

DAFTAR PUSTAKA

- Amalia, A. R., & Usviany, V. (2023). Evaluasi Efek Samping Obat Antihipertensi pada Pasien di RSAU Dr. M Salamun Periode Juni 2023. *Helath Infromation*, 15(2), 1–10.
- Amin. (2020). Faktor Risiko Modifikasi Perawatan Hipertensi. *Seminar Nasional Publikasi*, 5, 46–54.
- Apryanto, F. (2016). Pengaruh Latihan Teknik Slow Breathing Exercise terhadap Penurunan Tekanan Darah pada Pasien Hipertensi Essensial. *Jurnal Ilmiah Kesehatan Indonesia*, 5(1), 19–26.
- Aspiani, R. Y. (2015). *Buku Ajar Asuhan Keperawatan Klien Gangguan Kardiovaskular: Aplikasi NIC & NOC* (W. Praptiani, Ed.). EGC.
- Bachrudin, M., & Najib, M. (2016). *Modul Bahan Ajar Cetak Keperawatan Keperawatan Medikal Bedah I* (H. Purwanto, Ed.; 1st ed.). Pusat Pendidikan Sumber Daya Manusia Kesehatan BPPSDMK.
- BPS. (2023). *Prevalensi Tekanan Darah Tinggi Menurut Provinsi 2016-2018*. Berdasarkan Pusat Statistik . <https://www.bps.go.id/id>
- Brandt, T., & Daroff, R. B. (1980). Physical Therapy for Benign Paroxysmal Positional Vertigo. *Archives of Otolaryngology - Head and Neck Surgery*, 106(8), 484–485. <https://doi.org/10.1001/archotol.1980.00790320036009>

- Cahalin, L. P., & Arena, R. A. (2015). Breathing Exercises and Inspiratory Muscle Training in Heart Failure. *Heart Failure Clinics*, 11(1), 149–172. <https://doi.org/10.1016/j.hfc.2014.09.002>
- Challa, H. J., Ameer, M. A., & Uppaluri, K. R. (2023). *DASH Diet To Stop Hypertension*. <https://www.ncbi.nlm.nih.gov/books/NBK482514/>
- Das, R. R., Sankar, J., & Kabra, S. K. (2022). Role of Breathing Exercises in Asthma Yoga and Pranayama. *Indian Journal of Pediatrics*, 89(2), 174–180. <https://doi.org/10.1007/s12098-021-03998-w>
- Dilianti, I. E., Candrawati, E., & W, R. C. A. (2020). Efektivitas Hidroterapi Terhadap Penurunan Tekanan Darah Pada Lansia Penderita Hipertensi Di Panti Werdah Al- Islah Malang. *Nursing News*, 2(3), 193–206.
- Dinkes Kota Padang. (2023). *Profil Kesehatan Kota Padang Tahun 2023*.
- Ekaputri, M., Susanto, G., Paryono, Kusumaningtiyas, D. P. H., Aisyah, Al Farisi, M. F., Naryati, Nur, S., & Kosim, M. Y. (2024). *Proses Keperawatan: Konsep, Implementasi, dan Evaluasi* (T. Media, Ed.). Tahta Media Group.
- Ekarini, N. L. P., Wahyuni, J. D., & Sulistyowati, D. (2020). Faktor -Faktor yang Berhubungan dengan Hipertensi pada Usia Dewasa. *Jurnal Keperawatan*, 5(1), 61–73.

Faradina Aghadiati. (2023). Gambaran Pengetahuan Tentang Pencegahan Kekambuhan Hipertensi Pada Lansia di Puskesmas Olak Kemang Kota Jambi. *Nightingale Journal of Nursing*, 2(1), 55–68.

Friedman, M. M., Bowden, V. R., & Jones, E. G. (2010). *Buku Ajar Keperawatan Keluarga: Riset, Teori, dan Praktek* (5th ed.). EGC.

Gamboa, A., Nian, H., Smith, E. C., Paranjape, S., Nelson, K., Abraham, R., Diedrich, A., & Birdee, G. (2022). 12 - weeks of Slow Breathing Exercises Reduces Blood Pressure among Healthy Normotensive Subjects. *Med R Xiv*. <https://doi.org/10.1101/2022.08.30.22279389>

Goso, Y., Asanoi, H., Ishise, H., Kameyama, T., Hirai, T., Nozawa, T., Takashima, S., Umeno, K., & Inoue, H. (2001). Respiratory Modulation of Muscle Sympathetic Nerve Activity in Patients With Chronic Heart Failure. *Circulation*, 104(4), 418–423. <https://doi.org/10.1161/hc2901.093111>

Hasanudin, Ardiyani, V. M., & Perwiraningtyas, P. (2018). Hubungan Aktivitas Fisik dengan Tekanan Darah pada Masyarakat Penderita Hipertensi di Wilayah Tlogosuryo Kelurahan Tlogomas Kecamatan Lowokwaru Kota Malang. *Nursing News*, 3(1), 787–799.

Husaini, F., & Fonna, T. R. (2024). Hipertensi dan Komplikasi yang Menyertai Hipertensi. *Jurnal Medika Nusantara*, 2(3), 135–147. <https://doi.org/10.59680/medika.v2i3.1260>

Imelda, Sjaf, F. F., & PAF, T. P. (2020). Faktor-Faktor yang Berhubungan dengan Kejadian Hipertensi pada Lansia di Puskesmas Air Dingin Lubuk Minuturun. *Health and Medical Journal*, 2(2), 68–77.

Kemkes. (2024, May 17). *Bahaya Hipertensi, Upaya Pencegahan dan Pengendalian Hipertensi*. Kementerian Kesehatan Republik Indonesia. <https://kemkes.go.id/id/rilis-kesehatan/bahaya-hipertensi-upaya-pencegahan-dan-pengendalian-hipertensi>

Kow, F. P., Adlina, B., Sivasangari, S., Punithavathi, N., Ng, K. K., Ang, A. H., & Ong, L. M. (2018). The impact of music guided deep breathing exercise on blood pressure control - A participant blinded randomised controlled study. *The Medical Journal of Malaysia*, 73(4), 233–238.

Kusuma, D. N., & Ariwibowo, D. D. (2025). Gambaran Komplikasi Hipertensi di RSUD Cengkareng Tahun 2021-2022. *Jurnal Sehat Indonesia*, 7(1), 370–381. <https://doi.org/10.59141/jsi.v7i01.267>

LeMone, P., Burke, K. M., & Bauldoff, G. (2016). *Buku Ajar Keperawatan Medikal Bedah* (5th ed., Vol. 2). EGC.

Lopes, C. P., Danzmann, L. C., Moraes, R. S., Vieira, P. J. C., Meurer, F. F., Soares, D. S., Chiappa, G., Guimarães, L. S. P., Leitão, S. A. T., Ribeiro, J. P., & Biolo, A. (2018). Yoga and Breathing Technique Training in Patients

With Heart Failure and Preserved Ejection Fraction. *Trials*, 19(1), 405.

<https://doi.org/10.1186/s13063-018-2802-5>

Majid, A. (2017). *Asuhan Keperawatan pada Pasien dengan Gangguan Sistem Kardiovaskular*. Pustaka Baru Press.

Maksum, Musta'in, M., & Sugiarto, H. (2024). Edukasi Pijat Refleksi Kaki sebagai Upaya Mengurangi Tanda dan Gejala Hipertensi di Lingkungan Walitelon Utara Temanggung. *Indonesian Journal Of Community Empowerment (IJCE)*, 6(2), 133–138.
<https://doi.org/10.35473/ijce.v6i2.3474>

Manurung, N. (2019). Hubungan Pengetahuan dan Sikap Lansia dengan Pencegahan Hipertensi. *Jurnal Health Reproductive*, 4(2), 80–87.

Marni, Soares, D., Ulkhasanah, M. E., Rahmasari, I., & Firdaus, I. (2023). *Penatalaksanaan Hipertensi*. Penerbit Nem.

McEvoy, J. W., 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., ... Khamidullaeva, G. A. (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>

- Nuckowska, M. K., Gruszecki, M., Kot, J., Wolf, J., Guminski, W., Frydrychowski, A. F., Wtorek, J., Narkiewicz, K., & Winklewski, P. J. (2019). Impact of slow breathing on the blood pressure and subarachnoid space width oscillations in humans. *Scientific Reports*, 9(1), 6232. <https://doi.org/10.1038/s41598-019-42552-9>
- Palm, F., Urbanek, C., Rose, S., Buggle, F., Bode, B., Hennerici, M. G., Schmieder, K., Inselmann, G., Reiter, R., Fleischer, R., Piplack, K.-O., Safer, A., Becher, H., & Grau, A. J. (2010). Stroke Incidence and Survival in Ludwigshafen am Rhein, Germany. *Stroke*, 41(9), 1865–1870. <https://doi.org/10.1161/STROKEAHA.110.592642>
- Pangkey, B. C. A., Hutapea, A. D., Simbolon, I., Sitanggang, Y. F., Pertami, S. B., Manalu, N. V., Darmayanti, Malisa, N., Umara, A. F., Sihombing, R. M., Siregar, D., & Wijayati, S. (2021). *Dasar-Dasar Dokumentasi Keperawatan* (A. Karim, Ed.). Yayasan Kita Menulis.
- Pathan, F. K. M., Pandian, J. S., Shaikh, A. I., Ahsan, M., Nuhmani, S., Iqbal, A., & Alghadir, A. H. (2023). Effect of Slow Breathing Exercise and Progressive Muscle Relaxation Technique in the Individual with Essential Hypertension. *Medicine (United States)*, 102(47), 1–8. <https://doi.org/10.1097/MD.00000000000035792>

PPNI. (2016). *Standar Diagnosis Keperawatan Indonesia: Defenisi dan Indikator*

Diagnostik (Edisi 1). DPP PPNI.

Pradono, J., Kusumawardani, N., & Rachmalina, R. (2020). *Hipertensi Pembunuh*

Terselubung Di Indonesia. Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan (LPB).

Putra, M. A., Nurhikmawati, Khalid, N. F., Wiriansya, E. P., Mubdi, A., &

Arifuddin, A. (2024). Terapi Non Farmakologi dalam Pengendalian Tekanan Darah pada Pasien Hipertensi. *Jurnal Nakes Rumah Sakit*, 5(1), 16–27.

Putri, L. M., Mamesah, M. M., Iswati, & Sulistyana, C. S. (2023). Faktor Risiko

Hipertensi Pada Masyarakat Usia Dewasa & Lansia di Tambaksari Surabaya. *Journal of Health Management Research*, 2(1), 1. <https://doi.org/10.37036/jhmr.v2i1.355>

Putri, Y. M., & Wijaya, A. S. (2013). *Keperawatan Medikal Bedah*. Nuha Medika.

Rivo Aditya, N., & Mustofa, S. (2023). Hipertensi : Gambaran Umum. *Majority*, 11(2), 128–138.

Şahin, O., & Kocamaz, D. (2021). Effects of Diaphragmatic Mobilization and

Diaphragmatic Breathing Exercises on Pain and Quality of Life in Individuals with Shoulder Pain: A Randomized Controlled Trial.

International Journal of Disabilities Sports and Health Sciences, 4(2), 113–123. <https://doi.org/10.33438/ijdshs.976285>

Sari, S. M., & Aisah, S. (2022). Terapi Rendam Kaki Air Hangat Pada Penderita Hipertensi. *Ners Muda*, 3(2), 172–180. <https://doi.org/10.26714/nm.v3i2.8262>

Sari, Y. N. I. (2022). *Berdamai dengan Hipertensi* (Y. N. I. Sari, Ed.). Bumi Medika.

Suprayitno, E., & Huzaimah, N. (2020). Pendampingan Lansia dalam Pencegahan Komplikasi Hipertensi. *Selaparang: Jurnal Pengabdian Masyarakat Berkemajuan*, 4(1), 518–521.

Surayitno, E., & Huzaimah, N. (2020). Pendampingan Lansia dalam Pencegahan Komplikasi Hipertensi. *Pengabdian Masyarakat Berkemajuan*, 4(1), 518–521.

Susanti, M., & Nurwiyeni, N. (2021). Edukasi Hipertensi dan Pencegahan Komplikasi Hipertensi pada Pasien Puskesmas Dadok Tunggul Hitam. *Jurnal Abdimas Saintika*, 3(2), 153–157. <https://doi.org/10.30633/jas.v3i2.1246>

Syam, N. (2016). *Pengaruh Rendam Air Hangat pada Kaki dan Konsumsi Jus Mentimun Terhadap Hipertensi pada Lansia*. 3.

Torales, J., O'Higgins, M., Barrios, I., Gonzalez, I., & Almirón, M. (2020). An Overview of Jacobson's Progressive Muscle Relaxation in Managing Anxiety. *Revista Argentina de Clinica Psicologica*, *XXIX*, 17–23. <https://doi.org/10.24205/03276716.2020.748>

Unger, T., Borghi, C., Charchar, F., Khan, N. A., Poulter, N. R., Prabhakaran, D., Ramirez, A., Schlaich, M., Stergiou, G. S., Tomaszewski, M., Wainford, R. D., Williams, B., & Schutte, A. E. (2020). 2020 International Society of Hypertension Global Hypertension Practice Guidelines. *Hypertension*, *75*(6), 1334–1357. <https://doi.org/10.1161/HYPERTENSIONAHA.120.15026>

Verma, N., Rastogi, S., Chia, Y., Siddique, S., Turana, Y., Cheng, H., Sogunuru, G. P., Tay, J. C., Teo, B. W., Wang, T., TSOI, K. K. F., & Kario, K. (2021). Non-pharmacological management of hypertension. *The Journal of Clinical Hypertension*, *23*(7), 1275–1283. <https://doi.org/10.1111/jch.14236>

WHO. (2023, March 16). *Hypertension*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/hypertension>

Yadav, A., Kaushik, R. M., & Kaushik, R. (2021). Effects of Diaphragmatic Breathing and Systematic Relaxation on Depression, Anxiety, Stress, and Glycemic Control in Type 2 Diabetes Mellitus. *International Journal of Yoga Therapy*, *31*(1). <https://doi.org/10.17761/2021-D-19-00061>

Yau, K. K.-Y., & Loke, A. Y. (2021). Effects of Diaphragmatic Deep Breathing Exercises on Prehypertensive or Hypertensive Adults: A literature review. *Complementary Therapies in Clinical Practice*, 43, 101315. <https://doi.org/10.1016/j.ctcp.2021.101315>

Zou, Y., Zhao, X., Hou, Y.-Y., Liu, T., Wu, Q., Huang, Y.-H., & Wang, X.-H. (2017). Meta-Analysis of Effects of Voluntary Slow Breathing Exercises for Control of Heart Rate and Blood Pressure in Patients With Cardiovascular Diseases. *The American Journal of Cardiology*, 120(1), 148–153. <https://doi.org/10.1016/j.amjcard.2017.03.247>

