

DAFTAR PUSTAKA

- aha. “Tekanan Darah Tinggi | Asosiasi Jantung Amerika.” <https://www.heart.org/en/health-topics/high-blood-pressure> (December 15, 2025).
- Breier, Nicholas C., Sachin Y. Paranjape, Shea Scudder, Shahram E. Mehr, Andre Diedrich, Charles R. Flynn, Luis E. Okamoto, Et Al. 2022. “Worsening Postural Tachycardia Syndrome Is Associated With Increased Glucose-Dependent Insulinotropic Polypeptide Secretion.” *Hypertension* 79(5): E89–99. Doi:10.1161/Hypertensionaha.121.17852;Requestedjournal :Journal :Hyp ;Issue:Issue:Doi.
- Cho, Min Jeong, Yong Joon Jung, Ho Jeong Min, Hyun Jeong Kim, Setor K. Kunutsor, And Sae Young Jae. 2024. “Sex Disparities In Physical Activity Domains And Hypertension Prevalence.” *Clinical Hypertension* 30(1): 1–9. Doi:10.1186/S40885-023-00260-7.
- Chuaiphichai, Surawee, Victoria S. Rashbrook, Ashley B. Hale, Lucy Trelfa, Jyoti Patel, Eileen Mcneill, Craig A. Lygate, Keith M. Channon, And Gillian Douglas. 2018. “Endothelial Cell Tetrahydrobiopterin Modulates Sensitivity To Ang (Angiotensin) Ii-Induced Vascular Remodeling, Blood Pressure, And Abdominal Aortic Aneurysm.” *Hypertension* 72(1): 128–38. Doi:10.1161/Hypertensionaha.118.11144.
- Coronel, Marjorie D., Riena D. Conde, Hezil M. Cagandahan, Fatma D. Datumama, And Randy Ian Ferenal Gallego. 2025. “Educational Impact And Challenges Of Online Return Demonstrations In Nursing Education: A Descriptive-Correlational Study.” *Indonesian Journal On Learning And Advanced Education (Ijolae)* 7(1): 52–68. Doi:10.23917/Ijolae.V7i1.23990.
- Dinkes Jawa Timur. 2022. “Profil Kesehatan Provinsi Jawa Timur.” <https://dinkes.jatimprov.go.id/userfile/Dokumen/ProfilKesehatanjatim2022.Pdf> (November 23, 2025).
- Elfil, Mohamed, And Ahmed Negida. 2017. “Sampling Methods In Clinical Research; An Educational Review.” *Emergency* 5(1): 52. Doi:10.1136/Eb-2014.
- Etikan, Ilker, And Kabiru Bala. 2017. “Sampling And Sampling Methods.” *Biometrics & Biostatistics International Journal* 5(6–2017). Doi:10.15406/Bbij.2017.05.00149.
- Fatma, Mia, Ekasari Eros, Siti Suryati, Siti Badriah, Salsabila Rizqi, Narendra Fahira, Ishlah Amini, And Ahmad Jubaedi. 2021. “H I P E R T E N S I: Kenali Penyebab, Tanda Gejala Dan Penangannya.”
- Han, Areum, Junhyoung Kim, And Jaehyun Kim. 2021. “A Study Of Leisure Walking Intensity Levels On Mental Health And Health Perception Of Older Adults.” *Gerontology And Geriatric Medicine* 7. Doi:10.1177/2333721421999316;Subpage:String:Full.

- Handayani, Wiwik. 2019. "Karya Tulis Ilmiah Studi Kasus Rendam Kaki Air Hangat Dan Aktivitas Fisik (Jalan Pagi) Dalam Menurunkan Tekanan Darah Pada Pasien Penderita Hipertensi Di Wilayah Kerja Puskesmas Tambak Rejo Surabaya." Universitas Muhammadiyah Surabaya.
- Harahap, Mei Adelina, Akhyar Fauzi Gintings, Nur Aliyah Rangkuti, And Juni Andriani Rangkuti. 2023. "Pengaruh Program Jalan Kaki 30 Menit Terhadap Tekanan Darah Pada Penderita Hipertensi Terkontrol Di Kota Padangsidempuan." *Jurnal Kesehatan Ilmiah Indonesia (Indonesian Health Scientific Journal)* 8(2): 60–65. Doi:10.51933/Health.V8i2.1151.
- Ishak, Choirunissa, Agustawan, Purnama, Achmad, Mua, Heryyanoor, Syamil, Ludji, Sekeon, Wardhana, Fahmi, Avelina, Nurbaety, Anggreyni, Halimatussakdiyahlubis. 2023. *Metodologi Penelitian Kesehatan*.
- Jnc, Joint National Committee. "Guidelines For Hypertension - New." <https://Medicoapps.Org/M-Joint-National-Committee-Jnc-Guidelines-For-Hypertension/Amp/?> (December 18, 2025).
- Kemenkes. 2024. "Prevalensi, Dampak, Serta Upaya Pengendalian Hipertensi & Diabetes Di Indonesia." [https:// Repository. Badankebijakan .Kemkes.Go .Id/Id/Eprint/5536/1/07 Factsheet Ptm_Bahasa.Pdf](https://Repository.Badankebijakan.Kemkes.Go.Id/Id/Eprint/5536/1/07 Factsheet Ptm_Bahasa.Pdf) (October 20, 2025).
- Lefferts, Elizabeth C., Joseph M. Saavedra, Bong Kil Song, Angelique G. Brellenthin, Linda S. Pescatello, And Duck Chul Lee. 2023. "Increasing Lifestyle Walking By 3000 Steps Per Day Reduces Blood Pressure In Sedentary Older Adults With Hypertension: Results From An E-Health Pilot Study." *Journal Of Cardiovascular Development And Disease* 10(8). Doi:10.3390/Jcdd10080317.
- Malem, Rehмата, Ristiani Ristiani, And Muhibbullah Ali Puteh. 2024. "Brisk Walking Exercise Has Benefits Of Lowering Blood Pressure In Hypertension Sufferers: A Systematic Review And Meta-Analysis." *Iran J Public Health* 53(4): 774–84. <https://Creativecommons.Org/Licenses/By-Nc/4.0/> (October 16, 2025).
- Mancia, Giuseppe, Reinhold Kreutz, Mattias Brunström, Michel Burnier, Guido Grassi, Andrzej Januszewicz, Maria Lorenza Muiesan, Et Al. 2023. "2023 Esh Guidelines For The Management Of Arterial Hypertension The Task Force For The Management Of Arterial Hypertension Of The European Society Of Hypertension: Endorsed By The International Society Of Hypertension (Ish) And The European Renal Associa...." *Journal Of Hypertension* 41(12): 1874–2071. Doi:10.1097/Hjh.0000000000003480.
- Mansoor, Mohamed, Oliver Hamer, Kirishan Sandrasekar, Candiss Argent, And James Hill. 2024. "Walking As An Intervention To Reduce Blood Pressure In Adults With Hypertension: Recommendations And Implications For Clinical Practise." Doi:10.12968/Bjca.2022.0119.
- Muntner, Paul, Daichi Shimbo, Robert M. Carey, Jeanne B. Charleston, Trudy Gaillard, Sanjay Misra, Martin G. Myers, Et Al. 2019. 73 Hypertension *Measurement Of Blood Pressure In Humans: A Scientific Statement From The*

American Heart Association. Doi:10.1161/Hyp.0000000000000087.

- Nahda, Marhatbatsar, And Siji Aisyah. 2021. "Review: Penyakit Hipertensi Pada Sistem Kardiovaskular." *Prosiding Biologi Achieving The Sustainable Development Goals With Biodiversity In Confronting Climate Change* 7(1): 72–78. [Http://Journal.Uin-Alauddin.Ac.Id/Index.Php/Psb](http://Journal.Uin-Alauddin.Ac.Id/Index.Php/Psb).
- Nova Nurwinda Sari, Retno Wulandari. 2022. "Jalan Kaki Terstruktur Sebagai Alternatif Intervensi Dalam Menurunkan Tekanan Darah Pada Lansia Penderita Hipertensi." 6(1): 1–6.
- Novita Agustina Ndr. Mohammad Hoesin. "Direktorat Jenderal Kesehatan Lanjutan." 2020. https://Keslan.Kemkes.Go.Id/View_Artikel/3107/Manfaat-Jalan-Kaki-Untuk-Menurunkan-Hipertensi?Utm (November 23, 2025).
- Ondeng, Syarifuddin, And Ulfiani Rahman. 2026. "Journal Of Qualitative And Quantitative Research Populasi Dan Sampel Sebagai Dasar Metodologis Dalam Penelitian Pendidikan." 3(1): 35–50.
- Piercy, Katrina L., Richard P. Troiano, Rachel M. Ballard, Susan A. Carlson, Janet E. Fulton, Deborah A. Galuska, Stephanie M. George, And Richard D. Olson. 2018. "The Physical Activity Guidelines For Americans." *Jama* 320(19): 2020–28. Doi:10.1001/Jama.2018.14854.
- Poltekkes Bandung. 2023. "Sop Pengukuran Tekanan Darah." <https://Repo.Poltekkesbandung.Ac.Id/Id/Eprint/7517/8/Lampiran.Pdf> (December 26, 2025).
- Ponorogo, Pemerintah Kabupaten, And Dinas Lingkungan Hidup. 2022. "Kabupaten Ponorogo Tahun 2021." *Dinas Lingkungan Hidup Kabupaten Ponorogo*.
- Pop, Cristiana Lucretia, Cristina Filip, Rela Valentina Ciomag, Cristina Ionela Nae, And Marian Victor Zamfir. 2022. "Walking - A Form Of Exercise." *Marathon* 14(2): 77–83. Doi:10.24818/Mrt.
- Putri, Masniari, Sapti Ayubbana, And Ludiana. 2022. "The Application Of Progressive Muscle Relaxation On Blood Pressure In Hypertension Patients In The Work Area Of Yosomulyo Puskesmas Metro City In 2021." *Jurnal Cendikia Muda* 2(2): 246–54.
- Rd. Roro Anggraini Soemadi. 2023. "Pengaruh Pemasaran Digital Dan Kualitas Produk Terhadap Keputusan Pembelian Fried Chicken Home Delivery." *Kinerja: Jurnal Ekonomi Dan Manajemen* 20(2): 189–97.
- Ridwan Prawira Kusuma, Monika Ginting, Yunus Adhy Prasetyo. 2024. "Pengaruh Pendidikan Kesehatan Terhadap Pengetahuan Dan Sikap Kader Kesehatan Tentang Bantuan Hidup Dasar Di Desa Sukajadi Kec. Soreang." *Jurnal Ilmu Kesehatan Immanuel* 18.
- Sugiyono. 2020. *Metodologi Penelitian Kuantitatif, Kualitatif Dan R & D*.
- Tempo. "Apsn | Indonesia's Prevalence Of Hypertension Declines, Says Health Ministry." 2024. [https://Www.Asia-Pacific-Solidarity .Net/Index.Php/News](https://Www.Asia-Pacific-Solidarity.Net/Index.Php/News)

/2024-05-24/Indonesias-Prevalence-Of-Hypertension-Declines-Says-Health-Ministry.Html?Utm_Source (November 5, 2025).

- Tommy. 2019. "Diagnosis Dan Tatalaksana Terbaru Pada Dewasa." *Cdk-274* 46(3): 172–78.
- Unger, Thomas, Claudio Borghi, Fadi Charchar, Nadia A. Khan, Neil R. Poulter, Dorairaj Prabhakaran, Agustin Ramirez, Et Al. 2020. "2020 International Society Of Hypertension Global Hypertension Practice Guidelines." *Journal Of Hypertension* 38(6): 982–1004. Doi:10.1097/Hjh.0000000000002453.
- Ungvari, Zoltan, Vince Fazekas-Pongor, Anna Csiszar, Setor K Kunutsor, Z Ungvari, · A Csiszar, V Fazekas-Pongor, And S K Kunutsor. 2023. "The Multifaceted Benefits Of Walking For Healthy Aging: From Blue Zones To Molecular Mechanisms." 1: 3211–39. Doi:10.1007/S11357-023-00873-8.
- Villasís-Keever, Miguel Ángel, And María Guadalupe Miranda-Novales. 2016. "[The Research Protocol Iv: Study Variables]." *Revista Alergia Mexico (Tecamachalco, Puebla, Mexico : 1993)* 63(3): 303–10. Doi:10.29262/Ram.V63i3.199.
- Who. 2022. *Global Status Report On Physical Activity 2024*. <https://iris.who.int/server/api/core/bitstreams/8804f1b0-dbae-4e58-a251-36fd14dc7e02/content> (December 22, 2025).
- Who. "Hypertension." 2025. <https://www.who.int/news-room/fact-sheets/detail/hypertension?> (November 30, 2025).
- Wikipedia. 2021. "Vasodilation." https://en.wikipedia.org/wiki/Vasodilation#Smooth_muscle_physiology (December 23, 2025).
- World Health Organization. 2024. "Physical Activity." <https://www.who.int/news-room/fact-sheets/detail/physical-activity> (December 22, 2025).
- World Health Organization (Who). 2023. *Social Policy For Social Work, Social Care And The Caring Professions: Scottish Perspectives Promoting Physical Activity For Older People: A Toolkit For Action*. Doi:10.4324/9781315609584-25.
- Wulandari, Ayu, Senja Atika Sari, And Ludiana. 2023. "Penerapan Relaksasi Benson Terhadap Tekanan Darah Pada Pasien Hipertensi Di Rsud Jendral Ahmad Yani Kota Metro Tahun 2022." *Jurnal Cendikia Muda* 3(2): 163–71.
- Xu, Chong, Moran Li, Weilun Meng, Jun Han, Song Zhao, Jiamin Tang, Haotian Yang, Et Al. 2023. "Etiological Diagnosis And Personalized Therapy For Hypertension: A Hypothesis Of The Reasoh Classification." *Journal Of Personalized Medicine* 13(2). Doi:10.3390/Jpm13020261.
- Yanuar Arif Rachman, Djoen Herdianto, Sri Hastati. 2022. "Hubungan Kadar Ldl Dengan Kejadian Sindrom Koronert Akut Di Rsud Abdul Wahab Sjahranie." 7(2).