralansia dan lansia di Dusun Tengah, Desa Ulakan, Kecamatan Manggis. <https://garuda.kemdikbud.go.id/documents/detail/1356828>
- Widiastuti. (2010). Perbedaan kadar nitric oxide dan derajat stenosis pada penderita penyakit jantung koroner dengan dan tanpa diabetes melitus. Semarang. *Semantic Scholar*. Diakses dari <https://www.semanticscholar.org/paper/PERBEDAAN-KADAR-NITRIC-OXIDE DAN-DERAJAT-STENOSIS-OF>
- Widiastuti/0cb727a2ca4401a84ed87e380993c7cec194dc0a