

## DAFTAR PUSTAKA

- Akhter, N. (2010). Self-management among patients with hypertension in bangladesh.
- Amalia, V. N., & Sjarqiah, U. (2023). Gambaran karakteristik hipertensi pada pasien lansia di Rumah Sakit Islam Jakarta Sukapura tahun 2020. *Muhammadiyah Journal of Geriatric*, 3(2), 62. <https://doi.org/10.24853/mujg.3.2.62-68>
- Amanda, D., & Martini, S. (2018). Hubungan karakteristik dan status obesitas sentral dengan kejadian hipertensi. *Jurnal Berkala Epidemiologi*, 6(1), 51–59. <https://doi.org/10.20473/jbe.v6i1.2018>
- Amila, A., Sinaga, J., & Sembiring, E. (2018). *Self efficacy* dan gaya hidup pasien hipertensi. *Jurnal Kesehatan*, 9(3), 360. <https://doi.org/10.26630/jk.v9i3.974>
- Bosworth, H. B., Powers, B. J., & Oddone, E. Z. (2010). Patient self-management support: novel strategies in hypertension and heart disease. *Cardiology Clinics*, 28(4), 655–663. <https://doi.org/10.1016/j.ccl.2010.07.003>
- Brunner & Suddarth. (2015). Keperawatan medikal bedah. In *Keperawatan Medikal-Bedah Brunner & Suddarth*. <https://doi.org/10.1116/1.578204>
- Cahyani, Y. E. (2019). Gambaran *self management* penderita hipertensi di Puskesmas Grogol Kabupaten Sukoharjo. *Universitas Muhammadiyah Surakarta*.
- Delavera, A., Siregar, K. N., Jazid, R., & Eryando, T. (2021). Hubungan kondisi psikologis stress dengan hipertensi pada penduduk usia  $\geq 15$  tahun di Indonesia. *Jurnal Biostatistik, Kependudukan, Dan Informatika Kesehatan*, 1(3), 148. <https://doi.org/10.51181/bikfokes.v1i3.5249>
- Efendi, H., & Larasati, T. (2017). Dukungan keluarga dalam manajemen penyakit hipertensi. *Jurnal Majority*, 6(1), 34–40.
- Galdas, P., Fell, J., Bower, P., Kidd, L., Blickem, C., McPherson, K., Hunt, K., Gilbody, S., & Richardson, G. (2015). The effectiveness of self-management support interventions for men with long-term conditions: A systematic review and meta-analysis. *BMJ Open*, 5(3). <https://doi.org/10.1136/bmjopen-2014-006620>
- Hallberg, I., Ranerup, A., & Kjellgren, K. (2016). Supporting the self-management of hypertension: Patients' experiences of using a mobile phone-based system. *Journal of Human Hypertension*, 30(2), 141–146. <https://doi.org/10.1038/jhh.2015.37>
- Idu, D. M. B., Ningsih, O. S., & Ndorang, T. A. (2022). Faktor faktor yang mempengaruhi perilaku self care pada pasien hipertensi di Wilayah Kerja Puskesmas Lalang Tahun 2022. *Jurnal Wawasan Kesehatan*, 7(1), 30–38.

- Igarashi, R. (2019). Self-management behaviors of patients with hypertension in daily life. *Open Journal of Nursing*, 09(06), 561–585. <https://doi.org/10.4236/ojn.2019.96047>
- Iqbal, A. M., & Jamal, S. F. (2022). Essential hypertension. *StatPearls Publish* [Internet]. <https://www.ncbi.nlm.nih.gov/books/NBK539859/>
- ISH. (2022). Background information on high blood pressure (hypertension). *Internasional Society of Hypertension*. <https://ish-world.com/background-information/>
- Isnaini, N., & Lestari, I. G. (2018). Pengaruh self management terhadap tekanan darah lansia yang mengalami hipertensi. *Indonesian Journal for Health Sciences*, 2(1), 7–18. <https://doi.org/10.24269/ijhs.v2i1.2018.pp7-18>
- Iswahyuni, S. (2017). Hubungan antara aktifitas fisik dan hipertensi pada lansia. *Profesi (Profesional Islam): Media Publikasi Penelitian*, 14(2), 1. <https://doi.org/10.26576/profesi.155>
- Kemendes RI. (2016). Rencana aksi nasional kesehatan lanjut usia tahun 2016-2019. *Kemendes RI*.
- Kemendes RI. (2018a). Faktor risiko hipertensi. *Kemendrian Kesehatan RI*. <http://p2ptm.kemkes.go.id/infographic-p2ptm/hipertensi-penyakit-jantung-dan-pembuluh-darah/faktor-risiko-hipertensi>
- Kemendes RI. (2018b). Hasil utama RISKESDAS 2018. *Kemendes RI : Jakarta*.
- Kemendes RI. (2018c). Hipertensi. *Kemendrian Kesehatan RI*. <http://p2ptm.kemkes.go.id/infographic-p2ptm/hipertensi-penyakit-jantung-dan-pembuluh-darah/page/24/klasifikasi-hipertensi>
- Kemendes RI. (2019). Hipertensi si pembunuh senyap. *Kemendrian Kesehatan RI*, 1–5. <https://pusdatin.kemkes.go.id/resources/download/pusdatin/infodatin/infodatin-hipertensi-si-pembunuh-senyap.pdf>
- Kurnia, A. (2020). Self-management hipertensi. *Jakad Media Publishing*.
- Li, R., Liang, N., Bu, F., & Hesketh, T. (2020). The effectiveness of self-management of hypertension in adults using mobile health: Systematic review and meta-analysis. *JMIR MHealth and UHealth*, 8(3), 1–16. <https://doi.org/10.2196/17776>
- Lorig, K., & Holman, H. (2003). Self-management education: history, definition, outcomes and mechanisms. *Ann Behav Med*, 26, 1–7. [https://doi.org/10.1207/S15324796ABM2601\\_01](https://doi.org/10.1207/S15324796ABM2601_01)
- Manangkot, M. V., & Suindrayasa, I. M. (2020). Gambaran self care behaviour pada pasien hipertensi di Puskesmas Wilayah Kota Denpasar. *Coping: Community of Publishing in Nursing*, 8(4), 410. <https://doi.org/10.24843/coping.2020.v08.i04.p09>

- Masturoh, I., & Anggita, N. (2018). Metodologi penelitian kesehatan. *Kemenkes RI : Jakarta, 1*, 89–267.
- Moradi, M., Nasiri, M., Jahanshahi, M., & Hajiahmadi, M. (2019). The effects of a self-management program based on the 5 A's model on self-efficacy among older men with hypertension. *Nursing and Midwifery Studies*, 8(1), 21–27. [https://doi.org/10.4103/nms.nms\\_97\\_17](https://doi.org/10.4103/nms.nms_97_17)
- Nabila, A., Arnita, Y., & Mulyati, D. (2022). Self management penderita hipertensi. *JIM FKep.*, V(4), 88–92.
- Nirnasari, M., Sari, K., Faddila, U., & Putri, M. E. (2022). Upaya pencegahan hipertensi dengan pendidikan kesehatan self management behaviour "cerdik" di Wilayah Pesisir Tanjung Duku RW 1 RT 4 Kelurahan Dompok Kepulauan Riau. *Jurnal Abdi Masyarakat Indonesia*, 2(2), 645–650. <https://doi.org/10.54082/jamsi.285>
- Nurrahmani, U. (2015). *Stop! hipertensi* (Qoni (ed.)). *Familia*.
- Nursalam. (2013). Metodologi penelitian ilmu keperawatan (3rd ed.). *Salemba Medika*.
- Oktaria, M., Hardono, Wijayanto, W. P., & Amiruddin, I. (2023). Hubungan pengetahuan dengan sikap diet hipertensi pada lansia. *Jurnal Ilmu Medis Indonesia*, 2(2), 69–75. <https://doi.org/10.35912/jimi.v2i2.1512>
- Oktaviani, E., Noor Prastia, T., & Dwimawati, E. (2022). Faktor-faktor yang berhubungan dengan kejadian hipertensi pada pra lansia Di Puskesmas Bojonggede Tahun 2021. *Promotor*, 5(2), 135. <https://doi.org/10.32832/pro.v5i2.6148>
- Padma, V. (2014). DASH Diet in Preventing Hypertension. *Advances in biological research*, 8(2), 94–96. <https://doi.org/10.5829/idosi.abr.2014.8.2.8272>
- Peltzer, K., & Pengpid, S. (2018). The prevalence and social determinants of hypertension among adults in Indonesia: a cross-sectional population-based national survey. *International Journal of Hypertension*, 2018. <https://doi.org/10.1155/2018/5610725>
- Pratiwi, R. I., & Perwitasari, M. (2017). Analisis faktor-faktor yang mempengaruhi kepatuhan pasien hipertensi dalam penggunaan obat di RSUD Kardinah. *2nd Seminar Nasional IPTEK Terapan (SENIT)*, 204–208.
- Purnamasari, D. (2018). The emergence of non-communicable disease in Indonesia. *Acta Medica Indonesiana*, 50(4), 273–274.
- Putri, S. E. (2020). Strategis untuk mengoptimalkan manajemen diri lansia dengan hipertensi. *Jurnal Penelitian Kesehatan Suara Forikes*, 11, 22–29.
- Rihiantoro, T., & Widodo, M. (2018). Hubungan Pola makan dan aktivitas fisik dengan kejadian hipertensi di Kabupaten Tulang Bawang. *Jurnal Ilmiah Keperawatan Sai Betik*, 13(2), 159. <https://doi.org/10.26630/jkep.v13i2.924>

- Saepudin, Padmasari, S., Hidayanti, P., & Ningsih, E. S. (2013). Kepatuhan penggunaan obat pada pasien hipertensi di puskesmas. *Jurnal Farmasi Indonesia, Vol 6, No(April)*, 246-253.
- Salami. (2021). Perilaku self care management penderita hipertensi: studi kualitatif. *Jurnal Keperawatan 'Aisyiyah*, 8(1), 87–99. <https://doi.org/10.33867/jka.v8i1.261>
- Santosa. (2012). Buku ajar metodologi penelitian. *PT Penerbit IPB Press*.
- Saraswati, R., Ropi, H., & Sari, S. W. M. (2016). Pengaruh program edukasi berbasis komunitas terhadap self-management lansia Di Puskesmas Gombang 2 Kebumen. *Jurnal Medicine*. <http://pustaka.unpad.ac.id/wp-content/uploads/2015/04/ARTIKEL-ILMIAH.pdf>
- Setyaningsih, W., Cintya Dewi Permatasari, & Harizza Pertiwi. (2022). Hubungan pengetahuan pra lansia dan lansia tentang hipertensi dengan kepatuhan minum obat, pola diit, dan manajemen stress. *Binawan Student Journal, 4(2)*, 7–13. <https://doi.org/10.54771/bsj.v4i2.500>
- Simanullang, S. M. P. (2019). Self management pasien hipertensi di Rsup H. Adam Malik. *Journal Hipertensi*, 1–10.
- Smeltzer, C., & Bare, B. (2004). Keperawatan medikal bedah brunner & suddarth (EGC (ed.); 8th ed.). *EGC*.
- Sugiyono. (2014). Metode penelitian kuantitatif kualitatif dan r&d (20th ed.). *Alfabeta*.
- Sunarti, Sunarno, I., & Alvino. (2015). Upaya penderita hipertensi untuk mempertahankan pola hidup sehat. *Jurnal Ners Dan Kebidanan (Journal of Ners and Midwifery)*, 2(2), 120–125. <https://doi.org/10.26699/jnk.v2i2.art.p120-125>
- Syahrini, E. (2012). Faktor-faktor risiko hipertensi primer Di Puskesmas Tlogosari Kulon Kota Semarang. *Jurnal Kesehatan Masyarakat Universitas Diponegoro, 1(2)*, 18704.
- Tilong, A. D. (2014). Waspada!!! penyakit-penyakit mematikan tanpa gejala menyolok. *Buku Biru*.
- Trisnawan, A. (2019). Mengenal hipertensi (Ade (ed.)). *Mutiara Aksara*.
- Vrijens, B., Antoniou, S., Burnier, M., de la Sierra, A., & Volpe, M. (2017). Current situation of medication adherence in hypertension. *Frontiers in Pharmacology, 8(MAR)*, 1–8. <https://doi.org/10.3389/fphar.2017.00100>
- Wahyuni, S., Bafadhal, R. N., & Mahudeh, M. (2021). Efektivitas self-management program terhadap manajemen diri klien hipertensi. *Jl-KES (Jurnal Ilmu Kesehatan)*, 5(1), 57–63. <https://doi.org/10.33006/ji-kes.v5i1.255>
- Whelton, P. K., Carey, R. M., Aronow, W. S., Casey, D. E., Collins, K. J.,

- Himmelfarb, C. D., DePalma, S. M., Gidding, S., Jamerson, K. A., Jones, D. W., MacLaughlin, E. J., Muntner, P., Ovbiagele, B., Smith, S. C., Spencer, C. C., Stafford, R. S., Taler, S. J., Thomas, R. J., Williams, K. A., ... Hundley, J. (2018). 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA guideline for the prevention, detection, evaluation, and management of high blood pressure in adults a report of the American College of Cardiology/American Heart Association Task Force on Clinical pr. In *Hypertension* (Vol. 71, Issue 6). <https://doi.org/10.1161/HYP.000000000000065>
- Whittle, J., Schapira, M. M., Fletcher, K. E., Hayes, A., Morzinski, J., Laud, P., Eastwood, D., Kristyn, E., Patterson, L., & Mosack, K. E. (2014). A randomized trial of peer-delivered self-management support for hypertension. *American Journal of Hypertension*, 27(11), 1416–1423. <https://doi.org/10.1093/ajh/hpu058>
- WHO. (2021). Hypertension: Act Now. *Who*, 1–2. [https://cdn.who.int/media/docs/default-source/documents/hypertension-infographic-005-web.pdf?sfvrsn=f0973d0c\\_2](https://cdn.who.int/media/docs/default-source/documents/hypertension-infographic-005-web.pdf?sfvrsn=f0973d0c_2)
- Widiana, I. M. R., & Ani, L. S. (2017). Prevalensi dan karakteristik hipertensi pada pralansia dan lansia di Dusun Tengah , Desa Ulakan , Kecamatan Manggis. *E-Jurnal Medika*, 6(8), 1–5. <https://ojs.unud.ac.id/index.php/eum/article/view/33478/20284>
- Windani, C., Sari, M., Yamin, A., & Santoso, M. B. (2022). The effect of community-based intervention on self-management of hypertension patients. 41–47. <https://doi.org/10.17509/jpki.v8i1.44362>
- Zhang, X. N., Qiu, C., Zheng, Y. Z., Zang, X. Y., & Zhao, Y. (2020). Self-management among elderly patients with hypertension and its association with individual and social environmental factors in China. *Journal of Cardiovascular Nursing*, 35(1), 45–53. <https://doi.org/10.1097/JCN.0000000000000608>