

DAFTAR PUSTAKA

- Adiutama, N. M., Hijriani, H., Kurniawan, W., Fauziah, W., & Feng Lin, C. (2022). Deep Breathing Relaxation Techniques to Lowering Systolic Blood Pressure in the Elderly: Randomized Control Trial. *Journal Of Nursing Practice*, 5(2), 271–280. <https://doi.org/10.30994/jnp.v5i2.213>
- Ahmad, F. F. R., Komara, N. K., Kahanjak, D. N., Balyas, A. B., Simarmata, E. R. H., & Nurkalbi, N. R. (2025). Hubungan Antara Pola Pernapasan Dengan Tekanan Darah, Denyut Nadi, Dan Saturasi Oksigen Pada Lansia. In *Jurnal Ilmu Kedokteran Dan Kesehatan* (Vol. 12, Issue 7). <https://share.google/Th72qnswpmet3vsa6>
- Aras, D. (2020). Effect Of Physical Therapy Cardiovasculopulmonal Modification (Pacum) Technique On Functional Activity, and Activity Daily Living, Among Cardiac Disease Patients. *Oktober*, 20, 77.
- Azami-Aghdash, S., Joudyian, N., Jafari, S., Karami, S., & Rezapour, R. (2025). Assessing Community-Based interventions effectiveness on hypertension prevention and control: A systematic review and Meta-Analysis. *BMC Public Health*, 25(1), 3253. <https://doi.org/10.1186/s12889-025-24283-x>
- Bani, B., & Noni, P. (2023). Pengaruh Isometric Handgrip Exercise Dan Terapi Nafas Dalam Terhadap Penurunan Tekanan Darah Pada Lansia Hipertensi. *Jurnal Keperawatan Rafflesia*, 5(2), 65–76. <https://doi.org/10.33088/jkr.v5i2.973>
- Basiuk, A., Haieva, K., Kalinichenko, M., Mukhin, L., & Petelytska, L. (2023). Vascular Aging: Pathophysiological Mechanisms, Clinical Implications, And Preventive Strategies. *Anti-Aging Eastern Europe*, 2(2), 82–90. <https://doi.org/10.56543/aaeeu.2023.2.2.03>
- Burlacu, A., Kuwabara, M., Brinza, C., & Kanbay, M. (2025). Key Updates to the 2024 ESC Hypertension Guidelines and Future Perspectives. In *Medicina (Lithuania)* (Vol. 61, Issue 2). Multidisciplinary Digital Publishing Institute (MDPI). <https://doi.org/10.3390/medicina61020193>
- Butar, S., Gamayana, Y., & Yemina, L. (2022). The Effect of Deep Breathing Relaxation on Changes of Blood Pressure on Hypertention Patients. *Jurnal Keperawatan Komprehensif (Comprehensive Nursing Journal)*, 8(4), 4–9. <https://doi.org/10.33755/jkk.v8i4.427>
- Cahyanti, L. (2022). Penerapan Deep Breathing Exercise Dan Terapi Musik Religi Terhadap Tekanan Darah Pasien Hipertensi Pada Lansia. *Jurnal Riset Rumpun Ilmu Kesehatan*, 1(1), 211–222. <https://doi.org/10.55606/jurrikes.v1i1.2156>
- Chaerudin, M., Ulfiana, E., & Wahyuni, E. D. (2020). *The Effects of Deep Breathing on Blood Pressure Reduction in Elderly Hypertensive Patients at a Retirement Home in Surabaya*. 20(4), 343–348.
- Chen, F., Lee, C., Chen, Y., Lin, Y., Yeh, C., Lin, C., & Cheng, H. (2025). Journal of the Formosan Medical Association Pathophysiology and blood pressure measurements of hypertension in the elderly. *Journal of the Formosan Medical Association*, 124(S1), S10–S16. <https://doi.org/10.1016/j.jfma.2025.03.027>
- Damayanti, R., & S, H. (2022). Senam Aerobic Low Impact dan Slow Deep Breathing (SDB) terhadap Perubahan Tekanan Darah pada Pasien dengan Hipertensi. *Jurnal Keperawatan Silampari*, 5(2), 781–788. <https://doi.org/10.31539/jks.v5i2.3082>
- Farrar, J., & Frieden, T. (2025). WHO global report on hypertension 2025. In *The Lancet* (Vol. 406, Issue 10517, pp. 2318–2319). [https://doi.org/10.1016/S0140-6736\(25\)02208-1](https://doi.org/10.1016/S0140-6736(25)02208-1)
- Garg, P., Mendiratta, A., Banga, A., Bucharles, A., Victoria, P., Kamaraj, B., Qasba, R. K., Bansal, V., Thimmapuram, J., Pargament, R., & Kashyap, R. (2024a). Effect Of

- Breathing Exercises On Blood Pressure And Heart Rate: A Systematic Review And Meta-Analysis. *International Journal Of Cardiology: Cardiovascular Risk And Prevention*, 20. <https://doi.org/10.1016/j.ijcrp.2023.200232>
- Garg, P., Mendiratta, A., Banga, A., Bucharles, A., Victoria, P., Kamaraj, B., Qasba, R. K., Bansal, V., Thimmapuram, J., Pargament, R., & Kashyap, R. (2024b). Effect Of Breathing Exercises On Blood Pressure And Heart Rate: A Systematic Review And Meta-Analysis. *International Journal Of Cardiology: Cardiovascular Risk And Prevention*, 20(November 2023), 200232. <https://doi.org/10.1016/j.ijcrp.2023.200232>
- Herawati, I., Mat Ludin, A. F., Ishak, I., Mutalazimah, M., & Farah, N. M. F. (2025a). Impact Of Combined High-Intensity Bodyweight Interval Training And Breathing Exercise On Cardiometabolic Health In Normal-Weight Middle-Aged Adults With Hypertension. *BMC Public Health*, 25(1). <https://doi.org/10.1186/S12889-025-22139-Y>
- Herawati, I., Mat Ludin, A. F., Ishak, I., Mutalazimah, M., & Farah, N. M. F. (2025b). Impact Of Combined High-Intensity Bodyweight Interval Training And Breathing Exercise On Cardiometabolic Health In Normal-Weight Middle-Aged Adults With Hypertension. *BMC Public Health*, 25(1). <https://doi.org/10.1186/S12889-025-22139-Y>
- Herawati, I., Mat Ludin, A. F., Mutalazimah, M., Ishak, I., & Farah, N. M. F. (2023). Breathing Exercise For Hypertensive Patients: A Scoping Review. *Frontiers In Physiology*, 14(January), 1–16. <https://doi.org/10.3389/fphys.2023.1048338>
- Herzog, M. J., Müller, P., Lechner, K., Stiebler, M., Arndt, P., Kunz, M., Ahrens, D., Schmeißer, A., Schreiber, S., & Braun-Dullaeus, R. C. (2025). Arterial Stiffness And Vascular Aging: Mechanisms, Prevention, And Therapy. *Signal Transduction And Targeted Therapy*, 10(1). <https://doi.org/10.1038/S41392-025-02346-0>
- Hoesny, R., & Alim, Z. (2021). *The Effect Of Deep Breathing Therapy On The Blood Pressure Of Hypertension Patients In Health Centre*. 103, 3–6.
- Hulu, R., Sari, M., Anisa Junita, U., Lubis, L., & Latifah Nurhayati Fakultas Keperawatan Dan Kebidanan, E. (2024). *Pengaruh Latihan Slow Deep Breathing Terhadap Penurunan Tekanan Darah Pasien Penderita Hipertensi*. <https://doi.org/10.37287/Jppp.V6i4.2665>
- Irmawartini, & Nurhaedah. (2021). *Buku Ajar Kesehatan Lingkungan: Metodeologi Penelitian*.
- Izza, I. A., Fahrudin, S. G. F., & Dewi, K. L. P. (2025). Can Slow Breathing Exercise Reduce Blood Pressure In Elderly People With Hypertension in UPT PSTW Banyuwangi? *Open Access Health Scientific Journal*, 6(1), 1–5. <https://doi.org/10.55700/oahsj.v6i1.53>
- Izzati, W., Kurniawati, D., & Dewi, T. O. (2021). Pengaruh Slow Deep Breathing Terhadap Tekanan Darah pada Penderita Hipertensi. *Jik Jurnal Ilmu Kesehatan*, 5(2), 331. <https://doi.org/10.33757/jik.v5i2.436>
- Kemkes RI. (2024). *Dalam Angka Tim Penyusun SKI 2024 Dalam Angka Kementerian Kesehatan Republik Indonesia*.
- Khairani, E., Efendi, I., & Ramadhanni Syafitri Nasution. (2025). Analisis Faktor yang Memengaruhi Penyakit Hipertensi pada Lanjut Usia (LANSIA) di wilayah Kerja Puskesmas Dabun Gelang Kota Aceh. *Jurnal Riset Rumpun Ilmu Kedokteran*, 4(3), 240–255. <https://doi.org/10.55606/jurrike.v4i3.6923>
- Mampa, M., Wowor, R., & Rattu, A. J. M. (2022). Analisis Penerapan Pelayanan Kesehatan Lanjut Usia di Puskesmas Pineleng. *Jurnal Kesmas*, 11(4), 7–13.
- Nuridah, N., Rekawati, E., Putri, Y. S. E., & Ikhwanudin, I. (2025). The effect of slow deep breathing on lowering blood pressure in the elderly with hypertension: A systematic review. *Malahayati International Journal of Nursing and Health Science*, 8(4), 545–

554. <https://doi.org/10.33024/minh.v8i4.964>
- Pertiwi, E. R. (2024). Analysis of the Application of Deep Breathing Relaxation Techniques in Reducing Blood Pressure in Hypertension Patients. *Omni Health Journal*, 1(2), 40–45. <https://omnijournal.id/health/article/view/45>
- Ryczkowska, K., Adach, W., Janikowski, K., Banach, M., & Bielecka-Dabrowa, A. (2023). Menopause and women's cardiovascular health: is it really an obvious relationship? *Archives of Medical Science*, 19(2), 458–466. <https://doi.org/10.5114/aoms/157308>
- Suarayasa, K., Ilham Hidayat, M., & Gau, R. (2023). Faktor Resiko Kejadian Hipertensi Pada Lansia (Risk Factors of Hypertension in Elderly). *Jurnal Medical Profession (MedPro)*, 5(3), 253–258. <https://jurnal.fk.untad.ac.id/index.php/medpro/article/view/1151>
- Suarez-Roca, H., Mamoun, N., Sigurdson, M. I., & Maixner, W. (2021). Baroreceptor modulation of the cardiovascular system, pain, consciousness, and cognition. *Comprehensive Physiology*, 11(2), 1373–1423. <https://doi.org/10.1002/cphy.c190038>
- Tasić, T., Tadić, M., & Lozić, M. (2022). Hypertension in Women. *Frontiers in Cardiovascular Medicine*, 9(June), 1–7. <https://doi.org/10.3389/fcvm.2022.905504>
- Vatner, S. F., Zhang, J., Vyzas, C., Mishra, K., Graham, R. M., & Vatner, D. E. (2021). Vascular Stiffness in Aging and Disease. *Frontiers in Physiology*, 12(December), 1–21. <https://doi.org/10.3389/fphys.2021.762437>
- Webster, K. E., Halicka, M., Bowater, R. J., Parkhouse, T., Stanescu, D., Punniyakotty, A. V., Savović, J., Huntley, A., Dawson, S., Clark, C. E., Johnson, R., Higgins, J. P., & Caldwell, D. M. (2025). Effectiveness of stress management and relaxation interventions for management of hypertension and prehypertension: systematic review and network meta-analysis. *BMJ Medicine*, 4(1). <https://doi.org/10.1136/bmjmed-2024-001098>
- WHO. (2025). Global Report on Hypertension 2025. In *The Lancet* (Vol. 406, Issue 10517). [https://doi.org/10.1016/S0140-6736\(25\)02208-1](https://doi.org/10.1016/S0140-6736(25)02208-1)
- Yeh, T. T., & Ho, Y. C. (2024). Immediate effects of structured and natural deep breathing on heart rate variability and blood pressure in community-dwelling older adults. *Experimental Gerontology*, 198(November), 112644. <https://doi.org/10.1016/j.exger.2024.112644>
- Zhao, X., Yang, X., Lin, Y., Lei, R., Ding, W., He, X., Cao, Y., Zhang, D., Liu, P., Liang, M., Han, Z., & Jiang, Y. (2025). Mechanisms of aging in the cardiovascular system: challenges and opportunities. *Frontiers in Immunology*, 16(November), 1–22. <https://doi.org/10.3389/fimmu.2025.1635736>
- Zulkarnaini, Z., Febriana, D., & Ardilla, A. (2025). Efektivitas Slow Deep Breathing terhadap Penurunan Tekanan Darah pada Lansia Penderita Hipertensi Primer. *Holistic Nursing and Health Science*, 8(1), 14–22. <https://doi.org/10.14710/hnhs.8.1.2025.14-22>