

DAFTAR PUSTAKA

1. World Health Organization. Global Health Estimates 2016: Disease burden by Cause, Age, Sex, by Country and by Region, 2000-2016 [Internet]. Geneva: World Health Organization; 2018. Available from: http://www.who.int/healthinfo/global_burden_disease/en/
2. World Health Organization. Non-communicable diseases: Country Profiles 2018 [Internet]. Switzerland: World Health Organization; 2018. Available from: <https://www.who.int/nmh/publications/ncd-profiles-2018/en/>
3. World Health Organization. A Global Brief on Hypertension [Internet]. Geneva: World Health Organization; 2013. Available from: https://www.who.int/cardiovascular_diseases/publications/global_brief_hypertension/en/
4. Pusat Data dan Informasi Kementerian Kesehatan RI. Hipertensi [Internet]. Kementerian Kesehatan Republik Indonesia. Jakarta; 2014. Available from: <http://www.depkes.go.id/folder/view/01/structure-publikasi-pusdatin-info-datin.html>
5. Zhou B, Bentham J, Di Cesare M, Bixby H, Danaei G, Cowan MJ, et al. Worldwide trends in blood pressure from 1975 to 2015: a pooled analysis of 1479 population-based measurement studies with 19.1 million participants. *Lancet*. 2017;389(10064):37–55.
6. Badan Penelitian dan Pengembangan Kesehatan. Riset Kesehatan Dasar 2013. Jakarta: Kementerian Kesehatan RI; 2013.
7. Badan Penelitian dan Pengembangan Kesehatan. Riset Kesehatan Dasar 2018. Kementerian Kesehatan Republik Indonesia. Jakarta: Kementerian Kesehatan RI; 2018. 1–100 p.
8. Dinas Kesehatan Provinsi Sumatera Barat. Profil Kesehatan Sumatera Barat 2017. 2017.
9. Dinas Kesehatan Kota Padang. Profil Kesehatan Kota Padang 2017. Padang; 2017.
10. Dinas Kesehatan Kota Padang. Laporan Tahunan Tahun 2017. 2018.

Padang; 2018.

11. Chobanian A V. The Seventh Report of the Joint National Committee on Prevention , Detection , Evaluation , and Treatment of High Blood Pressure [Internet]. Vol. 289, National Institutes of Health. 2004. Available from: <http://hyper.ahajournals.org/content/42/6/1206.short>
12. American College of Cardiology, American Heart Association. 2017 Guidelines for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults. 2017.
13. Pescatello LS, Arena R, Riebe D, Thompson PD. ACSM Guidelines for Exercise Testing and Prescription, Ninth Edition. 9th ed. Pescatello LS, Arena R, Riebe D, Thompson PD, editors. Lippincott Williams and Wilkins. 2014.
14. Kubota Y, Evenson KR, Maclehorse RF, Roetker NS, Joshi CE, Folsom AR. Physical activity and lifetime risk of cardiovascular disease and cancer. *Med Sci Sports Exerc.* 2017;49(8):1599–605.
15. World Health O. Global recommendations on physical activity for health. Geneva World Heal Organ. 2011;
16. Gielen S, Schuler G, Adams V. Cardiovascular effects of exercise training: Molecular mechanisms. *Circulation.* 2010;122(12):1221–38.
17. Muhadi. JNC-8 : Evidence-based Guideline Penanganan Pasien Hipertensi Dewasa. *CDK.* 2016;43(1):54–9.
18. Zaleski A. Exercise for the Prevention and Treatment of Hypertension - Implications and Application [Internet]. American College of Sports Medicine. 2019. Available from: <https://www.acsm.org/blog-detail/acsm-certified-blog/2019/02/27/exercise-hypertension-prevention-treatment>
19. Eckel RH, Jakicic JM, Ard JD. 2013 AHA/ACC Guideline on Lifestyle Management to Reduce Cardiovascular Risk. *Circulation.* 2014;129(suppl 2):76–99.
20. Wen H, Wang L. Reducing effect of aerobic exercise on blood pressure of essential hypertensive patients. *Med (United States).* 2017;96(11).
21. Cornelissen VA, Fagard RH. Effects of endurance training on blood pressure, blood pressure-regulating mechanisms, and cardiovascular risk

- factors. *Hypertension*. 2005;46(4):667–75.
22. Kang SJ, Kim EH, Ko KJ. Effects of aerobic exercise on the resting heart rate, physical fitness, and arterial stiffness of female patients with metabolic syndrome. *J Phys Ther Sci*. 2016;28(6):1764–8.
 23. Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. *Lancet Glob Heal*. 2018;6(10):e1077–86.
 24. Herwati H, Sartika W. Terkontrolnya Tekanan Darah Penderita Hipertensi Berdasarkan Pola Diet dan Kebiasaan Olahraga Di Padang Tahun 2011. 2014;8(1):8–14.
 25. Putriastuti L. Analisis Hubungan Antara Kebiasaan Olahraga dengan Kejadian Hipertensi pada Pasien Usia 45 tahun Keatas. *J Berk Epidemiol*. 2016;4(2):225–36.
 26. Fitri Y, Mulyani NS, Fitriyaningsih E, Suryana S. Pengaruh Pemberian Aktivitas Fisik (Aerobic Exercise) Terhadap Tekanan Darah, IMT, dan RLPP pada Wanita Obesitas. *Aceh Nutr J*. 2016;1(2):105–10.
 27. Afriwardi. Ilmu Kedokteran Olahraga. Dany F, editor. Jakarta: EGC; 2010.
 28. Charles B, Robert P, Don B. Definitions: Health, Fitness, and Physical Activity. *Res Dig Defin [Internet]*. 2000;3(9):1–9. Available from: http://mmfitness.gov/activity/activity2/digest_mar2000/digest_mar2000.html
 29. Caspersen CJ, Powell KE, Christenson GM. Physical Activity, Exercise, and Physical Fitness: Definition and Distinctions for Health-Related Research. *Notes Queries*. 1985;100(2):126–31.
 30. Kemenkes RI. Pembinaan Kesehatan Olahraga Indonesia. Jakarta: InfoDATIN; 2015.
 31. Patel PN, Zwibel H. Physiology Exercise. *StatPearls*. 2018.
 32. Irawan MA. Metabolisme Energi Tubuh dan Olahraga. *Polt Sport Sci Perform Lab [Internet]*. 2007;01. Available from: www.pssplab.com
 33. Plowman S, Smith D. Exercise Physiology for Health, Fitness, and Performance. 3rd ed. Philadelphia: Lippincott Williams & Wilkins; 2010.

744 p.

34. McArdle WD, Katch FI, Katch VL. *Essentials of Exercise Physiology*. 5th ed. North American: Wolters Kluwer; 2015. 972 p.
35. Mersy DJ. Health benefits of aerobic exercise. *Postgrad Med*. 1991;90(1):103–12.
36. Howley ET. Type of activity: resistance, aerobic and leisure versus occupational physical activity. *Med Sci Sports Exerc*. 2001;33(Supplement):S364–9.
37. Hall JE. *Guyton and Hall Buku Ajar Fisiologi Kedokteran*. 12th ed. I E, Ilyas I, editors. Jakarta: Saunders Elsevier; 2014.
38. Sherwood L. *Fisiologi Manusia dari Sel ke Sistem*. 8th ed. EGC; 2016.
39. Grotenhuis HB, De Roos A. *Anatomy and Physiology of the Cardiovascular System*. In: *Heart*. Jones and Bartlett Publisher; 2011. p. 66–74.
40. James PA, Oparil S, Carter BL, Cushman WC. 2014 Evidence-Based Guideline for the Management of High Blood Pressure in Adults (JNC 8). *JAMA*. 2014;311(5):507–20.
41. Soenarta AA, Erwinanto, Mumpuni ASS, Barack R, Lukito AA, Hersunarti N, et al. *Pedoman Tatalaksana Hipertensi pada Penyakit Kardiovaskular*. 1st ed. Vol. 1, Indonesian Heart Association. Jakarta: Perhimpunan Dokter Spesialis Kardiovaskular Indonesia (PERKI); 2015.
42. Turana Y, Widyantoro B. *Buku Ajar Hipertensi*. Jakarta: Perhimpunan Dokter Hipertensi Indonesia; 2017.
43. Saxena T, Ali AO, Saxena M. Pathophysiology of essential hypertension: an update. *Expert Rev Cardiovasc Ther* [Internet]. 2018;16(12):879–87. Available from: <https://doi.org/10.1080/14779072.2018.1540301>
44. Brook RD, Julius S. Autonomic Imbalance, Hypertension, and Cardiovascular Risk. *Am J Hypertens*. 2000;13(6):112–22.
45. Beevers DG, Robertson JIS. A Short History of the Study of Hypertension. In: *Comprehensive Hypertension* [Internet]. First Edit. Elsevier Inc.; 2007. p. 3–20. Available from: <http://dx.doi.org/10.1016/B978-0-323-03961-1.50004-0>

46. Oparil S, Acelajado MC, Bakris GL, Berlowitz DR. Hypertension. Primer. 2018;4:175–94.
47. Perhimpunan Dokter Hipertensi Indonesia. Konsensus Penatalaksanaan Hipertensi 2019. Lukito AA, Harmeiwaty E, Hustrini NM, editors. Jakarta: Indonesian Society of Hypertension; 2019.
48. Whelton SP, Chin A, Xin X, He J. Effect of aerobic exercise on blood pressure: A meta-analysis of randomized, controlled trials. *Ann Intern Med*. 2002;
49. Borjesson M, Onerup A, Lundqvist S, Dahlof B. Physical activity and exercise lower blood pressure in individuals with hypertension: Narrative review of 27 RCTs. *Br J Sports Med*. 2016;50(6):356–61.
50. Pescatello LS, Franklin BA, Fagard R. Exercise and Hypertension. *Med Sci Sport Exerc*. 2004;533–53.
51. Cardoso CG, Gomides RS, Queiroz ACC, Pinto LG, Lobo F da S, Tinucci T, et al. Acute and chronic effects of aerobic and resistance exercise on ambulatory blood pressure. *Clinics*. 2010;65(3):317–25.
52. He LI, Wei W ren, Can Z. Effects of 12-week brisk walking training on exercise blood pressure in elderly patients with essential hypertension: a pilot study. *Clin Exp Hypertens*. 2018;40(7):673–9.
53. Punia S, Kulandaivelan S, Singh V, Punia V. Effect of Aerobic Exercise Training on Blood Pressure in Indians: Systematic Review. *Int J Chronic Dis*. 2016;2016:1–8.
54. Schroeder EC, Franke WD, Sharp RL, Lee D chul. Comparative effectiveness of aerobic, resistance, and combined training on cardiovascular disease risk factors: A randomized controlled trial. *PLoS One*. 2019;14(1):1–14.
55. Sastroasmoro S, Ismael S. Dasar-dasar Metodologi Penelitian Klinis. 5th ed. Jakarta: Sagung Seto; 2014.
56. Dahlan MS. Besar Sampel dan Cara Pengambilan Sampel dalam Penelitian Kedokteran dan Kesehatan. 3rd ed. Suslia A, editor. Jakarta: Salemba Medika; 2010.
57. Ramanto Saputra B, . R, Sis Indrawanto I. Profil Penderita Hipertensi Di

- RSUD Jombang Periode Januari-Desember 2011. *Saintika Med.* 2017;9(2):116.
58. Artiyaningrum B, Azam M, Artikel I. Faktor-Faktor Yang Berhubungan Dengan Kejadian Hipertensi Tidak Terkendali Pada Penderita Yang Melakukan Pemeriksaan Rutin. *Public Heal Perspect J.* 2016;1(1):12–20.
59. Alsairafi M, Alshamali K, Al-rashed A. Effect of Physical Activity on Controlling Blood Pressure among Hypertensive Patients from Mishref Area of Kuwait. *Eur J Gen Med.* 2010;7(4):377–84.
60. Ismanto I. Hubungan olahraga terhadap tekanan darah penderita hipertensi rawat jalan di Rumah Sakit PKU Muhammadiyah Surakarta. Universitas Muhammadiyah Surakarta; 2013.
61. Buford TW. Hypertension and aging. *Ageing Res Rev* [Internet]. 2016;26:96–111. Available from: <http://dx.doi.org/10.1016/j.arr.2016.01.007>
62. Sun Z. Aging, arterial stiffness, and hypertension. *Hypertension.* 2015;65(2):252–6.
63. Suoth M, Bidjuni H, Malara RT, Studi P, Keperawatan I, Kedokteran F, et al. Hubungan gaya hidup dengan kejadian hipertensi di Puskesmas Kolongan Kecamatan Kalawat Kabupaten Minahasa Utara. *Ejournal Keperawatan.* 2014;2(1).
64. Benjamin EJ, Blaha MJ, Chiuve SE, Cushman M, Das SR, Deo R, et al. Heart Disease and Stroke Statistics – 2017 Update: A Report from the American Heart Association. Vol. 135, *Circulation.* 2017.
65. Kumar V, Abbas A, Fausto N, Aster J. *Robn and Cotran Pathologic Basis of Disease.* 7th ed. Philadelphia: Elsevier Saunders; 2005. 528–529 p.
66. Notoatmodjo S. *Promosi Kesehatan dan Ilmu Perilaku.* Jakarta: Rineka Cipta; 2010.
67. Rahadiyanti LS. Hubungan Kebiasaan Berolahraga Jalan Kaki Dengan Kontrol Tekanan Darah Pada Pasien Hipertensi Di RSUPN Cipto Mangunkusumo Jakarta. [Skripsi] UIN Syarif Hidayatullah Jakarta, Fakultas Kedokt. 2013;1–14.
68. Gkaliagkousi E, Gavriilaki E, Douma S. Effects of acute and chronic

exercise in patients with essential hypertension: Benefits and risks. *Am J Hypertens*. 2015;28(4):429–39.

69. Craighead DH, Freeberg KA, Seals DR. The protective role of regular aerobic exercise on vascular function with aging. *Curr Opin Physiol* [Internet]. 2019;10(Figure 1):55–63. Available from: <https://doi.org/10.1016/j.cophys.2019.04.005>

