

DAFTAR PUSTAKA

- Abineno, A. P., & Malinti, E. (2022). Hubungan indeks massa tubuh dengan tekanan darah pada orang dewasa. *Indonesian Journal of Nursing and Health Sciences*, 3(1), 35–40. <https://doi.org/10.37287/ijnhs.v3i1.973>
- Adam, A. G. A., Jeini, E. N., & Windy, M. V. W. (2018). Kejadian hipertensi dan riwayat keluarga menderita hipertensi di Puskesmas Paceda Kota Bitung. *Jurnal KESMAS*, 7(5), 1–5
- Adriani, P., Yusriani, Mahaza, Kartikasari, N. D., Safera, K. M., Maisyarah, Wirawan, S., Hairudin La Patilaiya, Ramli, & Frisca Rahmadina. (2022). *Promosi kesehatan masyarakat. di Yayasan Kita Menulis*. www.globaleksekutifteknologi.co.id
- Agustina, E.N., Rasid, H.A., Irawan, D., Setiyadi, A., Dewi, H.K., Muslim, I.A., Giri, I. (2023). Hubungan self awareness dengan perilaku pencegahan komplikasi stroke Pada Penderita Hipertensi Indonesia. *Wijaya, Jurnal Ilmiah*, 15(2), 55–62
- Amalia, F., Zainuddin, A., & Irma, I. (2022). Faktor risiko kejadian hipertensi pada usia dewasa muda (20-44) di wilayah kerja Puskesmas Kandai tahun 2022. *Endemis Journal*, 3(2), 5–11. <https://doi.org/10.37887/ej.v3i2.27001>
- Anam, A., Upoyo, A. S., Isworo, A., Taufik, A., & Sari, Y. (2022). Spiritual emotional freedom technique (seft) untuk menurunkan ansietas pada pasien hipertensi. *Jurnal Psikologi*, 15(1), 10–19
- Anshari, Z. (2020). Komplikasi hipertensi dalam kaitannya dengan pengetahuan pasien terhadap hipertensi dan upaya pencegahannya. *Jurnal Penelitian Keperawatan Medik*, 2(2), 54–61. <https://doi.org/10.36656/jpkm.v2i2.289>
- Azadi, N. A., Ziapour, A., Lebni, J. Y., Irandoost, S. F., Abbas, J., & Chaboksavar, F. (2021). The effect of education based on health belief model on promoting preventive behaviors of hypertensive disease in staff of the Iran University of Medical Sciences. *Archives of Public Health*, 79(1), 1–8. <https://doi.org/10.1186/s13690-021-00594-4>
- Azwar, S., 2012. *Penyusunan skala psikologi*, 2nd ed. Pustaka Pelajar, Yogyakarta
- Bisnu, M. I. K. H., Kepel, B. J., & Mulyadi. (2017). Hubungan dukungan keluarga dengan derajat hipertensi pada pasien hipertensi di Puskesmas Ranomuut Kota Manado. *E-Jurnal Keperawatan (e-KP)*, 5(1). <http://dx.doi.org/10.30829/contagion.v3i1.9123>
- Carey, R. M., Muntner, P., Bosworth, H. B., & Whelton, P. K. (2018). Prevention and control of hypertension: JACC health promotion series. *Journal of the American College of Cardiology*, 72(11), 1278–1293.

<https://doi.org/10.1016/j.jacc.2018.07.008>

Charchar, F. J., Prestes, P. R., Mills, C., Ching, S. M., Neupane, D., Marques, F. Z., Sharman, J. E., Vogt, L., Burrell, L. M., Korostovtseva, L., Zec, M., Patil, M., Schultz, M. G., Wallen, M. P., Renna, N. F., Islam, S. M. S., Hiremath, S., Gyeltshen, T., Chia, Y. C., Tomaszewski, M. (2024). Lifestyle management of hypertension: International society of hypertension position paper endorsed by the world hypertension league and european society of hypertension. *Journal of Hypertension*, 42(1), 23–49. <https://doi.org/10.1097/HJH.00000000000003563>

Christian, Y. E., & Karjadidjaja, I. (2022). Hubungan tingkat pengetahuan gizi dengan perilaku pencegahan hipertensi pada pekerja muda usia 25-40 tahun. *Jurnal Darma Agung*, 30(3), 61. <https://doi.org/10.46930/ojsuda.v30i3.2189>

Dahlan, S. (2013). *Statistik untuk kedokteran dan kesehatan*, 5th ed.. Salemba Medika, Jakarta.

Daziah, E., & Rahayu, S. (2020). Hubungan antara dukungan keluarga dengan perilaku perawatan hipertensi yang dilakukan oleh keluarga di rumah. *Dinamika Kesehatan: Jurnal Kebidanan Dan Keperawatan*, 11(1), 79–88. <https://doi.org/10.33859/dksm.v11i1.477>

Doull, M., O'Connor, A. M., Welch, V., Tugwell, P., & Wells, G. A. (2017). Peer support strategies for improving the health and well-being of individuals with chronic diseases. In The Cochrane Database of Systematic Reviews (Vol. 2017, Issue 6). <https://doi.org/10.1002/14651858.CD005352.pub2>

Elfina Yulidar, Dini Rachmaniah, & Hudari Hudari. (2023). Hubungan pengetahuan dengan perilaku pencegahan hipertensi pada penderita hipertensi di wilayah kerja puskesmas grogol tahun 2022. *Detector: Jurnal Inovasi Riset Ilmu Kesehatan*, 1(1), 264–274. <https://doi.org/10.55606/detector.v1i1.1531>

Ernawati, I., Fandinata, S. S., & Permatasari, S. N. (2020). Translation and validation of the Indonesian version of the hypertension knowledge-level scale. *Open Access Macedonian Journal of Medical Sciences*, 8, 630–637. <https://doi.org/10.3889/OAMJMS.2020.5152>

Firmansyah, R. S., & Aprilianti, V. (2023). Hubungan tingkat pengetahuan dengan perilaku pencegahan hipertensi pada mahasiswa keperawatan tingkat 1 di Sekolah Tinggi Ilmu Kesehatan Kuningan tahun 2023. *Journal of Nursing Practice and Education*, 4(1), 169–176. <https://doi.org/10.34305/jnpe.v4i1.856>

Gutierrez, M. M., & Sakulbumrungsil, R. (2021). Factors associated with medication adherence of hypertensive patients in the Philippines: A systematic review. *Clinical Hypertension*, 27(1), 1–15.

<https://doi.org/10.1186/s40885-021-00176-0>

- Halim, R., & Sutryawan, A. (2022). Studi retrospektif gaya hidup dan kejadian hipertensi pada usia produktif. *Journal of Nursing and Public Health*, 10(1), 121–128. <https://doi.org/10.37676/jnph.v10i1.2376>.
- Hanifah, R. H. (2024). *Factors affecting hypertension prevention behavior among at-risk students at Faculty of Health Sciences Universitas Jenderal Soedirman*. Skripsi. Program Sarjana Universitas Jenderal Soedirman, Purwokerto.
- Hintari, S., & Fibriana, A. I. (2017). Hipertensi pada penduduk usia produktif (15–59 tahun) di wilayah kerja Puskesmas Pageruyung Kabupaten Kendal. *Higeia Journal of Public Health Research and Development*, 1(3), 625–634
- Hird, T. R., Zomer, E., Owen, A. J., Magliano, D. J., Liew, D., & Ademi, Z. (2019). Productivity burden of hypertension in Australia: A life table modeling study. *Hypertension*, 73(4), 777–784. <https://doi.org/10.1161/HYPERTENSIONAHA.118.12606>
- Ina, S. H. J., Selly, J. B., & Feoh, F. T. (2020). Analisis hubungan faktor genetik dengan kejadian hipertensi pada usia dewasa muda (19-49 tahun) di Puskesmas Bakunase Kota Kupang tahun 2020. *Chmk Health Journal*, 4(3), 220.
- Jayanti, A., Mulyati, D., & Atika, S. (2022). Penanganan hipertensi pada remaja akhir: Suatu studi kasus treatment of hypertension in end adolescent : A case study. 1, 160–168
- Kartika, I. R., & Dewi, R. (2018). Manajemen keseimbangan gaya hidup dan kestabilan tekanan darah masyarakat usia produktif. *REAL in Nursing Journal*, 1(1), 12. <https://doi.org/10.32883/rnj.v1i1.177>
- Khoiry, Q. A., Alfian, S. D., & Abdulah, R. (2022). Modifiable and non-modifiable Factors associated with low awareness of hypertension treatment in Indonesia: a cross-sectional population-based national survey. *Global Heart*, 17(1). <https://doi.org/10.5334/gh.1143>
- Kilic, D., Turkoglu, N., Yalcinoz Baysal, H., Adibelli, D., Bilgin, S., & Akyil, R.C. (2018). The effect of education provided using the roy's adaptation model On hypertension management. *International Journal of Caring Sciences*, 11(1), 1–333. www.internationaljournalofcaringsciences.org
- Kurniawan, A., & Dewi Arini, L. D. (2023). *Relationship of attitude, knowledge And family support factors to chi-square test-based hypertension control Efforts*. Proceeding of International Conference on Science, Health, And

- Technology, 034, 160–169. <https://doi.org/10.47701/icohetech.v4i1.3387>
- Kurnianto, A., Sunjaya, D. K., Rinawan, F. R., & Hilmanto, D. (2020). Prevalence Of hypertension and its associated factors among indonesian adolescents. *International Journal of Hypertension*, 2020. <https://doi.org/10.1155/2020/4262034>
- Legido-Quigley, H., Lopez, P. A. C., Balabanova, D., Perel, P., Lopez-Jaramillo, P., Nieuwlaat, R., Schwalm, J. D., McCready, T., Yusuf, S., & McKee, M. (2015). Patients' knowledge, attitudes, behaviour and health care experiences on the prevention, detection, management and control of hypertension in Colombia: A qualitative study. *PLoS ONE*, 10(4), 1–16. <https://doi.org/10.1371/journal.pone.0122112>
- Li, Y., Ge, W., Wu, M., Gao, M., Peng, Z., Han, Y., Hu, X., & Li, L. (2024). Association between socioeconomic status and hypertension among adults in Fujian province and the mediating effect of BMI and cooking salt intake: a cross-sectional study. *BMJ Open*, 14(3), 1–11. <https://doi.org/10.1136/bmjopen-2023-076785>
- Luh, N., Ekarini, P., & Sumartini, M. (2018). Pengaruh edukasi gaya hidup sehat Terhadap pencegahan dini hipertensi pada remaja. *Jurnal Keperawatan*, 3(2)
- Machaalani, M., Seifeddine, H., Ali, A., Bitar, H., Briman, O., & Chahine, M. N. (2022). Knowledge, attitude, and practice toward hypertension among hypertensive patients residing in Lebanon. *Vascular Health and Risk Management*, 18(July), 541–553. <https://doi.org/10.2147/VHRM.S367187>
- Mahmuda, I. N. N., Maslahah, S. F. N., Putriyantiwi, I., Oktafiani, N. S., Yamsun, R. D., Khairunnisa, R., Subekti, T. H., & Rajendra, H. H. (2022). Kolaborasi webinar: kenali risiko, gejala, dan pencegahan hipertensi. *Jurnal Pengabdian Masyarakat Medika*, 53–58. <https://doi.org/10.23917/jpmmedika.v2i2.482>.
- Melviani, M., Aryzki, S., Rahman, A., Putri, G. A., & Riadi, S. D. R. (2022). Pengaruh gaya hidup terhadap penyakit hipertensi berdasarkan teori tpb (theory of planned behavior). *Journal Pharmaceutical Care and Sciences*, 2(2), 30–38. <https://doi.org/10.33859/jpcs.v2i2.164>
- Mi'mah, N., Asyrofi, A., Arisdiani, T., & Ardiyanti, Y. (2023). Pengaruh peer group support terhadap self care the effect of peer group support on self care of. *Jurnal Surya Muda*, 5(1), 55–69
- Mutmainnah, B., Djalal, D., & Suyuti, A. (2021). Edukasi bahaya hipertensi , "the silent killer " dan cara pemeriksaan tekanan darah pada mahasiswa FIK UNM. *Jurnal Fakultas Ilmu Keolahragaan Universitas Negeri Makassar*, 284–286.
- Nasution, N. C. (2018). Dukungan teman sebaya dalam meningkatkan motivasi

- belajar. *Al-Hikmah*, 12(2), 159–174. <https://doi.org/10.24260/al-hikmah.v12i2.1135>
- Nawi, A. M., Mohammad, Z., Jetly, K., Aznuddin, M., Razak, A., Ramli, N. S., Abdul, W., Wan, 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*. <https://doi.org/10.1155/2021/6657003>
- Nelson, K., Fennell, T., Gray, K. E., Williams, J. L., Lutton, M. C., Silverman, J., Jain, K., Augustine, M. R., Kopf, W., Taylor, L., Sayre, G., & Vanderwarker, C. (2018). Veteran peer coaches optimizing and advancing cardiac health (Vet-COACH); Design and rationale for a randomized controlled trial of peer support among veterans with poorly controlled hypertension and other CVD risks. *Contemporary Clinical Trials*, 73, 61–67. <https://doi.org/https://doi.org/10.1016/j.cct.2018.08.011>
- Notoatmodjo, S. (2014). *Metodologi penelitian kesehatan*. Jakarta: Rineka Cipta
- Nurhayati, L., & Fibriana, N. (2019). Dukungan keluarga terhadap kepatuhan Kontrol pengobatan pasien hipertensi. *Jurnal Keperawatan*, 5(2), 63–69
- Ondimu, D. O., Kikuvi, G. M., & Otieno, W. N. (2019). Risk factors for hypertension among young adults (18-35) years attending in ten week mission hospital, Bomet county, Kenya in 2018. *Pan African Medical Journal*, 33, 1–8. <https://doi.org/10.11604/pamj.2019.33.210.18407>
- Orji, R., Vassileva, J. & Mandryk, R. (2012). 'Toward an effective health interventions design: An extension of the health belief model', *Online Journal of Public Health Informatics*, vol 4, no.3
- Pakpahan, M., Siregar, D., Suliawaty, A., Mustar, Tasnim M., Ramdany, R., Sianturi, E.I.M., Sitanggang, M.R.G.T., Maisyarah. (2021). *Promosi kesehatan & perilaku kesehatan*. In Jakarta: EGC
- Pan, J., Hu, B., & Wu, L. (2021). The effect of social support on treatment adherence in hypertension in China. 1953–1961
- Pender, N. J., Murdaugh, C. L., & Parsons, M. A. (2019). Health promotion in nursing practice seventh edition. In Pearson Education, Inc.<https://doi.org/10.1007/BF00841552>
- Pradany, R. N. (2020). Niat teman sebaya terhadap peningkatan dukungan dalam mencegah perilaku sedentari remaja risna nur pradany. *Jurnal Penelitian Kesehatan Suara Forikes*, 11(7), 319–323
- Pristianty, L., Priyandani, Y., & Rahem, A. (2023). The correlation between knowledge, attitude and family support on compliance of outpatients with

- hypertension in a healthcare centre in Indonesia. *Pharmacy Education*, 23(2), 25–30. <https://doi.org/10.46542/pe.2023.232.2530>
- Putri, F.T., Ardina,R., Wijayanto., T. (2021). Hubungan dukungan keluarga dengan perilaku pencegahan hipertensi primer pada lansia di wilayah kerja Puskesmas Wates. *Jurnal Penelitian Sistem Kesehatan*, 20–34
- Purwo Setiyo Nugroho, & Yonita Sari. (2019). Hubungan tingkat pendidikan dan usia dengan kejadian hipertensi di wilayah kerja Puskesmas Palaran. *Jurnal Dunia Kesmas*, 8, 219–225
- Rajkumar, E., & Romate, J. (2020). Behavioural risk factors, hypertension knowledge, and hypertension in Rural India. *International Journal of Hypertension*, 2020. <https://doi.org/10.1155/2020/8108202>
- Rangga, Y. P. P., Irman, O., & Wijayanti, A. R. (2022). Peer support group terhadap well-being pasien hipertensi usia dewasa muda. *JI-KES: Jurnal Ilmu Kesehatan*, 5(2), 221–228. <https://doi.org/10.33006/ji-kes.v5i2.348>
- Ramli, Ishak, S. N., Nurliyani, Ayu, J. D., Wahyuni, R., Setyawan, D. A., Pertiwi, G. H., Rohani, S., Nuraeni, A., & Arsyad, G. (2023). Teori dan aplikasi promosi kesehatan
- Romadhon, W. A., Aridadayanti, B. G., Syanif, A. H., & Sari, G. M. (2020). Faktor-faktor yang memengaruhi self-care behavior pada klien dengan hipertensi di komunitas. *Jurnal Penelitian Kesehatan “SUARA FORIKES” (Journal of Health Research “Forikes Voice”)*, 37. <https://doi.org/10.33846/sf11nk206>
- Rusminarni. (2021). Hubungan peran keluarga terhadap gaya hidup pada penderita hipertensi garade II di wilayah kerja Puskesmas Segala Mider. *Jurnal Riset Media*, 4(1), 8–16
- San, T. S. (2017). Knowledge, attitude and practice of preventive behaviour towards hypertension among Myanmar migrants in Samutsakhon Province, Thailand. 549, 40–42
- Sanya, R. E., Johnston, E. S., Kibe, P., Werfalli, M., Mahone, S., Levitt, N. S., Klipstein-Grobusch, K., & Asiki, G. (2023). Effectiveness of self-financing patient-led support groups in the management of hypertension and diabetes in low- and middle-income countries: Systematic review. *Tropical Medicine and International Health*, 28(2), 80–89. <https://doi.org/10.1111/tmi.13842>
- Setiandari, E., Widjarni, A., & Azizah, A. (2020). Analisis hubungan riwayat keluarga dan aktivitas fisik dengan kejadian hipertensi di kelurahan indrasari kabupaten banjar. *Jurnal Ilmiah Universitas Batanghari Jambi*, 20(3), 1043. <https://doi.org/10.33087/jiubj.v20i3.1094>

- Setiyaningsih R, & Ningsih S. (2019). Pengaruh motivasi, dukungan keluarga dan peran kader terhadap perilaku pengendalian hipertensi. *Indonesian Journal On Medical Science*, 6(1), 79–85
- Simanjuntak, A. A., Adi, M. S., Hestiningsih, R., & Saraswati, L. D. (2021). Gambaran tingkat pengetahuan dan sikap terhadap pencegahan hipertensi pada mahasiswa (studi pada mahasiswa Universitas Diponegoro Semarang). *Jurnal Kesehatan Masyarakat (Undip)*, 9(4), 504–509. <https://doi.org/10.14710/jkm.v9i4.29680>.
- Sudharsanan, N., Ali, M. K., & McConnell, M. (2021). Hypertension knowledge and treatment initiation, adherence, and discontinuation among adults in Chennai, India: A cross-sectional study. *BMJ Open*, 11(1). <https://doi.org/10.1136/bmjopen-2020-040252>
- Shahin, W., Kennedy, G. A., & Stupans, I. (2021). The association between social support and medication adherence in patients with hypertension: A systematic review. *Pharmacy Practice*, 19(2), 1–8. <https://doi.org/10.18549/Pharm Pract.2021.2.2300>
- Siswanto, Y., & Lestari, I. P. (2020). Status gizi dan merokok sebagai determinan kejadian nutritional status and smoking as determinant events of hypertension in adolescents. *Jurnal Ilmiah Permas: Jurnal Ilmiah STIKES Kendal*, 10(2), 177–184
- Suseela, R., Ambika, R. B., Mohandas, S., Menon, J. C., Numpelil, M., K Vasudevan, B., Ved, R., Danaei, G., & Spiegelman, D. (2022). Effectiveness of a community-based education and peer support led by women's self-help groups in improving the control of hypertension in urban slums of Kerala, India: a cluster randomised controlled pragmatic trial. *BMJ Global Health*, 7(11), 1–10. <https://doi.org/10.1136/bmigh-2022-010296>
- Syah, A. Y., & Anies, N. F. (2023). Peran dukungan keluarga sebagai upaya pengontrolan hipertensi pada lansia. *NERS Jurnal Keperawatan*, 19(2), 61. <https://doi.org/10.25077/njk.19.2.61-67.2023>
- Te'ne, C. A., & Karjadidjaja, I. (2020). Hubungan overweight dan obesitas terhadap hipertensi pada pengemudi bus antar kota PT GM Jakarta. *Tarumanagara Medical Journal*, 2(1), 14–19. <https://doi.org/10.24912/tmj.v2i2.7831>
- Upoyo, A. S., Taufik, A., Anam, A., Nuriya, N., Saryono, S., & Setyopranoto, I. (2021). Translation and validation of the indonesian version of the hypertension self-care profile. 9, 980–984
- Van Oort, S., Beulens, J. W. J., Van Ballegooijen, A. J., Grobbee, D. E., & Larsson, S. C. (2020). Association of cardiovascular risk factors and lifestyle behaviors with hypertension: A mendelian randomization study.

Hypertension, 76(6), 1971–1979.
<https://doi.org/10.1161/HYPERTENSIONAHA.120.15761>

Werfalli, M., Werfalli, M., Raubenheimer, P. J., Engel, M., Musekiwa, A., Bobrow, K., Bobrow, K., Peer, N., Peer, N., Hoegfeldt, C., Kalula, S., Kalula, S., Kengne, A. P., Levitt, N. S., Levitt, N. S., & Levitt, N. S. (2020). The effectiveness of peer and community health worker-led self-management support programs for improving diabetes health-related outcomes in adults in low- and-middle-income countries: A systematic review. *Systematic Reviews*, 9(1). <https://doi.org/10.1186/s13643-020-01377-8>

