

Daftar Pustaka

- Abbasi, K., Miri, M.R., Norozi, E. & Ramazani, A.A. (2021). Predictors of Puberty Health Behaviors Based on Integrated Behavioral Model Among Girl's High Students in Birjand in 2020. *Mod Care Journal*, 18(3), e117304-e117310. doi: <http://dx.doi.org/10.5812/modernc.117304>.
- Abdullah, S. M. (2019). Social Cognitive Theory: A Bandura Thought Review Published in 1982-2012. *Psikodimensia*, 18(1), 85-100. doi: <https://doi.org/10.24167/psidim.v18i1.1708>.
- Adhikari, G. P. (2021). Calculating the Sample Size in Quantitative Studies. *Scholars' Journal*, 4(December), 14–29. <https://doi.org/10.3126/scholars.v4i1.42458>
- Agustini, R., Novitasari, A. Z., Rahmawaty, D., & Akib, N. (2021). Kampanye Media Kampus Sehat sebagai Inisiasi *Health Promoting University* di FK-KMK UGM. *JUKESHUM: Jurnal Pengabdian Masyarakat*, 1(1), 19–33. doi: <https://doi.org/10.51771/jukeshum.v1i1.25>.
- Ajzen, I. (2020). The theory of planned behavior: Frequently asked questions. *Wiley*, 2, 314–324. <https://doi.org/10.1002/hbe2.195>.
- Akuiyibo, S., Anyanti, J., Amoo, B., Aizobu, D., & Idogho, O. (2022). Effects of behaviour change communication on hypertension and diabetes related knowledge, attitude and practices in Imo and Kaduna States: A quasi-experimental study. *BMC Public Health*, 22(1), 715. <https://doi.org/10.1186/s12889-022-13139-3>.
- Al-Jayyousi, G.F., Hassa, D.A., Rahim, H.A., *et al.* (2024). Health and Well-Being in the Context of Health-Promoting University Initiatives: Protocol for a Mixed Methods Needs Assessment Study at Qatar University. *JMIR Research Protocols*, 13, 1-16. doi: 10.2196/58860.
- Alves, R. (2024). The relationship between health-related knowledge and attitudes and health risk behaviours among Portuguese university students. *Global Health Promotion*, 31(1), 36–44. <https://doi.org/10.1177/17579759231195561>.
- Amir, M.D., Kadila, N., & Bin Sanuwito, T. (2023). The Association Between Family Supports and Middle Adult Hypertension Prevention Behavior. *Jurnal Keperawatan Padjadjaran*, 2023, 193–206. doi: <https://doi.org/10.18502/kss.v8i14.13831>.
- Anderson, L.W. & Krathwohl, D.R. (2001). *A Taxonomy for Learning, Teaching, and Assessing: A Revision of Bloom's Taxonomy of Educational Objectives*. New York: Addison Wesley Longman, Inc.
- Andini, G.R. & Kinayung, D. (2024). Stres Akademik pada Mahasiswa Baru: *Self-Compassion* dan Penyesuaian Diri. *Seminar Nasional Psikologi Universitas Ahmad Dahlan*, 73-74.
- Antwi, J., Olawuyi, Y., Opara, I., & Ifafore, M. (2024). Hindrances and Enablers of Healthy Eating Behavior Among College Students in an HBCU: A Qualitative Study | Journal of Racial and Ethnic Health Disparities. *Journal*

- of Racial and Ethnic Health Disparities*, 4(6).
<https://link.springer.com/article/10.1007/s40615-024-02108-8>.
- Ardiani, S. D., Farapti, F., & Isaura, E. R. (2023). Association between Physical Activity Frequency and Hypertension Incidence among Indonesian Adults based on Indonesian Family Life Survey Wave 4 and 5. *Journal of Public Health for Tropical and Coastal Region*, 6(3), 91–98. doi: <https://doi.org/10.14710/jphtcr.v6i3.20937>.
- Arif, M. E., Anggraeni, R., & Rosita, N. H. (2022). Analysis of Behavioral Intentions of Health Protocol Discipline During The COVID-19 Pandemic Using Theory of Planned Behavior (TPB) and Health Belief Model (HBM). *Asia Pacific Management and Business Application*, 10(3), 261–274. doi: <https://doi.org/10.21776/ub.apmba.2022.010.03.2>.
- Arifin, S., Lastianum, W.V., Rahman, F., Pujiarti, N., Laily, N., Azwari, A.R.S., Wulandari, A., Anggraini, L. & Susanto, W.E. (2023). *Determinan Kinerja Karyawan Puskesmas*. Ponorogo: Uwais Inspirasi Indonesia.
- Babaeer, L. Y., Stylianou, M., Nickbakht, M., & Gomersall, S. R. (2025). A Qualitative Investigation of University Student's Perceptions of Health Behaviours and Associations With Educational Outcomes Through the Lens of the WHO Framework on Health Behaviours and Educational Outcomes. *Health Promotion Journal of Australia*, 36(2), e70003. <https://doi.org/10.1002/hpja.70003>.
- Biswas, R. K., & Kabir, E. (2017). Influence of distance between residence and health facilities on non-communicable diseases: An assessment over hypertension and diabetes in Bangladesh. *PLOS ONE*, 12(5), e0177027. <https://doi.org/10.1371/journal.pone.0177027>.
- Bortne, Ø., Bjørnstad, J., Arnestad, M. N., Tjora, T., & Brønnick, K. K. (2025). Self-efficacy or perceived behavioral control: Which influences bank-switching intention? *Journal of Marketing Analytics*. <https://doi.org/10.1057/s41270-025-00408-4>.
- Chai, Y., Fu, G., Liu, Y., Song, Q., Xue, C., & Luo, S. (2024). The Relationship between Stress, Anxiety and Eating Behavior Among Chinese Students: A Cross-Sectional Study. *Frontiers in Public Health*, 12, 1–8. doi: <https://doi.org/10.3389/fpubh.2024.1466700>.
- Chairassamee, N., Chanchaoenchai, K., & Saraithong, W. (2024). Getting there: How commuting time and distance impact students' health. *PLOS ONE*, 19(12), e0314687. <https://doi.org/10.1371/journal.pone.0314687>.
- 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.0000000000003563>.
- Choi, J. (2020). Impact of Stress Levels on Eating Behaviors among. *Nutrients*, 12(5), 1–8.

- Conner, M., & Norman, P. (2022). Understanding the intention-behavior gap: The role of intention strength. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.923464>.
- Creswell, J.W. & Creswell, J. D. (2023). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches 6th Ed.* Los Angeles: Sage Publication, Inc.
- Creswell, J.W. & Clark, V.L.P. (2018). *Designing and Conducting Mixed Methods Research 3rd Ed.* Los Angeles: Sage Publication, Inc.
- Cuthino, F. L., Sheilini, M., & Chandrababu, R. (2021). The comparison of health literacy between health science and non-health science members-A cross sectional study of multifaceted public health affair. *Clinical Epidemiology and Global Health*, 12, 100893. <https://doi.org/10.1016/j.cegh.2021.100893>.
- Dai, M., & Harrington, N. G. (2023). The need to examine behaviors within “actual” constraints: A systematic review of research using the integrative model of behavioral prediction. *Journal of Human Behavior in the Social Environment*, 33(1), 126–142. <https://doi.org/10.1080/10911359.2021.2019166>.
- Damghanian, M. & Alijanzadeh, M. (2019). Theory of Planned Behavior, Self-Stigma, and Perceived Barriers Explains the Behavior of Seeking Mental Health Services for People at Risk of Affective Disorders, 1(2), 54-61.
- Dangga, V. (2021). Hubungan Pengetahuan, Sikap, Norma Subjektif, dan Persepsi terhadap perilaku Pencegahan Obesitas pada Mahasiswa di Provinsi Daerah Istimewa Yogyakarta (Tesis Magister, Universitas Gadjah Mada). Perpustakaan Universitas Gadjah Mada.
- Darsini, D., Fahrurrozi, F., & Cahyono, E.A. (2019). Pengetahuan: Artikel Review. *Jurnal Keperawatan*, 12(1), 95-107.
- Davies, J.K., & Hall, C. (2011). *Establishing the University of Brighton as A Health Promoting University: a Pilot Project Final Report*.
- Devaraj, N. K., Rashid, A. A., Jamari, M. S., Sharif, N. F., & Paramesvaran, R. (2023). Knowledge, Attitude, Practice and Awareness on Hypertension among Students and Staffs in Faculty of Medicine and Health Sciences (Fmhs), Universiti Putra Malaysia. *Malta Medical Journal*, 35(2).
- Dida, G. Y., Nayoan, C. R., & Sir, A. B. (2023). The Risk Factors of Hypertension Among the Elderly in the Working Area of Sikumana Primary Health Care Center. *Journal of Public Health for Tropical and Coastal Region*, 6(1), 21–29. doi: <https://doi.org/10.14710/jphtcr.v6i1.17541>.
- Dietz, P., Watson, E. D., van Poppel, M., & Tibubos, A. N. (2022). Editorial: Public health promotion in university students. *Frontiers in Public Health*, 10. <https://doi.org/10.3389/fpubh.2022.993982>.
- Dinas Kesehatan Sleman. (2020). Profil Kesehatan Kabupaten Sleman. *Dinas Kesehatan Sleman*, 6, 1–173.
- Ding, Y., Lee, C., Chen, X., Song, Y., Newman, G., Lee, R., Lee, S., Li, D., & Sohn, W. (2024). Exploring the association between campus environment of higher education and student health: A systematic review of findings and

- measures. *Urban Forestry & Urban Greening*, 91, 128168. <https://doi.org/10.1016/j.ufug.2023.128168>.
- Dionato, F. A. V., Enes, C. C., & Nucci, L. B. (2021). Factors associated with not adopting healthy behavior among hypertensive individuals: A population-based study in Brazil. *Journal of Human Hypertension*, 35(8), 718–725. <https://doi.org/10.1038/s41371-020-0382-9>
- Meouchy, P., Wahoud, M., Allam, S., Chedid, R., Karam, W., & Karam, S. (2022). Hypertension Related to Obesity: Pathogenesis, Characteristics and Factors for Control. *International Journal of Molecular Sciences*, 23(20). doi: <https://doi.org/10.3390/ijms232012305>.
- Doak, S., Kearney, J. M., McCormack, J. M., & Keaver, L. (2023). The relationship between diet and lifestyle behaviours in a sample of higher education students; a cross-sectional study. *Clinical Nutrition ESPEN*, 54, 293–299. <https://doi.org/10.1016/j.clnesp.2023.01.036>.
- Elfil, M., & Negida, A. (2019). Sampling methods in clinical research; an educational review. *Archives of Academic Emergency Medicine*, 7(1), 3–5.
- Fadmawaty, A., & Wasludin, W. (2021). The Effect of The Belief System, Family Organizations and Family Communication on Covid-19 Prevention Behavior: The Perspective of Family Resilience. *International Journal of Disaster Management*, 4(2), 9–22. <https://doi.org/10.24815/ijdm.v4i2.20411>
- Firmansyah, D., & Dede. (2022). Teknik Pengambilan Sampel Umum dalam Metodologi Penelitian: Literature Review. *Jurnal Ilmiah Pendidikan Holistik (JIPH)*, 1(2), 85–114. <https://doi.org/10.55927/jiph.v1i2.937>
- Fitriani, D., Hutasuhut, A. F., & Riansyah, R. (2022). Hubungan Antara Indeks Massa Tubuh dan Aktivitas Fisik dengan Kejadian Hipertensi pada Karyawan di Universitas Malahayati Bandar Lampung. *Malahayati Health Student Journal*, 2(2), 308–319. doi: <https://doi.org/10.33024/mahesa.v2i2.4498>.
- Fertman, C. I., & Allensworth, D. D. (2017). *Health Promotion Programs* (2nd ed.). Jossey-Bass.
- Gao, J. (2024). Sodium Intake and Public Health: Methodological Pitfalls in Assessing the Relationship Between Sodium Intake and Health Outcomes. *Research Methods in Medicine & Health Sciences*, 0(0), 1–7. <https://doi.org/10.1177/26320843241235586>.
- Gao, N., Liu, T., Wang, Y., Chen, M., Yu, L., Fu, C., & Xu, K. (2023). Assessing the Association between Smoking and Hypertension: Smoking Status, Type of Tobacco Products, and Interaction with Alcohol Consumption. *Frontiers in Cardiovascular Medicine*, 10, 1–8. doi: <https://doi.org/10.3389/fcvm.2023.1027988>.
- Gesualdo, C., & and Pinquart, M. (2023). Influences on change in expected and actual health behaviors among first-year university students. *Health Psychology and Behavioral Medicine*, 11(1), 2174697. <https://doi.org/10.1080/21642850.2023.2174697>.
- Glanz, K., Rimer, B.K., & Viswanath, K. (2015). *Health Behavior: Theory, Research, and Practice*. In Jossey-Bass Public Health.

- Gong, D., Yuan, H., Zhang, Y., Li, H., Zhang, D., Liu, X., Sun, M., Lv, J., & Li, C. (2020). Hypertension-Related Knowledge, Attitudes, and Behaviors Among Community-Dwellers at Risk for High Blood Pressure in Shanghai, China. *International Journal of Environmental Research and Public Health*, 17(10). doi: <https://doi.org/10.3390/ijerph17103683>.
- Gwak, D. Y., & Lee, S. A. (2022). Lifestyle Behaviors According to the Duration of Hypertension: Korea National Health and Nutrition Examination Survey 2016–2018. *Journal of Korean Medical Science*, 37(49), 1–12. doi: <https://doi.org/10.3346/jkms.2022.37.e343>.
- Hagger, M.S., Cameron, L.D., Hamilton, K., Hankonen, N. & Lintunen, T. *The Handbook of Behavior Change*. Australia: Cambridge University Press.
- Halawa, A., Artini, B. & Manutmasa, Y.S. (2023). Hubungan Tingkat Stres dengan Kejadian Hipertensi pada Usia Dewasa Awal (18-40 Tahun). *Jurnal Keperawatan*, 34-45.
- Hammer, J.H., Vogel, D.L., Grzanka, P.R., Kim, N., Keum, B.T., Adams, C. & Wilson, S.A. (2024). The Integrated Behavioral Model of Mental Health Help Seeking (IBM-HS): A Health Services Utilization Theory of Planned Behavior for Accessing Care. *American Journal Association*, 71(5), 315-327. doi: <https://doi.org/10.1037/cou0000754>.
- Harnianti, Prabandari, Y. S., & Juliana, N. (2021). Perception of Benefit and Barrier of Staff Education's Faculty of Medicine, Public Health and Nursing Gadjah Mada University with the Intention the Support toward Health Promoting University. *Journal of Sciences and Health*, 1(1).
- Harrison, D.G., Coffman, T.M. & Wilcox, C.S. (2021). Pathophysiology of Hypertension. *Circulation Research*, 7(2), 847-863.
- Heo, Y. J., & Hyun, H. J. (2024). Examination of Predicting Factors for COVID-19 Vaccination Behaviors of University Students Utilizing the Theory of Planned Behavior. *Journal of Korean Academy of Nursing*, 54(2), 178–192. doi: <https://doi.org/10.4040/jkan.24020>.
- Herawati, C., Indragiri, S., & Melati, P. (2020). Aktivitas Fisik an Stres sebagai Faktor Risiko terjadinya Hipertensi pada Usia 45 Tahun Keatas. *JKM (Jurnal Kesehatan Masyarakat) Cendekia Utama*, 7(2), 66. doi: <https://doi.org/10.31596/jkm.v7i2.502>.
- Hidayat, R.N. (2023). Pengaruh Uang Saku terhadap Perilaku Konsumtif pada Siswa. *Journal Basic Education Skills*. 4(1), 57-64.
- Isnanda, S. A., & Nurmala, I. (2022). Influence of Attitude, Subjective Norm, Perceived Behaviour Control to Perform Intention in Prevention Action of Diabetes. *Indonesian Journal of Public Health*, 17(1), 119–131. doi: <https://doi.org/10.20473/ijph.v17i1.2022.119-131>.
- Israfil, I., Yusuf, A., Efendi, F., Lutfi, I., & Sriwahyuningsih, I. (2023). Factors Associated with Behavior in the Prevention of Cardiovascular Complications in Hypertensive Patients in Indonesia: A Systematic Review. *Journal of Health Research*, 37, S1–S8. doi: <https://doi.org/10.56808/2586-940x.1049>.
- Istiana, D., Purqoti, D. N. S., Musmuliadin, M., Rispawati, B. H., Romadhonika, F., & Dingle, K. (2022). The Relationship between Physical Activity and the

- Incidence of Hypertension at the Work Area of the Ampenan Health Center. *STRADA Jurnal Ilmiah Kesehatan*, 11(1), 45–50. doi: <https://doi.org/10.30994/sjik.v11i1.884>.
- Jayadi, Y., Maharani, W., & Nurdiyanah, N. (2021). Health Education about Hypertension using Leaflet Media Effective on People's Knowledge And Attitudes Of The Community In Tanete Labba Hamlet, Maros. *Preventif: Jurnal Kesehatan Masyarakat*, 12(2), 409–419. doi: <http://jurnal.fkm.untad.ac.id/index.php/preventif>.
- Jurado-Gonzalez, P., López-Toledo, S., Bach-Faig, A., & Medina, F.-X. (2025). Barriers and Enablers of Healthy Eating Among University Students in Oaxaca de Juarez: A Mixed-Methods Study. *Nutrients*, 17(7). <https://doi.org/10.3390/nu17071263>.
- Kamarazaman, R., & Ismail, K. (2024). The Influence of Socio-demographic Factors Towards Health Information-Seeking Practices Among Older Adults: A Systematic Literature Review. *ANP Journal of Social Science and Humanities*, 5(1), Article 1. <https://doi.org/10.53797/anp.jssh.v5i1.2.2024>.
- Kartika, K., Devy, S.R., Haksama, S., Rakhman, F., Idawati, I., Ismuntania, I., Mufida, N. (2022). Model Development of Maternal Behavior in Public Care Based on Integrated Behavioral Model (IBM). *Neuroquantology*, 20(17), 1671-1681. doi: 10.48047/NQ.2022.20.17.NQ880205.
- Kc, K., Katwal, S., Yadav, G. K., Adhikari, A., Thapa, R. K., Jha, S. K., Sharma, A., Rijal, T., Giri, S., & Khadka, S. (2023). Family history of hypertension and its relation to other variables in hypertensive patients: A cross-sectional study from a tertiary care hospital. *IJS Global Health*, 6(5), e0235. <https://doi.org/10.1097/GH9.0000000000000235>.
- Kebede, N., Wondiyie, H., Melkamu, L., Anagaw, T. F., Assefa, E., Bogale, E. K., Hailu, G., Mohammed, Y., & Adane, B. (2022). Application of the integrated behavioral model to identify the predictors of toothbrushing practices among primary school children at Bahir Dar city, Ethiopia. *BMC Oral Health*, 22(1), 638. <https://doi.org/10.1186/s12903-022-02676-3>.
- Kementerian Kesehatan RI. (2023). *Survei Kesehatan Indonesia (SKI) 2023*. Jakarta: Badan Kebijakan Pembangunan Kesehatan. Diakses dari https://drive.google.com/file/d/1rjNDG_f8xG6-Y9wmhJUnXhJ-vUFevVJC/view.
- Kementerian Kesehatan RI. (2018). *Laporan Hasil Riset Kesehatan Dasar (Riskesdas) Indonesia Tahun 2018*. Jakarta: Kemenkes RI.
- Kementerian Kesehatan RI. (2019). CERDIK: Rahasia Masa Muda Sehat dan Masa Tua Nikmat. Diakses pada 20 Desember 2024. <https://ayosehat.kemkes.go.id/cerdik-rahasia-masa-muda-sehat-dan-masa-tua-nikmat>.
- Khaw, W.-F., Nasaruddin, N. H., Alias, N., Chan, Y. M., Tan, L., Cheong, S. M., Ganapathy, S. S., Mohd Yusoff, M. F., & Yong, H. Y. (2022). Socio-demographic factors and healthy lifestyle behaviours among Malaysian adults: National Health and Morbidity Survey 2019. *Scientific Reports*, 12(1), 16569. <https://doi.org/10.1038/s41598-022-20511-1>.

- Kurnianto, A., Sunjaya, D. K., Rinawan, F. R., & Hilmanto, D. (2021). Current Perspectives and Prevention Strategies of Hypertension Among Adolescents and Adults. *Journal of Cardiovascular Disease Research*, 12(4), 560–569.
- Laoli, J., Lase, D. & Waruwu, S. (2022). Analisis Hubungan Sikap Pribadi dan Harmonisasi Kerja pada Kantor Kecamatan Gunungsitoli Alo'oa Kota Gunungsitoli. *Jurnal Ilmiah Saintek*, 6(4), 145-151.
- Lasmana, O., Festiyed, F., Razak, A., & Fadilah, M. (2024). *The Critical Role of Instrument Design in Achieving Research Objectives : an in-depth Review*. June, 70–80.
- Lusno, M. F., Haksama, S., Wulandari, A., Sriram, S., Shedysni, S.N., Farid, M.R.H., Farid, A.F., & Shedyta, S.Z. (2020). *International Journal of Applied Biology*, 4(2), 9-16.
- Ma, L., Fang, Z., Gao, L., Zhao, Y., Xue, H., Li, K., & Wang, Y. (2020). A 3-year Longitudinal Study of Pocket Money, Eating Behavior, Weight Status: The Childhood Obesity Study in China Mega-Cities. *International Journal of Environmental Research and Public Health*, 17(23), 9139. <https://doi.org/10.3390/ijerph17239139>.
- Mardianti, F., Rachmawati, D., & Suprajitno. (2020). Risk factors for hypertension in adolescents. *Jurnal Kesehatan Hesti Wira Sakti*, 10, 43–55. doi: <https://doi.org/10.47794/jkhws>.
- Mardhiati, R. (2023). Variabel Pengetahuan dalam Penelitian Kesehatan Masyarakat. *Jurnal IKRAITH-HUMANIORA*, 7(1), 163-171.
- Mujahidah, N. & Yusdiana, Y. (2023). Application of Albert Bandura's Social Cognitive Theories in Teaching and Learning. *Jurnal Pendidikan Islam*, 12(2). doi: <https://doi.org/10.30868/ei.v12i02.4585>.
- McKenzie, J. F., Neiger, B. L., & Thackeray, R. (2013). *Planning, Implementing, and Evaluating Health Promotion Programs* (6th e.). Pearson.
- Mohd Noh, S. N., Jawahir, S., Tan, Y. R., Ab Rahim, I., & Tan, E. H. (2022). The Health-Seeking Behavior among Malaysian Adults in Urban and Rural Areas Who Reported Sickness: Findings from the National Health and Morbidity Survey (NHMS) 2019. *International Journal of Environmental Research and Public Health*, 19(6), Article 6. <https://doi.org/10.3390/ijerph19063193>.
- Müller, C., El-Ansari, K., & El Ansari, W. E. (2022). Health-Promoting Behavior and Lifestyle Characteristics of Students as a Function of Sex and Academic Level. *International Journal of Environmental Research and Public Health*, 19(12), 7539. <https://doi.org/10.3390/ijerph19127539>.
- Octaviana, D.R. & Ramadhani, R.A. (2021). Hakikat Manusia: Pengetahuan (*Knowledge*), Ilmu Pengetahuan (*Sains*), Filsafat, dan Agama. *Jurnal Tawadhu*, 5(2), 143-159.
- Otaye-Ebede, L., Shaffakat, S., & Foster, S. (2020). A Multilevel Model Examining the Relationships Between Workplace Spirituality, Ethical Climate and Outcomes: A Social Cognitive Theory Perspective. *Journal of Business Ethics*, 166(3), 611–626. doi <https://doi.org/10.1007/s10551-019-04133-8>.
- Paul, B., Kirubakaran, R., Isaac, R., Dozier, M. & Weller, D. (2023). A Systematic Review of the Theory of Planned Behaviour Interventions for chronic

- Diseases in Low Health-Literacy Settings. *Journal of Global Health*, 13, 1-14. doi: 10.7189/jogh.13.04079.
- Gesualdo, C., & Pinquart, M. (2023). Influences on change in expected and actual health behaviors among first-year university students. *Health Psychology and Behavioral Medicine*, 11(1), 2174697. <https://doi.org/10.1080/21642850.2023.2174697>.
- Palma-Leal, X., Rodríguez-Rodríguez, F., Campos-Garzón, P., Castillo-Paredes, A., & Chillón, P. (2021). New Self-Report Measures of Commuting Behaviors to University and Their Association with Sociodemographic Characteristics. *International Journal of Environmental Research and Public Health*, 18(23), Article 23. <https://doi.org/10.3390/ijerph182312557>.
- Patin, A., Ladner, J., & Tivolacci, M.-P. (2023). Change in University Student Health Behaviours after the Onset of the COVID-19 Pandemic. *International Journal of Environmental Research and Public Health*, 20(1), Article 1. <https://doi.org/10.3390/ijerph20010539>.
- Pourmand, G., Doshmangir, L., Ahmadi, A., Noori, M., Rezaeifar, A., Mashhadi, R., Aziminia, R., Pourmand, A., & Gordeev, V. S. (2020). An application of the theory of planned behavior to self-care in patients with hypertension. *BMC Public Health*, 20(1), 1–9. doi: <https://doi.org/10.1186/s12889-020-09385-y>.
- Pratiwi, I. M., Paskarini, I., Dwiyantri, E., Arini, S. Y., & Suswojo, H. (2022). The Relationship of Knowledge and Attitudes with Behavior of Implementing Health Protocols in Garment Workers. *Indonesian Journal of Occupational Safety and Health*, 11(2), 168–177. <https://doi.org/10.20473/ijosh.v11i2.2022.168-177>.
- Putri, A., Rahmadayanti, T., Chairunnisa, A., & Khairina, N. (2021). Penyuluhan Online dengan *Booklet* dan Video sebagai Upaya Pengendalian Hipertensi. *Jurnal Pengabdian Masyarakat Berkemajuan*, 4(2), 451–458.
- Rahmadani, A., & Mukti, Y. R. (2020). Adaptasi Akademik, Sosial, Personal, dan Institusional: Studi *College Adjustment* terhadap Mahasiswa Tingkat Pertama. *Jurnal Konseling dan Pendidikan*, 8(3), 159. doi: <https://doi.org/10.29210/145700>.
- Rajeh, M.T. (2022) Modeling the Theory of Planned Behavior to Predict Adults' Intentions to Improve Oral Health Behaviors. *BMC Public Health*, 22(1391). <https://doi.org/10.1186/s12889-022-13796-4>.
- Rajkumar, E., & Romate, J. (2020). Behavioural Risk Factors, Hypertension Knowledge, and Hypertension in Rural India. *International Journal of Hypertension*, 2020, 8108202. <https://doi.org/10.1155/2020/8108202>.
- Ranganathan, P., Caduff, C., & Frampton, C. M. A. (2024). Designing and validating a research questionnaire - Part 2. *Perspectives in Clinical Research*, 15(1), 42–45. https://doi.org/10.4103/picr.picr_318_23.
- Raza, A., Pulakka, A., Magnusson Hanson, L. L., Westerlund, H., & Halonen, J. I. (2021). Commuting distance and behavior-related health: A longitudinal study. *Preventive Medicine*, 150, 106665. <https://doi.org/10.1016/j.ypmed.2021.106665>.

- Ricinta, P. A., Fahdhienie, F., & Ariscasari, P. (2024). Open access Open access. *The Indonesian Journal of Health Promotion*, 7(8), 2241–2249. <https://doi.org/https://doi.org/10.56338/mppki.v7i8.5952>
- Rukmana, E., Fransiari, M. E., Damananik, K. Y., & Nurfazriah, L. R. (2023). Assessment of Knowledge, Attitudes and Behaviors Regarding Balanced Nutrition and Nutritional Status Among Adolescents at the Yayasan Bandung Senior High School, Deli Serdang Regency. *Amerta Nutrition*, 7, 178–183. doi: <https://doi.org/10.20473/amnt.v7i2SP.2023.178-183>.
- Sáenz, C., Boldú, E., & Canal, J. (2025). Health promoting universities: A scoping review. *Health Promotion Journal of Australia: Official Journal of Australian Association of Health Promotion Professionals*, 36(2), e939. <https://doi.org/10.1002/hpja.939>.
- Sajjad, M., Bhatti, A., Hill, B., & Al-Omari, B. (2023). Using The Theory Of Planned Behavior to Predict Factors Influencing Fast-Food Consumption Among College Students. *BMC Public Health*, 23(1), 1–13. doi: <https://doi.org/10.1186/s12889-023-15923-1>.
- Sambah, F., McBain-Rigg, K., Seidu, A.-A., & Emeto, T. I. (2025). A Qualitative Study on the Barriers and Enablers to Effective Hypertension Management in Ghana. *Healthcare*, 13(5), 479. <https://doi.org/10.3390/healthcare13050479>.
- Saleh, A. S. M., Rahman, M., & Mashreky, S. M. S. R. (2024). *The impact of knowledge, attitudes, and practices on hypertension Control and associated Comorbidities among workers of a beverage company in Bangladesh* (p. 2024.11.19.24317597). medRxiv. <https://doi.org/10.1101/2024.11.19.24317597>.
- Sari, E. A., Mirwanti, R., Herliani, Y. K., & Pratiwi, S. H. (2025). Self-Care Behavior Based on Knowledge of Patients with Hypertension: A Cross-Sectional Study. *Vascular Health and Risk Management*, 21, 17–24. <https://doi.org/10.2147/VHRM.S489688>.
- Schunk, D. H., & DiBenedetto, M. K. (2020). Motivation and social cognitive theory. *Contemporary Educational Psychology*, 60(101832). <https://doi.org/10.1016/j.cedpsych.2019.101832>.
- Shariq, O. A., & Mckenzie, T. J. (2020). Obesity-Related Hypertension: A Review of Pathophysiology, Management, and the Role of Metabolic Surgery. *Gland Surgery*, 9(1), 80–93. doi: <https://doi.org/10.21037/g.s.2019.12.03>.
- Sheehan, J., L., Greene-Higgs, L., Resnicow, K., Patel, M. R., Barnes, E. L., Waljee, A. K., Higgins, P. D., & Cohen-Mekelburg, S. C. (2024). Self-Efficacy, Patient Activation, and the Burden of Inflammatory Bowel Disease on Patients' Daily Lives. *Digestive Diseases and Sciences*. 69, 4089-4097.
- Siddiqui, J. R. (2022). Evaluating the Effectiveness of Reasoned-action Theories (TRA, TPB, IBM) for Explaining Low E-commerce Adoption in a Developing Country: A Structural Equation Modelling (SEM) Approach AI Trends in Digital Humanities Research. *Computer Science and Information Technology Open Access Journal*. 7(2), 35-46.
- Simanjuntak, A. A., Adi, M. S., Hestningsih, R., & Saraswati, L. D. (2021). Gambaran Tingkat Pengetahuan dan Sikap terhadap Pencegahan Hipertensi

- pada Mahasiswa (Studi pada Mahasiswa Universitas Diponegoro Semarang). *Jurnal Kesehatan Masyarakat*, 9(4). doi: <http://ejournal3.undip.ac.id/index.php/jkm>.
- Snelling, A. (2014). *Introduction to Health Promotion*. Jossey-Bass A Wiley Brand.
- Sobierajski, T., Surma, S., Romańczyk, M., Łabuzek, K., Filipiak, K. J., & Oparil, S. (2022). What Is or What Is Not a Risk Factor for Arterial Hypertension? Not Hamlet, but Medical Students Answer That Question. *International Journal of Environmental Research and Public Health*, 19(13). doi: <https://doi.org/10.3390/ijerph19138206>.
- Suárez-Reyes, M., & Van den Broucke, S. (2023). Participation of University Community Members in Health Promoting University (HPU) Initiatives. *Frontiers in Public Health*, 11, 1–8. doi: <https://doi.org/10.3389/fpubh.2023.1217177>.
- Sudikno, S., Mubasyiroh, R., Rachmalina, R., Arfines, P. P., & Puspita, T. (2023). Prevalence and Associated Factors for Prehypertension and Hypertension Among Indonesian Adolescents: A Cross-Sectional Community Survey. *BMJ Open*, 13(3), 1–13. doi: <https://doi.org/10.1136/bmjopen-2022-065056>.
- Sukohar, A., & Suharmanto. (2021). Theory of Planned Behavior (TPB) and Hypertension Prevention. *Indian Journal of Forensic Medicine & Toxicology*, 15(3), 2049–2053. doi: <https://doi.org/10.37506/ijfmt.v15i3.15616>.
- Suksatan, W., Choompunuch, B., Koontalay, A., Posai, V., & Abusafia, A. H. (2021). Predictors of Health Behaviors Among Undergraduate Students During the COVID-19 Pandemic: A Cross-Sectional Predictive Study. *Journal of Multidisciplinary Healthcare*, 14, 727–734. <https://doi.org/10.2147/JMDH.S306718>.
- Sumarni, Nurhikmawati, & Annisya, F. (2024). Overview of Hypertension in Adolescents. *Jurnal Eduhealth*, 15(03), 207–215. doi: <https://doi.org/10.54209/eduhealth.v15i03>.
- Supriyati, S., Putra, R. S., & Prabandari, Y. S. (2023). Empowering Universities through the Health Promoting University Program for Tackling Non-Communicable Diseases. *Journal of Community Empowerment for Health*, 5(3), 228–234. doi: <https://doi.org/10.22146/jcoemph.78784>.
- Szwarcwald, C. L., Malta, D. C., Barros, M. B. de A., de Souza Júnior, P. R. B., Romero, D., de Almeida, W. da S., Damacena, G. N., Werneck, A. O., da Silva, D. R. P., Lima, M. G., Gomes, C. S., Azevedo, L. O., Ferreira, A. P. de S., Gracie, R., & de Pina, M. de F. (2021). Associations of Sociodemographic Factors and Health Behaviors with the Emotional Well-Being of Adolescents during the COVID-19 Pandemic in Brazil. *International Journal of Environmental Research and Public Health*, 18(11), Article 11. <https://doi.org/10.3390/ijerph18116160>.
- Tafireyi, C. G. S., & Grace, J. M. (2024). Status of the Health Promoting University (HPU) Globally and its Relevance for Emerging African HPUs: An Integrative Review and Bibliometric Analysis. *Global Health Promotion*, 0(0), 1–18. doi: <https://doi.org/10.1177/17579759241235109>.

- Tat, F., Aty, M.Y.V., Herwanti, E., Mochsenn, R. & Paun, R. (2023). Identify Self-Efficacy and Self-Intention on the Impact of Preventing COVID-19. *Journal of Research in Science Education*, 9, 607-613. doi: <https://doi.org/10.29303/jppipa.v9iSpecialIssue.6533>.
- Tomy, C., Fathima, F. N., Mathew, S. S., & Johnson, A. R. (2019). Barriers to Healthy Lifestyle among College-Going Students in a Selected College in Bengaluru Urban District. *Indian Journal of Community Medicine*, 44(Supp 1), S54. https://doi.org/10.4103/ijcm.IJMCM_44_19.
- Tozo, T. A., Pereira, B. O., Menezes, F. J. D., Montenegro, C. M., Moreira, C. M. M., & Leite, N. (2022). Family History of Hypertension: Impact on Blood Pressure, Anthropometric Measurements and Physical Activity Level in Schoolchildren. *International Journal of Cardiovascular Sciences*. <https://doi.org/10.36660/ijcs.20200346>.
- Tri, P.R., Asmara, J.I. & Istianna, N. (2022). Faktor Sosiodemografi yang Berhubungan dengan Kualitas Hidup Lansia di Daerah Bencana. *Jurnal Keperawatan Galuh*. 4(1), 27-32.
- Triaputri, A., Fuady, M., & Farrel, M. R. (2025). Strategy for implementing the concept of a sustainable healthy campus in Indonesia. *IOP Conference Series: Earth and Environmental Science*, 1477(1), 012029. <https://doi.org/10.1088/1755-1315/1477/1/012029>.
- Universitas Gadjah Mada. (2021). *Kampus Sehat: Strategi Perguruan Tinggi Mengadopsi Health Promoting University*. Yogyakarta: Universitas Gadjah Mada.
- Universitas Gadjah Mada. (2021). *UGM Terima Piagam Lima Bintang HURS 2022 dari AUN-HPN*. Universitas Gadjah Mada. <https://ugm.ac.id/id/berita/23687-ugm-terima-piagam-lima-bintang-hurs-2022-dari-aun-hpn/>.
- Utarini, A. (2020). Tak Kenal Maka Tak Sayang Penelitian Kualitatif dalam Pelayanan Kesehatan. Daerah Istimewa Yogyakarta: Gadjah Mada University Press.
- von Sömmogy, J., Rueter, J., Curbach, J., Helten, J., Tittlbach, S., & Loss, J. (2020). How Does the Campus Environment Influence Everyday Physical Activity? A Photovoice Study Among Students of Two German Universities. *Frontiers in Public Health*, 8. <https://doi.org/10.3389/fpubh.2020.561175>.
- Wang, C., Yan, S., Jiang, H., Guo, Y., Gan, Y., Lv, C. & Lu, Z. (2022). Socio-Demographic Characteristic, Lifestyles, Social Support Quality and Mental Health in College Students: A Cross-Sectional Study. *BMC Public Health*. 2022(22). doi: <https://doi.org/10.1186/s12889-022-14002-1>.
- Wang, J. (2020). A Behavioral Model for Analysis and Intervention of Healthy Dietary Behavior. *Global Journal of Health Science*, 12(4), 57. <https://doi.org/10.5539/gjhs.v12n4p57>.
- Wang, X., Yue, T., & Mo, P. K. (2022). The associations among cognitive social factors, eHealth literacy and health-promoting behaviors in Chinese adolescents. *Health Promotion International*, 37(6). <https://doi.org/10.1093/heapro/daac143>.

- Wang, X., Weng, W., Li, M., Xue, J., & Chen, S. (2024). Understanding the Intention and Behavior of Psychological Help-Seeking Among Chinese College Students Using Theory of Planned Behavior: A Three-Month Follow-Up Study. *Psychology, Health and Medicine*, 29(4), 765–777. doi: <https://doi.org/10.1080/13548506.2023.2217379>.
- Wati, S. G., Wihastuti, T. A., & Nasution, T. H. (2021). Application of the Theory of Planned Behavior to Identify Nursing Student's Intention to be a Bystander Cardiopulmonary Resuscitation. *NurseLine Journal*, 6(1), 23. doi: <https://doi.org/10.19184/nlj.v6i1.19228>.
- Weber, A., Kroiss, K., Reismann, L., Jansen, P., Hirschfelder, G., Sedlmeier, A.M., Stein, M.J., Bohmann, P., Leitzmann, F. & Jochem, C. (2023). Health-Promoting and Sustainable Behavior in University Students in Germany: A Cross-Sectional Study. *International Journal of Environmental Research and Public Health*, 20(7), 1-14.
- Whelton, P. K., Carey, R. M., Mancina, G., Kreutz, R., Bundy, J. D., & Williams, B. (2022). Harmonization of the American College of Cardiology/American Heart Association and European Society of Cardiology/European Society of Hypertension Blood Pressure/Hypertension Guidelines: Comparisons, Reflections, and Recommendations. *Circulation*, 146(11), 868–877. doi: <https://doi.org/10.1161/CIRCULATIONAHA.121.054602>.
- White, A., Ball, H., & LaBelle, S. (2024). Student Intentions to Engage Instructors in Mental Health-Related Conversations: An Application of The Theory of Planned Behavior. *Journal of American College Health*, 72(3), 914–922. doi: <https://doi.org/10.1080/07448481.2022.2060710>.
- Whitehead, D. (2004). The Health Promoting University (HPU): The role and function of nursing. *Nurse Education Today*, 24(6), 466–472. doi: <https://doi.org/10.1016/j.nedt.2004.05.003>.
- Yandutkina, K., Nukeshtayeva, K., Bolatova, Z., Dauletkaliyeva, Z., Kayupova, G., Takuadina, A., Yerdessov, N., Zhamantayev, O., Zhanalina, G., Shintayeva, N., & Rogova, S. (2024). Determinants of Health Behaviors Among University Students: Insights from a Cross-Sectional Study in the Karaganda Region. *Journal of Clinical Medicine of Kazakhstan*, 21(4). <https://doi.org/10.23950/jcmk/14966>.
- Yomanda, A., Muniroh, L., Puspikawati, S.I. & Indriani, D. (2023). Hubungan Frekuensi Makan, Tingkat Pendidikan dan Besar Uang Saku dengan Keberagaman Konsumsi Pangan pada Remaja Suku Tengger. *Jurnal Kesehatan Tambusai*. 4(3), 3429-3438.
- Youssef, G.S. (2022). Salt and Hypertension: Current Views. *European Society of Cardiology*. 22(3).
- Zhang, Y., Hasibagen, & Zhang, C. (2022). The influence of social support on the physical exercise behavior of college students: The mediating role of self-efficacy. *Frontiers in Psychology*, 13, 1037518. <https://doi.org/10.3389/fpsyg.2022.1037518>.
- Zhao, M., Rodriguez, M.A., Wang, B., Ana, E.J.S., Friedberg, J., Fang, Y., Allegrante, J.P. & Natarajan, S. (2021). Validity and Reliability of a Short Self-Efficacy Instrument for Hypertension Treatment Adherence Among

Adults with Uncontrolled Hypertension. *Patient Education and Counseling*,
104(2021), 1781-1788.