

DAFTAR PUSTAKA

- Adib-Hajbaghery, M., & Ahmadi, B. (2019). Caregiver burden and its associated factors in caregivers of children and adolescents with chronic conditions. *International Journal of Community Based Nursing and Midwifery*, 7(4), 258–269. <https://doi.org/10.30476/IJCBNM.2019.73893.0>
- AHA. (2020). *High Blood Pressure — Personal Action Plan*. 1–4.
- AHA. (2021). What Is High Blood Pressure. *S.F. Weekly*, 54, 1. https://www.lib.uwo.ca/cgi-bin/ezpauthn.cgi?url=http://search.proquest.com/docview/367778105?accountid=15115%5Cnhttp://vr2pk9sx9w.search.serialssolutions.com/?ctx_ver=Z39.88-2004&ctx_enc=info:ofi/enc:UTF-8&rft_id=info:sid/ProQ%3Aaltpresswatch&rft_val_fmt=
- Akhter, N. (2010). *Self-management among patients with hypertension in Bangladesh*. 5–7.
- Alsairafi, M., Alshamali, K., & Al-Rashed, A. (2010). Effect of physical activity on controlling blood pressure among hypertensive patients from mishref area of Kuwait. *European Journal of General Medicine*, 7(4), 377–384. <https://doi.org/10.29333/ejgm/82889>
- Annisa, F. (2016). Burden of Family Caregiver. *Belitung Nursing Journal*, 2(1), 10–18. <https://doi.org/10.33546/bnj.7>
- Ariska, Y. N., Handayani, P. A., & Hartati, E. (2020). Faktor yang Berhubungan dengan Beban Caregiver dalam Merawat Keluarga yang Mengalami Stroke. *Holistic Nursing and Health Science*, 3(1), 52–63. <https://doi.org/10.14710/hnhs.3.1.2020.52-63>
- Armstrong, C., Senior, A. F. P., & Editor, A. (2014). Practice Guidelines JNC 8 Guidelines for the Management of Hypertension. *American Academy of Family Physicians*, 1–2. www.aafp.org/afp.
- Baker, C., Worrall, L., Rose, M., Hudson, K., Ryan, B., & O’Byrne, L. (2018). A systematic review of rehabilitation interventions to prevent and treat depression in post-stroke aphasia. *Disability and Rehabilitation*, 40(16),

- 1870–1892. <https://doi.org/10.1080/09638288.2017.1315181>
- Bandura, A. (2013). The role of self-efficacy in goal-based motivation. In *New Developments in Goal Setting and Task Performance*. <https://doi.org/10.4324/9780203082744>
- Belachew, A., Tewabe, T., Miskir, Y., Melese, E., Wubet, E., Alemu, S., Teshome, T., Minichel, Y., & Tesfa, G. (2018). Prevalence and associated factors of hypertension among adult patients in Felege-Hiwot Comprehensive Referral Hospitals, northwest, Ethiopia: A cross-sectional study. *BMC Research Notes*, *11*(1), 1–6. <https://doi.org/10.1186/s13104-018-3986-1>
- Bell K Olin BR, Date IR, T. J. (2015). Hypertension: the silent killer: updated JNC-8 guideline recommendations. Alabama Pharmacy Association. *Alabama Pharmacy Association*, *334*(4222).
- Bianti, N. (2015). Risk Factors of Hypertension. *J Majority*, *4*(5), 10–19.
- Bodenheimer, T., & Handley, M. A. (2009). Goal-setting for behavior change in primary care: An exploration and status report. *Patient Education and Counseling*, *76*(2), 174–180. <https://doi.org/10.1016/j.pec.2009.06.001>
- Brunner & Suddarths. (2017). Text Book of Medical-Surgical Nursing. In *Alabama medicine : journal of the Medical Association of the State of Alabama* (Vol. 61, Issue 5).
- Change, L. (2014). *Lifestyle Changes to Reduce Cardiovascular Risk: Treatment of Hypertension*. January, 1–4. <http://pharma-smart.com/wp-content/uploads/2015/04/JNC-8-Guidelines.pdf>
- Chen, Y.-Y., Lee, M.-C., Wu, S.-F. V., Liu, Y.-M., & Chen, H.-M. (2022). Disease Knowledge, Self-Efficacy, and Quality of Life in Patient With Hypertensive Nephropathy. *Clinical Nursing Research*, *31*(6), 1179–1188. <https://doi.org/10.1177/10547738211073396>
- Choudhry, N. K., Kronish, I. M., Vongpatanasin, W., Ferdinand, K. C., Pavlik, V. N., Egan, B. M., Schoenthaler, A., Miller, N. H., & Hyman, D. J. (2022). Medication adherence and blood pressure control: A scientific statement from the american heart association. *Hypertension*, *79*(1), E1–E14. <https://doi.org/10.1161/HYP.0000000000000203>

- Creer, T. L. (2000). *Self-Management of Chronic Illness*. 1996.
- Damin, S. (2013). *Media Komunikasi Pendidikan: Dalam Penyuluhan Kesehatan*. Dinas Kesehatan Provinsi Palembang. (2020). Dinas Kesehatan Kota Palembang. *Profil Kesehatan Tahun 2019*, 72, 23.
- Dinas Kesehatan Republik Indonesia. (2013). Riset Kesehatan Dasar. In *Diabetes Mellitus*. <https://doi.org/10.1038/nrdp.2018.14> Desember 2013
- District, N., & Regency, N. (2021). *The Correlation of Family Support and Dietary Compliance of The Eldery With Hypertension at Sub-District Health Center Klurahan, Ngronggot District Nganjuk Regency*. 101–106. <https://doi.org/10.26699/jnk.v8i1.ART.p101>
- Dominiczak, A. F., Grassi, G., Jordan, J., & Poulter, N. R. (2019). *HHS Public Access*. <https://doi.org/10.1038/nrdp.2018.14>.Hypertension
- Dwidiyanti, M., Wiguna, R. I., & Ningsih, H. E. W. (2018). *Mindfulness untuk self-care*. UNDIP Press.
- Eck, C., Biola, H., Hayes, T., Bulgin, D., Whitney, C., Raman, R., Bakovic, M., Caesar, A., Becerra-Soberon, R., Chaplain, J., & Granger, B. B. (2021). Efficacy of Hypertension Self-Management Classes Among Patients at a Federally Qualified Health Center. *Preventing Chronic Disease*, 18, E70. <https://doi.org/10.5888/pcd18.200628>
- Efendi, H. (2017). Dukungan Keluarga dalam Manajemen Penyakit Hipertensi Family Support in Hypertension Disease ' s Management. *Majority*, 6, 34–40.
- Eugene. (2008). Health Action Plan. In *Encyclopedia of Public Health* (pp. 515–515). https://doi.org/10.1007/978-1-4020-5614-7_1354
- Fadul, F. M. (2019). *Recommendations for Prescribing Exercise to Patients with Hypertension* (Chapter 7). *Doctors_Handbook*. https://www.chp.gov.hk/archive/epp/files/DoctorsHanbook_ch7.pdf
- Fairus, M., & Katharina, K. (2012). Faktor-Faktor Yang Berhubungan Dengan Kejadian. *Jurnal Kesehatan Metro Sai Wawai*, 5(2), 89–94.
- Fauzi, R., Efendi, R., & Mustakim. (2020). *Program Pengelolaan Penyakit Hipertensi Berbasis Masyarakat dengan Pendekatan Keluarga di Kelurahan Pondok Jaya, Tangerang Selatan*.

- Ferdinand, K. C. (2020). Uncontrolled hypertension in sub-Saharan Africa: Now is the time to address a looming crisis. *Journal of Clinical Hypertension*, 22(11), 2111–2113. <https://doi.org/10.1111/jch.14046>
- Fernández-Torres, R., Ruiz-Muñoz, M., Pérez-Panero, A. J., García-Romero, J., & González-Sánchez, M. (2020). Instruments of choice for assessment and monitoring diabetic foot: A systematic review. *Journal of Clinical Medicine*, 9(2). <https://doi.org/10.3390/jcm9020602>
- Ganapathy, V., Habib, N., & Afzal, F. (2019). *Neurological Complications of Hypertension: A Review Article*. 1–7. <https://doi.org/10.23880/phoa-16000141>
- Glenn, C., & Taylor, L. J. (2014). *JNC 8 Hypertension Guideline*. 311(5).
- Gordon, J. R., Pruchno, R. A., & Maureen Wilson-Genderson Wendy Marcinkus Murphy, M. R. (2018). Balancing Caregiving and Work: Role Conflict and Role Strain Dynamics. *Physiology & Behavior*, 176(1), 139–148. <https://doi.org/10.1177/0192513x11425322.Balancing>
- Gutnick, D., Reims, K., Davis, C., Gainforth, H., Jay, M., & Cole, S. (2014). Brief action planning to facilitate behavior change and support patient self-management. *Journal of Clinical Outcomes Management*, 21(1), 17–29.
- Gwadry-Sridhar, F. H., Manias, E., Lal, L., Salas, M., Hughes, D. A., Ratzki-Leewing, A., & Grubisic, M. (2013). Impact of interventions on medication adherence and blood pressure control in patients with essential hypertension: A systematic review by the ISPOR medication adherence and persistence special interest group. *Value in Health*, 16(5), 863–871. <https://doi.org/10.1016/j.jval.2013.03.1631>
- Hall, G. and. (2011). *Text Book of Medical Physiology*. <https://www.ptonline.com/articles/how-to-get-better-mfi-results>
- Hanifah, H., Winahyu, K. M., & Muttaqin, M. I. (2021). Social Support Positively Correlated with Dietary Adherence among Patients with Hypertension in Primary Health Center. *Faletahan Health Journal*, 8(01), 16–21. <https://doi.org/10.33746/fhj.v8i01.188>
- Harnilawati. (2013). *Konsep dan Proses Keperawatan Keluarga*. Pustaka As

Salam.

- Hochman, S. D. (2015). Dietary Approaches to Stop Hypertension (DASH). *50 Studies Every Internist Should Know*, October, 9–14. <https://doi.org/10.1093/med/9780199349937.003.0002>
- Hou, S. I. (2014). Health Education: Theoretical Concepts, Effective Strategies and Core Competencies. In *Health Promotion Practice* (Vol. 15, Issue 5). <https://doi.org/10.1177/1524839914538045>
- Huang, S., Chen, Y., Zhou, J., & Wang, J. (2014). Use of family member-based supervision in the management of patients with hypertension in rural China. *Patient Preference and Adherence*, 8, 1035–1042. <https://doi.org/10.2147/PPA.S66777>
- Humalda, J. K., Klaassen, G., de Vries, H., Meuleman, Y., Verschuur, L. C., Straathof, E. J. M., Laverman, G. D., Bos, W. J. W., van der Boog, P. J. M., Vermeulen, K. M., Blanson Henkemans, O. A., Otten, W., de Borst, M. H., van Dijk, S., & Navis, G. J. (2020). A Self-management Approach for Dietary Sodium Restriction in Patients With CKD: A Randomized Controlled Trial. *American Journal of Kidney Diseases : The Official Journal of the National Kidney Foundation*, 75(6), 847–856. <https://doi.org/10.1053/j.ajkd.2019.10.012>
- Intermountain Healthcare. (2015). *High Blood Pressure - Personal Action Plan*. 1–4. <https://intermountainhealthcare.org/ext/Dcmnt?ncid=522449634>
- Iván, C.-M., Sanchis, C., José, Juan, T.-M., & Manuel, C.-T. J. (2016). HYPERTENSION. Exercise for hypertension. *The Lancet*, 341(8855), 1248–1249. [https://doi.org/10.1016/0140-6736\(93\)91152-C](https://doi.org/10.1016/0140-6736(93)91152-C)
- Jatmika, septian emma dwi, Maulana, M., Kuntoro, & Martini, S. (2019). Pengembangan Media Promosi Kesehatan. In *Buku Ajar*.
- Jeemon, P., & Chacko, S. (2020). Role of family support and self-care practices in blood pressure control in individuals with hypertension: Results from a cross-sectional study in Kollam District, Kerala. *Wellcome Open Research*, 5, 1–15. <https://doi.org/10.12688/wellcomeopenres.16146.1>
- Kaambwa, B., Bryan, S., Jowett, S., Mant, J., Bray, E. P., Hobbs, F. D. R., Holder,

- R., Jones, M. I., Little, P., Williams, B., & McManus, R. J. (2014). Telemonitoring and self-management in the control of hypertension (TASMINH2): a cost-effectiveness analysis. *European Journal of Preventive Cardiology*, *21*(12), 1517–1530. <https://doi.org/10.1177/2047487313501886>
- Kang, A., Dulin, A., & Risica, P. M. (2022). Relationship between adherence to diet and physical activity guidelines and self-efficacy among black women with high blood pressure. *Journal of Health Psychology*, *27*(3), 663–673. <https://doi.org/10.1177/1359105320967105>
- Kangovi, S., Mitra, N., Smith, R. A., Kulkarni, R., Turr, L., Huo, H., Glanz, K., Grande, D., & Long, J. A. (2017). Decision-making and goal-setting in chronic disease management: Baseline findings of a randomized controlled trial. *Patient Education and Counseling*, *100*(3), 449–455. <https://doi.org/10.1016/j.pec.2016.09.019>
- Kartika, M., Subakir, S., & Mirsiyanto, E. (2021). Faktor-Faktor Risiko Yang Berhubungan Dengan Hipertensi Di Wilayah Kerja Puskesmas Rawang Kota Sungai Penuh Tahun 2020. *Jurnal Kesmas Jambi*, *5*(1), 1–9. <https://doi.org/10.22437/jkmj.v5i1.12396>
- Kausar, L. I. E. (2020). Pemanfaatan Teknologi Informasi Berbasis Internet Terhadap Perkembangan Home Care Di Indonesia. *Dinamika Kesehatan Jurnal Kebidanan Dan Keperawatan*, *10*(1), 212–223. <https://doi.org/10.33859/dksm.v10i1.331>
- KEMENKES. (2019a). *Hari Keluarga Nasional*. Kementerian Kesehatan Direktorat Promosi Kesehatan Dan Pemberdayaan Masyarakat. <https://promkes.kemkes.go.id/content/?p=8849>
- KEMENKES. (2019b). Rencana Aksi Nasional Penanggulangan Penyakit Tidak Menular Tahun 2015-2019. In *kementerian Hukum dan Hak Asasi Manusia Republik Indonesia* (Vol. 8, Issue 5).
- Kementerian Kesehatan RI. (2018). *Manajemen Program Pencegahan dan Pengendalian Hipertensi dan Perhitungan Pencapaian SPM Hipertensi*. April, 25–27.
- Ketcher, D., Amy K. Otto, Vadaparampil, S. T., Heyman, R. E., Ellington, L., &

- Reblin, M. (2017). The psychosocial impact of spouse-caregiver chronic health conditions and personal history of cancer on well-being in advanced cancer patients and their caregivers Dana. *Physiology & Behavior*, *176*(1), 139–148. <https://doi.org/10.1016/j.jpainsymman.2020.12.008>.The
- Khoe, L. C., Wangge, G., Soewondo, P., Tahapary, D. L., & Widyahening, I. S. (2020). The implementation of community-based diabetes and hypertension management care program in Indonesia. *PLoS ONE*, *15*(1), 1–9. <https://doi.org/10.1371/journal.pone.0227806>
- Kumar, A., Dwivedi, A., Chaturvdi, A. K., & Kumar, R. (2018). *Section : Medicine Hypertension – the Silent Killer , Awareness of Risk Factors and Complications in Rohilkhand Region Section : Medicine*. *5*(3), 35–37.
- Kunicki, Z. J., Gaudiano, B. A., Miller, I. W., Tremont, G., Salloway, S., Darling, E., Broughton, M. K., Kraines, M. A., Hoopes, R., & Epstein-Lubow, G. (2021). Differences in Burden Severity in Adult-Child Family Caregivers and Spousal Caregivers of Persons with Dementia. *Journal of Gerontological Social Work*, *64*(5), 518–532. <https://doi.org/10.1080/01634372.2021.1912242>
- Kurnia, A. (2020). *Self-Management Hipertensi* (Tika Lestari (ed.)). CV.Jakad Media Publishing.
- Kurniawati, N. D., Wahyuni, E. D., & Toulasik, Y. A. (2019). Family support improves hypertensive patient drug compliance. *Indian Journal of Public Health Research and Development*, *10*(8), 2660–2665. <https://doi.org/10.5958/0976-5506.2019.02270.8>
- Lee, A. A., Piette, J. D., Heisler, M., Janevic, M. R., Langa, K. M., & Rosland, A. M. (2017). Family members' experiences supporting adults with chronic illness: A national survey. *Families, Systems and Health*, *35*(4), 463–473. <https://doi.org/10.1037/fsh0000293>
- Lenzen, S. A., Daniëls, R., Van Bokhoven, M. A., Van Der Weijden, T., & Beurskens, A. (2017). Disentangling self-management goal setting and action planning: A scoping review. *PLoS ONE*, *12*(11), 1–22. <https://doi.org/10.1371/journal.pone.0188822>

- Liawati, N., Yosep, P., & Ihsan, R. N. (2024). *Hubungan Dukungan Keluarga dengan Kepatuhan Diet Hipertensi pada Penderita Hipertensi*. 16, 37–44.
- Machado, B. M., Dahdah, D. F., & Kebbe, L. M. (2018). Caregivers of family members with chronic diseases: Coping strategies used in everyday life. *Brazilian Journal of Occupational Therapy*, 26(2), 299–313. <https://doi.org/10.4322/2526-8910.ctoAO1188>
- Mandago, K., & Mghanga, D. F. P. (2018). *Awareness of Risk Factors and Complications of Hypertension in Southern Tanzania*. 7(3), 155–163.
- Maqfirah, H., & Sari, H. (2017). Dukungan keluarga dalam peningkatan kesehatan jiwa lansia family support in improving health condition of elderly. *Jurnal Ilmiah Mahasiswa Keperawatan*, 2(3), 1–7.
- Márquez-Contreras, E., López García-Ramos, L. de, Martell-Claros, N., Gil-Guillen, V. F., Márquez-Rivero, S., Pérez-López, E., Garrido-Lopez, M. A., Farauste, C., López-Pineda, A., Casado-Martinez, J. J., Orozco-Beltran, D., Quesada, J. A., & Carratalá-Munuera, C. (2018). Validation of the electronic prescription as a method for measuring treatment adherence in hypertension. *Patient Education and Counseling*, 101(9), 1654–1660. <https://doi.org/10.1016/j.pec.2018.04.009>
- Maslakpak, M. H., Rezaei, B., & Parizad, N. (2018). Does family involvement in patient education improve hypertension management? A single-blind randomized, parallel group, controlled trial. *Cogent Medicine*, 5(1), 1537063. <https://doi.org/10.1080/2331205x.2018.1537063>
- McManus, R. J., Little, P., Stuart, B., Morton, K., Raftery, J., Kelly, J., Bradbury, K., Zhang, J., Zhu, S., Murray, E., May, C. R., Mair, F. S., Michie, S., Smith, P., Band, R., Ogburn, E., Allen, J., Rice, C., Nuttall, J., ... Yardley, L. (2021). Home and Online Management and Evaluation of Blood Pressure (HOME BP) using a digital intervention in poorly controlled hypertension: randomised controlled trial. *BMJ (Clinical Research Ed.)*, 372, m4858. <https://doi.org/10.1136/bmj.m4858>
- Mohammed Nawi, A., Mohammad, Z., Jetly, K., Abd Razak, M. A., Ramli, N. S., Wan Ibadullah, W. A. H., & Ahmad, N. (2021). The Prevalence and Risk

- Factors of Hypertension among the Urban Population in Southeast Asian Countries: A Systematic Review and Meta-Analysis. *International Journal of Hypertension*, 2021. <https://doi.org/10.1155/2021/6657003>
- Nabila, A., Arnita, Y., & Mulyati, D. (2022). *Self-Management Penderita Hipertensi. V.*
- Nesbitt, S., & Palomarez, R. E. (2016). Review: Increasing awareness and education on health disparities for health care providers. *Ethnicity and Disease*, 26(2), 181–190. <https://doi.org/10.18865/ed.26.2.181>
- Noble, K., Brown, K., Medina, M., Alvarez, F., Young, J., Leadley, S., Kim, Y., & DiCarlo, L. (2016). Medication adherence and activity patterns underlying uncontrolled hypertension: Assessment and recommendations by practicing pharmacists using digital health care. *Journal of the American Pharmacists Association : JAPhA*, 56(3), 310–315. <https://doi.org/10.1016/j.japh.2016.01.005>
- Noori, R., Alami, A., & Noghabi, A. D. (2015). Effect of family-centered empowerment model on quality of life in patients with hypertension. *Journal of Mazandaran University of Medical Sciences*, 25(127), 100–107. <https://doi.org/10.5812/msnj.117259>
- Oktowaty, S., Setiawati, E. P., & Arisanti, N. (2017). *Hubungan Fungsi Keluarga Dengan Kualitas Hidup Pasien Penyakit Kronis Degeneratif di Fasilitas Kesehatan Tingkat Pertama The Relationship Between Family Function and Quality of Life of Chronic*. 4(17), 1–6.
- Olack, B., Wabwire-Mangen, F., Smeeth, L., Montgomery, J. M., Kiwanuka, N., & Breiman, R. F. (2015). Risk factors of hypertension among adults aged 35-64 years living in an urban slum Nairobi, Kenya. *BMC Public Health*, 15(1), 1–9. <https://doi.org/10.1186/s12889-015-2610-8>
- Oladimeji, O. K. (2002). *Comparative Study of Caregiver Burden in Families of Patients*.
- Oldenkamp, M., Hagedoorn, M., Slaets, J., Stolk, R., Wittek, R., & Smidt, N. (2016). Subjective burden among spousal and adult-child informal caregivers of older adults: results from a longitudinal cohort study. *BMC Geriatrics*,

- 16(1), 1–11. <https://doi.org/10.1186/s12877-016-0387-y>
- Pan, J., Hu, B., Wu, L., & Li, Y. (2021). The effect of social support on treatment adherence in hypertension in China. *Patient Preference and Adherence*, 15, 1953–1961. <https://doi.org/10.2147/PPA.S325793>
- Park, Y.-H., Chang, H., Kim, J., & Kwak, J. S. (2013). Patient-tailored self-management intervention for older adults with hypertension in a nursing home. *Journal of Clinical Nursing*, 22(5–6), 710–722. <https://doi.org/10.1111/j.1365-2702.2012.04236.x>
- Perhimpunan Dokter Hipertensi Indonesia. (2021). Konsensus penatalaksanaan hipertensi 2021: update konsensus PERHI 2019. *Perhimpunan Dokter Hipertensi Indonesia*, 1–66. https://epdfx.com/queue/konsensus-hipertensi-2021_618517efe2b6f5414665024e_pdf?queue_id=61851815e2b6f54e0565028f
- Pranata, S. (2021). Perkembangan Teori Manajemen Diri Menjadi Sebuah Normal Science: Dilihat Melalui Perspektif KUHN. *Jurnal Keperawatan*, 04(June), 28–37. <https://stikesks-kendari.e-journal.id/JK/article/view/456>
- Pratiwi, N. P., Untari, E. K., & Robiyanto, R. (2020). Hubungan Persepsi dengan Kualitas Hidup Pasien Hipertensi Lanjut Usia di RSUD Sultan Syarif Mohamad Alkadrie Pontianak. *Journal of Management and Pharmacy Practice*, 10(2), 118. <https://doi.org/10.22146/jmpf.45579>
- Primary Health Care Services Delivery Guidelines. (2013). *Hypertension Prevention, Diagnosis, and Treatment*.
- Putra, G. J. (2019). 1. *Buku Dukungan Keluarga.pdf* (p. 17).
- Qu, Z., Parry, M., Liu, F., Wen, X., Li, J., Zhang, Y., Wang, D., & Li, X. (2019). Self-management and blood pressure control in China: a community-based multicentre cross-sectional study. *BMJ Open*, 9(3), e025819. <https://doi.org/10.1136/bmjopen-2018-025819>
- Rêgo, M. L. M., Cabral, D. A. R., Costa, E. C., & Fontes, E. B. (2019). Physical Exercise for Individuals with Hypertension: It Is Time to Emphasize its Benefits on the Brain and Cognition. *Clinical Medicine Insights: Cardiology*, 13. <https://doi.org/10.1177/1179546819839411>

- Rodriguez, M. A., Friedberg, J. P., DiGiovanni, A., Wang, B., Wylie-Rosett, J., Hyoun, S., & Natarajan, S. (2019). A tailored behavioral intervention to promote adherence to the DASH diet. *American Journal of Health Behavior*, 43(4), 659–670. <https://doi.org/10.5993/AJHB.43.4.1>
- Rosland, A.-M. (2009). *Sharing the Care : The Role of Family in Chronic Illness. California Health Care Foundation, August*, 1–27.
- Ryan, Cooper, & Tauer. (2013). gambaran caregiver burden. *Paper Knowledge . Toward a Media History of Documents*, 12–26.
- Salamung, N., Pratiwi, M. R., Irfansyah, M. N., Riskika, Maurida, N., & Primasarai, N. A. (2021). *Keperawatan Keluarga (Family Nursing)* (Risnawayi (ed.)). Duta Media Publishing.
- Sassen, B. (2017). Nursing: Health education and improving patient self-management. In *Nursing: Health Education and Improving Patient Self-Management*. <https://doi.org/10.1007/978-3-319-51769-8>
- Shantanam, S., & Mueeler. (2018). The DASH Diet, 20 Years Later. *Physiology & Behavior*, 176(1), 139–148. <https://doi.org/10.1001/jama.2017.1628>.The
- Shen, X., Xiao, S., Liu, R., Tong, G., Liu, T., & Wang, D. (2021). Personalized hypertension management based on serial assessment and telemedicine (PHMA): a cluster randomize controlled trial protocol in Anhui, China. *BMC Cardiovascular Disorders*, 21(1), 135. <https://doi.org/10.1186/s12872-021-01943-5>
- Shen, Y., Peng, X., Wang, M., Zheng, X., Xu, G., Lü, L., Xu, K., Burstrom, B., Burstrom, K., & Wang, J. (2017). Family member-based supervision of patients with hypertension: A cluster randomized trial in rural China. *Journal of Human Hypertension*, 31(1), 29–36. <https://doi.org/10.1038/jhh.2016.8>
- Shen, Z., Shi, S., Ding, S., & Zhong, Z. (2020). Mediating Effect of Self-Efficacy on the Relationship Between Medication Literacy and Medication Adherence Among Patients With Hypertension. *Frontiers in Pharmacology*, 11, 569092. <https://doi.org/10.3389/fphar.2020.569092>
- Simanullang, S. M. P. (2019). Self Management Pasien hemodialisa Di Rsup H. Adam Malik. *Journal Hipertensi*, 1–10.

- Singh, S., Shankar, R., & Singh, G. P. (2017). Prevalence and Associated Risk Factors of Hypertension: A Cross-Sectional Study in Urban Varanasi. *International Journal of Hypertension*, 2017. <https://doi.org/10.1155/2017/5491838>
- Siregar, C. T., Nasution, S. Z., Ariga, R. A., Lufthiani, Tanjung, D., & Harahap, I. A. (2021). The role and function of family caring for family members with chronic disease in medan. *AIP Conference Proceedings*, 2342(April). <https://doi.org/10.1063/5.0045438>
- Siregar, P. A. (2020). Diktat Dasar Promkes. In *Buku Ajar Promosi Kesehatan*.
- Song, T., Liu, F., Deng, N., Qian, S., Cui, T., Guan, Y., Arnolda, L., Zhang, Z., & Yu, P. (2021). A Comprehensive 6A Framework for Improving Patient Self-Management of Hypertension Using mHealth Services: Qualitative Thematic Analysis. *Journal of Medical Internet Research*, 23(6), e25522. <https://doi.org/10.2196/25522>
- Spatuzzi, R., Giulietti, M. V., Ricciuti, M., Merico, F., Romito, F., Reggiardo, G., Birgolotti, L., Fabbietti, P., Raucci, L., Rosati, G., Bilancia, D., & Vespa, A. (2020). Does Family Caregiver Burden Differ Between Elderly and Younger Caregivers in Supporting Dying Patients With Cancer? An Italian Study. *American Journal of Hospice and Palliative Medicine*, 37(8), 576–581. <https://doi.org/10.1177/1049909119890840>
- Sun, K., Lin, D., Li, M., Mu, Y., Zhao, J., Liu, C., Bi, Y., Chen, L., Shi, L., Li, Q., Yang, T., Wan, Q., Wu, S., Wang, G., Luo, Z., Qin, Y., Tang, X., Chen, G., Huo, Y., ... Yan, L. (2022). Association of education levels with the risk of hypertension and hypertension control: a nationwide cohort study in Chinese adults. *Journal of Epidemiology and Community Health*, 451–457. <https://doi.org/10.1136/jech-2021-217006>
- Susanto, W. H. A., Evi, S., Abbidin, A. H., Yunike, Gultom, R., & Nuraeni, A. (2022). *Ilmu Keperawatan Komunitas dan Keluarga* (N. S. S. N. Laila (ed.)). PT.Global Eksekutif Teknologi.
- Swarjana, I. K. (2015). *Metodologi Penelitian Kesehatan*. CV.Andi Offset.
- Tan, F. C. J. H., Oka, P., Dambha-Miller, H., & Tan, N. C. (2021). The association

- between self-efficacy and self-care in essential hypertension: a systematic review. *BMC Family Practice*, 22(1), 44. <https://doi.org/10.1186/s12875-021-01391-2>
- Thomas, S. A., Drummond, A. E., Lincoln, N. B., Palmer, R. L., das Nair, R., Latimer, N. R., Hackney, G. L., Mandefield, L., Walters, S. J., Hatton, R. D., Cooper, C. L., Chater, T. F., England, T. J., Callaghan, P., Coates, E., Sutherland, K. E., Eshtan, S. J., & Topcu, G. (2019). Behavioural activation therapy for post-stroke depression: the BEADS feasibility RCT. *Health Technology Assessment (Winchester, England)*, 23(47), 1–176. <https://doi.org/10.3310/hta23470>
- Tursina, H. M., Nastiti, E. M., & Sya'id, A. (2022). Faktor-Faktor Yang Mempengaruhi Self Management (Manajemen Diri) pada Pasien Hipertensi. *Jurnal Keperawatan Cikini*, 3(1), 20–25. <https://doi.org/10.55644/jkc.v3i1.67>
- Van Truong, P., Wulan Apriliyasari, R., Lin, M.-Y., Chiu, H.-Y., & Tsai, P.-S. (2021). Effects of self-management programs on blood pressure, self-efficacy, medication adherence and body mass index in older adults with hypertension: Meta-analysis of randomized controlled trials. *International Journal of Nursing Practice*, 27(2), e12920. <https://doi.org/10.1111/ijn.12920>
- Weber, M. A., Schiffrin, E. L., White, W. B., Mann, S., Lindholm, L. H., Kenerson, J. G., Flack, J. M., Carter, B. L., Materson, B. J., Ram, C. V. S., Cohen, D. L., Cadet, J. C., Jean-Charles, R. R., Taler, S., Kountz, D., Townsend, R. R., Chalmers, J., Ramirez, A. J., Bakris, G. L., ... Harrap, S. B. (2014). Clinical Practice Guidelines for the Management of Hypertension in the Community: A Statement by the American Society of Hypertension and the International Society of Hypertension Clinical Practice Guidelines for the Management of Hypertension in the Comm. *Journal of Clinical Hypertension*, 16(1), 14–26. <https://doi.org/10.1111/jch.12237>
- WHO. (2021). *Hypertension*. <https://www.who.int/news-room/fact-sheets/detail/hypertension>
- WHO. (2022). *Physical Activity*. <https://www.who.int/news-room/fact-sheets/detail/physical-activity>

- Wierzejska, E., Giernaś, B., Lipiak, A., Karasiewicz, M., & Cofta, M. (2020). Systematic review / Meta-analysis A global perspective on the costs of hypertension : a systematic review. *Arch Med Sci, 16*, 1078–1091.
- Windani, C., Sari, M., Komalasari, V., & Suhendar, I. (2021). *Description of Physical Activity in. 4*(1).
- Windani, C., Sari, M., Yamin, A., & Santoso, M. B. (2022). The Effect of Community-Based Intervention on Self-Management of Hypertension Patients. *Jkpi, 8*(1), 41–47. <https://doi.org/10.17509/jpki.v8i1.44362>
- Yang, T. J., Cooper, L. A., Ebony Boulware, L., & Thornton, R. L. J. (2019). Leveraging delivery of blood pressure control interventions among low-income African American adults: Opportunities to increase social support and produce family-level behavior change. *Ethnicity and Disease, 29*(4), 549–558. <https://doi.org/10.18865/ed.29.4.549>
- Yusrizal, M. (2016). Risk of hypertension in overweight adolescents in Pangkalpinang , Indonesia. *Journal of Epidemiology and Public Health, 1*(1), 27–36.
- Zeid, W., Makledy, F., Ismail, M., & El Gammal, H. (2014). Effect of Family-Oriented Health Education Program on Awareness, Adherence to Treatment and Control among Hypertensive Patients. *Suez Canal University Medical Journal, 17*(1), 29–38. <https://doi.org/10.21608/scumj.2014.45589>
- Zhang, X., Zheng, Y., Qiu, C., Zhao, Y., & Zang, X. (2020). Well-being mediates the effects of social support and family function on self-management in elderly patients with hypertension. *Psychology, Health and Medicine, 25*(5), 559–571. <https://doi.org/10.1080/13548506.2019.1687919>
- Zhao, J., Hu, Y., Zhang, X., Zhang, G., Lin, M., Chen, X., Lin, X., & Wang, X. (2020). Efficacy of empowerment strategies for patients with hypertension: A systematic review and meta-analysis. *Patient Education and Counseling, 103*(5), 898–907. <https://doi.org/10.1016/j.pec.2019.11.025>
- Zheng, C., Wang, Z., Wang, X., Chen, Z., Zhang, L., Kang, Y., Yang, Y., Jiang, L., & Gao, R. (2020). Social determinants status and hypertension: A Nationwide Cross-sectional Study in China. *Journal of Clinical Hypertension, 22*(11),

2128–2136. <https://doi.org/10.1111/jch.14023>

Zhou, B., Carrillo-Larco, R. M., Danaei, G., Riley, L. M., Paciorek, C. J., Stevens, G. A., Gregg, E. W., Bennett, J. E., Solomon, B., Singleton, R. K., Sophia, M. K., Iurilli, M. L. C., Lhoste, V. P. F., Cowan, M. J., Savin, S., Woodward, M., Balanova, Y., Cifkova, R., Damasceno, A., ... Zuñiga Cisneros, J. (2021). Worldwide trends in hypertension prevalence and progress in treatment and control from 1990 to 2019: a pooled analysis of 1201 population-representative studies with 104 million participants. *The Lancet*, 398(10304), 957–980. [https://doi.org/10.1016/S0140-6736\(21\)01330-1](https://doi.org/10.1016/S0140-6736(21)01330-1)