

**PERILAKU PENDERITA HIPERTENSI  
DI RUMAH SAKIT X DENPASAR**



**SKRIPSI**

**Oleh:**

**YASINTA INDAH SULISTYANINGRUM**

**PROGRAM STUDI S1 KEPERAWATAN  
SEKOLAH TINGGI ILMU KESEHATAN  
BINA USADHA BALI  
2021**

**PERILAKU PENDERITA HIPERTENSI  
DI RUMAH SAKIT X DENPASAR**

**Skripsi**

**Sebagai Salah Satu Syarat Untuk Memperoleh Gelar Sarjana Keperawatan  
Pada Sekolah Tinggi Ilmu Kesehatan Bina Usada Bali**

**OLEH:**

**YASINTA INDAH SULISTYANINGRUM  
NIM. C2119027**

**PROGRAM STUDI S1 KEPERAWATAN  
SEKOLAH TINGGI ILMU KESEHATAN  
BINA USADHA BALI  
2021**

## SURAT PERNYATAAN KEASLIAN PENELITIAN

Saya yang bertanda tangan di bawah ini:

Nama : Yasinta Indah Sulistyaningrum

NIM : C2119027

Jurusan : S1 Keperawatan

Judul skripsi : Perilaku Penderita Hipertensi di Rumah Sakit X Denpasar

Menyatakan dengan sebenarnya bahwa tugas akhir yang saya tulis benar-benar hasil karya saya sendiri, bukan untuk pengambil alihan tulisan atau pikiran orang lain yang saya akui sebagai tulisan atau pikiran saya sendiri. Apabila dikemudian hari dapat dibuktikan bahwa tugas akhir ini adalah hasil jiplakan, maka saya bersedia menerima sanksi atas perbuatan tersebut.

Badung, 4 Februari 2021



(Yasinta Indah Sulistyaningrum)

**HALAMAN PERSETUJUAN**  
**PERILAKU PENDERITA HIPERTENSI**  
**DI RUMAH SAKIT X DENPASAR**

**Diajukan Oleh:**

**YASINTA INDAH SULISTYANINGRUM**  
**NIM. C2119027**

**Mangupura, 29 Januari 2021**

**Telah Disetujui oleh Dosen Pembimbing**

Pembimbing I



**Dr. dr. J Wavan Artana, SH., M.Biomed**

**NIDN : 0812016602**

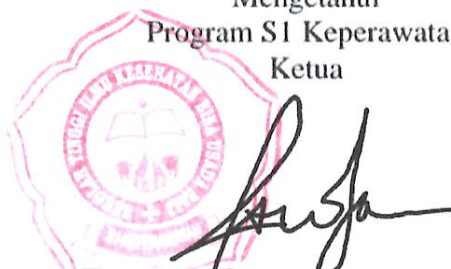
Pembimbing II



**Al Fiery Leda Kio, SE., MPH**

**NIDN : 0809048502**

Mengetahui  
Program S1 Keperawatan  
Ketua



**Ns. I Putu Aytha Wijaya, S.Kep., M.Kep.**

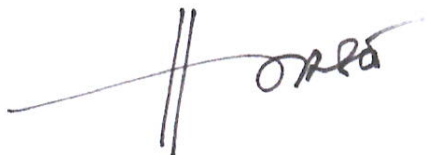
**NIDN : 0821058603**

## HALAMAN PENGESAHAN

SKRIPSI INI TELAH DIPERTAHANKAN DAN DISAHKAN DI DEPAN  
DEWAN PENGUJI PROGRAM STUDI S1 KEPERAWATAN  
SEKOLAH TINGGI ILMU KESEHATAN  
BINA USADA BALI  
Tanggal: 4 Februari 2021

Yang terdiri dari:

Ketua Penguji



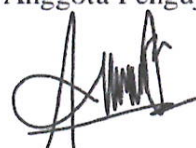
Dr. Gede Harsa Wardana, MM, MARS  
NIDN : 0829066902

Sekretaris Penguji




Dr.dr. I Wawan Artana, SH., M.Biomed.  
NIDN : 0812016602

Anggota Penguji



Alfiery Leda Kio, SE., MPH  
NIDN : 0809048502

Mengetahui  
Program S1 Keperawatan  
Ketua



Ns. I Putu Artha Wijaya, S.Kep., M.Kep.  
NIDN : 0821058603

**SEKOLAH TINGGI ILMU KEPERAWATAN  
BINA USADA BALI PROGRAM STUDI SARJANA KEPERAWATAN**

Skripsi, Februari 2021

Yasinta Indah Sulistyaningrum

Perilaku Penderita Hipertensi di Rumah Sakit X Denpasar

xiii + 51 + 2 tabel + 7 lampiran

**ABSTRAK**

Angka prevalensi hipertensi masih tinggi, walaupun berbagai penanganan telah dilakukan. Keberhasilan perawatan hipertensi bergantung pada perilaku penderita hipertensi selama menjalani pengobatan. Penelitian ini bertujuan untuk memahami perilaku penderita hipertensi di Rumah Sakit X Denpasar. Studinya kualitatif dengan metode fenomenologi dan informannya sebanyak enam orang. Pengumpulan data dilakukan dengan wawancara mendalam, observasi, dan di analisis secara Miles & Huberman. Ada enam tema perilaku penderita hipertensi yang mendukung kesehatan di antaranya penerapan diet rendah garam, penghentian konsumsi rokok dan alkohol, peningkatan aktivitas dan olahraga, pengaturan kebutuhan tidur dan istirahat, penerapan metode kontrol stres, serta pengobatan dan perawatan hipertensi. Diharapkan perawat di rumah sakit perlu memberikan edukasi mengenai pola hidup sehat secara mandiri yang bisa menurunkan hipertensi.

Kata Kunci: perilaku, pasien hipertensi, rumah sakit X

Daftar Pustaka: 61 (2012-2020)

**HEALTH INSTITUTION  
BINA USADA BALI BACHELOR DEGREE OF NURSING PROGRAM**

Undergraduate thesis, February 2021

Yasinta Indah Sulistyaningrum

The Behavior of Hypertensive Patients in X Hospital Denpasar

xiii + 51 + 2 tables + 7 attachments

**ABSTRACT**

The prevalence rate of hypertension is still high, despite various treatments have been done. The success of hypertension treatment depends on the behavior of people with hypertension during treatment. This study aimed to understand the behavior of hypertensive sufferers at X Hospital Denpasar. The study was the qualitative method with phenomenology and informants as many as six people. Data collection was done by in-depth interviews, observation, and analysis by Miles & Huberman. There are six themes covering sufferer's behavior hypertension that supports health including the application of a low salt diet, cessation of cigarette and alcohol consumption, increase in activity and exercise, regulation of sleep and rest needs, application of stress control methods, and hypertension treatment and care. It is hoped that the nurses in the hospital need to provide education about healthy lifestyle independently that able to lower hypertension.

Keywords: behavior, hypertensive patients, hospital X Denpasar

Bibliography: 61 (2012-2020)

## KATA PENGANTAR

Puji syukur peneliti panjatkan kehadapan Tuhan Yang Maha Esa atas segala anugrahNya sehingga peneliti dapat menyelesaikan skripsi ini dengan judul “Perilaku Penderita Hipertensi di Rumah Sakit X Denpasar”. Skripsi ini merupakan salah satu syarat untuk memperoleh gelar Sarjana Keperawatan pada Program Studi S1 Keperawatan STIKES Bina Usada Bali.

Penyusunan skripsi ini telah mendapatkan bimbingan dan dukungan dari berbagai pihak. Bersama ini peneliti mengucapkan terima kasih kepada:

1. Dr. Ir. I Putu Santika, MM selaku ketua STIKES Bina Usada Bali yang telah memberikan kesempatan dan memfasilitasi peneliti untuk menempuh pendidikan di STIKES Bina Usada Bali
2. Ns. I Putu Artha Wijaya, S.Kep., M.Kep. selaku Kaprodi S1 Keperawatan STIKES Bina Usada Bali yang telah memberikan kesempatan dan fasilitas dalam menyelesaikan skripsi ini
3. Dr. dr. I Wayan Artana, SH., M.Biomed. selaku pembimbing utama yang telah dengan sabar membimbing dan memberikan semangat
4. Alfierly Leda Kio, SE., MPH selaku pembimbing pendamping yang telah memberikan saran dan perhatian
5. Dr. Gede Harsa Wardana, MM, MARS selaku ketua penguji yang telah memberi masukan untuk perbaikan
6. Direktur Rumah Sakit X Denpasar yang telah memberi ijin dan memfasilitasi peneliti

7. Seluruh staf dan sejawat perawat Rumah Sakit X Denpasar atas dukungan dan semangat
8. Keluarga yang telah memberikan dukungan, perhatian dan mendoakan peneliti selama proses penyusunan skripsi
9. Rekan-rekan sejawat mahasiswa S1 Keperawatan STIKES Bina Usaha Bali yang telah bersedia memberi saran dan semangat

Semoga kebaikan yang diberikan kepada saya mendapatkan balasan terbaik dari Tuhan Yang Maha Esa. Saya menyadari bahwa skripsi ini masih jauh dari sempurna, oleh karena itu segenap saran sangat peneliti butuhkan untuk perbaikan.

Badung, Februari 2021

Penulis

## DAFTAR ISI

	Halaman
PERILAKU PENDERITA HIPERTENSI.....	i
SURAT PERNYATAAN KEASLIAN PENELITIAN .....	ii
HALAMAN PERSETUJUAN.....	iii
HALAMAN PENGESAHAN.....	iv
ABSTRAK .....	v
ABSTRACT .....	vi
KATA PENGANTAR .....	vii
DAFTAR ISI.....	ix
DAFTAR TABEL.....	xii
DAFTAR LAMPIRAN .....	xiv
BAB I PENDAHULUAN	
A. Latar Belakang .....	1
B. Rumusan Masalah .....	4
C. Tujuan Penelitian .....	4
D. Manfaat Penelitian .....	5
E. Keaslian Penelitian.....	5
BAB II TINJAUAN PUSTAKA DAN LANDASAN TEORI	
A. Konsep Hipertensi.....	8
B. Konsep Perilaku .....	11
BAB III METODE PENELITIAN	
A. Rancangan Penelitian .....	15

B. Kehadiran Peneliti .....	15
C. Tempat dan Waktu Penelitian .....	15
D. Etika Penelitian .....	16
E. Sumber Data.....	16
F. Prosedur Pengumpulan Data .....	17
G. Analisis Data .....	17
1. Teori-teori Sosial untuk Analisis Data Perilaku.....	17
2. Analisis Tema.....	18
3. Proses Analisis Data.....	18
H. Pengecekan Keabsahan Temuan .....	19
I. Tahap-Tahap Penelitian .....	20
1. Penemuan Masalah.....	20
2. Studi Pendahuluan.....	20
3. Penyusunan Proposal .....	20
4. Pengumpulan Data .....	21
5. Analisis Data .....	21
6. Pengambilan Kesimpulan.....	21

#### BAB IV HASIL PENELITIAN

A. Tempat dan Waktu Penelitian .....	22
B. Karakteristik Informan .....	23
C. Analisis Tema.....	24

#### BAB V PEMBAHASAN

A. Interpretasi dan Diskusi Hasil Penelitian .....	27
--	----

1. Penerapan Diet Rendah Garam .....	28
2. Berhenti Mengonsumsi Alkohol dan Rokok.....	32
3. Peningkatan Aktivitas Fisik dan Olahraga.....	34
4. Pengaturan Kebutuhan Tidur dan Istirahat .....	37
5. Penerapan Metode Kontrol Stres .....	40
6. Pengobatan dan Perawatan Hipertensi .....	42
B. Keterbatasan Penelitian.....	47
C. Implikasi Penelitian Bagi Pelayanan Keperawatan, Penderita Hipertensi, Intitusi Pendidikan dan Pengembangan Ilmu.....	47
1. Bagi Pelayanan Keperawatan.....	47
2. Bagi Penderita Hipertensi .....	47
3. Bagi Institusi Pendidikan .....	48
4. Bagi Pengembangan Ilmu .....	48

## BAB VI PENUTUP

A. Kesimpulan .....	49
B. Saran.....	50

## DAFTAR PUSTAKA

## LAMPIRAN

## DAFTAR GAMBAR

Gambar 2. 1 Patofisiologi hipertensi (Stromberg et al., 2017) .....	10
Gambar 2. 2 Faktor yang memengaruhi perilaku kesehatan menurut Lawrence Green (Nursalam, 2017).....	13

## DAFTAR TABEL

Tabel 4. 1 Hasil analisis tema berdasarkan perilaku mendukung dan tidak mendukung kesehatan pada penderita hipertensi di Rumah Sakit X Denpasar .....	25
---	----

## DAFTAR LAMPIRAN

Lampiran 1 : Jadwal Penelitian

Lampiran 2 : *Inform Consent*

Lampiran 3 : Lembar Pengumpulan Data

Lampiran 4 : Lembar Observasi Dan Catatan Lapangan

Lampiran 5 : Surat Permohonan Ijin Studi Pendahuluan

Lampiran 6 : Surat Balasan Permohonan Ijin Studi Pendahuluan

Lampiran 7 : *Ethical Approval*

Lampiran 8 : Surat Balasan Ijin Penelitian

Lampiran 9 : Dokumentasi Proses Pengumpulan Data

## DAFTAR PUSTAKA

- Adian, D. G. (2016). *Pengantar Fenomenologi* (2nd ed.). Depok: Koekoesan.
- Aggarwal, B., Makarem, N., Shah, R., Emin, M., Wei, Y., St-Onge, M., & Jelic, S. (2018). Effects of Inadequate Sleep on Blood Pressure and Endothelial Inflammation in Women: Findings From the American Heart Association Go Red for Women Strategically Focused Research Network. *Journal of the American Heart Association*, 7(12). American Heart Association Inc. Retrieved January 28, 2021, from <https://www.ahajournals.org/doi/10.1161/JAHA.118.008590>
- Almeida, A., De, S., Bernardi, C., Amélia Costa, I., Preto, R., & Professor of Nursing, L. (2016). *Enfermería Global Factors determining non-adherence to hypertension treatment*. Brazil. Retrieved September 3, 2019, from [http://scielo.isciii.es/pdf/eg/v15n43/en\\_clinical.pdf](http://scielo.isciii.es/pdf/eg/v15n43/en_clinical.pdf)
- American Heart Association. (2016). Getting Active to Control High Blood Pressure. *High Blood Pressure*. Retrieved January 28, 2021, from <https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure/getting-active-to-control-high-blood-pressure>
- Anderson, N. D., Murphy, K. J., & Troyer, A. K. (2012). *Living with Mild Cognitive Impairment: A Guide to Maximizing Brain Health*. New York: Oxford University Press.
- Anggito, A., & Setiawan, J. (2018). *Metodologi penelitian kualitatif*. Jawa Barat: Jejak Publisher.
- Beevers, D. G. (D. G., Lip, G. Y. H., & O'Brien, E. (2015). *ABC of hypertension*. BMJ Books/Blackwell.
- Bell, K., Candidate, P., & Olin, B. R. (2015). *Hypertension: The Silent Killer: Updated JNC-8 Guideline Recommendations*. United States of America. Retrieved November 20, 2018, from [www.APArX.org1AlabamaPharmacyAssociation%7C334.271.4222%7Cwww.aparx.org%7Ccapa@aparx.org](http://www.APArX.org1AlabamaPharmacyAssociation%7C334.271.4222%7Cwww.aparx.org%7Ccapa@aparx.org)
- Cano-Gutierrez, C., Reyes-Ortiz, C. A., Samper-Ternent, R., Gélvez-Rueda, J. S., & Borda, M. G. (2015). Prevalence and Factors Associated to Hypertension among Older Adults in Bogotá, Colombia. *Journal of Aging and Health*, 27(6), 1046–1065.
- Carroll, D. (2019). *Health Psychology: Stress, Behaviour And Disease*. New York: Routledge.

- Cherfan, M., Vallée, A., Kab, S., Salameh, P., Goldberg, M., Zins, M., & Blacher, J. (2020). Unhealthy behaviors and risk of uncontrolled hypertension among treated individuals-the conStAnceS population-based study. *Scientific Reports Nature Research*. Retrieved March 6, 2021, from <https://doi.org/10.1038/s41598-020-58685-1>
- Chhajer, B. (2016). *201 Tips to Control High Blood Pressure*. India: Diamond Pocket Books Pvt Ltd.
- Chowdhury, E. K., Owen, A., Krum, H., Wing, L., Ryan, P., Nelson, M. R., & Reid, C. M. (2013). Barriers to achieving blood pressure treatment targets in elderly hypertensive individuals. *Journal of Human Hypertension*, 27, 545–551. Retrieved January 17, 2019, from [www.nature.com/jhh](http://www.nature.com/jhh)
- Damasceno, A., Mondlane, E., & Africa, S. (2016). Prevalence and management of hypertension in Southeast Asia. *Special Satellite Symposium 05*, 17(1), 2016.
- Dinas Kesehatan Kota Denpasar. (2018). Profil Dinas Kesehatan Kota Denpasar. Retrieved from [https://dinkes.denpasarkota.go.id/uploads/download/download\\_192207090713\\_ProfilDinasKesehatanKotaDenpasar.pdf](https://dinkes.denpasarkota.go.id/uploads/download/download_192207090713_ProfilDinasKesehatanKotaDenpasar.pdf)
- Egan, B. M., Kjeldsen, S. E., Grassi, G., Esler, M., & Mancia, G. (2019). The global burden of hypertension exceeds 1.4 billion people. *Journal of Hypertension*, 37(6), 1148–1153. NLM (Medline). Retrieved March 6, 2020, from <http://journals.lww.com/00004872-201906000-00006>
- Fantin, F. (2020). *Nutrients Intake and Hypertension*. Switzerland: MDPI.
- Farid, M. (2018). *Fenomenologi: Dalam Penelitian Ilmu Sosial*. (M. Farid & M. Adib, Eds.) (1st ed.). Jakarta: Prenadamedia.
- Ferdinand, K. C. (2015). *Hypertension in High Risk African Americans: Current Concepts, Evidence ...* - Google Books. United States of America: Humana Press.
- Forouzanfar, M. H., Liu, P., Roth, G. A., Ng, M., Biryukov, S., Marczak, L., Alexander, L., et al. (2017). Global burden of hypertension and systolic blood pressure of at least 110 to 115mmHg, 1990-2015. *JAMA - Journal of the American Medical Association*, 317(2), 165–182.
- Gebremichael, G. B., Berhe, K. K., & Zemichael, T. M. (2019). Uncontrolled hypertension and associated factors among adult hypertensive patients in Ayder comprehensive specialized hospital, Tigray, Ethiopia, 2018. *BMC Cardiovascular Disorders*, 19(121). Retrieved July 30, 2020, from <https://doi.org/10.1186/s12872-019-1091-6>

- Gora, R. (2019). *Riset Kualitatif Public Relations*. Surabaya: Jakad Publishing.
- Harvard Health. (2015). Trouble falling asleep linked to high blood pressure. *Harvard Health Letter*. Retrieved January 28, 2021, from <https://www.health.harvard.edu/diseases-and-conditions/trouble-falling-asleep-linked-to-high-blood-pressure>
- Haryani, N., Subiyanto, A., & Suryani, N. (2016). Effect of Health Education on Health Behavior in Patients with Hypertension. *Journal of Health Promotion and Behavior*. Retrieved from <http://www.scopus.com/inward/record.url?eid=2-s2.0-33750604743&partnerID=40&md5=51daa2a60f35d9245fe30f315acefb8b>
- Hegde, S. M., & Solomon, S. D. (2015). Influence of Physical Activity on Hypertension and Cardiac Structure and Function. *Current Hypertension Reports*, 17(10), 77. Retrieved October 7, 2018, from <http://link.springer.com/10.1007/s11906-015-0588-3>
- Helaluddin, & Wijaya, H. (2019). *Analisis Data Kualitatif: Sebuah Tinjauan Teori & Praktik*. Makassar: Sekolah Tinggi Theologia Jaffray.
- Huang, B., Li, Z., Wang, Y., Xia, J., Shi, T., Jiang, J., Nolan, M. T., et al. (2018). Effectiveness of self-management support in maintenance haemodialysis patients with hypertension: A pilot cluster randomized controlled trial. *Nephrology*, 23(8), 755–763. Retrieved August 23, 2018, from <http://doi.wiley.com/10.1111/nep.13098>
- Hwang, H.-R., Lee, J.-G., Lee, S., Cha, K. S., Choi, J. H., Jeong, D.-W., Yi, Y.-H., et al. (2015). The relationship between hypertension and sleep duration: an analysis of the fifth Korea National Health and Nutrition Examination Survey (KNHANES V-3). *Clinical Hypertension*, 21(1), 1–7. *Clinical Hypertension*. Retrieved from <http://dx.doi.org/10.1186/s40885-015-0020-y>
- Irwan. (2018). *Etika Dan Perilaku Kesehatan*. Yogyakarta: Absolute Media.
- Kario, K., Chen, C.-H., Park, S., Park, C.-G., Hoshida, S., Cheng, H.-M., Huang, Q.-F., et al. (2018). Consensus Document on Improving Hypertension Management in Asian Patients, Taking Into Account Asian Characteristics. *Hypertension*, 71(3), 375–382. Lippincott Williams and Wilkins. Retrieved July 30, 2020, from <https://www.ahajournals.org/doi/10.1161/HYPERTENSIONAHA.117.10238>
- Kazim, S., Ansar, R. A., & Husain, K. (2016). Alcoholic Beverages-Induced Hypertension And Its Management. *Journal of Pharmaceutical and Life Sciences WJPLS*, 2(5), 311–338.
- Kemenkes RI. (2018). *Hasil Utama Riskesdas 2018*. Jakarta.
- Mancia, G., & Grassi, G. (2014). *Manual of Hypertension of the European Society of Hypertension*. New York: CRC Press.

- Manuntung, A. (2018). *Terapi Perilaku Kognitif Pada Pasien Hipertensi*. Malang: Wineka Media.
- Martz, E. (2018). *Promoting Self-Management of Chronic Health Conditions*. New York: Oxford University Press.
- Mcbain, H., Shipley, M., & Newman, S. (2015). The impact of self-monitoring in chronic illness on healthcare utilisation: a systematic review of reviews. Retrieved August 27, 2019, from [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4683734/pdf/12913\\_2015\\_Article\\_1221.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4683734/pdf/12913_2015_Article_1221.pdf)
- Meiqari, L., Nguyen, T.-P.-L., Essink, D., Zweekhorst, M., Wright, P., & Scheele, F. (2019). Access to hypertension care and services in primary health-care settings in Vietnam: a systematic narrative review of existing literature. *Global health action*, *12*(1), 1610253. Taylor & Francis. Retrieved September 3, 2019, from <http://www.ncbi.nlm.nih.gov/pubmed/31120345>
- Mukhtazar. (2020). *Prosedur Penelitian Pendidikan*. Yogyakarta: Absolute Media.
- Nursalam. (2017). *Metodologi Penelitian Ilmu Keperawatan : Pendekatan Praktis Edisi 3* (4th ed.). Jakarta: Salemba Medika.
- Pan, J., Wu, L., Wang, H., Lei, T., Hu, B., Xue, X., & Li, Q. (2019). Determinants of hypertension treatment adherence among a Chinese population using the therapeutic adherence scale for hypertensive patients. Retrieved August 26, 2019, from <http://dx.doi.org/10.1097/MD.00000000000016116>
- Park, E., & Kim, J. (2016). The Impact of a Nurse-Led Home Visitation Program on Hypertension Self-Management among Older Community-Dwelling Koreans. *Public Health Nursing*, *33*(1), 42–52.
- Potter, P. A., Perry, A. G., Stockert, P., & Hall, A. (2017). *Fundamentals of Nursing*. United States of America: Elsevier.
- Potter, P. A., Perry, A. G., Stockert, P., & Hall, A. (2020). *Fundamentals of Nursing*. Canada: Elsevier Health Sciences.
- Pu, J., Chewning, B. A., Johnson, H. M., Vanness, D. J., Young, H. N., & Kreling, D. H. (2015). Health behavior change after blood pressure feedback. *PLoS ONE*, *10*(10), 1–12.
- Rahmawati, R., & Bajorek, B. (2018). Understanding untreated hypertension from patients' point of view: A qualitative study in rural Yogyakarta province, Indonesia. *Chronic Illness*, *14*(3), 228–240. Retrieved October 1, 2018, from <http://journals.sagepub.com/doi/10.1177/1742395317718034>
- Ringoir, L., Pedersen, S. S., Widdershoven, J. W. M. G., & Pop, V. J. M. (2014). Prevalence of psychological distress in elderly hypertension patients in primary care. *Neth Heart J*.

- Rukin. (2019). *Metodologi Penelitian Kualitatif* . Sulawesi Selatan: Yayasan Ahmar Cendekia Indonesia.
- Saladini, F., Benetti, E., Fania, C., Mos, L., Casiglia, E., & Palatini, P. (2016). Effects of smoking on central blood pressure and pressure amplification in hypertension of the young. *Vascular Medicine (United Kingdom)*, *21*(5), 422–428. SAGE Publications Ltd.
- Seangpraw, K., Auttama, N., Tonchoy, P., & Panta, P. (2019). The effect of the behavior modification program Dietary Approaches to Stop Hypertension (DASH) on reducing the risk of hypertension among elderly patients in the rural community of Phayao, Thailand. *Journal of Multidisciplinary Healthcare*, *12*, 109–118.
- Sharma, S. K. (2017). *Potter and Perry's Fundamentals of Nursing: Second South Asia Edition*. India: Elsevier.
- Soenarta, A. A., Buranakitjaroen, P., Chia, Y., Chen, C., Nales, J., Hoshide, S., Minh, H. Van, et al. (2020). An overview of hypertension and cardiac involvement in Asia: Focus on heart failure. *The Journal of Clinical Hypertension*, *22*(3), 423–430. Blackwell Publishing Inc. Retrieved July 30, 2020, from <https://onlinelibrary.wiley.com/doi/abs/10.1111/jch.13753>
- Steele, R., & Robinson, M. (2018). *Family Health Care Nursing: Theory, Practice, and Research - Joanna Rowe Kaakinen, Deborah Padgett Coehlo, Rose Steele, Melissa Robinson - Google Books*. Philadelphia: F.A Davis Company.
- Stromberg, H., Dallred, C., & deWit, S. C. (2017). *Medical-Surgical Nursing*. United States of America: Elsevier.
- Sugiarto, E. (2015). *Menyusun Proposal Penelitian Kualitatif: Skripsi dan Tesis*. Yogyakarta: Suaka Media.
- Swarjana, I. K. (2012). *Metodologi Penelitian Kesehatan* (1st ed.). Yogyakarta: ANDI OFFSET.
- Taft, C., Hallberg, I., Bengtsson, U., Manhem, K., & Kjellgren, K. (2018). Links between blood pressure and medication intake, well-being, stress, physical activity and symptoms reported via a mobile phone-based self-management support system: a cohort study in primary care. *BMJ Open*, *8*(8), e020849. Retrieved October 24, 2018, from <http://bmjopen.bmj.com/lookup/doi/10.1136/bmjopen-2017-020849>
- Texas Council for Developmental Disabilities. (2013). Basic Behavior Components. *Project IDEAL*. Retrieved September 6, 2020, from <http://www.projectidealonline.org/v/basic-behavior-components/>

- Wang, C., Lang, J., Xuan, L., Li, X., & Zhang, L. (2017). The effect of health literacy and self-management efficacy on the health-related quality of life of hypertensive patients in a western rural area of China: a cross-sectional study. Retrieved January 17, 2019, from [https://en.wikipedia.org/wiki/Quality\\_of\\_life\\_](https://en.wikipedia.org/wiki/Quality_of_life_)
- World Health Organization. (2017). *Physical activity for patients with hypertension*. Switzerland. Retrieved January 28, 2021, from <https://iris.wpro.who.int/bitstream/handle/10665.1/13561/9789290618010-hyp-mod5-eng.pdf>
- World Health Organization. (2019a). *World Hypertension Day 2019*. Switzerland. Retrieved from [https://www.who.int/cardiovascular\\_diseases/world-hypertension-day-2019/en/](https://www.who.int/cardiovascular_diseases/world-hypertension-day-2019/en/)
- World Health Organization. (2019b). Hypertension. *World Health Organization*. Retrieved June 9, 2020, from <https://www.who.int/news-room/fact-sheets/detail/hypertension>
- World Health Organization. (2020). Salt reduction. *Salt Reduction*. Retrieved January 27, 2021, from <https://www.who.int/news-room/fact-sheets/detail/salt-reduction>
- Yoost, B. L., & Crawford, L. R. (2016). *Fundamentals of Nursing*. United States of America: Elsevier.
- Yusuf, M. A. (2017). *Metode Penelitian : Kuantitatif, Kualitatif, dan Penelitian Gabungan* (4th ed.). Jakarta: Kencana.