

DAFTAR PUSTAKA

- Ahmad Zunaidi, Susi Nurhayati & Tut Wuri Prihatin, (2014). Pengaruh Pijat Refleksi Tekanan Darah Pada Penderita Hipertensi Di Klinik Sehat Hasta Therapetika Tugurejo Semarang.
- Alshaarawy, O., Xiao, J., & Shankar, A. (2013). Association of serum cotinine levels and hypertension in never smokers. *Hypertension*, 61(2), 304–308.
<https://doi.org/10.1161/HYPERTENSIONAHA.112.198218>
- Anggraini, Larasati & Wahyuni. (2013). Hubungan Larangan Merokok Di Tempat Kerja dan Tahapan Smoking Cessation Terhadap Intensitas Merokok Pada Kepala Keluarga Di Kelurahan Labuhan Ratu Kota Bandar Lampung Tahun 2012. Lampung: Universitas Lampung.
- Asropi. (2016). Efikasi Diri Mantan Perokok Dalam Mempertahankan Perilaku Tidak Merokok (Studi Kualitatif Pada Mantan Perokok) Di Kabupaten Bengkulu Utara. Yogyakarta: Universitas Gadjah Mada.
- Astuti, N. B. (2015). Hubungan Antara Lingkaran Pinggang, Aktivitas Fisik, Kebiasaan Merokok dan Pola Konsumsi Dengan Tekanan Darah Pada Remaja SMA Di Distrik Abepura Kota Jayapura. Yogyakarta: Universitas Gadjah Mada
- Aveyard, H. 2010. *Doing A Literature review In Health and Social Care A practical Guide*. USA: Open University Press.
- Barry, A. R., O'Neill, D. E., & Graham, M. M. (2016). Primary Prevention of Cardiovascular Disease in Older Adults. *Canadian Journal of Cardiology*, 32(9), 1074–1081.
<https://doi.org/10.1016/j.cjca.2016.01.032>
- Beckie, T. M. (2017). Ethnic and racial disparities in hypertension management among women. *Seminars in Perinatology*, 41(5), 278–286. <https://doi.org/10.1053/j.semperi.2017.04.004>
- Bermen A, Synder S. J & Frandsen G. (2016). *Kozier & Erb's Fundamental of Nursing*. England: Pearson Education Limited.
- Bhagani, S., Kapil, V., & Lobo, M. D. (2018). Hypertension. *Medicine*, 1–7.
<https://doi.org/10.1016/j.mpmed.2018.06.009>
- Bonita Broyles, Barry Reiss, Mary Evans, Gayle McKenzie, Sussan Pleunik & Rachel Page. (2013). *Pharmacology In Nursing*: Australia and New Zealand. Australia and New Zealand: Cengage Learning Australia Pty Limited
- Bonow, Mann, Zipes & Peter Libby. (2012). *Herart Disease*. USA: Elsevier Saunders.



- Cabral-Stevens, M. F., & Rosario-Sim, M. (2014). Review of the joint national committee's recommendations in the management of hypertension. *Journal for Nurse Practitioners*, 10(5), 325–330. <https://doi.org/10.1016/j.nurpra.2014.02.021>
- Carrozzi Laura, Pistelli Francesco and Viegi Giovanni. (2008). Pharmacotherapy for smoking cessation. *Therapeutic Advances in Respiratory Disease*, 306.
- Chiang, C., Wang, T., Ueng, K., Lin, T., Yeh, H., Chen, C., ... Lin, S. (2015). ScienceDirect 2015 Guidelines of the Taiwan Society of Cardiology and the Taiwan Hypertension Society for the Management of Hypertension. *Journal of the Chinese Medical Association*, 78(1), 1–47. <https://doi.org/10.1016/j.jcma.2014.11.005>
- Cuspidi, C., Tadic, M., Grassi, G., & Mancia, G. (2018). Treatment of hypertension: The ESH/ESC guidelines recommendations. *Pharmacological Research*, 128, 315–321. <https://doi.org/10.1016/j.phrs.2017.10.003>
- Depkes RI. (2016). Profil Kesehatan Indonesia. Indonesia: Kementerian Kesehatan Republik Indonesia
- Dewi, N. A. (2014). Pengetahuan Tentang Bahaya Merokok, Paparan Rokok Dan Pengaruh Sosial Dengan Status Merokok Pada Siswa-siswi SMU Negeri Di Kabupaten Brebes. Yogyakarta: Universitas Gadjah Mada.
- Dimeo, F., Pagonas, N., Seibert, F., Arndt, R., Zidek, W., & Westhoff, T. H. (2012). Aerobic exercise reduces blood pressure in resistant hypertension. *Hypertension*, 60(3), 653–658. <https://doi.org/10.1161/HYPERTENSIONAHA.112.197780>
- Dinh, P. C., Schrader, L. A., Svensson, C. J., Margolis, K. L., Silver, B., & Luo, J. (2019). Smoking cessation, weight gain, and risk of stroke among postmenopausal women. *Preventive Medicine*, 118(October 2018), 184–190. <https://doi.org/10.1016/j.ypmed.2018.10.018>
- Duman, S. (2013). Rational approaches to the treatment of hypertension : diet. *Kidney International Supplements*, 3(4), 343–345. <https://doi.org/10.1038/kisup.2013.73>
- Endar S. Tiyani, Wasito Utomo & Yesi Hasneli N., (2015). Efektifitas Relaksasi Otot Progresif Terhadap Tekanan Darah Pada Penderita Hipertensi Esensial.
- Ekmen, N., Helvacı, A., Gunaldi, M., Sasani, H., & Yildirmak, S. T. (2016). Leptin as an important link between obesity and cardiovascular risk factors in men with acute myocardial infarction. *Indian Heart Journal*, 68(2), 132–137. <https://doi.org/10.1016/j.ihj.2015.07.032>



Erlinda, N. (2015). Persepsi Guru Terhadap Rokok Dan Perilaku Merokok Di Kota Yogyakarta.

Skripsi. Yogayakarta: Universitas Gadjah Mada.

Febriana, D. V. (2015). Faktor-faktor Yang Mempengaruhi Persepsi Masyarakat Tentan Rokok dan Perilaku Merokok Di Kota Yogyakarta. Yogyakarta: Universitas Gadjah Mada.

Filipovský, J., Widimský, J., & Špinar, J. (2014). Summary of 2013 ESH/ESC guidelines for the management of arterial hypertension prepared by the Czech society of hypertension/Czech society of cardiology. *Cor et Vasa*, 56(6), e494–e518.
<https://doi.org/10.1016/j.crvasa.2014.07.007>

Farpour-Lambert, N. J., Aggoun, Y., Marchand, L. M., Martin, X. E., Herrmann, F. R., & Beghetti, M. (2009). Physical Activity Reduces Systemic Blood Pressure and Improves Early Markers of Atherosclerosis in Pre-Pubertal Obese Children. *Journal of the American College of Cardiology*, 54(25), 2396–2406. <https://doi.org/10.1016/j.jacc.2009.08.030>

Fiore & Baker. (2013, Maret 13). Should Clinicians Encourage Smoking Cessation for Every Patient Who Smokes? p. 1.

Ga , P., Ja wiec, P., Por ba, M., Mazur, G., Pawlas, K., Sobieszcza ska, M., & Por ba, R. (2017). The risk of coronary artery disease estimated non-invasively in patients with essential hypertension environmentally exposed to cigarette smoke. *Environmental Toxicology and Pharmacology*, 56(March), 114–120. <https://doi.org/10.1016/j.etap.2017.08.024>

Goodfriend, T. L. (1983). Hypertension Essential: Current Concepts of Cause and Control. United Kingdom: Grune & Stratton.

Groner, J. A., Huang, H., Joshi, M. S., Eastman, N., Nicholson, L., & Bauer, J. A. (2017). Secondhand Smoke Exposure and Preclinical Markers of Cardiovascular Risk in Toddlers. *Journal of Pediatrics*, 189, 155–161. <https://doi.org/10.1016/j.jpeds.2017.06.032>

Grandi SM, Filion KB, Gervais A, et al. Weight change in patients attempting to quit smoking post-myocardial infarction. *Am J Med*. 2014;127(7):641-649.e1. doi:10.1016/j.amjmed.2014.02.032

Heggen, E., Svendsen, M., & Tonstad, S. (2017). Smoking cessation improves cardiometabolic risk in overweight and obese subjects treated with varenicline and dietary counseling. *Nutrition, Metabolism and Cardiovascular Diseases*, 27(4), 335–341.
<https://doi.org/10.1016/j.numecd.2016.12.011>

Heinz Luellman, Klaus Mohr & Lutz Hein. (2011). Pocket Atlas of Pharmacology. Germany:

Georg Thieme Verlag.

Herrod, P. J. J., Doleman, B., Blackwell, J. E. M., O'Boyle, F., Williams, J. P., Lund, J. N., & Phillips, B. E. (2018). Exercise and other nonpharmacological strategies to reduce blood pressure in older adults: a systematic review and meta-analysis. *Journal of the American Society of Hypertension*, 12(4), 248–267. <https://doi.org/10.1016/j.jash.2018.01.008>

Hisham, N. F., & Bayraktutan, U. (2013). Epidemiology, pathophysiology, and treatment of hypertension in ischaemic stroke patients. *Journal of Stroke and Cerebrovascular Diseases*, 22(7), e4–e14. <https://doi.org/10.1016/j.jstrokecerebrovasdis.2012.05.001>

Hong, S. W., Linton, J. A., Shim, J. Y., Lee, H. R., & Kang, H. T. (2016). Association of alcohol consumption pattern with risk of hypertension in Korean adults based on the 2010–2012 KNHANES. *Alcohol*, 54, 17–22. <https://doi.org/10.1016/j.alcohol.2016.05.006>

Izzo, J. L., & Tobe, S. W. (2016). Should age determine hypertension management? Recommendations from current guidelines. *Journal of the American Society of Hypertension*, 10(1), 7–9. <https://doi.org/10.1016/j.jash.2016.01.002>

Ikatan Ahli Kesehatan Indonesia (IAKM). (2010). Fakta Tembakau, Permasalahannya Di Indonesia. Indonesia: TCSC-IAKMI-KPS PDKT.

Jordan J. Chloe & Xi Zheng-Xiong. (2018). Discovery and development of varenicline for smoking cessation. *Expert Opin Drug Discov*, 10.

Kapil & Melvin. (2014). Pathogenesis, Risk Factors And Prevention. *Hypertension*, 485.

Katzung, B. G. (2010). Basic & Clinical Pharmacology. Alih Bahasa: Aryandhito W. Nugroho, Leo Rendy & Linda Dwijayanti. Jakarta: EGC.

Katzung, B. G., Susan B. Masters and Anthony J. Trevor. (2012). Basic & Clinical Pharmacology. USA: Mc Graw Hill

Kemenkes RI. (2018). Profil Kesehatan Indonesia Tahun 2017. Indoensia: Kementerian Kesehatan Republik Indonesia.

Kertohoesodo, S. (1987). Pengantar Kardiologi. Jakarta: UI-Press.

Kristanti, I. (2017). Faktor-faktor Determinan Perilaku Merokok Mayarakat Desa Waringin Kecamatan Palasah Kabupaen Majelengka. Yogyakarta: Universitas Gadjah Mada.

Kohlman-Trigoboff, D. (2016). Hypertension management in patients with vascular disease: An update. *Journal of Vascular Nursing*, 34(3), 87–92.
<https://doi.org/10.1016/j.jvn.2016.01.002>

Komiyama M, Wada H, Ura S, Yamakage H, Satoh-Asahara N, Shimasitu A, Koyama H, Kono K, Takashi Y & Hasegawa K. (2013). Analysis of Factors That Determine Weight Gain during Smoking Cessation Therapy. *PLoS One*. 8(8):1-7. doi:10.1371/journal.pone.0072010

Komiyama M, Ozaki Y, Wada H, Yamakage H, Satoh-Asahara N, Marimoto T, Shimasitu A, Takashi Y, & Hasegawa K. (2018). The effects of dietary instruction on cardiovascular risk markers after smoking cessation: Study protocol for a multicenter randomized controlled trial in Japan. *Trials*. 19(1):538. doi:<http://dx.doi.org/10.1186/s13063-018-2919-6>

Lilly, L. S. (2007). Pathophysiology of Heart Disease. America: Lippincot Williams & Wilkins.

Lilly, L. S. (2011). Pathophysiology of Heart Disease. USA: Lippincott Williams & Wilkins

Lizam, T. C. (2009). Meningkatkan Sikap Positif Terhadap Perilaku Tidak Merokok dan Kecenderungan Untuk Berhenti Merokok Melalui Pelatihan Kecerdasan Emosional Pada Siswa SMA Di Kabupaten Aceh Barat Daya-NAD. Yogyakarta: Universitas Gadjah Mada.

Luque-Ramírez, M., & Sanz de Burgoa, V. (2018). Impact of smoking cessation on estimated cardiovascular risk in Spanish type 2 diabetes mellitus patients: The DIABETES study.

Revista Clinica Espanola, 218(8), 391–398. <https://doi.org/10.1016/j.rce.2018.04.014>

Málek, F. (2013). Arterial hypertension and chronic heart failure. *Cor et Vasa*, 55(3), 259–263.

<https://doi.org/10.1016/j.crvasa.2013.04.002>

Marchelaona, R. (2016). Korelasi Polimorfisme Genetik CYP2A Dan CYP2B6 Dengan Kuantitas Merokok Pada Individu Suku Jawa. Yogyakarta: Universitas Gadjah Mada.

Messerli, F. H., Rimoldi, S. F., & Bangalore, S. (2017). The Transition From Hypertension to Heart Failure: Contemporary Update. *JACC: Heart Failure*, 5(8), 543–551.
<https://doi.org/10.1016/j.jchf.2017.04.012>

Mikkelsen KL, Christensen HR, Kampmann JP, et al. Smoking related to 24-h ambulatory blood pressure and heart rate. (1997). A study in 352 normotensive Danish subjects. *Am J Hypertens*. 10(5 I):483-491. doi:10.1016/S0895-7061(96)00487-6

Moher D, Liberati A, Tetzlaff J, Altman DG, The PRISMA Group (2009). Preferred Reporting Items for Systematic Reviews and Meta-Analyses: The PRISMA Statement. *PLoS Med* 6(7): e1000097. doi:10.1371/journal.pmed.1000097



Ni Komang A. J. Antari, I Gusti A. Artini & Ni Luh N. Andayani (2016). Aplikasi Progresive Muscle Relaxation Terhadap Penurunan Tekanan Darah Pada Hipertensi Derajat I Di Kota Denpasar.

O'Shea, P. M., Griffin, T. P., & Fitzgibbon, M. (2017). Hypertension: The role of biochemistry in the diagnosis and management. *Clinica Chimica Acta*, 465, 131–143. <https://doi.org/10.1016/j.cca.2016.12.014>

Prastyanto, S. (2013). Hubungan Merokok Dengan Resiko Terjadinya Dislipidemia: Kajian Pada Remaja. Yogyakarta: Universitas Gadjah Mada.

Ratnawati. (2011). Diskusi Interaktif Dengan Menggunakan Audiovisual Untuk Meningkatkan Pengetahuan Dan Sikap Positif Remaja Terhadap Perilaku Tidak Merokok Di SMA Negeri Kota Banda Aceh. Yogyakarta: Universitas Gadjah Mada.

Revanasiddappa, M., & Bhaduria, D. (2013). The role of genetics in hypertension. *Clinical Queries: Nephrology*, 2(3), 120–125. <https://doi.org/10.1016/j.cqn.2013.07.002>

Robert O. Bonow, Douglas L. Mann, Douglas P. Zipes & Peter Libby. (2012). Herart Disease. USA: Elsevier Saunders.

Salahuddin, S., Prabhakaran, D., & Roy, A. (2012). Pathophysiological mechanisms of tobacco-related CVD. *Global Heart*, 7(2), 113–120. <https://doi.org/10.1016/j.gheart.2012.05.003>

Sari, T. R. (2016). Sikap dan Kesiapan Untuk Berhenti Merokok Menurut Transtheoretical Model Setelah Penerapan Kebijakan Kawasan Tanpa Rokok Pada Karyawan PT. Kaltim Prima Coal. Skripsi. Yogyakarta: Universitas Gadjah Mada.

Sayarlioglu, H. (2013). Rational approaches to the treatment of hypertension: Modification of lifestyle measures. *Kidney International Supplements*, 3(4), 346–348. <https://doi.org/10.1038/kisup.2013.74>

Setiawan, A. H. (2017). Hubungan Antara Pengetahuan Tentang Bahaya Merokok Dengan Status Merokok di "RW Dengan Rumah Bebas Asap Rokok" Kota Yogyakarta Tahun 2016. Tesis. Yogyakarta: Universitas Gadjah Mada.

Simonds, S. E., Pryor, J. T., Ravussin, E., Greenway, F. L., Dileone, R., Allen, A. M., ... Cowley, M. A. (2014). Leptin mediates the increase in blood pressure associated with obesity. *Cell*, 159(6), 1404–1416. <https://doi.org/10.1016/j.cell.2014.10.058>

Siswanto, Susila & Suyanto (2013). Metodologi Penelitian Kesehatan dan Kedokteran. Yogyakarta: Bursa Ilmu



UNIVERSITAS
GADJAH MADA

SMOKING CESSATION SEBAGAI UPAYA DALAM MENGENDALIKAN TEKANAN DARAH: LITERATUR

REVIEW

ABDUL ROCHIM PUARADA, Pembimbing 1: Eri Yanuar A.B.S, S.Kep.,Ns., MNSc., (I.C) & PemDrnbng 2: Bayu

Universitas Gadjah Mada, 2019 | Diunduh dari <http://etd.repository.ugm.ac.id/>

Siti Munawaroh, (2017). Pengaruh Jalan Santai terhadap Tekanan Darah pada Penderita Hipertensi

Warga RW 005 Pisangan BaraT Ciputat. Universitas Islam Negeri Syarif Hidayatullah Jakarta.

Suwazono, Y., Duchi, M., Oishi, M., Tanaka, K., Morimoto, H., & Sakata, K. (2010). Longitudinal effect of smoking cessation on physical and laboratory findings. *American Journal of Preventive Medicine*, 38(2), 192–200. <https://doi.org/10.1016/j.amepre.2009.09.040>

Takami, T., & Saito, Y. (2011). Effects of smoking cessation on central blood pressure and arterial stiffness. *Vascular Health and Risk Management*, 7(1), 633–638. <https://doi.org/10.2147/VHRM.S25798>

Thalgahagoda, S. & Shenoy, M. (2013). Physiology and treatment of hypertension. *Paediatrics and Child Health (United Kingdom)*, 23(2), 53–58. <https://doi.org/10.1016/j.paed.2012.08.003>

Utami, R. Y. (2015). Pendidikan Kesehatan Melalui Penyuluhan Disertai Leaflet Dan Pemutaran Video Sebagai Median Untuk Meningkatkan Pengetahuan, Sikap Dan Intensi Dalam Pengendalian Merokok Oleh Ketua RT, Kabupaten Kutai Kartanegara. Yoagyakarta: Universitas Gadjah Mada.

Voulgaris, C., Katsilambros, N., & Tentolouris, N. (2011). Smoking Cessation Predicts Amelioration of Microalbuminuria in Newly Diagnosed Type 2 Diabetes Mellitus: A 1-year prospective study. *Metabolism: Clinical and Experimental*, 60(10), 1456–1464. <https://doi.org/10.1016/j.metabol.2011.02.014>

WHO. (2013). Cardiovascular Disease. Retrieved from World Health Organization: http://www.who.int/cardiovascular_diseases/publications/global_brief_hypertension/en/

WHO, (2013). Health Topics. Retrieved from World Healt Organization: <http://www.who.int/topics/hypertension/en/>

WHO. (2013). Hypertension: A Global Brief on Hypertension. Retrieved from World Health Organization:

http://apps.who.int/iris/bitstream/handle/10665/79059/WHO_DCO_WHD_2013.2_eng.pdf?sequence=1



WHO. (2013). World Health Day. Retrieved from World Health Organization:

http://www.searo.who.int/entity/world_health_day/leaflet_didyouknow_ncd_hbp_whd_2013.pdf

WHO, (2015). Global Health Observatory (GHO) data. Retrieved from WHO:

http://www.who.int/gho/ncd/risk_factors/blood_pressure_text/en/

WHO, (2015). Q&As on hypertension. Retrieved from World Health Organization (WHO):

<http://www.who.int/features/qa/82/en>

WHO, (2016). Fact Sheets. Retrieved from World Health Organization:

<http://www.who.int/news-room/fact-sheets/detail/salt-reduction>

WHO. (2016, June 30). World Helath Organization. Retrieved from Salt Reduction:

<http://www.who.int/en/news-room/fact-sheets/detail/salt-reduction>

WHO. (2017, Mei 19). Tobacco and the WHO Framework Convention on Tobacco Control:

Online Q&A. Retrieved from World Health Organization:

<https://www.who.int/features/qa/tobacco/en/>

WHO, (2018, Maret 9). Key Facts. Retrieved from World Heealth Organization:

<http://www.who.int/news-room/fact-sheets/detail/tobacco>

WHO, (2018). Obesity and Overweight. Retrieved from World Health Organization:

<http://www.who.int/en/news-room/fact-sheets/detail/obesity-and-overweight>

WHO. (2018, Mei 24). The top 10 causes of death. Retrieved from World Health Organization:

<https://www.who.int/news-room/fact-sheets/detail/the-top-10-causes-of-death>

Widiastuti, W. (2013). Analisis Faktor-faktor Yang Mempengaruhi Niat Pasien Poliklinik Penyakit Dalam Untuk Memanfaatkan Klinik Berhenti Merokok Di Rumah Sakit Umum Daerah Kota Yogyakarta. (Tesis). Yoagyakarta: Universitas Gadjah Mada.

Wikansari, N. (2016). Faktor-faktor Yang Berhubungan Dengan Perilaku Berhenti Merokok Pada Penderita Hipertensi Di Kabupaten Sleman. Yogyakarta: Universitas Gadjah Mada.

Wisnu Hidayat, (2011). Efektivitas Pemeberian Tambahan Terapi Non Farmakologis Untuk Mencegah Kenaikan Tekanan Darah Pada Penderita Hipertensi Stadium I (Studi di Wilayah Kejra Puskesmas Baturetno I Kabupaten Wonogiri Tahun 2010). Universitas Negeri Semarang.



UNIVERSITAS
GADJAH MADA

SMOKING CESSATION SEBAGAI UPAYA DALAM MENGENDALIKAN TEKANAN DARAH: LITERATUR

REVIEW

ABDUL ROCHIM PUARADA, Pembimbing 1: Eri Yanuar A.B.S, S.Kep.,Ns., MNSc., (I.C) & Pemú

Universitas Gadjah Mada, 2019 | Diunduh dari <http://etd.repository.ugm.ac.id/>

- Wrobel, M. J., Figge, J. J., & Izzo, J. L. (2011). Hypertension in diverse populations: A New York State Medicaid clinical guidance document. *Journal of the American Society of Hypertension*, 5(4), 208–229. <https://doi.org/10.1016/j.jash.2011.05.003>
- Wright, C. E., O'Donnell, K., Brydon, L., Wardle, J., & Steptoe, A. (2007). Family history of cardiovascular disease is associated with cardiovascular responses to stress in healthy young men and women. *International Journal of Psychophysiology*, 63(3), 275–282. <https://doi.org/10.1016/j.ijpsycho.2006.11.005>
- Yahya, F. (2010). Menaklukan Pembunuhan. Bandung: Mizan Pustaka.
- Yashinta, Delmi & Yuniar. (2015). Hubungan Merokok dengan Kejadian Hipertensi pada Laki-Laki Usia 35-65 Tahun di Kota Padang. Padang: Journal Kesehatan Andalas.
- Yoon, C., Goh, E., Park, S. M., & Cho, B. (2010). Effects of smoking cessation and weight gain on cardiovascular disease risk factors in Asian male population. *Atherosclerosis*, 208(1), 275–279. <https://doi.org/10.1016/j.atherosclerosis.2009.07.024>
- Yu-Jie W, Hui-Liang L, Bing L, Lu Z, Zhi-Geng J. Impact of smoking and smoking cessation on arterial stiffness in healthy participants. *Angiology*. 2013;64(4):273-280.
doi:10.1177/0003319712447888