

DAFTAR PUSTAKA

- ACC. (2014). *Lokasi Lemak Tubuh Dapat Meningkatkan Risiko Hipertensi*. American College of Cardiology. Retrieved from <https://www.acc.org>
- Ademe, S., Aga, F., & Gela, D. (2019). Hypertension Self-Care Practice and Associated Factors Among Patients in Public Health Facilities of Dessie Town , Ethiopia. *BMC Health Services Research*, *19:51*(1), 1–9. 10.1186/s12913-019-3880-0
- Akoko, B. M., Fon, P. N., Ngu, R. C., & Ngu, K. B. (2017). Knowledge of Hypertension and Compliance with Therapy Among Hypertensive Patients in the Bamenda Health District of Cameroon: A Cross-sectional Study. *Cardiology and Therapy*, *6*(1), 53–67. 10.1007/s40119-016-0079
- Andjelkovic, V., & Vidanovic, S. (2014). The Satisfaction of The Family Roles in Serbian Employed and Unemployed Inhabitants. *Procedia Social and Behavioral Sciences*, *159*, 625–629. 10.1016/j.sbspro.2014.12.437
- Anjum, V., Ansari, S. H., Naquvi, K. J., Arora, P., & Ahmad, A. (2013). Development of quality standards of Carica Papaya Linn . leaves. *Der Pharmacia Lettre*, *5*(2), 370–376
- Appel, L., Champagne, C., Harsha, D., Cooper, L., Obarzanek, E., Elmer, P., ... Young, D. (2003). Effects of Comprehensive Lifestyle Modification on Blood Pressure Control. *JAMA: The Journal of the American Medical Association*, *289*(16), 2083–2093. 10.1001 / jama.289.16.2083

- Aucott, L., Poobalan, A., Smith, W. C. S., Avenell, A., Jung, R., & Broom, J. (2005). Effects of Weight Loss in Overweight / Obese Individuals and Long-Term Hypertension Outcomes A Systematic Review. *American Heart Association Journal*, 45, 1035–1041. 10.1161/01.HYP.0000165680.59733
- Bacon, S. L., Sherwood, A., Hinderliter, A., & Blumenthal, J. A. (2004). Effects of Exercise , Diet and Weight Loss on High Blood Pressure. *Sports Medicine*, 34(5), 307–316. 10.2165/00007256-200434050-00003
- Barreto, S., & Marcon, S. S. (2014). Patient Perspectives on Family Participation in the Treatment of Hypertension. *Text Context Nursing, Florianópolis*, 23(1), 38–46. 10.1590/S0104-07072014000100005
- Berry, E., Lockhart, S., Davies, M., Lindsay, J. R., & Dempster, M. (2015). Diabetes Distress : Understanding the Hidden Struggles of Living with Diabetes and Exploring Intervention Strategies. *Postgraduate Medical Journal*, 91(1075), 278–283. 10.1136/postgradmedj-2014-133017
- Biernat, E., Piątkowska, M., & Mynarski, W. (2018). Prevalence and Socioeconomic Determinants of Leisure Time Physical Activity Among Polish Farmers. *Annals of Agricultural and Environmental Medicine*, 25(1), 151–156. 10.26444/aaem/75927
- Blumenthal, J. A., Sherwood, A., Gullette, E. C. D., Babyak, M., Waugh, R., Georgiades, A., ... Tweedy, D. (2000). Exercise and Weight Loss Reduce Blood Pressure in Men and Women With Mild Hypertension. *JAMA International Medicine*, 160(13), 1947–1958. 10.1001 / archinte.160.13.1947
- Bosworth, H. B., Dubard, C. A., Ruppenkamp, J., Trygstad, T., Hewson, D. L., & Jackson, G. L. (2011). Evaluation of a

Self-Management Implementation Intervention to Improve Hypertension Control Among Patients in Medicaid. *Translational Behavioral Medicine*, 1(1), 191–199. 10.1007/s13142-010-0007

Ceide, M. E., Pandey, A., Ravenell, J., Donat, M., Ogedegbe, G., & Jean Louis, G. (2015). Associations of Short Sleep and Shift Work Status with Hypertension among Black and White Americans. *International Journal of Hypertension*. 10.1155/2015/697275

Chang, A. K., & Lee, E. J. (2015). Factors Affecting Self-Care in Elderly Patients with Hypertension in Korea. *International Journal of Nursing Practice*, 21(5), 584–591. 10.1111/ijn.12271

Chang, S., & Yu, C. (2013). Perspective of Family Caregivers on Self-Care Independence Among Older People Living in Long-term Care Facilities: A Qualitative Study. *International Journal of Nursing Studies*, 50(5), 657–663. 10.1016/j.ijnurstu.2012.10.013

Chawla, P., Messerli, F. H., Neutel, J. M., & Weber, M. A. (2000). Implications of a Health Lifestyle and Medication Analysis for Improving Hypertension Control. *Archives of Internal Medicine*, 160(4), 481–490. 10.1001/archinte.160.4.481

Chobanian, A., Bakris, G., Balck, H., Lee Green, C., Izzo, J., Jones, D., ... National High Blood Pressure Education Program Coordinating Committee. (2003). Seventh Report Of The Joint National Committee On Prevention, Detection, Evaluation, And Treatment, Of High Blood Pressure. *American Heart Association Journals*, 42, 1206–1252. 10.1161/01.HYP.0000107251.49515

- Choi, H. M., Kim, H. C., & Kang, D. R. (2017). Sex differences in hypertension prevalence and control: Analysis of the 2010-2014 Korea National Health and Nutrition Examination Survey. *PLoS ONE*, *12*(5), 1–12. 10.1371/journal.pone.0178334
- Clemow, L. P., Pickering, T. G., Davidson, K. W., Schwartz, J. E., Williams, V. P., Shaffer, J. A., ... Gerin, W. (2018). Stress management in the Workplace for Employees With Hypertension. *Translational Behavioral Medicine*, *8*(5), 761–770. 10.1093/tbm/iby018
- Clougherty, J. E., Slade, M. D., & Cullen, M. R. (2009). Workplace Status and Risk of Hypertension Among Hourly and Salaried Aluminum Manufacturing Employees. *Journal of Social Science and Medicine*, *68*(2), 304–313. 10.1016/j.socscimed.2008.10.014
- D, V., Alagic, T., & M., M. (2014). Determination of Total Phenolic Content and Antioxidant Activity of Ethanol Extracts from Aloe spp . *Bulletin of the Chemists and Technologists of Bosnia and Herzegovina*, *42*(1), 5–10.
- Daugherty, S. L., Masoudi, F. A., Ellis, J. L., Ho, P. M., Schmittiel, J. A., Tavel, H. M., ... Magid, D. J. (2012). Age Dependent Gender Differences in Hypertension Management. *Journal of Hypertension*, *29*(5), 1005–1011. 10.1097/HJH.0b013e3283449512
- De Jesus Romero-Prado, M. M., Curiel-Beltrán, J. A., Miramontes-Espino, M. V., Cardona-Muñoz, E. G., Rios-Arellano, A., & Balam-Salazar, L. B. (2015). Dietary Flavonoids Added to Pharmacological Antihypertensive Therapy are Effective in Improving Blood Pressure. *Basic and Clinical Pharmacology and Toxicology*, *117*(1), 57–64. 10.1111/bcpt.12360

- Debnath, T., Ghosh, M., Lee, Y. M., Nath, N. C. D., Lee, K. G., & Lim, B. O. (2017). Identification of Phenolic Constituents and Antioxidant Activity of Aloe Barbadensis Flower Extracts. *Food and Agricultural Immunology*, *105*, 1–12. 10.1080/09540105.2017.1358254
- Denyes, M. J., Orem, D. E., & Bekel, G. (2001). Self-Care: A Foundational Science. *Nursing Science Quarterly*, *14*(1), 48–54. 10.1177/089431840101400113
- Depkes. (2010). *Pedoman Penemuan Dan Tatalaksana Hipertensi*. Departemen Kesehatan RI. Indonesia. Retrieved from <https://agus34drajat.files.wordpress.com/2010/10/pedoman-penemuan-dan-tatalaksana-hipertensi1.pdf>
- Depkes. (2016). *Profil Kesehatan Indonesia*. Departemen Kesehatan Republik Indonesia. Retrieved from <http://www.depkes.go.id/folder/view/01/structure-publikasi-data-pusat-data-dan-informasi.html>
- Devito Dabbs, A., Terhorst, L., Song, M. K., Shellmer, D. A., Aubrecht, J., Connolly, M., & Dew, M. A. (2013). Quality of Recipient-Caregiver Relationship and Psychological Distress are Correlates of Self-Care Agency After Lung Transplantation. *Clinical Transplantation*, *27*(1), 113–120. 10.1111/ctr.12017
- Diaz, K. M., & Shimbo, D. (2013). Physical Activity and the Prevention of Hypertension. *Current Hypertension Report*, *15*(6), 659–668. 10.1007/s11906-013-0386-8
- Donnelly, K., Twenge, J. M., Clark, M. A., Shaikh, S. K., Beilermay, A., & Carter, N. T. (2016). Attitudes Toward Women's Work and Family Roles in the United States, 1976 – 2013. *Psychology of Women Quarterly*, *40*(1), 41–54. 10.1177/0361684315590774

- Doubova, S. V, Martinez-vega, I. P., Aguirre-, R., Pérez-cuevas, R., Doubova, S. V, Martinez-vega, I. P., & Aguirre-, R. (2016). Association of Hypertension-Related Distress with Lack of Self-Care Among Hypertensive Patients. *Psychology, Health & Medicine*, 22(1), 1–14. 10.1080/13548506.2016.1239830
- Drevenhorn, E., Bengtson, A., Nyberg, P., & Kjellgren, K. I. (2015). Assessment of hypertensive patients' self-care agency after counseling training of nurses. *Journal of the American Association of Nurse Practitioners*, 27(11), 624–630. 10.1002/2327-6924.12222
- Duarte, J., Vargas, F., Ocete, M. A., Pe, R., Zarzuelo, A., Tamargo, J., & Pe, F. (2001). Antihypertensive effects of the γ avonoid quercetin in spontaneously hypertensive rats. *British Journal of Pharmacology*, 133(1), 117–124. 10.1038/sj.bjp.0704064
- Dye, C. J., Williams, J. E., & Evatt, J. H. (2015). Improving Hypertension Self-Management With Community Health Coaches. *Health Promotion Practice*, 16(2), 271–281. 10.1177/1524839914533797
- Earnest, C. P., & Church, T. S. (2016). Evaluation of a Voluntary Work Site Weight Loss Program on Hypertension. *JOEM Hypertension*, 58(12), 1207–1211. 10.1097/JOM.0000000000000888
- Eaton, P. M., Davis, B. L., Hammond, P. V, Condon, E. H., & McGee, Z. T. (2013). Coping Strategies of Family Members of Hospitalized Psychiatric Patients. *Nursing Research and Practice*, 2011, 1–12. 10.1155/2011/392705
- Edwards, R. L., Lyon, T., Litwin, S. E., Rabovsky, A., & Symons, J. D. (2007). Quercetin Reduces Blood Pressure in. *The Journal of Nutrition*, 137(11), 2405–2411. 10.1093/jn / 137.11.2405

- Ekmekcioglu, C., Elmadfa, I., Meyer, A. L., & Moeslinger, T. (2015). The role of dietary potassium in hypertension and diabetes. *Journal of Physiology and Biochemistry*, 72(1), 93–106. 10.1007/s13105-015-0449-1
- Emerson, E., Colbert, A., Turk, M., & Dickson, V. V. (2018). Self-care among Filipinos in the United States who have hypertension. *Applied Nursing Research*, 39(October 2017), 71–76. 10.1016/j.apnr.2017.11.002
- Endale, M., Chun Park, S., Kim, S., Kim, S.-H., Yang, Y., Youl Cho, J., & Hee Rhee, M. (2013). Quercetin Disrupts Tyrosine-Phosphorylated Phosphatidylinositol 3-kinase and Myeloid Differentiation Factor-88 Association, and Inhibits MAPK/AP-1 and IKK/NF- κ B-induced Inflammatory Mediators Production in RAW 264.7 cells. *Immunobiology*, 218(12), 1452–1467. 10.1016/j.imbio.2013.04.019
- Ettehad, D., Emdin, C. A., Kiran, A., Anderson, S. G., Callender, T., Emberson, J., ... Rodgers, A. (2016). Blood Pressure Lowering for Prevention of Cardiovascular Disease and Death: a Systematic Review and Meta-analysis. *The Lancet*, 387(10022), 957–967. 10.1016/S0140-6736(15)01225-8
- Everett, B., & Zajacova, A. (2015). Gender Difference in Hypertension and Hypertension Awareness Among Young Adults. *Biodemography and Social Biology*, 61(1), 1–17. 10.1080/19485565.2014.929488
- F. Loyke, H. (2013). Five Phases of Blood Pressure in Alcoholics. *The Journal of Clinical Hypertension*, 15(9), 699. 10.1111/jch.12143
- Flynn, S. J., Ameling, J. M., Hill-briggs, F., Wolff, J. L., Bone, L. R., Levine, D. M., ... Cooper, L. A. (2013). Facilitators and Barriers to Hypertension Self-Management in Urban

African Americans : Perspectives of Patients and Family Members. *Patient Preference and Adherence*, 7, 741–749.

Friedemann, M.-L. (1989). The concept of family nursing. *Journal of Advanced Nursing*, (14), 211–216. 10.1111/j.1365-2648.1989.tb01527

Frisoli, T. M., Schmieder, R. E., Grodzicki, T., & Messerli, F. H. (2012). Salt and Hypertension : Is Salt Dietary Reduction Worth the Effort? *AJM*, 125(5), 433–439. 10.1016/j.amjmed.2011.10.023

Gauer, R., Army, W., Bragg, F., & Carolina, N. (2017). Severe Asymptomatic Hypertension: Evaluation and Treatment. *Journal of American Family Physician*, 95(8), 492–500

Gaunt, R. (2013). Breadwinning Moms , Caregiving Dads : Double Standard in Social Judgments of Gender Norm Violators. *Journal of Family Issues*, 34(1), 3–24. 10.1177/0192513X12438686

Gebrezgi, M. T., Trepka, M. J., & Kidane, E. A. (2017). Barriers to and facilitators of hypertension management in Asmara, Eritrea: patients' perspectives. *Journal of Health, Population and Nutrition*, 36(11), 1–7. <https://doi.org/10.1186/s41043-017-0090-4>

Gillis, E. E., & Sullivan, J. C. (2016). Sex Differences in Hypertension. *Hypertension*, 68(6), 1322–1327. 10.1161/HYPERTENSIONAHA.116.06602

Go, A. S., Bauman, M., King, S. M. C., Fonarow, C., Lawrence, F. W., & Williams, F. K. A. (2013). An Effective Approach to High Blood Pressure Control. *Journal of the American College of Cardiology*, 1–22. 10.1016/j.jacc.2013.11.007

Haymore, L. B., Lin, F., Laux, J., Jones, D., Wu, J., Dewalt, D., ... Corbie-smith, G. (2015). Family Member

Accompaniment to Routine Medical Visits is Associated with Better Self-Care in Heart Failure Patients. *Chronic Illness*, 11(1), 21–32. 10.1177/1742395314532142

- Hastuti., J., 2013. Anthropology and Body Composition of Indonesian Adult: An Evaluation of Body Image, Eating Behavior, and Physical Activity. *Queensland University of Technology*, 170-264.
- He, F. J., Li, J., & Macgregor, G. A. (2013). Effect of Longer Term Modest Salt Reduction on Blood Pressure : Cochrane Systematic Review and Meta-analysis of Randomised Trials. *British Medical Journal*, 1325(4), 1–15. 10.1136/bmj.f1325
- He, F. J., & Macgregor, G. A. (2002). Effect of Modest Salt Reduction on Blood Pressure : a Meta-analysis of Randomized Trials . Implications for Public Health. *Journal of Human Hypertension*, 16(11), 761–770. 10.1038/sj.jhh.1001459
- Hennein, R., Hwang, S., Rhoda, A., Levy, D., Muntner, P., Fox, C. S., & Julianto, M. (2019). Barriers to Medication Adherence and Links to Cardiovascular Disease Risk Factor Control: the Framingham Heart Study. *International Medicine Journal*, 48(4), 414–421. 10.1111/imj.13687
- Hernandez-vila, E. (2015). A Review of the JNC 8 Blood Pressure Guideline. *Texas Heart Institute Journal*, 42(3), 226–228. 10.14503 / THIJ-15-5067
- Hidayat Alimul, Aziz. (2017). *Metodologi Penelitian Keperawatan*. Jakarta. Salemba Medika.
- Houston, M. C. (2011). The Importance of Potassium in Managing Hypertension. *Current Hypertension Report*, 13(4), 309–317. 10.1007/s11906-011-0197-8

- Huang, X., Yang, H., Wang, H. H. X., Qiu, Y., & Lai, X. (2015). The Association Between Physical Activity , Mental Status , and Social and Family Support with Five Major Non-Communicable Chronic Diseases Among Elderly People : A Cross-Sectional Study of a Rural Population in Southern China. *International Journal of Environmental Research and Public Health*, 12(10), 13209–13223. 10.3390/ijerph121013209
- Husain, K., Ansari, R. A., & Ferder, L. (2014). Alcohol-induced hypertension: Mechanism and prevention, 6(5), 245–253. 10.4330/wjc.v6.i5.245
- Ibrahim, I., Hassali, M., Saleem, F., & Al Tukmagi, H. (2016). A qualitative insight on complementary and alternative medicines used by hypertensive patients. *Journal of Pharmacy And Bioallied Sciences*, 8(4), 284. 10.4103/0975-7406.199349
- Imber- black, E. (2011). The Evolution of Family Process : Contexts and. *Family Process*, 50(3), 267–279. <https://doi.org/10.1111/j.1545-5300.2011.01367>
- Irwan, A. M., Kato, M., Kitaoka, K., Kido, T., Taniguchi, Y., & Shogenji, M. (2016). Self-care Practices and Health-seeking Behavior Among Older Persons in a Developing Country: Theories-based research. *International Journal of Nursing Sciences*, 3(1), 11–23. 10.1016/j.ijnss.2016.02.010
- J. Appel, L., J. Moore, T., Obarzanek, E., M. Vollmer, W., P. Svetkey, L., M. Sacks, F., ... Karanja, N. (1997). A Clinical Trial of the Effects of Dietary Patterns On Blood Pressure. *Journal of Medicine*, 336(16), 1117–1124. 10.1056/NEJM199704173361601
- Jebraeily, M., Rahimi, B., Makhdoomi, K., & Khorami, F. (2016). Patient Education : A Study On the Present Situation and Factors Affecting Success of Patient

Education in Hemodialysis. *Hormozgan Medical Journal*, 20(4), 250–256

- Jr. Anderson., H. Gunnar. (1999). Effect of Age on Hypertension: Analysis of Over 4,800 Referred Hypertensive Patients. *Saudi Journal of Kidney Diseases and Transplantation*, 10(3), 286–297
- Kaakinen, J. R., Coehlo, D. P., Steele, R., Tabacco, A., & Hanson, S. M. H. (2015). *Family Health Care Nursing: Theory, Practice and Research*. F. A. Davis Company 1915 (5th ed.). Davis Company.
- Kasl, S. V., & Cobb, S. (2017). Health Behavior , Illness Behavior and Sick Role behavior Review - . Article Health Behavior , IUnes s Behavior. *Archives of Environmental Health: An International Journal*, 12(2), 246–266. 10.1080/00039896.1966.10664365
- Khatib, R., Schwalm, J., Yusuf, S., Haynes, R. B., Mckee, M., Khan, M., & Nieuwlaat, R. (2014). Patient and Healthcare Provider Barriers to Hypertension Awareness , Treatment and Follow Up : A Systematic Review and Meta-Analysis of Qualitative and Quantitative Studies. *PLoS ONE*, 9(1), 1–12. 10.1371/journal.pone.0084238
- Knežević, I., Gregov, L., & Šimunić, A. (2016). Saliency and Conflict of Work and Family Roles Among Employed Men and Women. *The Journal of Institute for Medical Research and Occupational Health*, 67(2), 152–163. <https://doi.org/10.1515/aiht-2016-67-2724>
- Landsbergis, P. A., Diez-roux, A. V, Fujishiro, K., Baron, S., Kaufman, J. D., Meyer, J. D., ... Szklo, M. (2015). Job Strain, Occupational Category, and Hypertension Prevalence: The Multi-Ethnic Study of Atherosclerosis. *Journal of Occupational and Environmental Medicine*, 57(11), 1178–1184. 10.1097/JOM.0000000000000533

- Leliqia, N. P. E., Sukandar, E. Y., & Fidrianny, I. (2017). Overview of Efficacy, Safety and Phytochemical Study of *Anredera Cordifolia* (Ten.) Steenis. *Pharmacologyonline*, *1*, 124–131.
- Liu, M., Li, Nali., A. Li, William., & Khan, H. (2017). Association Between Psychosocial Stress and Hypertension: a Systematic Review and Meta- Analysis. *Neurological Research*, *39*(6), 573–580. 10.1080/01616412.2017.1317904
- Liu, S. Y., Buka, S. L., Linkletter, C., Kawachi, I., Kubzansky, L., & Loucks, E. B. (2011). The Association Between Blood Pressure and Years of Schooling Versus Educational Credentials: Test of the Sheepskin Effect. *Annals of Epidemiology Journal*, *21*(2), 128–138. 10.1016/j.annepidem.2010.11.004
- Lopez, A., Tangil, M. S. De, Vega-orellana, O., Ramírez, A. S., & Rico, M. (2013). Phenolic Constituents, Antioxidant and Preliminary Antimycoplasmic Activities of Leaf Skin and Flowers of *Aloe vera* (L.) Burm. f. (syn. *A. barbadensis* Mill.) from the Canary Islands (Spain). *Molecules*, *18*(5), 4942–4954. 10.3390/molecules18054942
- Manfredini, R., Giorgi, A. De, Tiseo, R., Boari, B., Cappadona, R., Salmi, R., ... Fabbian, F. (2017). Martial Status, Cardiovascular Diseases, and Cardiovascular Risk Factors: A Review of the Evidence. *Journal of Women's Health*, *26*(6), 624–632. 10.1089/jwh.2016.6103
- Maree, C., & Downes, F. (2016). Trends in Family-Centered Care in Neonatal Intensive Care. *The Journal of Perinatal & Neonatal Nursing*, *30*(3), 265–269. 10.1097/JPN.0000000000000202
- Martin, P., Duffy, T., Johnston, B., Banks, P., Harkess-Murphy, E., & Martin, C. R. (2013). Family Health Nursing: A

Response to the Global Health Challenges. *Journal of Family Nursing*, 19(1), 99–118. 10.1177/1074840712471810

Martinez-montilla, J. M., Amador-marín, B., & Guerra-martín, M. D. (2017). Family Coping Strategies and Impacts on Family Health: A Literature Review. *Enfermería Global*, 592–604

Marunaka, Y., Marunaka, R., Sun, H., Yamamoto, T., Kanamura, N., Inui, T., & Taruno, A. (2017). Actions of Quercetin, a Polyphenol, on Blood Pressure. *Molecules*, 22(2), 5–8. 10.3390/molecules22020209

Maslakpak, M. H., Rezaei, B., & Parizad, N. (2018). Does Family Involvement in Patient Education Improve Hypertension Management? A Single-Blind Randomized , Parallel Group , Controlled Trial. *Cogent Medicine*, 5(1), 1–13. 10.1080/2331205X.2018.1537063

Mayberry, L. S., Shinn, M., Benton Gibbons, J., & Wise, J. (2015). Housing Programs on Family Routines and Rituals. *PMC Journal*, 84(1), 95–109. 10.1037/h0098946.Families

Mayberry, L. S., & Y. Osborn, C. (2015). Family Involvement is Helpful and Harmful to Patients' Self-care and Glycemic Control Lindsay. *Patient Education And Counseling*, 97(3), 418–425. <https://doi.org/10.1016/j.pec.2014.09.011>

Mc, K. P., Versace, V. L., Marriott, J. L., & James, A. (2014). Patient Engagement Strategies Used for Hypertension and Their Influence on Self-Management Attributes. *Family Practice*, 31(4), 437–444. 10.1093/fampra/cmu026

Micek, J., Jurikova, T., Skrovankova, S., & Sochor, J. (2016). Quercetin and Its Anti-Allergic Immune Response. *Molecules*, 21(5), 1–15. 10.3390/molecules21050623

- Mills, K. T., Bundy, J. D., Kelly, T. N., Reed, J. E., Kearney, P. M., Reynolds, K., & Chen, J. (2017). Global Disparities of Hypertension Prevalence and Control: A Systematic Analysis of Population-based Studies from 90 Countries, *134*(6), 441–450. 10.1161/CIRCULATIONAHA.115.018912
- Musinguzi, G., Anthierens, S., Nuwaha, F., Geertruyden, J. Van, Wanyenze, R. K., & Bastiaens, H. (2018). Factors Influencing Compliance and Health Seeking Behaviour for Hypertension in Mukono and Buikwe in Uganda: A Qualitative Study. *International Journal of Hypertension*, (4). 10.1155/2018/8307591
- Najimi, A., Mostafavi, F., Sharifirad, G., & Golshiri, P. (2018). Barriers to Medication Adherence in Patients With Hypertension: *Journal of Education and Health Promotion*, 7(24), 1–7. 10.4103/jehp.jehp
- Nejatzadeh-barandozi, F. (2013). Antibacterial activities and antioxidant capacity of Aloe vera. *Organic and Medicinal Chemistry Letters*, 3(1), 10.1186/2191-2858-3-5
- Nuridayati, A. (2013) Efektivitas Edukasi Diet dan Terapi Obat Terhadap Pengetahuan, Perilaku Diet dan Kepatuhan Minum Obat Penderita Hipertensi. Universitas Muhammadiyah Yogyakarta.
- Nursalam. (2017). *Metodologi Penelitian Kesehatan dan Keperawatan*. Jakarta: Salemba Mdika.
- Novello, M. F., Luiza, M., Rosa, G., Ferreira, R. T., Nunes, I. G., José, A., ... Mesquita, E. T. (2016). Compliance with the Prescription of Antihypertensive Medications and Blood Pressure Control in Primary Care. *Journal of Brazilian Society of Cardiology*, 108(2), 135–142. 10.5935/abc.20170009

- Nuridayati, A. (2011). *Efektivitas Edukasi Diet, Terapi Obat Terhadap Pengetahuan, Perilaku Diet, Kepatuhan Minum Obat dan Stabilitas Tekanan Darah Pasien Hipertensi*. Universitas Muhammadiyah Yogyakarta.
- Olack, B., Wabwire-mangen, F., Smeeth, L., Montgomery, J. M., Kiwanuka, N., & Breiman, R. F. (2015). Risk Factors of Hypertension Among Adults Aged 35 – 64 Years Living in an Urban Slum Nairobi , Kenya. *BMC Public Health*, 15(1251), 1–9. 10.1186/s12889-015-2610-8
- Olde, D., Alpert, P., & Angosta, A. (2014). A Patient with Metabolic Syndrome and the Role of the Advanced Practice Metabolic Syndrome: Clinical Perspective for Best Practice. *Journal of the American Association of Nurse Practitioners*, 644–652. 10.1002/2327-6924.12048
- Oliveira-filho, A. D., Barreto-filho, J. A., Joany, S., Neves, F., Pereira, D., & Junior, D. L. (2012). Association between the 8-item Morisky Medication Adherence Scale (MMAS-8) and Blood Pressure Control. *Arquivos Brasileiros de Cardiologia*, 99(1), 649–658
- Osamor, P. E. (2015). Social Support and Management of Hypertension in South-West Nigeria. *Cardiovascular Journal of Africa*, 26(1), 29–33. 10.5830/CVJA-2014-066
- Oyetunde, M. O., & Akinmeye, A. J. (2015). Factors Influencing Practice of Patient Education Among Nurses at the University College Hospital , Ibadan. *Journal of Nursing*, 5(5), 500–507. 10.4236 / ojn.2015.55053
- Perez-brena, N., Updegraff, K. A., & Umaña-taylor, A. J. (2013). Father and Mother Adolescent Decision Making in Mexican Origin Families. *PMC Journal*, 41(4), 460–473. <https://doi.org/10.1007/s10964-011-9660-8>
- Perry-jenkins, M., & Crouter, A. (1990). Men's Provider-Role Attitudes. *Journal of Family Issues*, 11(2), 136–156.

10.1177/019251390011002002

- Pinelli, J. (2000). Effects of Family Coping and Resources on Family Adjustment and Parental Stress in the Acute Phase of the NICU Experience. *Neonatal Network*, 19(6), 27–37. 10.1891 / 0730-0832.19.6.27
- Poorolajal, J., Zeraati, F., Soltanian, A. R., Sheikh, V., Hooshmand, E., & Maleki, A. (2017). Oral Potassium Supplementation for Management of Essential Hypertension : A Meta-analysis of Randomized Controlled Trials. *PLoS ONE*, (4), 1–16. 10.1371/journal.pone.0174967
- Potter, P. A., Perry, A. G., Stockert, P. A., & Hall, A. M. (2013). *Fundamentals of Nursing. Fundamental of Nursing*. Mosby Elsevier.
- Puar, T., Mok, Y., Debajyoti, R., Khoo, J., How, C., & Ng Kok Heong, A. (2016). Secondary hypertension in adults. *Singapore Medical Journal*, 57(5), 228–232. 10.11622/smedj.2016087
- Rahmawati, R., & Bajorek, B. (2018). The use of traditional medicines to lower blood pressure : A survey in rural areas in Yogyakarta province , Indonesia What this study adds : *Australasian Medical Journal*, 11(3), 153–162. 10.21767/AMJ.2018.3269
- Raji, Y. R., Abiona, T., & Gureje, O. (2017). Awareness of Hypertension and its Impact on Blood Pressure Control Among Elderly Nigerians: Report from the Ibadan Study of Aging. *Pan African Medical Journal*, 27(190), 1–14. 10.11604/pamj.2017.27.190.11682
- Ramezankhani, A., Azizi, F., & Hadaegh, F. (2019). Associations of Marital Status with Diabetes , Hypertension , Cardiovascular Disease and All- Cause Mortality : A long

term follow-up study. *PLoS ONE*, 14(4), 1–15. 10.1371/journal.pone.0215593

Riskesdas. (2013). *Riset Kesehatan Dasar*. Kementerian Kesehatan Republik Indonesia. Retrieved from: [http://www.depkes.go.id/resources/download/general/Hasil Riskesdas 2013.pdf](http://www.depkes.go.id/resources/download/general/Hasil_Riskesdas_2013.pdf)

Roerecke, M., Kaczorowski, J., Tobe, S. W., Gmel, G., Hasan, O. S. M., & Rehm, J. (2017). The Effect of a Reduction in Alcohol Consumption on Blood Pressure: a Systematic Review and Meta-analysis. *The Lancet Public Health*, 2(2), 108–120. 10.1016/S2468-2667(17)30003-8

Roldán-merino, J., Lluch-canut, T., Alcaina, M., Sanjuan, A., & Abad, J. (2014). Psychometric Evaluation of a New Instrument in Spanish to Measure Self-Care Requisites in Patients With Schizophrenia. *Perspectives in Psychiatric Care*, 50, 93–101. 10.1111/ppc.12026

Sabouhi, F., Babae, S., Naji, H., & Zadeh, A. H. (2011). Knowledge, Awareness, Attitudes and Practice About Hypertension in Hypertensive Patients Referring to Public Health Care Centers in Khor and Biabanak. *Iranian Journal of Nursing and Midwifery Research*, 16(1), 34–40.

Saeidzadeh, S., Darvishpoor Kakhki, A., & Abed Saedi, J. (2016). Factors associated with self-care agency in patients after percutaneous coronary intervention. *Journal of Clinical Nursing*, 25(21–22), 3311–3316. 10.1111/jocn.13396

Samal, D., Greisenegger, S., Auff, E., Lang, W., & Lalouschek, W. (2007). The Relation Between Knowledge About Hypertension and Education in Hospitalized Patients With Stroke in Vienna. *Journal of Stroke*, 38(4), 1304–1308. 10.1161/01.STR.0000259733.43470.27

- Schwandt, H. M., Coresh, J., & Hindin, M. J. (2010). Martial Status, Hypertension, Coronary Heart Disease, Diabetes, and Death Among African American Women and Men: Incidence and Prevalence in the Atherosclerosis Risk In Communities (ARIC) Study Participant. *Journal Family Issues*, *31*(9), 1211–1229. 10.1177/0192513X10365487
- Saraswati. (2017) Perilaku Kerja, Perceived Stress, dan Social Support pada Mahasiswa Internship. *Jurnal Muara Ilmu Sosial, Humaniora, dan Seni*, *1*(1), 216-222.
- Serban, M., Sahebkar, A., Zanchetti, A., Mikhailidis, D. P., Howard, G., Antal, D., ... Muntner, P. (2016). Effects of Quercetin on Blood Pressure : A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Journal of the American Heart Association*, *5*(7), 1–15. 10.1161/JAHA.115.002713
- Shen, Y., Peng, X., Wang, M., Zheng, X., Xu, G., Lü, L., ... Wang, J. (2017). Family Member-based Supervision of Patients with Hypertension: A Cluster Randomized Trial in Rural China. *Journal of Human Hypertension*, *31*(1), 29–36. 10.1038/jhh.2016.8
- Slater, J., Sevenhuysen, G., Edginton, B., & Neil, J. O. (2011). “ Trying to make it all come together ”: structuration and employed mothers ’ experience of family food provisioning in Canada. *Health Promotion International*, *27*(3), 405–415. 10.1093/heapro/dar037
- Srivastava, A. K., & Singh, V. K. (2016). Carica Papaya- A Herbal Medicine. *International Journal of Research Studies in Biosciences (IJRSB)*, *4*(11), 19–25. 10.20431/2349-0365.0411004
- Su, T. T., Majid, H. A., Nahar, A. M., Azizan, N. A., & Hairi, F. M. (2014). The Effectiveness of a Life Style Modification and Support Home Blood Pressure Monitoring in Control

of Hypertension: Protocol for a Cluster Randomized Controlled Trial. *BMC Public Health*, 14(3), 1–7. 10.1186/1471-2458-14-S3-S4

Sussman, T., Yaffe, M., Mccusker, J., Burns, V., Strumpf, E., Sewitch, M., & Belzile, E. (2014). A Mixed Methods Exploration of Family Members and Friends ' Roles in a Self-care Intervention for Depressive Symptoms. *Chronic Illnes*, 12(2), 93–106. 10.1177/1742395313500359

Svavarsdottir, E. K., Sigurdardottir, A. O., Konradsdottir, E., Sveinbjarnardottir, K., Ketilsdottir, A., & Stefansdottir, A. (2015). The Process of Translating Family Nursing Knowledge Into Clinical Practice. *Journal of Nursing Scholarship*, 47(1), 5–15. 10.1111/jnu.12108

Swartzman, S. (2017). The Role of Social Support , Family Identification , and Family Constraints in Predicting Post-Traumatic Stress After Cancer. *Journal of Psychooncology*, 26(9), 1330–1335. 10.1002/pon.4304

Tuoyire, D. A., & Yetey, H. (2018). Gender Differences in the Association Between Martial Status and Hypertension in Ghana. *Journal of Biosocial Science*, 51(3), 313–334. 10.1017/S0021932018000147

Vargas, F., Romecin, P., Garcia-Guillen, A., Wangesteen, R., Vargas-Tendero, P., Paredes, M. D., ... García-Estan, J. (2018). Flavonoids in kidney health and disease. *Frontiers in Physiology*, 9(APR), 1–12. 10.3389/fphys.2018.00394

Visco, V., Finelli, R., Valeria, A., Pietro, P., Nicola, M., Valentina, R., ... Iaccarino, G. (2018). Difficult-to-control hypertension : identification of Clinical Predictors and use of ICT-Based Integrated Care to Facilitate Blood Pressure Control. *Journal of Human Hypertension*, 32(7), 467–476. <https://doi.org/10.1038/s41371-018-0063-0>

- Vika, C., Siagian, M. and Wangge, G. (2016) 'Validity and Reliability of Morisky Medication Adherence Scale 8 Bahasa Version to Measure Statin Adherence Among Military Pilots', *Health Science Journal of Indonesia*, 7(2), pp. 129–133. doi: 10.22435 / hsji.v7i2.5343.129-133.
- Wang, L., Li, N., Yao, X., Chang, G., Zhang, D., Heizhati, M., Kong, J. (2017). Detection of Secondary Causes and Coexisting Diseases in Hypertensive Patients : OSA and PA Are the Common Causes Associated with Hypertension. *BioMed Research International*, 2017, 1–8. 10.1155/2017/8295010
- Wang, X., Liu, Q., Ren, Y., Lv, J., & Li, L. (2015). Family Influences on Physical Activity and Sedentary Behaviours in Chinese Junior High School Students : A Cross-Sectional Study. *BMC Public Health*, 15(287), 1–9. <https://doi.org/10.1186/s12889-015-1593-9>
- Webber, D., Guo, Z., & Mann, S. (2013). Self-care in health: we can define it, but should we also measure it? *SelfCare Journal*, 4(5), 101–106.
- Whelton, K. P., Carey, M. R., Aronow, S. W., Casey, E. D., Collins, J. K., Himmelfarb, C. D., ... Wright, T. J. (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. *Journal of the American College of Cardiology*, 71(19). 10.1016/j.jacc.2017.11.006
- Whelton, P. K., He, J., Cutler, J. A., Brancati, F. L., Appel, L. J., Follmann, D., & Klag, M. J. (1997). Effects of Oral Potassium on Blood Pressure Meta-analysis of Randomized Controlled Clinical Trials. *JAMA*, 277(20), 1624–1632. 10.1001/ jama.1997.03540440058033
- World Family MAP. (2017). *World Family Mapping Family*

Change And Child Well-Being Outcomes. Retrieved from <https://worldfamilymap.ifstudies.org/2017/files/WFM-2017-FullReport.pdf>

Yogiraj, V., Goyal, P. K., Chauhan, C. S., Goyal, A., & Vyas, B. (2014). Carica Papaya Linn: an Overview. *International Journal of Herbal Medicine*, 2(5 Part A), 1–8.

Yuan, S., Weng, S., Chou, M., Tang, Y., & Lee, S. (2011). How Family Support Affects Physical Activity (PA) Among Middle-Aged and Elderly People Before and After They Suffer from Chronic Diseases. *Archives of Gerontology and Geriatrics*, 53(3), 274–277. 10.1016/j.archger.2010.11.029

Zeka, K., Ruparelia, K., Arroo, R., Budriesi, R., & Micucci, M. (2017). Flavonoids and Their Metabolites: Prevention in Cardiovascular Diseases and Diabetes. *Diseases*, 5(3), 1–19. 10.3390/diseases5030019