

## DAFTAR PUSTAKA

- Addo, O. Y., & Himes, J. H. (2010) Reference curves for triceps and subscapular skinfold thicknesses in US children and adolescents. *The American Journal of Clinical Nutrition*, 91(3), 635–642.
- Ade, Y. (2018) *Hubungan konsumsi kopi, tingkat stres, dan kualitas tidur dengan kejadian hipertensi pada pasien rawat jalan di RSUP dr. M Djamil Kota Padang tahun 2018*. Doctoral dissertation, Universitas Andalas.
- Alfi, W.N. and Yuliwar, R. (2018) Hubungan kualitas tidur dengan tekanan darah pasien hipertensi di Puskesmas Mojolangu Kota Malang. *Jurnal Berkala Epidemiologi*, 6(1), pp.25-36.
- Alim, I.Z., Winarsih, S. and Elvira, S. (2015) *Uji validitas dan reliabilitas instrumen Pittsburgh Sleep Quality Index versi bahasa Indonesia*. Tesis, Universitas Indonesia.
- Al-Shloul, M. (2022) Prevalence and determinants of pre-hypertension among undergraduate nursing students of private health sciences college. *Journal of Hunan University Natural Sciences*, 49(2).
- American Psychological Association. (2024) *APA Dictionary of Psychology*. [online]. Available from: <<https://dictionary.apa.org/gender>> [Accessed 21 January 2024]
- Andri, S.W., Maulidiyah, F., Suarilah, I. and Tintin, S. (2020) Unhealthy lifestyle and the prevalence of high blood pressure among early adults: a Cross-Sectional Study. *International Journal of Psychosocial Rehabilitation*, 24(7), pp.8923-8931.
- Andria, K.M. (2013) Hubungan antara perilaku olahraga, stres dan pola makan dengan tingkat hipertensi pada lanjut usia di posyandu lansia Kelurahan Gebang Putih Kecamatan Sukolilo Kota Surabaya. *Jurnal Promkes*, 1(2), pp.111-117.
- Aqsho, I.B. (2021) Hubungan tingkat stres terhadap tekanan darah pada usia madya di desa Katikan Kabupaten Ngawi. *Jurnal Kesehatan Olahraga*, 9(04).
- Assis, L.E. (2013) *Kebiasaan konsumsi kopi, perilaku merokok dan kualitas tidur sebagai faktor risiko tingginya tekanan darah pada remaja di Kota Yogyakarta*. Doctoral dissertation, Universitas Gadjah Mada.
- Azeez, I.A., Yusuf, B.I. and Fasanmade, A.A. (2022) Skinfold measurements as determinants of blood pressure levels among adult hypertensives attending a secondary healthcare center in Nigeria. *Annals of Ibadan Postgraduate Medicine*, 20(2), pp.169-176.
- Badan Kebijakan Pembangunan Kesehatan | BKPK Kemenkes. (2024) *Survei Kesehatan Indonesia (SKI) 2023 - Badan Kebijakan Pembangunan Kesehatan | BKPK Kemenkes*. [online] Available from: <<https://www.badankebijakan.kemkes.go.id/hasil-ski-2023/>> [Accessed 14 March 2024].

- Blacher, J., Levy, B.I., Mourad, J.J., Safar, M.E. and Bakris, G. (2016) From epidemiological transition to modern cardiovascular epidemiology: hypertension in the 21st century. *The Lancet*, 388(10043), pp.530-532.
- Brougham, R.R., Zail, C.M., Mendoza, C.M. and Miller, J.R. (2009) Stress, sex differences, and coping strategies among college students. *Current Psychology*, 28, pp.85-97.
- Bruffaerts, R., Mortier, P., Kiekens, G., Auerbach, R.P., Cuijpers, P., Demyttenaere, K., Green, J.G., Nock, M.K. and Kessler, R.C. (2018) Mental health problems in college freshmen: Prevalence and Academic functioning. *Journal of Affective Disorders*, 225, pp.97-103.
- Buyse, D. J. (2014) Sleep health: can we define it? Does it matter?. *Sleep*, 37(1), 9-17.
- Buyse, D.J., Reynolds, C.F., Monk, T.H., Berman, S.R. and Kupfer, D.J. (1989) The pittsburgh sleep quality index: A new instrument for psychiatric practice and research. *Psychiatry Research*, 28(2), pp.193-213.
- Caballero, R.L.G., Delgado, G.E.M., López, M.A.L. (2017) Prevalence of modifiable behavioral risk factors associated to noncommunicable diseases in latin american college students: A Systematic Review. *Nutricion Hospitalaria*, 34(5):1185-97.
- Chen, S., Song, X., Shi, H., Li, J., Ma, S., Chen, L., Lu, Y., Hong, C., Zhu, H., Sun, H. and Zhang, M. (2022) Association between sleep quality and hypertension in Chinese adults: a cross-sectional analysis in the tianning cohort. *Nature and Science of Sleep*, pp.2097-2105.
- Cheng, W., Du, Y., Zhang, Q., Wang, X., He, C., He, J., Jing, F., Ren, H., Guo, M., Tian, J., & Xu, Z. (2022) Age-related changes in the risk of high blood pressure. *Frontiers in Cardiovascular Medicine*, 9, 939103.
- Chitrapu R. V., & Thakkallapalli Z. M. (2015) Prehypertension among medical students and its association with cardiovascular risk factors. *Journal of Dr. Nandamuri Taraka Rama Rao University of Health Sciences*, 4(1), 8-12.
- Cohen, S., Kamarck, T., and Mermelstein, R. (1983) A global measure of perceived stress. *Journal of Health Social Behaviour* 24, 385-396.
- Dagan, S. S., Segev, S., Novikov, I., & Dankner, R. (2013) Waist circumference vs body mass index in association with cardiorespiratory fitness in healthy men and women: a cross sectional analysis of 403 subjects. *Nutrition Journal*, 12, 12.
- Davidson, L.E., Wang, J., Thornton, J.C., Kaleem, Z., Silva-Palacios, F., Pierson, R.N., Heymsfield, S.B. and Gallagher, D. (2011) Predicting fat percent by skinfolds in racial groups: Durnin and Womersley revisited. *Medicine and Science in Sports and Exercise*, 43(3), p.542.
- Debbarma, A., Bhattacharjya, H., Mohanty, A. and Mog, C. (2015) Prevalence of pre-hypertension and its relationship with body mass index among the medical students of agartala government medical college. *International Journal of Respiratory Medical Science*, 3(5), pp.1097-1101.

- Dewi, M.C. (2015) Faktor-faktor yang menyebabkan obesitas pada anak. *Jurnal Majority*, 4(8), pp.53-56.
- Dewi, R., Rosdiana, N., Ramayani, O.R., Siregar, R. and Siregar, B. (2019) Waist circumference, body mass index, and skinfold thickness as potential risk factors for high blood pressure in adolescents. *Paediatrica Indonesiana*, 59(2), pp.79-86.
- Douma, L.G. and Gumz, M.L. (2018) Circadian clock-mediated regulation of blood pressure. *Free Radical Biology and Medicine*, 119, pp.108-114.
- Ehmann, P.J., Brush, C.J., Bernard, L., Dowden, R., Ogilvie, A., Wisniewski, P.J., Piersol, K., McCarthy, T., and Merrill, G.F. (2020) Influences on blood pressure in university students, *Journal of Clinical Medical Reviews and Reports*. 3(1).
- El Ansari, W., Oskrochi, R. and Haghighi, G. (2014) Are students' symptoms and health complaints associated with perceived stress at university? Perspectives from the United Kingdom and Egypt. *International Journal of Environmental Research and Public Health*, 11(10), pp.9981-10002.
- Everett, B. and Zajacova, A., (2015) Gender differences in hypertension and hypertension awareness among young adults. *Biodemography and Social Biology*, 61(1), pp.1-17.
- Fisher, J.P. and Paton, J.F.R. (2012) The sympathetic nervous system and blood pressure in humans: implications for hypertension. *Journal of Human Hypertension*, 26(8), pp.463-475.
- Fosbøl, M. Ø., & Zerahn, B. (2015) Contemporary methods of body composition measurement. *Clinical Physiology and Functional Imaging*, 35(2), 81–97./10.1111/cpf.12152
- Freedman, D.S., Horlick, M. and Berenson, G.S., (2013) A comparison of the slaughter skinfold-thickness equations and BMI in predicting body fatness and cardiovascular disease risk factor levels in children. *The American Journal of Clinical Nutrition*, 98(6), pp.1417-1424.
- Gallo, L.C., Roesch, S.C., Fortmann, A.L., Carnethon, M.R., Penedo, F.J., Ferreira, K., Birnbaum-Weitzman, O., Wassertheil-Smoller, S., Castañeda, S.F., Talavera, G.A. and Sotres-Alvarez, D. (2014) Associations of chronic stress burden, perceived stress, and traumatic stress with cardiovascular disease prevalence and risk factors in the hispanic community health study/study of latinos sociocultural ancillary study. *Psychosomatic Medicine*, 76(6), pp.468-475.
- Gilles, S. and Traidl-Hoffmann, C. (2014) The environment-pathogen-host axis in communicable and non-communicable diseases: Recent advances in experimental and clinical research. *Journal Der Deutschen Dermatologischen Gesellschaft*, 12(5), pp.395-399.
- Gunawan, D.H., Permana, T.B., Naldi, Y. and Pramanegara, R. (2019) Hubungan antara tingkat stres dan kualitas tidur terhadap tekanan darah pada mahasiswa tingkat akhir fakultas kedokteran unswagati tahun akademik 2015/2016. *Tunas Medika Jurnal Kedokteran dan Kesehatan*, 5(1).

- González-Torres S, Anaya-Esparza LM, Trigueros del Valle GF, Rivera-León EA, Villagrán Z, Sánchez-Enríquez S. (2023) skinfold thickness as a cardiometabolic risk predictor in sedentary and active adult populations. *Journal of Personalized Medicine*, 13(9):1326.
- Grassi, G., Dell'Oro, R., Facchini, A., Trevano, F.Q., Bolla, G.B. and Mancia, G. (2004) Effect of central and peripheral body fat distribution on sympathetic and baroreflex function in obese normotensives. *Journal of Hypertension*, 22(12), pp.2363-2369.
- Greaney, J. L., Koffer, R. E., Saunders, E. F. H., Almeida, D. M. & Alexander, L. M. (2019) Self-reported everyday psychosocial stressors are associated with greater impairments in endothelial function in young adults with major depressive disorder. *Journal of American Heart Association*, 8, e010825 .
- Hamria, H., Mien, M. and Saranani, M. (2020) Hubungan pola hidup penderita hipertensi dengan kejadian hipertensi di wilayah kerja puskesmas batalaiworu kabupaten muna. *Jurnal Keperawatan*, 4(01), pp.17-21.
- Heinzer, R., Hirotsu, C., Marques-Vidal, P., Vollenweider, P., Waeber, G., Betta, M., Bernardi, G., Lecci, S., Siclari, F. and Haba-Rubio, J. (2019) 0859 Sleep determinants of incident cardiovascular events: a prospective population-based study. *Sleep*, 42(Supplement\_1), pp.A344-A345.
- Health Promoting University UGM. (2024) *Policy Brief – Health Promoting University* [online] Available from: <<https://hpu.ugm.ac.id/policy-brief/>> [Accessed 3 Jun. 2024].
- Hinz, A., Glaesmer, H., Brähler, E., Löffler, M., Engel, C., Enzenbach, C., Hegerl, U. and Sander, C. (2017) Sleep quality in the general population: psychometric properties of the pittsburgh sleep quality index, derived from a german community sample of 9284 people. *Sleep Medicine*, 30, pp.57-63.
- Hong, Y. M. (2010) Atherosclerotic cardiovascular disease beginning in childhood. *Korean Circulation Journal* 40, 1–9.
- Hussainy, S.A. and Shereen, S., (2024) Blood pressure in relation to age and gender. *Journal of Drug Delivery and Therapeutics*, 14(3), pp.39-43.
- Irwan, M., Irfan, I., Evawaty, E., Rahmin, R., Risnah, R. and Arafah, S. (2024) The relationship between sleep quality and blood pressure in students. *Journal of Public Health and Pharmacy*, 4(1), pp.19-27.
- Jafar, T.H., Chaturvedi, N. and Pappas, G. (2006) Prevalence of overweight and obesity and their association with hypertension and diabetes mellitus in an Indo-Asian population. *Canadian Medical Association Journal*, 175(9), pp.1071-1077.
- Jauslin, R., Panahbehagh, B. and Tillé, Y. (2022) Sequential spatially balanced sampling. *Environmetrics*, 33(8), p.e2776.
- Jayawardena, R., Waniganayake, Y.C., Abhayaratna, S.A. and Ranasinghe, P. (2020) Prediction of body fat in Sri Lankan adults: Development and validation of a skinfold thickness equation. Diabetes and Metabolic Syndrome: *Clinical Research & Reviews*, 14(2), pp.147-150.

- Jiang, Q., Zhang, Q., Wang, T., You, Q., Liu, C. and Cao, S. (2021) Prevalence and risk factors of hypertension among college freshmen in China. *Scientific Reports*, 11(1), p.23075.
- Ji-Rong, Y., Hui, W., Chang-Quan, H. and Bi-Rong, D. (2012) Association between sleep quality and arterial blood pressure among Chinese nonagenarians/centenarians. *Medical science monitor: International Medical Journal of Experimental and Clinical Research*, 18(3), p.PH36.
- Khan, S.A., Sattar, M.Z.A., Abdullah, N.A., Rathore, H.A., Abdulla, M.H., Ahmad, A. and Johns, E.J. (2015) Obesity depresses baroreflex control of renal sympathetic nerve activity and heart rate in sprague dawley rats: role of the renal innervation. *Acta Physiologica*, 214(3), pp.390-401.
- Kartika, M., Subakir, S. and 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), pp.1-9.
- Kessler, T.A. and Rayman, L., (2024) Prevalence of high blood pressure, risks factors, and knowledge deficit in apparently healthy college students. *Medical Research Archives*, 12(6).
- Killgore, W.D., Balkin, T.J. and Wesensten, N.J. (2006) Impaired decision making following 49 h of sleep deprivation. *Journal of Sleep Research*, 15(1), pp.7-13.
- Kotchen, T.A. (2010) Obesity-related hypertension: epidemiology, pathophysiology, and clinical management. *American Journal of Hypertension*, 23(11), pp.1170-1178.
- Kreier, F., Yilmaz, A., Kalsbeek, A., Romijn, J.A., Sauerwein, H.P., Fliers, E. and Buijs, R.M., (2003) Hypothesis: shifting the equilibrium from activity to food leads to autonomic unbalance and the metabolic syndrome. *Diabetes*, 52(11), pp.2652-2656.
- Kuriyan R. (2018) Body composition techniques. *The Indian Journal of Medical Research*, 148(5), 648–658. [https://doi.org/10.4103/ijmr.IJMR\\_1777\\_18](https://doi.org/10.4103/ijmr.IJMR_1777_18)
- Lazarus, R.S. and Folkman, S. (1984) Stress, appraisal, and coping. *Springer Publishing Company*.
- Lambert, E.A., Esler, M.D., Schlaich, M.P., Dixon, J., Eikelis, N. and Lambert, G.W. (2019) Obesity-Associated organ damage and sympathetic nervous activity: a target for treatment?. *Hypertension*, 73(6), pp.1150-1159.
- Leko Bankole, J., Fawehinmi, H.B. and Oladipo, G.S., (2017) A study on bmi and skinfold thicknesses as predictors of blood pressure level in adolescents. *European Journal of Biomedical*, 4(7), pp.11-16.
- Li, D., Rong, C. and Kang, Q. (2023) Association between perceived stress and hypertension in Chinese adults: a population-based survey. *Journal of Human Hypertension*, 37(4), pp.321-326.
- Li, M., Cui, X., Meng, Y., Cheng, M., He, J., Yuan, W., Ni, J. and Liu, J. (2023) prevalence of hypertension and its association with cardiovascular risk factors in college students in Hunan, China. *International Journal of General Medicine*, pp.411-423.



- Lo, K., Woo, B., Wong, M. & Tam, W. (2018) Subjective sleep quality, blood pressure, and hypertension: a metaanalysis. *Journal of Clinical Hypertension*, 20, 592–605.
- Lohmeier, T.E., Iliescu, R., Tudorancea, I., Cazan, R., Cates, A.W., Georgakopoulos, D. and Irwin, E.D. (2016) Chronic interactions between carotid baroreceptors and chemoreceptors in obesity hypertension. *Hypertension*, 68(1), pp.227-235.
- Marsland, A. L., Walsh, C., Lockwood, K. & John-Henderson, N. A. (2017) The effects of acute psychological stress on circulating and stimulated inflammatory markers: a systematic review and metaanalysis. *Brain Behavioural Immun*, 64, 208–219.
- Martín-Espinosa, N., Díez-Fernández, A., Sánchez-López, M., Rivero-Merino, I., Lucas-De La Cruz, L., Solera-Martinez, M., Martinez-Vizcaino, V. and Movi-Kids group, (2017) Prevalence of high blood pressure and association with obesity in Spanish schoolchildren aged 4–6 years old. *Public Library of Science One*, 12(1), p.e0170926.
- McLaren, D.S.,Burman,D.,Belton, N.R., William A.F., editors. (1991) Textbook of pediatric nutrition .Edisi ke-3. London: *Churchill Livingstone*; Hlm. 485-50.
- Meininger, J.C., Brosnan, C.A., Eissa, M.A., Nguyen, T.Q., Reyes, L.R., Upchurch, S.L., Phillips, M. and Sterchy, S. (2010) Overweight and central adiposity in school-age children and links with hypertension. *Journal of Pediatric Nursing*, 25(2), pp.119-125.
- Mendis, B.I.L.M., Palihaderu, P.A.D.S., Karunanayake, P., Satharasinghe, D.A., Premarathne, J.M.K.J.K., Dias, W.K.R.R., Rajapakse, I.H., Hapugalle, A.S., Karunaratne, W.R.S.A., Binendra, A.G.Y.N. and Kumara, K.B.P.P. (2023) Validity and reliability of the sinhalese version of the perceived stress scale questionnaire among Sri Lankans. *Frontiers in Psychology*, 14, p.1152002.
- Merlinda, S.T.B. (2023) *Hubungan Antara Tingkat Kesepian dan Tingkat Stres Terhadap Adiksi Menonton Video Mukbang pada Mahasiswa Universitas Gadjah Mada*. Skripsi, Universitas Gadjah Mada.
- Miguet, M., Olivo, G., Ciuculete, D.M., Elmståhl, S., Lind, L. and Schiöth, H.B. (2023) Perceived stress is related to lower blood pressure in a Swedish cohort. *Scandinavian Journal of Public Health*, 51(4), pp.611-618.
- Misra, R. and McKean, M. (2000) College students' academic stress and its relation to their anxiety, time management, and leisure satisfaction. *American Journal of Health Studies*, 16(1), p.41.
- Motlagh, M.E., Ziaodini, H., Qorbani, M., Taheri, M., Aminaei, T., Goodarzi, A., Ataie-Jafari, A., Rezaei, F., Ahadi, Z., Shafiee, G. and Shahsavari, A. (2017) Methodology and early findings of the fifth survey of childhood and adolescence surveillance and prevention of adult noncommunicable disease: the CASPIAN-V study. *International Journal of Preventive Medicine*, 8.

- Ne, J. Y. A. et al. (2017) Obesity, arterial function and arterial structure – a systematic review and meta-analysis. *Obesity Science & Practice*, 3, 171–184.
- Oliveros, E., Patel, H., Kyung, S., Fugar, S., Goldberg, A., Madan, N. and Williams, K.A., (2020) Hypertension in older adults: Assessment, management, and challenges. *Clinical Cardiology*, 43(2), pp.99-107.
- Pebriyani, U., Triswanti, N., Prawira, W.F. and Pramesti, W. (2022) hubungan antara tingkat stres dengan angka kejadian hipertensi pada usia produktif di puskesmas kedaton bandar lampung. *Medical Profession Journal of Lampung*, 12(2), pp.261-267.
- Peltzer, K., Pengpid, S., Samuels, T.A., Özcan, N.K., Mantilla, C., Rahamefy, O.H., Wong, M.L. and Gasparishvili, A. (2014) Prevalence of overweight/obesity and its associated factors among university students from 22 countries. *International Journal of Environmental Research and Public Health*, 11(7), pp.7425-7441.
- Peltzer K, Pengpid S. (2018) Prevalence, risk awareness and health beliefs of behavioural risk factors for cardiovascular disease among university students in nine ASEAN countries. *BioMed Central Public Health*, 18(1):237.
- Pengpid, S. and Peltzer, K. (2021) Prevalence and correlates of multiple behavioural risk factors of non-communicable diseases among university students from 24 countries. *Journal of Public Health*, 43(4), pp.857-866.
- Pilcher, J.J., Band, D., Odle-Dusseau, H.N. and Muth, E.R. (2007) Human performance under sustained operations and acute sleep deprivation conditions: toward a model of controlled attention. *Aviation, Space, and Environmental Medicine*, 78(5), pp.B15-B24.
- Pinto, E., (2007) Blood pressure and ageing. *Postgraduate Medical Journal*, 83(976), pp.109-114.
- Pushap, A.C., Sudershan, A., Sudershan, S., Sharma, A., Younis, M., Bhagat, S., Panjalia, R.K., & Kumar, P. (2022) Stress among college students is linked to headache, PCOS, hypertension, and depression: a cross-sectional study. *Psychology and Behavioural Science International Journal*, 20(2): 556031
- Pusat Data dan Informasi Kemenkes RI. (2014) *Pusdatin Hipertensi*. Infodatin, *Hipertensi* 1–7. <https://doi.org/10.1177/109019817400200403>
- Putri, S.A., Effendi, C. and Kumala, A.R. (2019) Relationship between body mass index and skinfold thickness with blood pressure in medical students. *Health Notions*, 3(12), pp.463-466.
- Reich, A., Müller, G., Gelbrich, G., Deutscher, K., Gödicke, R. and Kiess, W. (2003) Obesity and blood pressure—results from the examination of 2365 schoolchildren in Germany. *International Journal of Obesity*, 27(12), pp.1459-1464.
- Relawati, A. and Auliyantika, Y. (2019, October). Identification of modifiable risk factors of hypertension among undergraduate students. *In Third*

- International Conference on Sustainable Innovation 2019—Health Science and Nursing (IcoSIHSN 2019) Yogyakarta, Indonesia*. Atlantis Press, pp. 162-166.
- Reckelhoff, J.F., (2001) Gender differences in the regulation of blood pressure. *Hypertension*, 37(5), pp.1199-1208.
- Rios-Escalante, C., Albán-Fernández, S., Espinoza-Rojas, R., Saavedra-Garcia, L., Barengo, N.C. and Guerra Valencia, J. (2023) Diagnostic performance of the measurement of skinfold thickness for abdominal and overall obesity in the peruvian population: a 5-year cohort analysis. *International Journal of Environmental Research and Public Health*, 20(23), p.7089.
- Riskesdas, K. (2018) Hasil utama riset kesehatan dasar (RISKESDAS).
- Sacco, M., Meschi, M., Regolisti, G., Detrenis, S., Bianchi, L., Bertorelli, M., Pioli, S., Magnano, A., Spagnoli, F., Giuri, P.G. and Fiaccadori, E. (2013) The relationship between blood pressure and pain. *The Journal of Clinical Hypertension*, 15(8), pp.600-605.
- Santoso, D. (2010). *Membonsai hipertensi*. Surabaya: Jaring Pena.
- Sauvet, F., Leftheriotis, G., Gomez-Merino, D., Langrume, C., Drogou, C., Van Beers, P., Bourrilhon, C., Florence, G. and Chennaoui, M. (2010) Effect of acute sleep deprivation on vascular function in healthy subjects. *Journal of Applied Physiology*, 108(1), pp.68-75.
- Selvan, M.S. and Kurpad, A.V. (2004) Primary prevention: why focus on children & young adolescents. *Indian Journal of Medical Research*, 120(6), pp.511-8.
- Shariq, O. A. & Mckenzie, T. J. (2020) Obesity-related hypertension: a review of pathophysiology, management, and the role of metabolic surgery. *Gland Surgery*, 9, 80–93.
- Sherwood, L. (2020). *Fisiologi manusia dari sel ke sistem*. Jakarta: EGC.
- Shils, M.E., Olson, J.A., Shike, M., editors. (1994). *Modern nutrition in health disease*. Edisi ke-8, Tokyo: Lea & Febiger, hlm. 984- 1006.
- Sjarif, D.R., Lestari, E.D., Mexitalia, M. and Nasar, S.S. (2011). *Obesitas anak dan remaja. Buku ajar nutrisi pediatrik dan penyakit metabolik*. 1st ed. Jakarta: Ikatan Dokter Anak Indonesia, pp.230-44.
- Sogno, P., Traidl-Hoffmann, C. and Kuenzer, C. (2020) Earth observation data supporting non-communicable disease research: a review. *Remote Sensing*, 12(16), p.2541.
- Sukadiyanto, S. (2010) Stres dan cara menguranginya. *Jurnal Cakrawala Pendidikan*, 1(1).
- Starcke, K. and Brand, M. (2012) Decision making under stress: a selective review. *Neuroscience and Biobehavioral Reviews*, 36(4), pp.1228-1248.
- Starcke, K., Wolf, O.T., Markowitsch, H.J. and Brand, M. (2008) Anticipatory stress influences decision making under explicit risk conditions. *Behavioral Neuroscience*, 122(6), p.1352.
- Sun, S.S., Grave, G.D., Siervogel, R.M., Pickoff, A.A., Arslanian, S.S. and Daniels, S.R. (2007) Systolic blood pressure in childhood predicts



- hypertension and metabolic syndrome later in life. *Pediatrics*, 119(2), pp.237-246.
- Sutanto. (2010) *Penginderaan Jauh Dasar Jilid II*. Yogyakarta: Gadjah Mada University Press.
- Swainson, M. G., Batterham, A. M., Tsakirides, C., Rutherford, Z. H., & Hind, K. (2017) Prediction of whole-body fat percentage and visceral adipose tissue mass from five anthropometric variables. *Public Library of Science Journal*, 12(5), e0177175.
- Thamaria, N. (2017). *Penilaian Status Gizi*. Pusat Pendidikan Sumber Daya Manusia Kesehatan Kementerian Kesehatan RI.
- Thimmappa, B. and Yogeeshwaran, V.V. (2018) Assessment of level of stress and its correlation with blood pressure in medical students. *National Journal of Physiology, Pharmacy and Pharmacology*, 8(6), pp.878-878.
- Tobaldini, E., Fiorelli, E.M., Solbiati, M., Costantino, G., Nobili, L. and Montano, N. (2018) Short sleep duration and cardiometabolic risk: from pathophysiology to clinical evidence. *Nature Reviews. Cardiology*, 16(4), pp.213–224.
- Valenzuela, P.L., Carrera-Bastos, P., Gálvez, B.G., Ruiz-Hurtado, G., Ordovas, J.M., Ruilope, L.M. and Lucia, A. (2021) Lifestyle interventions for the prevention and treatment of hypertension. *Nature Reviews Cardiology*, 18(4), pp.251-275.
- van den Berg, J.F., Tulen, J.H., Neven, A.K., Hofman, A., Miedema, H.M., Witteman, J.C. and Tiemeier, H., (2007) Sleep duration and hypertension are not associated in the elderly. *Hypertension*, 50(3), pp.585-589.
- Wang, D., Zhou, Y., Guo, Y., Zhang, R., Li, W., He, M., Zhang, X., Guo, H., Yuan, J., Wu, T. and Chen, W. (2017) The effect of sleep duration and sleep quality on hypertension in middle-aged and older Chinese: the dongfeng-tongji cohort study. *Sleep Medicine*, 40, pp.78-83.
- Whelton, P.K., Carey, R.M., Aronow, W.S., DE Casey, J., Collins, K.J., Himmelfarb, C.D., DePalma, S.M., Gidding, S., Jamerson, K.A., Jones, D.W. and MacLaughlin, E.J. (2018) 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NM CNA 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 practice guidelines. *Hypertension*, 71(6), pp.E13-E115.
- Wiernik, E., Pannier, B., Czernichow, S., Nabi, H., Hanon, O., Simon, T., Simon, J.M., Thomas, F., Bean, K., Consoli, S.M. and Danchin, N. (2013) Occupational status moderates the association between current perceived stress and high blood pressure: evidence from the IPC cohort study. *Hypertension*, 61(3), pp.571-577.
- World Health Organization. Obesity: *preventing and managing the global epidemic*. WHO Technical Report Series. 2000; 894.

- World Health Organization. (2018) *Non-Communicable Diseases [online]*. Available from: <https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases> [Accessed 2 November 2023]
- World Health Organization. (2023) *Hypertension [online]* Who.int. Available from: <https://www.who.int/news-room/fact-sheets/detail/hypertension> [Accessed 2 November 2023]
- Wright, R., Roberson, K., Onsomu, E. O., Johnson, Y., Dearman, C., Carr, L. T. B., Price, A. A., & Duren-Winfield, V. (2018) Examining the relationship between mindfulness, perceived stress, and blood pressure in African-American college students. *Journal of Best Practices in Health Professions Diversity : Research, Education and Policy*, 11(1), 13–30.
- Wu, X., Lu, Y., Xie, X., Chen, R., Zhang, N., Zhou, C. and Ye, Z. (2022) Association between circadian rhythm and sleep quality among nursing interns: a latent profile and moderation analysis. *Frontiers in Neuroscience*, 16, p.995775.
- Wulandari, A.N. and 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*, pp.377-386.
- Yamamoto, N., Maruyama, T., Masaki, Y., Nagano, J., Irie, M., Kajitani, K., Tsuchimoto, R. and Sato, T. (2020) Contributions of anthropometrics and lifestyle to blood pressure in Japanese university students: investigation by annual health screening. *The Journal of Medical Investigation*, 67(1.2), pp.174-181.
- Yan, L.D., Dévieux, J.G., Pierre, J.L., Dade, E., Sufra, R., St Preux, S., Tymeczyk, O., Nash, D., Metz, M., Lee, M.H. and Fitzgerald, D.W. (2022) The relationship between perceived stress and support with blood pressure in urban Haiti: a cross-sectional analysis. *PLOS Global Public Health*, 2(5), p.e0000263.
- Yi, C.X., Foppen, E., Abplanalp, W., Gao, Y., Alkemade, A., La Fleur, S.E., Serlie, M.J., Fliers, E., Buijs, R.M., Tschöp, M.H. and Kalsbeek, A. (2012) Glucocorticoid signaling in the arcuate nucleus modulates hepatic insulin sensitivity. *Diabetes*, 61(2), pp.339-345.