

REFERENCES

- Aggie, Casey, & Herbert, B. (2012). *Menurunkan Tekanan Darah*. Jakarta. Gramedia.
- Agustina, R., & Raharjo, B. B. (2015). Faktor Risiko Yang Berhubungan Dengan Kejadian Hipertensi Usia Produktif (25-54 Tahun). *Unnes Journal of Public Health*, 4(4), 146–158. <https://doi.org/10.15294/ujph.v4i4.9690>
- AHA. (2016). *What is High Blood Pressure?*. Date accessed 16 May 2022. <https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/what-is-high-blood-pressure>
- AHA. (2018). *American Heart Association Recommendations for Physical Activity in Adults and Kids*. American Heart Association. Date accessed 16 May 2022. <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>
- Amaike, C., Salami, O. F., Bamidele, O. T., Ojo, A. M., Otaigbe, I., Abiodun, O., Adesola, O., & Adebisi, A. O. (2024). Association of depression and anxiety with uncontrolled hypertension: A cross-sectional study in Southwest Nigeria. *Indian Journal of Psychiatry*, 66(2), 157–164. https://doi.org/10.4103/indianjpsychiatry.indianjpsychiatry_751_23
- Angga, Y., & Elon, Y. (2021). Hubungan Kebiasaan Merokok Dengan Tekanan Darah. *Jurnal Kesehatan Komunitas*, 7(1), 124–128. <http://jurnal.htp.ac.id/j>
- Appiah, F., Ameyaw, E. K., Oduro, J. K., Baatiema, L., Sambah, F., Seidu, A. A., Ahinkorah, B. O., & Budu, E. (2021). Rural-urban variation in hypertension among women in Ghana: insights from a national survey. *BMC Public Health*, 21(1), 1–8. <https://doi.org/10.1186/s12889-021-12204-7>
- Arifin, H., Chou, K. R., Ibrahim, K., Fitri, S. U. R., Pradipta, R. O., Rias, Y. A., Sitorus, N., Wiratama, B. S., Setiawan, A., Setyowati, S., Kuswanto, H., Mediarti, D., Rosnani, R., Sulistini, R., & Pahria, T. (2022). Analysis of Modifiable, Non-Modifiable, and Physiological Risk Factors of Non-Communicable Diseases in Indonesia: Evidence from the 2018 Indonesian Basic Health Research. *Journal of Multidisciplinary Healthcare*, 15(9), 2203–2221. <https://doi.org/10.2147/JMDH.S382191>
- Arjanto, P. (2022). Uji Reliabilitas dan Validitas Depression Anxiety Stress Scales 21 (DASS-21) pada Mahasiswa. *Jurnal Psikologi Perseptual*, 7(1), 60-80. <https://doi.org/10.24176/perseptual.v7i1.6196>
- Baharudin, A., Ambak, R., Othman, F., Michael, V., Cheong, S. M., Nor, N. A., Abdul Aziz, N. S., Mohd. Sallehuddin, S., Ganapathy, S. S., Palaniveloo, L., & He, F. J. (2021). Knowledge, attitude and behaviour on salt intake and its association with hypertension in the Malaysian population: findings from MyCoSS (Malaysian Community Salt Survey). *Journal of Health, Population and Nutrition*, 40(Suppl 1), 1–9. <https://doi.org/10.1186/s41043-021-00235-0>
- Bakker, E. A., Sui, X., Brellenthin, A. G., & Lee, D. C. (2018). Physical activity and fitness for the prevention of hypertension. *Current Opinion in Cardiology*, 33(4), 394–401. <https://doi.org/10.1097/HCO.0000000000000526>
- Baoum, S., Alamri, M., Bana, R., Alsulaim, K., Alzahrani, A., Aboqarn, L., Altamimi, Y., Aljabri, F., Abubaker, S., Baflah, R., & Al Yahya, A. (2023). Hypertension in Young Adults: Causes, Management and Lifestyle Modification. *Journal of Healthcare Sciences*, 03(07), 202–209. <https://doi.org/10.52533/johs.2023.30702>
- BPJS Kesehatan. (2022). *Implementasi Prolanis di Masa Pandemi COVID-19* (100th ed.).

BPJS Kesehatan.

- Bremner, J. D., Campanella, C., Ph, D., Khan, Z., Shah, M., Hammadah, M., Wilmot, K., Mheid, I. Al, Lima, B., Garcia, E. V, Ph, D., Nye, J., Ph, D., Ward, L., Ph, D., Kutner, H., Raggi, P., Pearce, B. D., Shah, A., & Quyyumi, A. (2019). *Brain Correlates of Mental Stress-Induced Myocardial Ischemia*. 80(6), 515–525. <https://doi.org/10.1097/PSY.0000000000000597>.Brain
- Bruno, R. M., Pucci, G., Rosticci, M., Guarino, L., Guglielmo, C., Agabiti Rosei, C., Monticone, S., Giavarini, A., Lonati, C., Torlasco, C., Fedecostante, M., Manzi, M. V., Pezzutto, F., Di Pilla, M., Artom, N., Battistoni, A., Pignatelli, G., Sanga, V., & Pengo, M. F. (2016). Association Between Lifestyle and Systemic Arterial Hypertension in Young Adults: A National, Survey-Based, Cross-Sectional Study. *High Blood Pressure and Cardiovascular Prevention*, 23(1), 31–40. <https://doi.org/10.1007/s40292-016-0135-6>
- Carreras-Gallo, N., Dwaraka, V. B., Cáceres, A., Smith, R., Mendez, T. L., Went, H., & Gonzalez, J. R. (2023). Impact of tobacco, alcohol, and marijuana on genome-wide DNA methylation and its relationship with hypertension. *Epigenetics*, 18(1). 2214392-221402. <https://doi.org/10.1080/15592294.2023.2214392>
- CDC. (2020). *Heart Disease and Mental Health Disorders*. Centers for Disaster Control and Prevention. Date accessed 1 July 2022. <https://www.cdc.gov/heartdisease/mentalhealth.htm>
- CDC. (2021a). *About Mental Health*. Centers for Disaster Control and Prevention. Date accessed 1 July 2022 <https://www.cdc.gov/mentalhealth/learn/index.htm#:~:text=What is mental health%3F,others%2C and make healthy choices>.
- CDC. (2021b). *High Blood Pressure Symptoms and Causes*. Date accessed 16 May 2022. [https://www.cdc.gov/bloodpressure/about.htm#:~:text=High blood pressure%2C also called,blood pressure \(or hypertension\)](https://www.cdc.gov/bloodpressure/about.htm#:~:text=High blood pressure%2C also called,blood pressure (or hypertension))
- CDC. (2022). *High Blood Pressure*. Date accessed 16 May 2022 <https://www.cdc.gov/bloodpressure/facts.htm#:~:text=Nearly half of adults in,are taking medication for hypertension>
- Cosimo Marcello, B., Maria Domenica, A., Gabriele, P., Elisa, M., & Francesca, B. (2018). Lifestyle and Hypertension: An Evidence-Based Review. *Journal of Hypertension and Management*, 4(1), 1–10. <https://doi.org/10.23937/2474-3690/1510030>
- Craig, C. L., Marshall, A. L., Sjöström, M., Bauman, A. E., Booth, M. L., Ainsworth, B. E., Pratt, M., Ekelund, U., Yngve, A., Sallis, J. F., & Oja, P. (2003). International physical activity questionnaire: 12-Country reliability and validity. *Medicine and Science in Sports and Exercise*, 35(8), 1381–1395. <https://doi.org/10.1249/01.MSS.0000078924.61453.FB>
- Dalmazo, A. L., Fetter, C., Goldmeier, S., Irigoyen, M. C., Pellanda, L. C., Barbosa, E. C. D., Moreira, T. R., & Osório, D. R. D. (2019). Stress and food consumption relationship in hypertensive patients. *Arquivos Brasileiros de Cardiologia*, 113(3), 374–380. <https://doi.org/10.5935/abc.20190175>
- Daştan, İ., Erem, A., & Çetinkaya, V. (2017). Urban and rural differences in hypertension risk factors in turkey. *Anatolian Journal of Cardiology*, 18(1), 39–47. <https://doi.org/10.14744/AnatolJCardiol.2017.7452>
- Dhirisma, F., & Moerdhant, I. A. (2022). Hubungan Antara Tingkat Pendidikan Terhadap Pengetahuan Masyarakat Tentang Hipertensi Di Posbindu Desa Srigading, Sanden, Bantul, Yogyakarta. *Jurnal Kefarmasian Akfarindo*, 7(1), 40–44. <https://doi.org/10.37089/jofar.vi0.116>

- Diana, R., Nurdin, N. M., Anwar, F., Riyadi, H., & Khomsan, A. (2018). Risk factors of hypertension among adult in rural Indonesia. *Jurnal Gizi Dan Pangan*, 13(3), 111–116.
- Dinas Kesehatan DIY. (2022). Profil Kesehatan D.I Yogyakarta tahun 2021. *Dinas Kesehatan Daerah Istimewa Yogyakarta Tahun 2021*, 76. Date accessed 16 May 2022. <http://www.dinkes.jogjaprov.go.id/download/download/27>.
- Dinkes Sleman. (2022). Profil kesehatan Kabupaten Sleman Tahun 2022. In *Dinas Kesehatan Sleman* (Vol. 1, Issue 2). Date accessed 16 May 2022.
- Dismiantoni, N., Triswanti, N., & Kriswiasity, R. (2019). Hubungan Merokok Dan Riwayat Keturunan Dengan Kejadian Hipertensi. *Jurnal Ilmiah Kesehatan Sandi Husada*, 11(1), 30–36. <https://doi.org/10.35816/jiskh.v10i2.214>
- Elbadawy, A. E., Sayed, H. A., & Eldahshan, N. A. (2023). Relationship of Depression, Anxiety and Stress with Medication Non-adherence among Primary Care Patients with Hypertension in Port Said Governorate. *The Egyptian Family Medicine Journal*, 3, 19–32.
- Everett, B., & Zajacova, A. (2015). Gender differences in hypertension and hypertension awareness among young adults. *Biodemography and Social Biology*, 61(1), 1–17. <https://doi.org/10.1080/19485565.2014.929488>
- Fadhli, W. M. (2018). Hubungan antara gaya hidup dengan kejadian hipertensi pada usia dewasa muda di Desa Lamakan Kecamatan Karamat Kabupaten Buol. *Jurnal KESMAS*, 7(6), 1–14.
- Fahmi, M. A. (2015). Studi Faktor Risiko Penyakit Hipertensi di Kota Yogyakarta Tahun 2013. *Thesis Ilmu Kesehatan Masyarakat UGM*.
- Fitri, I. H., & Siti Hadranti Ananda. (2022). Hubungan Konsumsi Natrium dan Aktivitas Fisik dengan Kejadian Hipertensi Pada Masyarakat Pesisir Lingkungan Lemo-Lemo, Kabupaten Bombana. 9, 1–7.
- Friday, L. C., Widyandana, D., Wilastonegoro, N. N., Fitriana, F., Hosianna, D. C., Zain, H., Setyaningrum, I. D., & Rahayu, G. R. (2020). Exploration of unhealthy food consumption patterns in Sleman region by interprofessional undergraduate health students. *Journal of Community Empowerment for Health*, 3(3), 147–156. <https://doi.org/10.22146/jcoemph.57717>
- Ghosh, T., & Ray, M. K. (2020). A Case Control Study of the Genetic and Other Risk Factors of Essential Hypertension. *International Journal of Research and Review*, 7(1), 225–230.
- Hamam, M. S., Kunjummen, E., Hussain, M. S., Nasereldin, M., Bennett, S., & Miller, J. (2020). Anxiety, Depression, and Pain: Considerations in the Treatment of Patients with Uncontrolled Hypertension. *International Journal of Clinical and Experimental Medicine*, 22(12), 106–113. <https://doi.org/10.1007/s11906-020-01117-2>
- Hartini, R. S., Nuripah, G., Suryani, Y. D., & Garna, H. (2015). Hubungan depresi dan kejadian hipertensi pada lansia. *Prosiding Pendidikan Dokter*, 1(2), 732–739.
- Health Government DIY. (2020). *Profil Kesehatan D.I. Yogyakarta Tahun 2020*. Date accessed 20 May 2022. <https://dinkes.jogjaprov.go.id/download/download/113>
- Hiromi, S. (2015). *The Miracle of Enzyme* (Edisi ke 1). Bandung. Qanita.
- Hoier, B., & Hellsten, Y. (2014). Exercise-induced capillary growth in human skeletal muscle and the dynamics of VEGF. *Microcirculation*, 21(4), 301–314. <https://doi.org/10.1111/micc.12117>
- Hoque, M. E., Khokan, M. R., & Bari, W. (2014). “Impact of stature on non-communicable diseases: Evidence based on Bangladesh Demographic and Health Survey, 2011 data.” *BMC Public Health*, 14(1), 1–8. <https://doi.org/10.1186/1471-2458-14-1007>

- IPAQ. (2004). Guidelines for data processing and analysis of the IPAQ-short and long forms. Date accessed 11 December 2022. *Med Sci Sports Exercise*, April, <https://www.physio-pedia.com/images/c/c7/Quideline>.
- Irwan. (2016). *Epidemiologi Penyakit Tidak Menular*. Yogyakarta. Deepublish.
- Istiana, M., & Yeni, Y. (2019). The Effect of Psychosocial Stress on the Incidence of Hypertension in Rural and Urban Communities. *Media Kesehatan Masyarakat Indonesia*, 15(4), 408-417. <https://doi.org/10.30597/mkmi.v15i4.7988>
- Johnson, H. M. (2019). Anxiety and Hypertension: Is There a Link? A Literature Review of the Comorbidity Relationship Between Anxiety and Hypertension. *Current Hypertension Reports*, 21(9), 22–26. <https://doi.org/10.1007/s11906-019-0972-5>
- Khan, J. R., Biswas, R. K., & Islam, M. M. (2022). Relationship between blood pressure and BMI in young adult population: a national-level assessment in Bangladesh. *British Journal of Nutrition*, 128(10), 2075–2082. <https://doi.org/10.1017/S0007114521005134>
- Lambert, E., Dawood, T., Straznick, N., Sari, C., Schlaich, M., Esler, M., & Lambert, G. (2010). Association between the sympathetic firing pattern and anxiety level in patients with the metabolic syndrome and elevated blood pressure. *Journal of Hypertension*, 28(3), 543–550. <https://doi.org/10.1097/HJH.0b013e3283350ea4>
- Leone, A., Landini, L., & Leone, A. (2010). What is Tobacco Smoke? Sociocultural Dimensions of the Association with Cardiovascular Risk. *Current Pharmaceutical Design*, 16(23), 2510–2517. <https://doi.org/10.2174/138161210792062948>
- Leung, A. A., Bushnik, T., Hennessy, D., McAlister, F. A., & Manuel, D. G. (2019). Risk factors for hypertension in Canada. *Health Reports*, 30(2), 1–13.
- Liu, Y., Dai, M., Bi, Y., Xu, M., Xu, Y., Li, M., Wang, T., Huang, F., Xu, B., Zhang, J., Li, X., Wang, W., & Ning, G. (2013). Active smoking, passive smoking, and risk of nonalcoholic fatty liver disease (NAFLD): A population-based study in China. *Journal of Epidemiology*, 23(2), 115–121. <https://doi.org/10.2188/jea.JE20120067>
- Lovibond, P. ., & Lovibond, S. H. (1995). The Structure of Negative Emotional States: Comparison of The Depression Anxiety Stress Scales (DASS) with The Beck Depression and Anxiety Inventories. *Behaviour Research and Therapy*, 33(4), 335–343. <https://doi.org/10.1007/BF02511245>
- Mandagi, A. M., Ulfa, I. F., Prayogi, A. R. Y., Pratama, R. A., Adnin, A. B. A., Aisyiyah, F. A. N., & Katmawanti, S. (2022). Analisis Status Depresi Sebagai Faktor Penyebab Hipertensi Berbasis Gender di Indonesia (Studi Indonesian Family Life Survey 5). *Preventia: The Indonesian Journal of Public Health*, 7(1), 14-19. <https://doi.org/10.17977/um044v7i12022p14-19>
- Manosroi, W., & Williams, G. H. (2018). Genetics of Human Primary Hypertension: Focus on Hormonal Mechanisms. *Endocrine Reviews*, 40 (3). 825-256. <https://doi.org/10.1210/er.2018-00071>
- Marlita, M., Lestari, R. M., & Ningsih, F. (2022). Hubungan Gaya Hidup (Lifestyle) dengan Kejadian Hipertensi pada Usia Produktif. *Jurnal Surya Medika*, 8(2), 24–30. <https://doi.org/10.33084/jsm.v8i2.3850>
- Marniati, M., Muliadi, T., Mulyani, I., Putri, E. S., & Khairunnas, K. (2021). The Study of the Effect of Two-Sided Variable Trends on the Occurrence of Hypertension. *J-Kesmas: Jurnal Fakultas Kesehatan Masyarakat (The Indonesian Journal of Public Health)*, 8(1), 1646-1652. <https://doi.org/10.35308/j-kesmas.v8i1.3370>
- Marwah, S. F., Saputri, M. E., & Wowor, T. J. F. (2022). Faktor-Faktor Yang Berhubungan Dengan Kejadian Hipertensi Usia Dewasa Pada Masa Pandemi Covid-19 Di Kelurahan Pabuaran Cibinong Bogor. *Jurnal Keperawatan*, 10(1), 45-52.

<https://doi.org/10.35790/jkp.v10i1.38849>

- Mayo Clinic. (2022). *Stress and high blood pressure: What's the connection?*. Date accessed 5 August 2022. <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/stress-and-high-blood-pressure/art-20044190>
- Meher, M., Pradhan, S., & Pradhan, S. R. (2023). Risk Factors Associated With Hypertension in Young Adults: A Systematic Review. *Cureus*, 15(4) 37467-37478. <https://doi.org/10.7759/cureus.37467>
- Meliala, D. B. H. (2017). Hubungan Kebiasaan Konsumsi Lemak Dan Natrium Terhadap Kejadian Hipertensi Pada Lansia Di Puskesmas Rangkapan Jaya Depok Tahun 2017. *Skripsi Thesis UPN Jakarta*.
- Ministry of Health Indonesia. (2014). *InfoDATIN: Pusat Data dan Informasi Kementerian Kesehatan RI*. Kemenkes RI. Date accessed 18 May 2022.
- Ministry of Health Indonesia. (2015). *Perilaku Merokok Masyarakat Indonesia*. Infodatin. Date accessed 6 July 2022.
- Ministry of Health Indonesia. (2018). *Riset Kesehatan Dasar (Riskesdas)*. Kemenkes RI. Date accseed 19 May 2022
- Ministry of Health Indonesia. (2019). Hipertensi Si Pembunuh Senyap. *Infodatin Kemenkes RI*. Date accessed 9 July 2022.
- Mushtaq, M., & Najam, N. (2014). Depression, Anxiety, Stress and demographic determinants of hypertension disease. *Pakistan Journal of Medical Sciences*, 30(6), 1293–1298. <https://doi.org/10.12669/pjms.306.5433>
- National Institute of Mental Health. (2015). *Understanding the Link Between Chronic Disease and Depression*. Date accessed 3 September 2022. <https://www.nimh.nih.gov/health/publications/chronic-illness-mental-health>
- Ning, L., Guan, S., & Liu, J. (2018). An investigation into psychological stress and its determinants in Xinjiang desert oil workers. *Medicine (United States)*, 97(15). <https://doi.org/10.1097/MD.00000000000010323>
- Ningrum, T. K., & Khairunnas, N. K. (2019). Faktor-Faktor Yang Berhubungan Dengan Terjadinya Hipertensi Pada Pasien Rawat Jalan Di Puskesmas Payung Sekaki Pekanbaru. *Photon: Jurnal Sain Dan Kesehatan*, 9(2), 99–106. <https://doi.org/10.37859/jp.v9i2.1296>
- Nugroho, P. S., & Sari, Y. (2019). Hubungan Tingkat Pendidikan Dan Usia Dengan Kejadian Hipertensi Di Wilayah Kerja Puskesmas Palaran. *Jurnal Dunia Kesmas*, 8(4), 219–225.
- Nuraeni, E. (2019). Hubungan Usia Dan Jenis Kelamin Beresiko Dengan Kejadian Hipertensi Di Klinik X Kota Tangerang. *Jurnal JKFT*, 4(1), 1996-2002. <https://doi.org/10.31000/jkft.v4i1.1996>
- Nurhayati, T., Susumaningrum, L. A., Rasni, H., Susanto, T., & Kholida, D. (2020). Hubungan Kecemasan dengan Pola Tidur Lansia Hipertensi dan Tidak Hipertensi. *Jkep*, 5(2), 122–136. <https://doi.org/10.32668/jkep.v5i2.325>
- Nurlidyawati, Ciptaningtyas, R., & Hamzens, M. F. (2015). Faktor-faktor yang Berhubungan dengan Perilaku Konsumsi Buah dan Sayur pada Siswa Kelas VIII dan IX SMP Negeri 127 Jakarta Barat Tahun 2015. *Skripsi FKIK UIN Jakarta*.
- O'Donovana, A., Slavich, G. M., Epela, E. S., & Neylan, T. C. (2017). Exaggerated neurobiological sensitivity to threat as a mechanism linking anxiety with increased risk for diseases of aging. *Physiology & Behavior*, 176(12), 139–148. <https://doi.org/10.1016/j.neubiorev.2012.10.013>
- Obidovna, D. Z., & Sulaymonovich, D. S. (2022). The Concept of Health Lifestyle in Psychological Research. *Journal of Analysis and Invention*, 3(6), 53–64.

- <https://reserchjet.academiascience.org/index.php/rjai/article/view/517/471>
- Özpelit, M. E., Özpelit, E., Doğan, N. B., Pekel, N., Ozyurtlu, F., Yılmaz, A., Saygi, S., Tengiz, İ., & Ercan, E. (2015). Impact of anxiety level on circadian rhythm of blood pressure in hypertensive patients. *International Journal of Clinical and Experimental Medicine*, 8(9), 16252–16258.
- Pakpahan, I. A. (2016). Hubungan Gaya Hidup dengan Kejadian Hipertensi pada Lansia di Pelayanan Kesehatan Puskesmas Medan Johor. *Skripsi Sarjana USU*. <http://repositori.usu.ac.id/handle/123456789/17973>
- Parcha, V., Patel, N., Kalra, R., Arora, G., & Arora, P. (2020). Prevalence, Awareness, Treatment, and Poor Control of Hypertension Among Young American Adults: Race-Stratified Analysis of the National Health and Nutrition Examination Survey. *Mayo Clinic Proceedings*, 95(7), 1390–1403. <https://doi.org/10.1016/j.mayocp.2020.01.041>
- Parvathy, R., Joy, N., Sorna, P., & Nujum, Z. (2015). Risk Factors Of Young Age Hypertension Journal of Comprehensive Health. *Journal of Comprehensive Health*, 3(1), 30–48. <https://journalofcomprehensivehealth.co.in/index.php/jch/article/view/120/120>
- Polit, D. F., & Beck, C. T. (2021). *Nursing research: generating and assessing evidence for nursing practice* (Eleventh e). Wolters Kluwer.
- Polonia, J., Monteiro, J., Almeida, J., Silva, J. A., & Bertoquini, S. (2016). High salt intake is associated with a higher risk of cardiovascular events: A 7.2-year evaluation of a cohort of hypertensive patients. *Blood Pressure Monitoring*, 21(5), 301–306. <https://doi.org/10.1097/MBP.0000000000000205>
- Princewel, F., Cumber, S. N., Kimbi, J. A., Nkfusai, C. N., Keka, E. I., Viyoff, V. Z., Beteck, T. E., Bede, F., Tsoka-Gwegweni, J. M., & Akum, E. A. (2019). Prevalence and risk factors associated with hypertension among adults in a rural setting: The case of Ombe, Cameroon. *Pan African Medical Journal*, 34, 1–9. <https://doi.org/10.11604/pamj.2019.34.147.17518>
- Puddu, P. E., & Menotti, A. (2023). Heart Diseases of Uncertain Etiology: A New Definition of Heart Failure for Epidemiological Studies. *Journal of Cardiovascular Development and Disease*, 10(3), 132–139 <https://doi.org/10.3390/jcdd10030132>
- Purwono, J., Sari, R., Ratnasari, A., & Budianto, A. (2020). Pola Konsumsi Garam Dengan Kejadian Hipertensi Pada Lansia. *Jurnal Wacana Kesehatan*, 5(1), 531–533.
- Putri, L. R., Fibriana, A. I., & Azam, M. (2024). Prevalence and Risk Factors of Hypertension Among Young Adults (26-35 Years Old) in Indonesia: Analysis of Secondary Data from Riskesdas 2018. *MedRxiv*. 11(1), 1–14.
- Putri, R. R., Widiarini, R., & Marsanti, A. S. (2021). Faktor Yang Berhubungan Dengan Kejadian Hipertensi Pada Lansia Di Posyandu Lansia Abimanyu Kelurahan Tawangrejo Kota Madiun. *Jurnal Kesmas (Kesehatan Masyarakat) Khatulistiwa*, 8(2), 82–91. <https://doi.org/10.29406/jkmk.v8i2.2164>
- Putri, R. S., Djuari, L., & Prajitno, S. (2022). Central Obesity As a Risk Factor of Hypertension in Elderly At Banjararum Village Singosari Malang. *International Journal of Research Publications*, 94(1), 402–409. <https://doi.org/10.47119/ijrp100941220222843>
- Ramirez, L. A., & Sullivan, J. C. (2018). Sex differences in hypertension: Where we have been and where we are going. *American Journal of Hypertension*, 31(12), 1247–1254. <https://doi.org/10.1093/ajh/hpy148>
- Romdhoni, A. C. (2018). The effect of hypertension on experimental atherosclerosis. *Biomolecular Ang Health Science*, 11(1), 176–178.

- Romero, C. (2021). Salt and Hypertension – Clinical Aspects. *Hypertension News*, 65(7), 12–13. <https://doi.org/10.30824/2106-8>
- Rossitto, G., Maiolino, G., Lerco, S., Ceolotto, G., Blackburn, G., Mary, S., Antonelli, G., Berton, C., Bisogni, V., Cesari, M., Seccia, T. M., Lenzini, L., Pinato, A., Montezano, A., Touyz, R. M., Petrie, M. C., Daly, R., Welsh, P., Plebani, M., ... Delles, C. (2021). High sodium intake, glomerular hyperfiltration, and protein catabolism in patients with essential hypertension. *Cardiovascular Research*, 117(5), 1372–1381. <https://doi.org/10.1093/cvr/cvaa205>
- Rust, P., & Ekmekcioglu, C. (2017). Impact of salt intake on the pathogenesis and treatment of hypertension. *Advances in Experimental Medicine and Biology*, 956, 61–84. https://doi.org/10.1007/5584_2016_147
- Saqib, M. A. N., Rafique, I., Ansar, M., & Rahat, T. (2021). High Salt Intake Implications As Risk Factor for Hypertension and Comparison of Three Salt Estimation Methods- Findings From Islamabad, Pakistan. *Pakistan Heart Journal*, 54(4), 309–314. <https://doi.org/10.47144/phj.v54i4.2156>
- Setyanda, Y. O. G., Sulastri, D., & Lestari, Y. (2015). Hubungan Merokok dengan Kejadian Hipertensi pada Laki-Laki Usia 35-65 Tahun di Kota Padang. *Jurnal Kesehatan Andalas*, 4(2), 434–440. <https://doi.org/10.25077/jka.v4i2.268>
- 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, 1155-1165. <https://doi.org/10.1155/2017/5491838>
- Sougawa, Y., Miyai, N., Morioka, I., Utsumi, M., Takeda, S., Miyashita, K., & Arita, M. (2020). The combination of obesity and high salt intake are associated with blood pressure elevation among healthy Japanese adolescents. *Journal of Human Hypertension*, 34(2), 117–124. <https://doi.org/10.1038/s41371-019-0239-2>
- Stefhany, E. (2012). Hubungan Pola Makan, Gaya Hidup, Dan Indeks Massa Tubuh Dengan Hipertensi Pada Pralansia Dan Lansia Di Posbindu Kelurahan Depok Jaya Tahun 2012. *Skripsi FKM UI*. [chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://lib.ui.ac.id/file?file=digital/20319769-S-PDF-Emerita Stefhany.pdf](chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://lib.ui.ac.id/file?file=digital/20319769-S-PDF-Emerita%20Stefhany.pdf)
- Stokes, K., Oronti, B., Cappuccio, F. P., & Pecchia, L. (2022). Use of technology to prevent, detect, manage and control hypertension in sub-Saharan Africa: a systematic review. *BMJ Open*, 12(4), 1136-1153. <https://doi.org/10.1136/bmjopen-2021-058840>
- Sukiswanto, A., & Rohana, N. (2019). *Penerapan Teknik Relaksasi Nafas Dalam Menurunkan Tingkat Depresi pada Penderita Hipertensi*. 2(1). 1–5.
- Suryani, I. (2017). *Dietetik Penyakit tidak Menular*. Indo Kemkes BPPSDM.
- Susetyowati, Huriyati, E., Kandarina, B. J. I., & Faza, F. (2019). *Peranan Gizi dalam Upaya Pencegahan Penyakit Tidak Menular*. Gadjah Mada University Press.
- Thygesen, K., Alpert, J. S., Jaffe, A. S., Chaitman, B. R., Bax, J. J., Morrow, D. A., White, H. D., Corbett, S., Chettibi, M., Hayrapetyan, H., Roithinger, F. X., Aliyev, F., Sujayeva, V., Claeys, M. J., Smajić, E., Kala, P., Iversen, K. K., Hefny, E. El, Marandi, T., ... Parkhomenko, A. (2018). Fourth Universal Definition of Myocardial Infarction (2018). *Circulation*. 138(20). 618-651. <https://doi.org/10.1161/CIR.0000000000000617>
- Triyanto, E. (2014). *Pelayanan Keperawatan Bagi Penderita Hipertensi Secara Terpadu*. Graha Ilmu.
- Unger, T., Borghi, C., Charchar, F., Khan, N. A., Poulter, N. R., Prabhakaran, D., Ramirez, A., Schlaich, M., Stergiou, G. S., Tomaszewski, M., Wainford, R. D., Williams, B., & Schutte, A. E. (2020). 2020 International Society of Hypertension Global Hypertension

- Practice Guidelines. *Hypertension*, 75(6), 1334–1357. <https://doi.org/10.1161/HYPERTENSIONAHA.120.15026>
- Videla, B. F. (2021). Hipertensi Di Wilayah Kerja Puskesmas Sekubang Tahun 2021. *Hipertensi Di Wilayah Kerja Puskesmas Sekubang Tahun 2021. Skripsi Universitas Muhammadiyah Pontianak*.
- Wahyuningsih & Astuti. (2016). Hubungan Tingkat Pendidikan Dan Jenis Kelamin Dengan Kejadian Hipertensi Di Kelurahan Jagalan Di Wilayah Kerja Puskesmas Pucangsawit Surakarta. *Jurnal Ilmu Keperawatan Indonesia*, 1(1), 112–121.
- Wang, J., Sun, W., Wells, G. A., Li, Z., Li, T., Wu, J., Zhang, Y., Liu, Y., Li, L., Yu, Y., Liu, Y., Qi, C., Lu, Y., Liu, N., Yan, Y., Liu, L., Hui, G., & Liu, B. (2018). Differences in prevalence of hypertension and associated risk factors in urban and rural residents of the Northeastern region of the people's republic of China: A cross-sectional study. *PLoS ONE*, 13(4), 1–14. <https://doi.org/10.1371/journal.pone.0195340>
- WHO. (2021). *Hypertension*. [Www.Who.Int. https://www.who.int/news-room/fact-sheets/detail/hypertension#:~:text=Approximately 1 in 5 adults,33%25 between 2010 and 2030. Date accessed 27 July 2022.](https://www.who.int/news-room/fact-sheets/detail/hypertension#:~:text=Approximately 1 in 5 adults,33%25 between 2010 and 2030. Date accessed 27 July 2022.)
- WHO. (2022). *Global Status Report on Physical Activity 2022:Country Profiles*. World Health Organization. Date accessed 10 October 2022 <https://books.google.co.id/books?id=zxmsEAAAQBAJ&printsec=frontcover#v=onepage&q&f=false>
- WHO Indonesia. (2023). *Indonesia launches innovative smoke-free area dashboard to protect public health*. [Https://Www.Who.Int/Indonesia](https://Www.Who.Int/Indonesia). Date accessed 4 November 2022. <https://www.who.int/indonesia/news/detail/18-07-2023-indonesia-launches-innovative-smoke-free-area-dashboard-to-protect-public-health>
- Widya Sari, T., Kartika Sari, D., Kurniawan, Mb., Herman Syah, Mi., Yerli, N., Qulbi, S., Ilmu Kesehatan Masyarakat, D., Kedokteran dan Ilmu Kesehatan, F., & Program Studi Profesi Dokter, M. (2018). Hubungan Tingkat Stres Dengan Hipertensi Pada Pasien Rawat Jalan Di Puskesmas Sidomulyo Rawat Inap Kota Pekanbaru. *Collaborative Medical Journal (CMJ)*, 1(3), 55–65.
- World Health Organization. (2017). Global action plan for the prevention and control of noncommunicable diseases 2013-2020. *World Health Organization*. Date accessed 15 November 2022. <https://www.who.int/publications/i/item/9789241506236>
- World Health Organization. (2022). *Tobacco*. Date accessed 4 September 2022. <https://www.who.int/news-room/fact-sheets/detail/tobacco>
- Yang, M. H., Kang, S. Y., Lee, J. A., Kim, Y. S., Sung, E. J., Lee, K. Y., Kim, J. S., Oh, H. J., Kang, H. C., & Lee, S. Y. (2017). The effect of lifestyle changes on blood pressure control among hypertensive patients. *Korean Journal of Family Medicine*, 38(4), 173–180. <https://doi.org/10.4082/kjfm.2017.38.4.173>
- Yenni, D. (2016). Status Gizi, Pola Konsumsi Makanan dan Aktivitas Fisik Hubungannya dengan Hipertensi Pada Pegawai Negeri Sipil Kantor Kecamatan di Kabupaten Ogan Komering Ulu Provinsi Sumatera Selatan. *Tesis S2 Ilmu Kesehatan Masyarakat UGM*.
- You, Y., Teng, W., Wang, J., Ma, G., Ma, A., Wang, J., & Liu, P. (2018). Hypertension and physical activity in middle-aged and older adults in China. *Scientific Reports*, 8(1), 1–8. <https://doi.org/10.1038/s41598-018-34617-y>