DAFTAR PUSTAKA

Abdullah K, et al. (2021). Metodologi Penelitian Kuantitatif. Pidie: Yayasan Penerbit Muhammad Zaini.

Aditya Ayuning Siwi, M., Nadhiroh, L., & Tyas Widara, R. (2024). Hubungan antara Kepatuhan Minum Obat dengan Tekanan Darah pada Pasien Hipertensi di Fasilitas Kesehatan Tingkat Pertama. *Jurnal Kesehatan Masyarakat Indonesia*, *19*(2), 14–19. https://doi.org/https://doi.org/10.26714/jkmi.19.2.2024.14-19

Amalia, S., & Kurdi, F. (2024). Effect of Taichi Exercise on Blood Pressure in a Family with Hypertension in Banjarsengon Village: A Case Study. *Journal of Rural Community Nursing Practice*, *2*(2), 234–246. https://doi.org/10.58545/jrcnp.v2i2.398

Cai, Q., Zhao, X., Dong, L., Zhang, X., Wang, C., Wang, S., Zhou, Y., Zhou, X., Li, Y., Wang, S., Liu, L., & Hu, A. (2023). Keeping obesity status is a risk factor of hypertension onset: evidence from a community-based longitudinal cohort study in North China. *Frontiers in Public Health*, *11*. https://doi.org/10.3389/fpubh.2023.1170334

Dinas Kesehatan Kota Surabaya. (2024). Profil Kesehatan Kota Surabaya Tahun 2023. *Profil Kesehatan Kota Surabaya Tahun 2023*.

Dinas Kesehatan Provinsi Jawa Timur. (2024). Profil Kesehatan Provinsi Jawa Timur Tahun 2023. *Profil Kesehatan Provinsi Jawa Timur Tahun 2023*.

Diwati, A., & Sofyan, O. (2023). Profil dan Rasionalitas Penggunaan Obat Antihipertensi Pada Pasien Hipertensi Di Fasilitas Kesehatan Tingkat Pertama Periode Mei - Juli 2021. *Majalah Farmaseutik*, *19*(1), 1–8. https://doi.org/10.22146/farmaseutik.v19i1.80153

Emilyani, D., Yudistira, H. A., Mardiatun, Sumartini, N. P., & Darmawan, A. (2023). Pengaruh Senam Tai Chi Terhadap Tekanan Darah Penderita Hipertensi Di Wilayah Kerja Puskesmas Cakranegara. *Journal of Excellent Nursing Students (JENIUS)*, *1*(2), 11–20. https://doi.org/https://doi.org/10.32807/jenius.v1i2.20

Harrison, D. G., Coffman, T. M., & Wilcox, C. S. (2021). Pathophysiology of Hypertension: The Mosaic Theory and Beyond. *Circulation Research*, *128*(7), 847–863. https://doi.org/10.1161/CIRCRESAHA.121.318082

Indarti, E. T. (2024). The Correlation Age and Body Mass Index (BMI) Score with Blood Pressure in Hypertension Patient. In *Journal for Research in Public Health, 6(1),* 1-7. https://doi.org/10.30994/jrph.v6i1.73

Joel Singh, A. N., Nguyen, T., Kerndt, C. C., & Dhamoon Affiliations, A. S. (2023, August 28). *Physiology, Blood Pressure Age Related Changes*. NCBI Bookshelf.

Khasanah, D. N. (2022). The Risk Factors of Hypertension in Indonesia (Data Study of Indonesian Family Life Survey 5). *Journal of Public Health Research and Community Health Development*, *5*(2), 80–89. https://doi.org/10.20473/jphrecode.v5i2.27923

Lauren, G., Febriyanty, D., Wahidin, M., & Heryana, A. (2023). Faktor – Faktor Yang Berhubungan Dengan Kejadian Hipertensi Pada Pasien 45-59 Tahun Di Puskesmas Bintaro Jakarta Selatan Pada Tahun 2022. *Jurnal Kesehatan Masyarakat*, *11*(3), 308–317. https://doi.org/10.14710/jkm.v11i3.35795

Liman, N. G., Raharjo, S. B., Timan, I. S., Suyatna, F. D., Harris, S., Prihartono, J., Siste, K., & Siswanto, B. B. (2023). Differential Profiles of Cortisol, Components of Autonomic Nervous System, and Self-Rated Health in Premature Ventricular Contraction: An Observational Study of Three Circadian Types. *Chronobiology in Medicine*, *5*(3), 117–126. https://doi.org/10.33069/cim.2023.0017

Lukitaningtyas, D., & Cahyono, E. A. (2023). Hipertensi; Artikel Review. *Jurnal Pengembangan Ilmu Dan Praktik Kesehatan*, *2*(2), 100–117. https://doi.org/https://doi.org/10.56586/pipk.v2i2.272

Mahendra Dhoke, S., Prajapati, M., Mariam Varghese, S., Pillai, A., Thapa Magar, M., & Srinivas Nayak, S. (2025). Exploring Interconnections and Advances In Management. *Asian Journal of Pharmaceutical Research and Development*, *13*(1), 110–116. https://doi.org/10.22270/ajprd.v13i1.1513

Mancia, G., Kreutz, R., Brunstr, M., Burnier, M., Grassi, G., Januszewicz, A., Lorenza Muiesan, M., Tsioufis, K., Agabiti-Rosei, E., Abd Elhady Algharably, E., Azizi, M., Benetos, A., Borghi, C., Brguljan Hitij, J., Cifkova, R., Coca, A., Cornelissen, V., Kennedy Cruickshank, J., Cunha, P. G., … Kjeldsen uuu, S. E. (2023). ESH Guidelines. In *www.jhypertension.com* (Vol. 41). www.jhypertension.com

McGee, R. W. (2021). Tai Chi, Qigong, and the Treatment of Hypertension. *Biomedical Journal of Scientific & Technical Research*, *39*(1). https://doi.org/10.26717/bjstr.2021.39.006256

Moiz, A., Zolotarova, T., & Eisenberg, M. J. (2024). Outpatient management of essential hypertension: a review based on the latest clinical guidelines. In *Annals of Medicine* (Vol. 56, Issue 1). Taylor and Francis Ltd. https://doi.org/10.1080/07853890.2024.2338242

Noviasuci, W., Saputra, R., & Sari, R. P. (2025). Hubungan Tingkat Stres dengan Kejadian Penyakit Hipertensi di Puskesmas Sindang Jaya. *Malahayati Nursing Journal*, *7*(2), 516–527. https://doi.org/10.33024/mnj.v7i2.16927

Nursalam (2020) Metodologi Penelitian Ilmu Keperawatan: Pendekatan Praktis. Edisi 5. Edited by P. P. Lestari. Jakarta: Salemba Medika.

Nur Salini, A., & Sutantri, S. (2023). Studi Kasus: Penerapan Senam Tai-Chi untuk Menurunkan Tekanan Darah pada Lansia dengan Hipertensi. *COMSERVA : Jurnal Penelitian Dan Pengabdian Masyarakat*, *3*(02), 728–735. https://doi.org/10.59141/comserva.v3i02.820

Obeagu, E. I., Kagenderezo, B. P., & Obeagu, G. U. (2022). A Systematic Review on Hypertension And Its Management. *International Journal of Innovative and Applied Research*, *10*(8), 19–25. https://www.researchgate.net/publication/370636926

Pan, X., Tian, L., Yang, F., Sun, J., Li, X., An, N., Xing, Y., Su, X., Liu, X., Liu, C., Gao, Y., & Xing, Y. (2021). Tai Chi as a Therapy of Traditional Chinese Medicine on Reducing Blood Pressure: A Systematic Review of Randomized Controlled Trials. In *Evidence-based Complementary and Alternative Medicine* (Vol. 2021). Hindawi Limited. https://doi.org/10.1155/2021/4094325

Patel, A., Kumar Barman, A., & Gupta, A. (2021). Review Article on Hypertension. *International Journal of Pharmaceutical Research and Applications*, *6*(4), 146–152. https://doi.org/10.35629/7781-0604146152

Rachmawati, E., Rihadatul, N., Adzkia Novindra, Q., & Alfi Syarifah, N. (2024). Hubungan Antara Kombinasi Obat, Kepatuhan Minum Obat, Serta Komorbid Terhadap Keberhasilan Kontrol Tekanan Darah. *Majalah Kesehatan*, *11*(3), 176–188. https://doi.org/10.21776/majalahkesehatan.2024.011.03.3

Rachmawati, F. A., Setyawan, F. E. B., & Wartiningsih, M. (2023). Identifikasi Faktor Risiko Peningkatan Kejadian Hipertensi. *CoMPHI Journal: Community Medicine and Public Health of Indonesia Journal*, *3*(3), 235–243. https://doi.org/https://doi.org/10.37148/comphijournal.v3i3.131

Rahmawati, & Kasih, R. P. (2023). Hipertensi Usia Muda. *GALENICAL: Jurnal Kedokteran Dan Kesehatan Mahasiswa Malikussaleh*, *2*(5), 11–26. https://doi.org/https://doi.org/10.29103/jkkmm.v2i5.10478

Rumaisyah, Fatmawati, I., Arini, F. A., & Octaria, Y. C. (2023). Hubungan Tipe-Tipe Obesitas dengan Hipertensi pada Usia Dewasa Muda di Indonesia. *Amerta Nutrition*, *7*(2SP), 24–30. https://doi.org/10.20473/amnt.v7i2SP.2023.24-30

Takase, M., Hirata, T., Nakaya, N., Kogure, M., Hatanaka, R., Nakaya, K., Chiba, I., Tokioka, S., Nochioka, K., Nakamura, T., Tsuchiya, N., Metoki, H., Satoh, M., Narita, A., Obara, T., Ishikuro, M., Ohseto, H., Takahashi, I., Kobayashi, T., … Yamamoto, M. (2025). Associations of family history of hypertension, genetic, and lifestyle risks with incident hypertension. *Hypertension Research*, *48*, 2606–2617. https://doi.org/10.1038/s41440-025-02314-9

Vatner, S. F., Zhang, J., Vyzas, C., Mishra, K., Graham, R. M., & Vatner, D. E. (2021). Vascular Stiffness in Aging and Disease. In *Frontiers in Physiology* (Vol. 12). Frontiers Media S.A. https://doi.org/10.3389/fphys.2021.762437

Vemu, P. L., Yang, E., & Ebinger, J. E. (2024). Moving Toward a Consensus: Comparison of the 2023 ESH and 2017 ACC/AHA Hypertension Guidelines. In *JACC: Advances* (Vol. 3, Issue 10). Elsevier B.V. https://doi.org/10.1016/j.jacadv.2024.101230

Wang, F. (2020). Analysis of human mechanics structure in national Tai Chi movement. *International Journal of Advanced Robotic Systems*, *17*(2). https://doi.org/10.1177/1729881420915069

Wayne, P. M. ., Singh Khalsa, S. Bir., Elson, L. E. ., & Underwood, Anne. (2022). *An Introduction to Tai Chi : A gentle exercise program for mental and physical well-being*. Harvard Health Publications.

Whelton, P. K., Carey, R. M., Aronow, W. S., Casey, D. E., Collins, K. J., Dennison Himmelfarb, C., DePalma, S. M., Gidding, S., Jamerson, K. A., Jones, D. W., MacLaughlin, E. J., Muntner, P., Ovbiagele, B., Smith, S. C., Spencer, C. C., Stafford, R. S., Taler, S. J., Thomas, R. J., Williams, K. A., … Wright, J. T. (2018). 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Journal of the American College of Cardiology*, *71*(19), e127–e248. https://doi.org/10.1016/j.jacc.2017.11.006

Yin, Y., Yu, Z., Wang, J., & Sun, J. (2023). Effects of the different Tai Chi exercise cycles on patients with essential hypertension: A systematic review and meta-analysis. In *Frontiers in Cardiovascular Medicine* (Vol. 10). Frontiers Media S.A. https://doi.org/10.3389/fcvm.2023.1016629

Zhang, P., Zhang, D., & Lu, D. (2024). The efficacy of Tai Chi for essential hypertension: A systematic review and meta-analysis. In *International Journal of Nursing Practice* (Vol. 30, Issue 2). John Wiley and Sons Inc. https://doi.org/10.1111/ijn.13211

Zhang, T., Yang, S., Liu, W., Bai, Q., & Gao, S. (2024). Tai Chi training as a primary care plan for the prevention and management of hypertension: an opinion and positioning article. In *Annals of Medicine* (Vol. 56, Issue 1). Taylor and Francis Ltd. https://doi.org/10.1080/07853890.2024.2320863

Zhang, W., Wang, H., Xiong, Z., & Li, C. (2024). Efficacy of Tai Chi exercise in patients with hypertension: systematic review and meta-analysis. In *Current Problems in Cardiology* (Vol. 49, Issue 11). Elsevier Inc. https://doi.org/10.1016/j.cpcardiol.2024.102798