

## DAFTAR PUSTAKA

- Agustina, N. P. D. (2023). Edukasi Kesehatan Dalam Meningkatkan Kepatuhan Minum Obat Pada Lansia Hipertensi. *Jurnal Keperawatan Silampari*, 6(2), 2049–2059.
- Asharani, P. V., Lai, D., Koh, J., & Subramaniam, M. (2022). Purpose in Life in Older Adults: A Systematic Review on Conceptualization, Measures, and Determinants. *International Journal of Environmental Research and Public Health*, 19(10). <https://doi.org/10.3390/ijerph19105860>
- Almeida, J. P. A. S., Bessa, M., Lopes, L. T. P., Gonçalves, A., Roeber, L., & Zanetti, H. R. (2021). Isometric handgrip exercise training reduces resting systolic blood pressure but does not interfere with diastolic blood pressure and heart rate variability in hypertensive subjects: A systematic review and meta-analysis of randomized clinical trials. <https://doi.org/10.1038/s41440-021-00681-7>.
- Badrov, M. B., Freeman, S. R., Zokvic, M. A., Millar, P. J., & McGowan, C. L. (2020). Isometric exercise training lowers resting blood pressure and improves local conduit artery endothelial function in normotensive individuals. *Journal of Hypertension*, 38(3), 487–496. <https://doi.org/10.1097/HJH.0000000000002287>.
- Bahtiar, H., Ariyanti, M., Nur, D., Purqoti, S., Nurainun, B., & Idris, A. (2023). Perbedaan efektivitas latihan handgrip isometrik dan relaksasi autogenik terhadap perubahan tekanan darah penderita hipertensi. *Prima*, 9(2), 16–28.
- Basuki, H. O., Haryanto, J., & Kusumaningrum, T. (2018). The Effect of Elderly Cognitive Care on the Cognitive Function and Physical Activity of Elderly. *Indonesian Journal of Health Research*, 1(2), 37–48. <https://doi.org/10.32805/ijhr.2018.1.2.16>
- BKPK. (2024). *Bahaya Hipertensi Mengintai Anak Muda Indonesia*. KEMENKES. <https://www.badankebijakan.kemkes.go.id/bahaya-hipertensi-mengintai-anak-muda-indonesia/>
- Dinkes Jateng. (2025). *Profil Kesehatan Jateng*. Dinas Kesehatan Jawa Tengah. [https://dinkesjatengprov.go.id/v2018/dokumen/Profil\\_Kesehatan\\_2021/files/basic-html/page125.html](https://dinkesjatengprov.go.id/v2018/dokumen/Profil_Kesehatan_2021/files/basic-html/page125.html)
- DKK Klaten, D. K. K. (2023). *Hipertensi*. Dinas Kesehatan Kabupaten Klaten. <https://dinkes.klaten.go.id/tag/hipertensi>
- Burnier, M., & Egan, B. M. (2022). Adherence in hypertension. *Circulation Research*, 130(5), 761–773. <https://doi.org/10.1161/CIRCRESAHA.121.319186>.
- Carlos, W. (2016). *Mengatasi hipertensi*. Nuansa Cendekia.
- Creswell, J. W., & Creswell, J. D. (2023). *Research design: Qualitative, quantitative, and mixed methods approaches* (7th ed.). SAGE Publications.
- Cutler, D. M., & Lleras-Muney, A. (2010). Understanding differences in health behaviors by education. *Journal of Health Economics*, 29(1), 1–28. <https://doi.org/10.1016/j.jhealeco.2009.10.003>.
- Dinas Kesehatan Jawa Tengah. (2025). *Profil kesehatan Jawa Tengah*.

- Dinas Kesehatan Kabupaten Klaten. (2023). *Hipertensi*.
- Febri, M. (2023). Penurunan tekanan darah pada lansia dengan hipertensi. *Unimus Ners Muda*, 2(1), 54–60.
- Fitri Shinta Muliya. (2023). *Penerapan isometric handgrip exercise pada lansia penderita hipertensi di RSUD dr. Soediran Mangun Sumarso Wonogiri*.
- Franklin, S. S., Wong, N. D., & Larson, M. G. (2015). Age-related changes in blood pressure and the role of arterial stiffness. *Hypertension*, 65(6), 1154–1160. <https://doi.org/10.1161/HYPERTENSIONAHA.114.05135>.
- Gray, D. E., Furniss, D., & Bowes, A. (2023). Design and interpretation in quasi-experimental research. *Journal of Mixed Methods Research*, 17(2), 212–228. <https://doi.org/10.1177/15586898211012345>
- He, F. J., Tan, M., Ma, Y., & MacGregor, G. A. (2022). Salt reduction to prevent hypertension and cardiovascular disease: JACC state-of-the-art review. *Journal of the American College of Cardiology*, 80(8), 745–758. <https://doi.org/10.1016/j.jacc.2022.06.007>.
- Inder, J. D., Carlson, D. J., Dieberg, G., McFarlane, J. R., Hess, N. C., & Smart, N. A. (2022). Isometric exercise training and arterial stiffness in older adults with hypertension. *Hypertension Research*, 45(2), 236–244. <https://doi.org/10.1038/s41440-021-00791-6>.
- Kusuma, U., Surakarta, H., Rsud, D. I., & Madiun, S. (2024). 1) , 2) , 3) . 1–7.
- Kivimäki, M., Steptoe, A., Singh-Manoux, A., & Batty, G. D. (2023). Stress and cardiovascular disease. *Nature Reviews Cardiology*, 20(6), 371–386. <https://doi.org/10.1038/s41569-022-00785-9>.
- Mancia, G., Kreutz, R., dkk. (2023). 2023 hypertension guidelines for the management of arterial hypertension. *Journal of Hypertension*. <https://doi.org/10.1097/HJH.0000000000003480>.
- Millar, P. J., Paashuis, A., & McCartney, N. (2020). Isometric handgrip exercise improves blood pressure and cardiovascular health in hypertensive populations: A review. *Current Hypertension Reports*, 22(8), 56. <https://doi.org/10.1007/s11906-020-01059-8>.
- Mills, K. T., Stefanescu, A., & He, J. (2022). The global epidemiology of hypertension. *Nature Reviews Nephrology*, 18(4), 223–237. <https://doi.org/10.1038/s41581-021-00495-3>.
- Mulyati, L. (2024). *Membangun self-management behavior yang efektif pada penderita hipertensi: Perspektif pengetahuan, self-efficacy, komunikasi petugas kesehatan, dan dukungan keluarga*. CV Budi Utama.
- Nurhaedah, Sutarna, A., Abdullah, D., Aditia, D., Zafera Adam, A., & Ita Erliana, C. (2023). Sahabat Sosial Jurnal Pengabdian Masyarakat. *Jurnal Pengabdian Masyarakat*, 1(Pemeriksaan Kesehatan Tekanan Darah Di Kantor Kelurahan Biraeng Kecamatan Minasatene Kabupaten Pangkep), 2964–9196.

- Palmeira, A. C., Ritti-Dias, R. M., Figueiredo, T. A., Santos, A. M., & Forjaz, C. L. M. (2021). Isometric handgrip exercise training reduces blood pressure in hypertensive older adults. *Clinical Interventions in Aging*, 16, 567–575. <https://doi.org/10.2147/CIA.S297217>.
- Perhimpunan Dokter Spesialis Kardiovaskular Indonesia. (2019). *Pedoman tatalaksana hipertensi pada penyakit kardiovaskular*. PERKI.
- Polit, D. F., & Beck, C. T. (2022). *Nursing research: Generating and assessing evidence for nursing practice* (11th ed.). Wolters Kluwer.
- Pescatello, L. S., MacDonald, H. V., Lamberti, L., & Johnson, B. T. (2015). Exercise for hypertension: A prescription update integrating existing recommendations with emerging research. *Current Hypertension Reports*, 17(11), 87. <https://doi.org/10.1007/s11906-015-0600-y>
- Prima, R., Novandi, A., Yuliani, R., Zahrah, C. H., & Agustia, R. Z. (2023). Pengabdian Masyarakat Pemeriksaan Tekanan Darah Dan Denyut Nadi Oleh Mahasiswa Fakultas Kesehatan Universitas Muhammadiyah Sumatera Barat Di Lapangan Kantin Bukittinggi. *EJOIN: Jurnal Pengabdian Masyarakat*, 1(7), 594–598. <https://doi.org/10.55681/ejoin.v1i7.1188>
- Ratnawati, D. (2020). Latihan menggenggam alat handgrip menurunkan tekanan darah pada penderita hipertensi. *Jurnal Keterampilan Fisik*, 5(2), 101–108.
- Regitz-Zagrosek, V., Oertelt-Prigione, S., Seeland, U., & Hetzer, R. (2016). Sex and gender differences in cardiovascular disease. *The Lancet*, 387(10009), 1173–1184. Tersedia: [https://doi.org/10.1016/S0140-6736\(15\)01187-6](https://doi.org/10.1016/S0140-6736(15)01187-6). Diakses pada 9 Februari 2026.
- Rohmana Omay. (2022). Latihan Isometrik Handgrip Aktivitas Fisik Sederhana Lansia Hipertensi. Perkumpulan Rumah Cemerlang Indonesia (PRCI).
- Sacks, F. M., Svetkey, L. P., Vollmer, W. M., Appel, L. J., Bray, G. A., Harsha, D., & Lin, P. H. (2001). Effects on blood pressure of reduced dietary sodium and the DASH diet. *New England Journal of Medicine*, 344(1), 3–10. <https://doi.org/10.1056/NEJM200101043440101>.
- Sejahtera, M. D. A. N. (2024). Kualitas Hidup Lansia Indonesia di Era Teknologi : Tantangan dan Upaya agar Sehat Jiwa-Raga , Bahagia , Mandiri dan Sejahtera ( Menuju Indonesia 2045 ). In Dgb.Ui.Ac.Id. <https://dgb.ui.ac.id/wp-content/uploads/123/2024/03/2.-Buku-Pidato-Prof-Martina.pdf>
- Silfiani, S., Fitri, N. L., & Ludiana. (2024). Penerapan Isometric Handgrip Exercise Terhadap Tekanan Darah Pada Penderita Hipertensi Di UPTD Puskesmas Yosomulyo Metro Pusat. *Jurnal Cendikia Muda*, 4(September), 447–455.
- Smart, N. A., Way, D., Carlson, D., Millar, P. J., & Dieberg, G. (2023). Isometric exercise training for hypertension: Clinical relevance and future directions. *Sports Medicine*, 53(4), 789–802. <https://doi.org/10.1007/s40279-022-01787-9>.
- Spruill, T. M. (2022). Chronic psychosocial stress and hypertension. *Current Hypertension Reports*, 24(6), 173–180. <https://doi.org/10.1007/s11906-022-01178-7>
- Sugiyono. (2017). *Metode penelitian kuantitatif, kualitatif, dan R&D*.
- Syapitri, H., Amila, & Aritonang, J. (2021). *Buku ajar metodologi penelitian kesehatan*. Ahlimedia Press.

- Trisnawan, A. (2019). *Mengenal hipertensi*. Mutiara Aksara.
- Whelton, P. K., Carey, R. M., Aronow, W. S., dkk. (2018). 2017 ACC/AHA guideline for the prevention, detection, evaluation, and management of high blood pressure in adults. *Hypertension*, 71(6), e13–e115. <https://doi.org/10.1161/HYP.0000000000000075>.
- Widharto. (2018). *Bahaya hipertensi*. PT Sunda Kelapa Pustaka.
- World Health Organization. (2019). *Hypertension*. <https://www.who.int/news-room/fact-sheets/detail/hypertension>.
- World Health Organization. (2023). *Hypertension country profile: Indonesia 2023*.
- Wulandari, A. N., & Samara, D. (2023). Tekanan Darah Sistolik Lebih Tinggi Pada Sore Daripada Pagi Hari Pada Usia 45-65 Tahun. *Jurnal Penelitian Dan Karya Ilmiah Lembaga Penelitian Universitas Trisakti*, 8(2), 377–386. <https://doi.org/10.25105/pdk.v8i2.16220>
- Yalasniva, E. S. (2022). Masalah Gizi pada Lansia dan Cara Mengatasinya. Kementerian Kesehatan Indonesia. [https://yankes.kemkes.go.id/view\\_artikel/1226/masala](https://yankes.kemkes.go.id/view_artikel/1226/masala)
- Yendrial, V. A., & Deski, F. I. (n.d.) (2025). *Efektifitas Isometric Handgrip Exercise dalam Menurunkan Tekanan Darah pada Pasien Hipertensi Effectiveness of Isometric Handgrip Exercise in Reducing Blood Pressure in Hypertensive Patients*. 9(1), 172–179.