

## DAFTAR PUSTAKA

- Aourell, M., Skoog, M., & Carleson, J. (2023). Effects of Swedish massage on blood pressure. *Complementary Therapies in Clinical Practice*, 11(4), 242–246. <https://doi.org/10.1016/j.ctcp.2023.02.008>
- Bayrakdaroğlu, S., Eken, Ö., Bayer, R., Yagin, F. H., Kızılet, T., Kayhan, R. F., & Ardigò, L. P. (2024). Effects of Swedish Massage at Different Times of the Day on Dynamic and Static Balance in Taekwondo Athletes. *Healthcare (Switzerland)*, 12(2). <https://doi.org/10.3390/healthcare12020165>
- Cheng, W., Du, Y., Zhang, Q., Wang, X., He, C., He, J., Jing, F., Ren, H., Guo, M., Tian, J., & Xu, Z. (2022). Age-related changes in the risk of high blood pressure. *Frontiers in Cardiovascular Medicine*, 9(September), 1–10. <https://doi.org/10.3389/fcvm.2022.939103>
- Fadhila Rahmadini, N., Nasywa, A. S., Sri Padam Puspita, N. made, Aulia Binti Amir, N., Putri Atari, S., Sastra Paradhini, T., & Hunaifi, I. (2023). Study literature: patomekanisme gangguan kognitif pada pasien hipertensi. *Ilmu Kedokteran Dan Kesehatan*, 10.
- Golafshan, F., & Shafieyoon, M. (2024). *Hypertension and chronic kidney disease; a mutual relationship*. 13(Mar). <https://doi.org/10.34172/jrip.2024.32277>
- Hajar, S., Nadia, N., & Haziyah, N. (2023). *Nota stk 20103 swedish massage*. <https://anyflip.com/kdaik/ahoh/basic>
- Indra, R. L., Saputra, B., & Rasyid, T. A. (2024). *Identifikasi Hambatan Pelaksanaan Evidence-Based Nursing oleh Perawat Identification of Barriers to the Implementation of Evidence-Based Nursing by Nurses*. 10(September), 442–448.
- Isnaini, H., Husna, A., Pramaningtyas, M. D., Kedokteran, P. F., Indonesia, U. I., Fisiologi, D., Kedokteran, F., Indonesia, U. I., Artikel, I., Tubuh, I. M., Darah, T., Perpustakaan, T., Perpustakaan, P., Tinggi, P., & Education, J. (2024). *PADA TENAGA PERPUSTAKAAN UNIVERSITAS ISLAM*. 12(3), 14–20.

- Jayanti, I. G. A. N., Wiradnyani, N. K., & Ariyasa, I. G. (2017). Hubungan pola konsumsi minuman beralkohol terhadap kejadian hipertensi pada tenaga kerja pariwisata di Kelurahan Legian. *Jurnal Gizi Indonesia (The Indonesian Journal of Nutrition)*, 6(1), 65–70. <https://doi.org/10.14710/jgi.6.1.65-70>
- Jin Hee, K., & Rekha, T. (2024). *Hypertension in an ageing population : diagnosis, mechanisms, collateral health risks, treatments, and clinical challenge.* 98(102344). <https://doi.org/https://doi.org/10.1016/j.arr.2024.102344>
- KC, K., Katwal, S., Yadav, G. K., Adhikari, A., Thapa, R. K., Jha, S. K., Sharma, A., Rijal, T., Giri, S., & Khadka, S. (2023). Family history of hypertension and its relation to other variables in hypertensive patients: a cross-sectional study from a tertiary care hospital. *International Journal of Surgery: Global Health*, 6(5). <https://doi.org/10.1097/gh9.0000000000000235>
- Kemenkes. (2024a). *Ketahui Komplikasi Tekanan Darah Tinggi.* [https://keslan.kemkes.go.id/view\\_artikel/3616/ketahui-komplikasi-tekanan-darah-tinggi?utm\\_source=chatgpt.com](https://keslan.kemkes.go.id/view_artikel/3616/ketahui-komplikasi-tekanan-darah-tinggi?utm_source=chatgpt.com)
- Kemenkes. (2024b). *Mengenal penyakit hipertensi.* <https://upk.kemkes.go.id/new/mengenal-penyakit-hipertensi>
- Konsesus. (2021). KONSENSUS PENATALAKSANAAN HIPERTENSI 2021: Update Konsensus PERHI 2019. *I-Hefcard.Com*, 118. [http://www.inash.or.id/upload/event/event\\_Update\\_konsensus\\_2019123191.pdf](http://www.inash.or.id/upload/event/event_Update_konsensus_2019123191.pdf)
- Li'wuliyya, S. (2024). Alternatif Pilihan Intervensi Non-Farmakologi Terhadap Penurunan Tekanan Darah Penderita Hipertensi: Systematic Review. *Quality : Jurnal Kesehatan*, 18(1), 27–38. <https://doi.org/10.36082/qjk.v18i1.1247>
- Maryani, Irawati, Siagian, L., Afrianti, S., & Novizar Syah, R. (2024). Alternatif Therapi Komplementer Swedish Massage untuk menurunkan tekanan darah. *Media Abdimas*, 3(2), 33–37. <https://doi.org/10.37817/mediaabdimas.v3i2.3726>
- McCarthy, C. P., Bruno, R. M., Brouwers, S., Canavan, M. D., Ceconi, C., Christodorescu, R. M., Daskalopoulou, S. S., Ferro, C. J., Gerdts, E., Hanssen, H., Harris, J., Lauder, L., McManus, R. J., Molloy, G. J., Rahimi, K., Regitz-

- Zagrosek, V., Rossi, G. P., Sandset, E. C., Scheenaerts, B., ... McEvoy, J. W. (2024). 2024 ESC Guidelines for the management of elevated blood pressure and hypertension. *European Heart Journal*, 45(38), 3912–4018. <https://doi.org/10.1093/eurheartj/ehae178>
- Moghadasi, M., Mohebbi, Z., Homayouni, K., & Nikoo, M. (2021). Cardiorespiratory effect of Swedish back massage in hypertensive patients: a randomized clinical trial. *Arterial Hypertension*, 159–163. <https://doi.org/10.5603/AH.a2021.0026>
- Nadila Eka, M., Ermawati Ulkhasanah, M., & Mursudarinah. (2025). Pengaruh swedia massage terhadap tekanan darah dan nadi pada penderita hipertensi. *Jurnal Penelitian Perawat Profesional*, 7. <https://doi.org/10.1136/bmj.2.5474.1333>
- Nursalim, A. J., Sumual, V., & Sumanti, E. (2019). Perbandingan Ketebalan Retina Sentral Pasien Hipertensi Esensial tanpa Penurunan Visus Dibanding Orang Normal. *E-CliniC*, 7(2), 77–82. <https://doi.org/10.35790/ecl.v7i2.23977>
- Nursiswati, N., Sugiharto, F., & Maniatunufus, M. (2023). Pengaruh Terapi Swedish Massage dalam Menurunkan Tekanan Darah pada Pasien Hipertensi : Sebuah Narrative Review. *Malahayati Nursing Journal*, 5(4), 1234–1252. <https://doi.org/10.33024/mnj.v5i4.8346>
- Oktavianti, R. A., & Podesta, A. (2023). *Pengaruh Pijat Swedia Terhadap Tekanan Darah Pada Pasien Hipertensi Di Puskesmas Citra Medika Kota Lubuklinggau The Effect Of Swedish Massage On Blood Pressure In Hypertensive Patients At Citra Medika Health Center Lubuklinggau City*. 1(2), 49–54.
- Oktianingsih, T., Anwar, S., Nurhayati, & Khasanah, U. (2022). Efektifitas Teknik Relaksasi Otot Progresif Dan Teknik Swedish Massage Terhadap Hipertensi. *Jurnal Keperawatan*, 14(September), 535–542. <http://journal2.stikeskendal.ac.id/index.php/keperawatan/article/view/405>
- Olin, B. R., & Pharm, D. (2018). *Hypertension : The Silent Killer : Updated JNC-8 Guideline Recommendations*.
- Polopadang, V., & Hidayah, N. (2019). Proses keperawatan: pendekatan teori dan praktik. In *Sustainability (Switzerland)* (Vol. 11, Issue 1). Yayasan Pemberdayaan

- Masyarakat Indonesia Cerdas.  
[http://scioteca.caf.com/bitstream/handle/123456789/1091/RED2017-Eng-8ene.pdf?sequence=12&isAllowed=y%0Ahttp://dx.doi.org/10.1016/j.regsciurbe.co.2008.06.005%0Ahttps://www.researchgate.net/publication/305320484\\_SISTEM PEMBETUNGAN\\_TERPUSAT\\_STRATEGI\\_MELESTARI](http://scioteca.caf.com/bitstream/handle/123456789/1091/RED2017-Eng-8ene.pdf?sequence=12&isAllowed=y%0Ahttp://dx.doi.org/10.1016/j.regsciurbe.co.2008.06.005%0Ahttps://www.researchgate.net/publication/305320484_SISTEM PEMBETUNGAN_TERPUSAT_STRATEGI_MELESTARI)
- Pradono, J., Kusumawardani, N., & Rachmalina, R. (2020). Hipertensi : Pembunuh Terselubung Di Indonesia. In *Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan RI*. <https://repository.kemkes.go.id/book/10>
- Prasetyo, R. F., & Prajanty, E. D. (2024). *Penerapan Swedish Massage untuk Menurunkan Tekanan Darah pada Lansia Hipertensi di Kelurahan Mojosongo Kota Surakarta*. 3.
- Putri, N. F., & Rosyid, F. N. (2024). *Effect of complementary therapy to blood pressure reduction in patients with hypertension: A literature review*. 07(5), 559–567.
- Ritanti, W., & Sari, S. . (2019). Pengaruh swedish massage terhadap penurunan tekanan darah pada lansia hipertensi. *Keperawatan Fakultas Teknik, Universitas Muhammadiyah Tangerang*.
- Setiyawan, A. Y., Mahayanti, A., & Widianti, C. R. (2024). Hubungan Aktivitas Fisik dengan Derajat Hipertensi pada Lansia Peserta Prolanis di Puskesmas Ngawen 2 Kabupaten Gunungkidul. *Journal of Health (JoH)*, 11(2), 175–181.
- Silva, G. S., de Andrade, J. B. C., Martins, E. B., Santo, K., & Julia Machline-Carrión, M. (2024). Blood pressure management to prevent recurrent stroke: current evidence and perspectives. *Npj Cardiovascular Health*, 1(1). <https://doi.org/10.1038/s44325-024-00021-x>
- Tim Pokja SDKI DPP PPNI. (2018). *Standar diagnosis keperawatan indonesia (SDKI)* (1st ed.). Persatuan Perawat Indonesia.
- Tim Pokja SIKI DPP PPNI. (2018). *Standar intervensi keperawatan indonesia (SIKI)* (1st ed.). Persatuan Perawat Indonesia.
- Ummah, M. S. (2019). Pedoman penulisan evidence based nursing. *Sustainability (Switzerland)*, 11(1), 1–14.

- <http://scioteca.caf.com/bitstream/handle/123456789/1091/RED2017-Eng-8ene.pdf?sequence=12&isAllowed=y%0A><http://dx.doi.org/10.1016/j.regscurbe>co.2008.06.005%0A
- [https://www.researchgate.net/publication/305320484\\_SISTEM PEMBETUNGAN\\_TERPUSAT\\_STRATEGI\\_MELESTARI](https://www.researchgate.net/publication/305320484_SISTEM PEMBETUNGAN_TERPUSAT_STRATEGI_MELESTARI)
- W., Y. C., Mariell, J., Biykem, B., Javed, B., E., C. D., M., C. M., H., D. M., S., F. G., C., F. G., M., G. M., M., H. S., JoAnn, L., A., M. F., E., M. P., N., P. P., Warner, S. L., & Cheryl, W. (2017). 2017 ACC/AHA/HFSA Focused Update of the 2013 ACCF/AHA Guideline for the Management of Heart Failure. *JACC*, 70(6), 776–803. <https://doi.org/10.1016/j.jacc.2017.04.025>
- WHO. (2012). *Guideline : Sodium intake for adults and children.*
- WHO. (2023). *Hypertension.* [https://www-who-int.translate.goog/news-room/factsheets/detail/hypertension?\\_x\\_tr\\_sl=en&\\_x\\_tr\\_tl=id&\\_x\\_tr\\_hl=id&\\_x\\_tr\\_pto=tc](https://www-who-int.translate.goog/news-room/factsheets/detail/hypertension?_x_tr_sl=en&_x_tr_tl=id&_x_tr_hl=id&_x_tr_pto=tc)
- Yamato, I., Kansui, Y., Matsumura, K., Inoue, M., Ibaraki, A., Sakata, S., Arima, H., Goto, K., & Kitazono, T. (2025). Correction: Impact of smoking status on incident hypertension in a Japanese occupational population(Hypertension Research, 10.1038/s41440-024-01996-x). *Hypertension Research*, 180–188. <https://doi.org/10.1038/s41440-025-02158-3>
- Yang, G., Khan, A., Liang, W., Xiong, Z., & Stegbauer, J. (2024). Aortic aneurysm: pathophysiology and therapeutic options. *MedComm*, 5(9), 1–28. <https://doi.org/10.1002/mco2.703>
- Yeo, W. J., Abraham, R., Surapaneni, A. L., Schlosser, P., Ballew, S., Ozkan, B., Flaherty, C. M., Yu, B., Bonventre, J. V., Parikh, C., Kimmel, P. L., Vasan, R. S., Coresh, J., & Grams, M. E. (2024). Sex Differences in Hypertension and Its Management Throughout Life. *Hypertension, November*, 2263–2274. <https://doi.org/10.1161/HYPERTENSIONAHA.124.22980>
- Yolanda, A., Diana, F. M., & Arza, P. A. (2024). *The risk factors of sodium , potassium intake , and physical activity on hypertension in the elderly.* 44(3), 30–37. <https://doi.org/10.12873/443diana>