

DAFTAR PUSTAKA

- Affandi, A. A., & Hamzah, P. N. (2025). Analisis faktor risiko terjadinya hipertensi: Literature review. *PREPOTIF: Jurnal Kesehatan Masyarakat*, 9(1), 837–848. <https://doi.org/10.31004/prepotif.v9i1.43302>
- American Psychiatric Association (APA). (2013). *Diagnostic and statistical manual of mental disorders (5th ed.)*. American Psychiatric Publishing.
- Anamagh, M. A., Kouhpayeh, M. S., Khezri, S., Goli, R., Faraji, N., Anzali, B. C., Maroofi, H., Eskandari, N., & Ghahremanzad, F. (2024). The effect of Guided imagery on perioperative anxiety in hospitalized adult patients: A systematic review of randomized controlled trials. *Surgery in practice and science*, 18, 100255. <https://doi.org/10.1016/j.sipas.2024.100255>
- Annas, G. D., Estria, S. R., Linggardini, K., & Muzaenah, T. (2025). Pengaruh spiritual emotional freedom technique (SEFT) terhadap skor kecemasan narapidana. *Holistik Jurnal Kesehatan*, 19(2), 333–341.
- Ayuningtyas, D., Prakoso, AB, & Utomo, EK (2024). Hubungan pengetahuan dan kebutuhan informasi dengan tingkat kecemasan keluarga pasien. *Jurnal Penelitian Perawat Profesional*, 7(1), 133–142. <https://doi.org/10.37287/jppp.v7i1.3835>
- Badan Kebijakan Pembangunan Kesehatan Kementerian Kesehatan Republik Indonesia. 2024. *Survei Kesehatan Indonesia (SKI) Tahun 2023 Dalam Angka*. Jakarta: BKPK Kemenkes RI.
- Bandelow, B., Michaelis, S., & Wedekind, D. (2022). The German guidelines for the treatment of anxiety disorders. *European Archives of Psychiatry and Clinical Neuroscience*, 272(3), 363–382. <https://doi.org/10.1007/s00406-021-01324-1>
- Beyer, C., Furukawa, T. A., Karyotaki, E., Cuijpers, P., & Baldwin, D. S. (2024). *Meta-analysis of the comparative efficacy of benzodiazepines and antidepressants for the*

- treatment of generalized anxiety disorder symptoms*. *Comprehensive Psychiatry*, 130, 152456.
- Blasius, G., Pandie, A. B., Onggang, F. S., & Batbual, B. (2023). Influence therapy spiritual emotional freedom technique (SEFT) towards reducing anxiety levels in hypertension patients in the Oesapa Community Health Center area, Kupang City. *Journal for ReAttach Therapy and Developmental Diversities*, 6(5s), 1127–1134. <https://doi.org/10.53555/jrtdd.v6i5s.2935>
- Doenges, M. E., Moorhouse, M. F., & Murr, A. C. (2019). *Nursing care plans: Guidelines for individualizing client care across the life span (10th ed.)*. F.A. Davis Company.
- Ento, M. N. H., Djamaluddin, N., Antu, M. S., & Dumar, B. (2025). Hubungan tingkat kecemasan dengan tekanan darah pada penderita hipertensi di Puskesmas Kabila. *Jurnal Kolaboratif Sains*, 8(8), 5239–5249.
- European Society of Cardiology. (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>
- Fagan, H. A., & Baldwin, D. S. (2023). Pharmacological treatment of generalised anxiety disorder: Current practice and future directions. *Expert Opinion on Pharmacotherapy*, 24(9), 1003-1015. <https://doi.org/10.1080/14656566.2023.2198809>
- Iswara, A., et al. (2025). Pengalaman pasien penyakit kronis dalam menjalani pengobatan rutin. *Jurnal Keperawatan dan Kesehatan Terpadu*, 6(3). <https://journal.universitaspahlawan.ac.id/index.php/jkt>
- Jones, D. W., Ferdinand, K. C., Taler, S. J., Johnson, H. M., Shimbo, D., Abdalla, M., ... & Whelton, P. K. (2025). 2025 AHA/ACC guideline for the prevention, detection, evaluation and management of high blood pressure in adults. *Hypertension*. <https://doi.org/10.1161/HYP.0000000000000257>

- Kandasamy, G., Subramani, T., Almanasef, M., Orayj, K., Shorog, E., Alshahrani, A. M., Alsaab, A., Alshahrani, Z. M., & Palayakkodan, S. (2025). *Mental health and hypertension: Assessing the prevalence of anxiety and depression and their associated factors in a tertiary care population*. *Frontiers in Public Health*, 13, 1545386. <https://doi.org/10.3389/fpubh.2025.1545386>
- Kementerian Kesehatan Republik Indonesia. (2024). *Survei kesehatan Indonesia (SKI) 2023 dalam angka*. Badan Kebijakan Pembangunan Kesehatan. <https://repository.badankebijakan.kemkes.go.id/id/eprint/5539/>
- Kementerian Kesehatan RI. (n.d.). Hipertensi (Tekanan Darah Tinggi). Ayo Sehat Kemkes. Diambil 24 Mei 2026, dari <https://ayosehat.kemkes.go.id/topik-penyakit/pencegahan-infeksi-pada-usia-produktif/hipertensi-tekanan-darah-tinggi>
- Kumari, D., & Patil, J. (2023). Guided imagery for anxiety disorder: Therapeutic efficacy and changes in quality of life. *Industrial psychiatry journal*, 32(Suppl 1), S191–S195. https://doi.org/10.4103/ipj.ipj_238_23
- Kunoviana, R. D., & Maliya, A. (2025). Tingkat kecemasan terhadap kualitas hidup pada penderita hipertensi usia produktif. *Holistik Jurnal Kesehatan*, 18(11), 1338–1346. <https://e-jurnal.iphorr.com/index.php/hjk/article/view/532>
- Kusuma, N. D., & Ariwibowo, D. D. (2025). Gambaran komplikasi hipertensi di RSUD Cengkareng tahun 2021–2022. *Jurnal Sehat Indonesia*, 7(1), 370–381.
- Krishnan, R., Nair, S., & Pillai, G. (2025). Mental health and hypertension: Assessing the prevalence of anxiety and depression in a tertiary care setting. *Frontiers in Public Health*, 13, 1341872. <https://doi.org/10.3389/fpubh.2025.1341872>
- Laela, S., Nyumirah, S., Siagian, I. O., Hasniah, Astuti, A. P., Amaliah, S. L., Supriatun, E., Ariani, G. A. P., & Ismailinar. (2024). *Buku ajar keperawatan jiwa*. PT Nuansa Fajar Cemerlang.

- Lubis, HH, Siregar, MA, Nuraisyah, & Sari, DP (2025). Hubungan tingkat pengetahuan dan tingkat kecemasan pasien hipertensi. *Jurnal Keperawatan Bunda Delima* , 7(2), 55–62. <https://doi.org/10.59030/jkbd.v7i2.158>
- Lukitaningtyas, D., & Cahyono, E. A. (2023). Hipertensi: Artikel review. *Jurnal Pengembangan Ilmu dan Praktik Kesehatan*, 2(2), 100–117. <https://e-journal.lppmdianhusada.ac.id/index.php/PIPK/article/download/272/249>
- Manzar, M. D., Kashoo, F. Z., Salahuddin, M., Nureye, D., Addo, H. A., Pandi-Perumal, S. R., Pakpour, A. H., & Bahammam, A. S. (2025). Hamilton Rating Scale for Anxiety: Exploring validity with robust measures of classical theory parameters and a rating scale model in university students. *BJPsych Open*. <https://doi.org/10.1192/bjo.2025.10055>
- Mas'ud, A., Sibulo, M., & Damaiyanti, H. (2025). Implementasi terapi *Spiritual Emotional Freedom Technique* (SEFT) untuk menurunkan ansietas akibat hipertensi di Wilayah Kerja UPT Puskesmas Biru Kabupaten Bone. *Jurnal Anestesi: Jurnal Ilmu Kesehatan dan Kedokteran*, 3(1), 216–226. <https://doi.org/10.59680/anestesi.v3i1.1772>
- Mawardi, M. (2024). Pengaruh terapi dzikir terhadap penurunan kecemasan pada lansia. *Jurnal Penelitian Perawat Profesional*, 6(5), 2699-2710. <https://jurnal.globalhealthsciencegroup.com/index.php/JPPP/article/view/4466>
- Mendra, F., Andrajati, R., & Nusaibah, A. (2021). Efektivitas dan keamanan terapi benzodiazepin pada pasien gangguan ansietas dengan riwayat penyalahgunaan obat. *Indonesian Journal of Clinical Pharmacy*, 10(3), 190-201. <https://jurnal.unpad.ac.id/ijcp/article/view/31355>
- Muhadi. (2016). JNC 8: Evidence-based guideline penanganan pasien hipertensi dewasa. *Cermin Dunia Kedokteran*, 43(1), 54–59.

- Mutianingsih, N., Khairani, W., Faiza, H. N., Nurmaguphita, D., Ghofur, A., & Ilmy, S. K. (Ed.). (2025). *Bunga rampai asuhan keperawatan jiwa komprehensif: Pendekatan berbasis evidence-based practice*. Optimal Untuk Negeri.
- Nashroh, N. F. I. (2022). Konsep Spiritual Emotional Freedom Technique (SEFT) Ahmad Faiz Zainuddin dan implementasinya dalam konseling Islam [Skripsi]. Universitas Islam Negeri Walisongo Semarang.
- Ningsih, N., Lukman, & Ardianty, C. (2022). Application of Spiritual Emotional Freedom Technique on anxiety of hypertension patients in the work area of the Simpang Periuk Public Health Center Lubuklinggau City. *East Asian Journal of Multidisciplinary Research*, 1(9), 1903–1912. <https://doi.org/10.55927/eajmr.v1i9.1627>
- Norelli, S. K., Long, A., & Krepps, J. M. (2023). *Relaxation techniques*. In StatPearls. StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK513238/>
- Nurjanah, S., & Kusumawati, E. (2025). Penerapan teknik butterfly hug untuk mengatasi kecemasan pada pasien hipertensi. *Jurnal Kesehatan Bakti Tunas Husada*, 25(2), 52–61.
- Ohi, K., Fujikane, D., Takai, K., Kuramitsu, A., Muto, Y., Sugiyama, S., & Shioiri, T. (2025). Clinical features and genetic mechanisms of anxiety, fear, and avoidance: A comprehensive review of five anxiety disorders. *Molecular psychiatry*, 30(10), 4928–4936. <https://doi.org/10.1038/s41380-025-03155-1>
- Program Studi Ners Spesialis Keperawatan Jiwa Fakultas Ilmu Keperawatan Universitas Indonesia. (2016). *Standar asuhan keperawatan (SAK) jiwa*. Fakultas Ilmu Keperawatan Universitas Indonesia.
- Pujowati, D., & Sarjono, H. (2023). Penanganan kecemasan pra-operasi: Pendekatan farmakologis dan non-farmakologis. *Wal'afiat Hospital Journal: Jurnal Nakes Rumah Sakit*, 5(2). <https://whj.umi.ac.id/index.php/whj>

- Putra, A. A. G. A. D. A. P., Dwiputri, A. R., Madani, A. F., Ramadhani, D. A., Maolidi, J., Rabbani, M. A., Rizky, M. I., & Adni, A. (2024). Generalized anxiety disorder (GAD): A literature review. *Jurnal Biologi Tropis*, 24(1B), 697–703. <http://doi.org/10.29303/jbt.v24i1b.7958>
- Qonita, A., Setiorini, A., Ratna, M. G., & Zuraida, R. (2025). *The impact of stress on health. Medical Profession Journal of Lampung (Medula)*, 14(12), 2202–2210. <https://doi.org/10.53089/medula.v14i12.1404>
- Ratih, R. P., & Handayani, T. S. (2025). Application of SEFT (Spiritual Emotional Freedom Technique) to reduce anxiety in hypertension patients through the application of Comfort Kolcaba theory at Simpang Nangka Community Health Center, Rejang Lebong Regency. *Journal of Nursing*, 1(1).
- Ruswadi, I., Puspitaningrum, & Murti, N. W. H. (2024). SEFT (spiritual emotional freedom technique): Manfaatnya dalam mendukung program pengobatan hipertensi. Adanu Abimata.
- Storer, B., Kershaw, K. A., Braund, T. A., Chakouch, C., Coleshill, M. J., Haffar, S., Harvey, S., Newby, J. M., Sicouri, G., & Murphy, M. (2023). Global prevalence of anxiety in adult cardiology outpatients: A systematic review and meta-analysis. *Current Problems in Cardiology*, 48(11), 101877. <https://doi.org/10.1016/j.cpcardiol.2023.101877>
- Stuart, G. W., Keliat, B. A., & Pasaribu, J. (2016). *Prinsip dan praktik keperawatan kesehatan jiwa Stuart (Indonesian ed.)*. Elsevier.
- Suryadi, Solikin, & Uni. (2024). Analisa faktor risiko komplikasi gagal jantung pada pasien hipertensi di RSUD Ulin Banjarmasin. *Jurnal Keperawatan Suaka Insan (JKSI)*, 9(2), 142–148.
- Suryawirawan, A. P., Noviekayati, I. G. A. A., & Santi, D. E. (2025). The effectiveness of the Spiritual Emotional Freedom Technique (SEFT) to reduce anxiety in hypertensive patients in Hospital X Banyuwangi City in terms of Big Five

- personality traits. *Jurnal Multidisiplin Madani*, 5(1), 1–13.
<https://doi.org/10.55927/mudima.v5i1.13683>
- Szuhany, K. L., Simon, N. M., & Otto, M. W. (2022). Anxiety disorders: A review. *JAMA*, 328(24), 2431–2445. <https://doi.org/10.1001/jama.2022.22744>
- Tim Pokja SDKI DPP PPNI. (2017). *Standar diagnosis keperawatan Indonesia (SDKI): Definisi dan indikator diagnostik (1st ed.)*. DPP PPNI.
- Tim Pokja SLKI DPP PPNI. (2018). *Standar luaran keperawatan Indonesia (SLKI): Definisi dan kriteria hasil keperawatan (1st ed.)*. DPP PPNI.
- Tim Pokja SIKI DPP PPNI. (2018). *Standar intervensi keperawatan Indonesia (SIKI): Definisi dan tindakan keperawatan (1st ed.)*. DPP PPNI.
- Tukatman, Pranata, A. D., Katuuk, H. M., Yati, M., Emilia, N. L., Sari, M. T., Suri, M., Saswati, N., Tololiu, T. A., Suhardono, Agustine, U., Daryanto, Syukri, M., Laoh, J. M., Erlin, F., & Lombogia, M. (2023). *Keperawatan jiwa*. (L. Rangki & Rahmawati, Eds.). Pustaka Aksara.
- World Health Organization (WHO). 2025. *Hypertension*. World Health Organization. Diakses tanggal 16 Mei 2026 melalui <https://www.who.int/news-room/fact-sheets/detail/hypertension>
- World Health Organization. (2023). *WHO global report on hypertension: The race against a silent killer*. World Health Organization. <https://www.who.int/publications/i/item/9789240081062>
- World Health Organization. (2025). *Global report on hypertension 2025: High stakes – turning evidence into action*. World Health Organization. <https://iris.who.int/handle/10665/380861>
- Yunitasari, P., Dumar, B., Sabil, T. M., Zaman, B., Inayati, R., Terok, M., Masdiana, E., Yanti, R. D., Taher, R., Pranata, A. D., Cipto., Siswoko., Pauzi, M., Raule, J. H.,

Ainurrahmah, Y., Husna, N., Wulansari, N. M. A., & Tukatman. (2025). *Keperawatan jiwa*. Progres Ilmiah Kesehatan.

Zainuddin, A. F. (2022). *SEFT: Spiritual Emotional Freedom Technique for healing, success, happiness, greatness (Revised ed.)*. Afzan Publishing.

