

## INTISARI

### ***LITERATURE REVIEW: INTERVENSI HIPERTENSI PADA REMAJA***

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**Latar Belakang:** Hipertensi pada remaja cenderung berlanjut hingga dewasa dan berpotensi meningkatkan risiko penyakit dan kematian dini. Masa remaja merupakan periode penting pembentukan perilaku kesehatan karena remaja berada dalam fase perkembangan kognitif. Namun, intervensi hipertensi masih banyak difokuskan pada populasi dewasa, sementara pendekatan khusus pada remaja masih terbatas.

**Tujuan:** Meninjau program pencegahan dan intervensi hipertensi pada remaja.

**Metode:** *Literature review* ini menggunakan pendekatan naratif dengan panduan PRISMA. Artikel diperoleh melalui Scopus, PubMed, dan Cochrane menggunakan kata kunci berbasis PICO. Kriteria inklusi: publikasi tahun 2020-2024, *original research*, *full text*, berbahasa Inggris, dan subjek usia 10-19 tahun. Dari 305 artikel yang ditemukan, dilakukan penyaringan judul, abstrak, dan *full text*. Tiga artikel yang memenuhi kriteria dievaluasi dengan *JBICritical Appraisal*, lalu dianalisis dan disintesis secara sistematis.

**Hasil:** Terdapat dua jenis program intervensi yaitu manajemen diet dan *group-based care*, dengan metode edukasi berupa *teaching*, *coaching*, konseling, dan diskusi kelompok. Intervensi diet DASH dan *group-based care* terbukti efektif dalam menurunkan tekanan darah pada remaja.

**Kesimpulan:** Beberapa program intervensi hipertensi pada remaja di antaranya manajemen diet dan *group-based care*. Program yang melibatkan metode edukasi partisipatif, khususnya pendekatan *coaching*, dinilai lebih sesuai untuk remaja karena mampu mendorong keterlibatan aktif serta mendukung perubahan perilaku secara efektif.

**Kata Kunci:** Hipertensi, remaja, perilaku, *literature review*

## ABSTRACT

### ***LITERATURE REVIEW: HYPERTENSION INTERVENTION IN ADOLESCENT***

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**Background:** Hypertension in adolescents tends to persist into adulthood and has the potential to increase the risk of disease and premature death. Adolescence is an important period for the formation of health behavior because adolescents are in the cognitive development phase. However, hypertension interventions are still largely focused on the adult population, while specific approaches to adolescents are still limited.

**Objective:** Reviewing hypertension prevention and intervention programs in adolescents.

**Method:** This literature review uses a narrative approach with PRISMA guidance. Articles were obtained through Scopus, PubMed, and Cochrane using PICO-based keywords. Inclusion criteria: publications in 2020-2024, original research, full text, English language, and subjects aged 10-19 years. From the 305 articles found, the title, abstract, and full text. Three articles that met the criteria were evaluated with JBI Critical Appraisal, then analyzed and synthesized systematically.

**Result:** There are two types of intervention programs, namely diet management and group-based care, with educational methods in the form of teaching, coaching, counseling, and group discussions. The DASH diet intervention and group-based care proven effective in lowering blood pressure in adolescents.

**Conclusion:** Some hypertension intervention programs for adolescents include diet management and group-based care. Programs involving participatory educational methods, especially the approach coaching, is considered more suitable for adolescents because it is able to encourage active involvement and support behavioral change effectively.

**Keywords:** Hypertension, adolescents, behaviour, literature review