

## DAFTAR PUSTAKA

- Agustina, D., Jiwangga, B., Nurdian, Y., Suswati, E., Mufida, D. C., & Shodikin, M. A. (2023). The Effect of Hypertension Exercise on Blood Pressure in the Elderly: Experimental Quasy Study. *Biomolecular and Health Science Journal*, 6(1), 64–69. <https://doi.org/10.4103/bhsj.bhsj>
- Alfatikhah, A., & Susilowati, T. (2024). Application of Brisk Walking Exercise to Blood Pressure for Hypertension Patients in Joyotakan, Surakarta. *Jurnal Kegawatdaruratan Medis Indonesia*, 3(2), 156–163. <https://doi.org/10.58545/jkmi.v3i2.346>
- Anggraini, D., Putri, A., & Sari, N. (2022). Pengaruh Brisk Walkingexercise Terhadap Penurunan Guguk Panjang Kota Bukittinggi. *Jurnal 'Afiyah*, IX(1), 9–12.
- Arobaya, R., Simon, M., & Wahyuning Tyas, L. (2024). The Effect of Low Impact Aerobic Gymnastics on Blood Pressure in Elderly Patients with Hypertension at Mariat Community Health Care Centre, Sorong Regency. *Jurnal Kesehatan Pasak Bumi Kalimantan*, 7(1), 20.
- Aronow, W. S. (2020). American Journal of Preventive Cardiology Managing Hypertension in the elderly : What ' s new ? *American Journal of Preventive Cardiology*, 1(February), 100001.
- Asraf, N. O., Kailani, A. H. M., Altawili, M. A., Almutairi, M. B., Zolali, H. S., Aljahdali, S. M., S, A. S. H., Bonais, N. A. A., Alotaibi, T. A. R., Ahmed, R. S., Malayoo, B. O., Abbas, Z. Y. Al, S, A. M. A., & S, A. A. A. (2022). Relationship Between Hypertension and Sleep: An Overview. *International Journal of Life Science and Pharma Research*.
- Azhar, M., Hidayatullah, N., Rosidah, N., & Irawan, D. S. (2024). *Pengaruh Latihan Senam Aerobic Low Impact Terhadap*. 5, 2873–2880.
- Badan Pusat Statistik Kabupaten Bone, B. K. B. (2024). *Kabupaten Bone Dalam Angka. I*.
- Doni, M., & Prakoso, D. (2024). *Dampak Latihan Fisik Berkelanjutan terhadap Pola Tidur dan Kualitas Tidur*. 3(2), 253–263.
- Ferawati, Zahro, F., & Hardianti, U. (2020). Pengaruh Senam Aerobik Low Impact Terhadap Perubahan Tekanan Darah Lansia Hipertensi. *Jurnal Ilmu Kesehatan MAKIA*, 10(2), 41–48. <https://doi.org/10.37413/jmakia.v10i2.3>
- Gadó, K., Szabo, A., Markovics, D., & Virág, A. (2022). Most common cardiovascular diseases of the elderly – A review article. *Developments in Health Sciences*, 4(2), 27–32. <https://doi.org/10.1556/2066.2021.00048>
- Glazier, J. J. (2022). Pathophysiology, Diagnosis, and Management of Hypertension in the Elderly. *International Journal of Angiology*, 31(4), 222–228. <https://doi.org/10.1055/s-0042-1759486>
- Gupta, S., Bansal, K., & Saxena, P. (2022). A clinical trial to compare the effects of aerobic training and resistance training on sleep quality and quality of life in older adults with sleep disturbance. *Sleep Science*, 15(2), 188–195.

<https://doi.org/10.5935/1984-0063.20220040>

- Handayani, W., Lukman, M., & Mambang Sari, C. W. (2021). Quality of Sleep Among Elderly with Hypertension at Werdha Institution in West Java Province. *Journal of Nursing Science Update (JNSU)*, 9(1), 133–142. <https://doi.org/10.21776/ub.jik.2021.009.01.17>
- Hermansyah, H., & Halalah, A. R. (2022). Efektifitas Brisk Walking Exercise Therapy Terhadap Penurunan Tekanan Darah Lansia Dengan Riwayat Hipertensi Di Wilayah Kecamatan Kadugede Tahun 2022. *Journal of Nursing Practice and Education*, 3(01), 101–107. <https://doi.org/10.34305/jnpe.v3i01.706>
- Julistyanissa, D., & Chanif, C. (2022). Penerapan Brisk Walking Exercise Terhadap Perubahan Tekanan Darah Penderita Hipertensi. *Ners Muda*, 3(3). <https://doi.org/10.26714/nm.v3i3.10535>
- Kemendes. (2018). Laporan Riskesdas 2018 Nasional.pdf. In *Lembaga Penerbit Balitbangkes* (p. hal 156).
- Kementerian Kesehatan Republik Indonesia. (2018). *Infodatin Keselamatan dan Kesehatan Kerja*.
- Lestari, D. D., Handayani, T. S., & Rahmawati, D. T. (2022). Brisk Walking Exercise Technic. *Journal of Nursing and Public Health*, 10(2), 168–177.
- Li, Z., Zhang, Z., Ren, Y., Wang, Y., Fang, J., Yue, H., Ma, S., & Guan, F. (2021). Aging and age-related diseases: from mechanisms to therapeutic strategies. *Biogerontology*, 22(2), 165–187. <https://doi.org/10.1007/s10522-021-09910-5>
- Malem, R., Ristiani, R., & Puteh, M. A. (2024). Brisk Walking Exercise Has Benefits of Lowering Blood Pressure in Hypertension Sufferers: A Systematic Review and Meta-Analysis. *Iranian Journal of Public Health*, 53(4), 774–784. <https://doi.org/10.18502/ijph.v53i4.15554>
- Mampa, M., Wowor, R., & Rattu, A. J. . (2022). Analisis Penerapan Pelayanan Kesehatan Lanjut Usia di Puskesmas Pineleng pada Masa Pandemi Covid-19. *Jurnal Kesmas*, 11(4), 7–13.
- Mansukhani, M. P., Covassin, N., & Somers, V. K. (2019). Neurological Sleep Disorders and Blood Pressure: Current Evidence. *Hypertension*, 74(4), 726–732. <https://doi.org/10.1161/HYPERTENSIONAHA.119.13456>
- Marni, M., Mamot, M., Silva, Z., & Mursudarinah, M. (2023). The Effect of Gymnastics: Aerobic Low Impact on Reducing Blood Pressure in Hypertensive Elderly. *Indonesian Journal of Global Health Research*, 5(2), 311.
- Masadah, M., Wiantari, D. A., & Sulaeman, R. (2021). Pengaruh Brisk Walking Exercise Terhadap Perubahan Tekanan Darah Penderita Hipertensi. *Jurnal Keperawatan Terpadu (Integrated Nursing Journal)*, 3(2), 73. <https://doi.org/10.32807/jkt.v3i2.225>
- Mayestika, P., & Hasmira, M. H. (2023). Pengaruh Therapeutic Exercise Walking Terhadap Kualitas Tidur Lansia di Panti Sosial Tresna Werda Jara Mara Pati. *Jurnal Keperawatan Sriwijaya*, 10(2), 519.

<https://doi.org/10.24036/perspektif.v4i4.466>

- Nainar, A. (2020). Kualitas Tidur dengan Tekanan Darah pada Lansia Hipertensi di. *Prosiding Simposium Nasional Multidisiplin Universitas Muhammadiyah Tangerang*, 2, 2020.
- Nanga Bura, A. S., Nur Ulmy Mahmud, & Masriadi. (2023). Gambaran Karakteristik Perilaku Hipertensi Lansia di Wilayah Kerja Puskesmas Antara Makassar. *Window of Public Health Journal*, 4(4), 678–689. <https://doi.org/10.33096/woph.v4i4.811>
- Ningtyas, V. M. (2024). Hubungan kualitas tidur terhadap kejadian hipertensi pada lansia. *Jurnal Sago Gizi Dan Kesehatan*, 5(2), 288–295.
- Pipit Mulyah, Dyah Aminatun, S. S. (2020). PENGARUH BRISK WALKING EXERCISE TERHADAP TEKANAN DARAH PADA LANSIA DI BOYOLALI. *Journal GEEJ*, 7(2), 1–9.
- Rachmatullah, R., Widyatuti, W., & Sukihananto, S. (2022). Pengaruh Brisk Walking Exercise terhadap Penurunan Tekanan Darah: Systematic Review. *Faletehan Health Journal*, 9(01), 100–110. <https://doi.org/10.33746/fhj.v9i01.388>
- Rasyid, A. P., Hasyar, A. R. A., Yandani, Chaerani, A. K., Rahman, F. A., & Mawarani, J. (2023). *Brisk Walking Exercise*.
- Rizka, M., Ambardini, R. L., Virama, L. O. A., & Yudhistira, D. (2022). The Effect of Walking Exercise on Blood Pressure and Blood Glucose in the Elderly. *International Journal of Kinesiology and Sports Science*, 10(1), 30–35. <https://doi.org/10.7575/aiac.ijkss.v.10n.1p.30>
- Saleem, N., Rafique, S., Muneeb, H. N., Karim, A., Aqdas, A., & Ali, F. S. (2024). Effects of Aerobic Exercise on Blood Pressure and Sleep Quality in Hypertensive Postmenopausal Female. *Journal of Health and Rehabilitation Research*, 4(2), 732–738. <https://doi.org/10.61919/jhrr.v4i2.885>
- Sari, M., & Puspita Sari, N. (2022). Implementasi Brisk Walking Exercise Terhadap Penurunan Tekanan Darah dan Nyeri Kronis Pasien Hipertensi. *Jurnal Riset Media Keperawatan*, 5(2), 84–88.
- Sonhaji, S., Adinatha, N. N. M., & Rifwandini, S. A. (2023). Pengaruh Senam Aerobik Dan Senam Kebugaran Jasmani Terhadap Kualitas Tidur Lansia. *Jurnal Manajemen Asuhan Keperawatan*, 7(1), 11–16. <https://doi.org/10.33655/mak.v7i1.151>
- Supriadi, D., Santoso, M. B., & Supriantini, N. P. (2023). Penatalaksanaan kualitas tidur pada lansia dengan melakukan aktivitas olahraga jalan kaki. *Holistik Jurnal Kesehatan*, 17(4), 294–303. <https://doi.org/10.33024/hjk.v17i4.9949>
- Tang, M. M., Wei, F., Zhang, H. F., Dai, H.-F., Zhu, X. Q., Yu, Z. B., Qian, S., Jin, M., Wang, J. B., & Chen, K. (2021). Association between sleep and prevalence of hypertension in elderly population. *Zhonghua Liu Xing Bing Xue Za Zhi = Zhonghua Liuxingbingxue Zazhi*, 42 7, 1188–1193.
- Ummah, M. S. (2019). Cardiovascular And Pulmonary Physical Therapy. In

*Sustainability (Switzerland)* (Vol. 11, Issue 1).

- Utamingtyas, F. (2023). Penerapan Latihan Brisk Walking Exercise Untuk Mengatasi Hipertensi Pada Lansia Dusun Karangbalong Tenggara. *Jurnal Pengabdian Masyarakat Aufa (JPMA)*, 5(1), 86–92. <https://doi.org/10.51933/jpma.v5i1.1003>
- Wulandari, O. D., & Khotimah, S. (2024). *Perbedaan Sweedish Back Massage dan Brisk Walking Exercise Terhadap Penurunan Tekanan Darah Pada Penderita Hipertensi*. 7(Juni), 45–54.
- Yingxiang, Y. U., Chang, C., Yifan, W. U., Guo, C., & Xie, L. (2021). Dose-effect relationship between brisk walking and blood pressure in Chinese occupational population with sedentary lifestyles: Exercise and blood pressure. *Journal of Clinical Hypertension*, 23(9), 1734–1743. <https://doi.org/10.1111/jch.14340>