

## **DAFTAR PUSTAKA**

- Abdullah, A., Othman, S., 2011. The influence of self-owned home blood pressure monitoring (HBPM) on primary care patients with hypertension: a qualitative study. *BMC Fam. Pract.* 12, 1.
- Adhitomo, I., 2014. Hubungan antara pendapatan, pendidikan, dan aktivitas fisik pasien dengan kejadian hipertensi. Tesis. Program Pascasarjana Universitas Sebelas Maret Surakarta.
- Ain, Q.U., Regmi, K., 2015. The effects of smoking in developing hypertension in Pakistan: A systematic review. *South East Asia J. Public Health* 5, 4. doi:10.3329/seajph.v5i1.24845
- Alarcão, Z., Fonseca, J.R.S., 2016. The effect of Reiki therapy on quality of life of patients with blood cancer: Results from a randomized controlled trial. *Eur. J. Integr. Med.* 8, 239–249. doi:10.1016/j.eujim.2015.12.003
- Alligood, M. R., 2014. Pakar Teori Keperawatan dan Karya Mereka. 8 ed. Singapura: Elsevier.
- Alhalaiqa, F., Deane, K.H., Gray, R., 2013. Hypertensive patients' experience with adherence therapy for enhancing medication compliance: a qualitative exploration. *J. Clin. Nurs.* 22, 2039–2052. doi:10.1111/j.1365-2702.2012.04321.x
- Anggreini, W.N., Subandi., 2014. Pengaruh terapi relaksasi zikir untuk menurunkan stress pada penderita hipertensi esensial. *Jurnal Intervensi Psikologi.* Vol 6 No 1.
- Astuti, D. & Setyaningrum, Y. 2016. Pengaruh terapi *Healing Touch* terhadap perubahan Tekanan darah Pasien Hipertensi di Desa Tulakan Donorojo Jepara. *JIKK* Vol. 7 No. 2 :01-79
- Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan RI. 2014. *Riset Kesehatan Dasar Tahun 2014.* Diakses dari <http://www.slemankab.go.id> pada Februari 2017
- Bakri, S., 2009. *The Power of Tasawuf Reiki: Sehat Jasmani Rohani dengan Psikoterapi Islami.* Galang Press.

- Bell, K., Twiggs, J., Olin, B.R., 2015. Hypertension: The silent killer: updated JNC-8 guideline recommendations. *Ala. Pharm. Assoc.* 1–8.
- Bilo, G., Revera, M., Bussotti, M., Bonacina, D., Styczkiewicz, K., Caldara, G., Giglio, A., Faini, A., Giuliano, A., Lombardi, C., Kawecka-Jaszcz, K., Mancia, G., Agostoni, P., Parati, G., 2012. Effects of Slow Deep Breathing at High Altitude on Oxygen Saturation, Pulmonary and Systemic Hemodynamics. *PLoS ONE* 7, e49074. doi:10.1371/journal.pone.0049074
- Birocco, N., Guillame, C., Storto, S., Ritorto, G., Catino, C., Gir, N., Balestra, L., Tealdi, G., Orecchia, C., Vito, G.D., Giaretto, L., Donadio, M., Bertetto, O., Schena, M., Ciuffreda, L., 2012. The Effects of Reiki Therapy on Pain and Anxiety in Patients Attending a Day Oncology and Infusion Services Unit. *Am. J. Hosp. Palliat. Med.* 29, 290–294. doi:10.1177/1049909111420859
- Bokhour, B.G., Cohn, E.S., Cortés, D.E., Solomon, J.L., Fix, G.M., Elwy, A.R., Mueller, N., Katz, L.A., Haidet, P., Green, A.R., Borzecki, A.M., Kressin, N.R., 2012. The Role of Patients' Explanatory Models and Daily-Lived Experience in Hypertension Self-Management. *J. Gen. Intern. Med.* 27, 1626–1634. doi:10.1007/s11606-012-2141-2
- Bourque, A.L., Sullivan, M.E., Winter, M.R., 2012. Reiki as a Pain Management Adjunct in Screening Colonoscopy: *Gastroenterol. Nurs.* 35, 308–312. doi:10.1097/SGA.0b013e3182603436
- Bukowski, E.L., 2015. The use of self-Reiki for stress reduction and relaxation. *J. Integr. Med.* 13, 336–340. doi:10.1016/S2095-4964(15)60190-X
- Busch, V., Magerl, W., Kern, U., Haas, J., Hajak, G., Eichhammer, P., 2012. The effect of deep and slow breathing on pain perception, autonomic activity, and mood processing—an experimental study. *Pain Med.* 13, 215–228.
- Cuneo, C.L., Curtis Cooper, M.R., Drew, C.S., Naoum-Heffernan, C., Sherman, T., Walz, K., Weinberg, J., 2011. The Effect of Reiki on Work-Related Stress of the Registered Nurse. *J. Holist. Nurs.* 29, 33–43. doi:10.1177/0898010110377294

Chritley, H. D., Nicotra, A., Chiesa, P.A., Nagai, Y., Gray, M. A., Minati, L., 2015. Slow Breathing and Hypoxic Challenge: cardiorespiratory Consequences and Their Central Neural Substrates. *Plos One*. doi: 10.1371/journal.pone.0127082

Dajo, P.C., Kandou, G.D., Punuh M.I., 2015. Hubungan kebiasaan merokok, stres, riwayat keluarga dengan kejadian hipertensi pada pasien di rumah sakit umum daerah noongan. Fakultas Kesehatan Masyarakat Universitas Sam Ratulangi.

Daskalopoulou, et.,al. 2015. The Canadian Hypertension Education Program Recommendations for Blood Pressure Measurement, Diagnosis, Assessment of Risk, Prevention, and Treatment of Hypertension. *Can. J. Cardiol.* 31, 549–568. doi:10.1016/j.cjca.2015.02.016

Dinas Kesehatan Kabupaten Sleman. 2017. Profil Kesehatan Kabupaten Sleman Tahun 2017

Dinas Kesehatan Provinsi DIY. 2015. Profil Kesehatan Provinsi DIY Tahun 2015

Egan, B. M., Li, J., Qanungo, S. & Wolfman, T. E., 2014. Blood Pressure and Cholesterol Control in Hypertensive. *ahajournals*, Issue 128, pp. 29-41.

Ehret, G.B., Caulfield, M.J., 2013. Genes for blood pressure: an opportunity to understand hypertension. *European Heart Journal*. 2013;34:951–61 6

Ferraresi, M., Clari, R., Moro, I., Banino, E., Boero, E., Crosio, A., Dayne, R., Rosset, L., Scarpa, A., Serra, E., others, 2013. Reiki and related therapies in the dialysis ward: an evidence-based and ethical discussion to debate if these complementary and alternative medicines are welcomed or banned. *BMC Nephrol*. 14, 1.

Garg, R., Dhar, U., 2014. Effect of Pranayams and Meditation on Autonomic Cardio-Respiratory Variables in Normal Healthy Volunteers. *Indian J. Public Health Res. Dev.* 5, 268. doi:10.5958/0976-5506.2014.00316.7

Ghosh, S., Mukhopadhyay, S., Barik, A., 2016. Sex differences in the risk profile of hypertension: a cross-sectional study. *BMJ Open* 2016;6:e010085. doi:10.1136/bmjopen-2015-010085.

Gibson, H.E., 2012. Exploring the effects of Reiki self-use on health literacy. University of Leeds.

Graudal, N.A., Hubeck-Graudal, T., Jurgens, G., 2011. Effects of low sodium diet versus high sodium diet on blood pressure, renin, aldosterone, catecholamines, cholesterol, and triglyceride, in: The Cochrane Collaboration (Ed.), Cochrane Database of Systematic Reviews. John Wiley & Sons, Ltd, Chichester, UK.

Gumus, A., 2013. The Effect of Cigarette Smoking on Blood Pressure and Hypertension. *Adv. Biosci. Clin. Med.* 1, 6–11. doi:10.7575/aiac.abcmed.v.1n.1p.6

Harada, D., Asanoi, H., Takagawa, J., Ishise, H., Ueno, H., Oda, Y., Goso, Y., Joho, S., Inoue, H., 2014. Slow and deep respiration suppresses steady-state sympathetic nerve activity in patients with chronic heart failure: from modeling to clinical application. *AJP Heart Circ. Physiol.* 307, H1159–H1168. doi:10.1152/ajpheart.00109.2014

Hastuti, R. T & Insiyah., 2015. Penurunan Tekanan darah dengan menggunakan teknik Nafas dalam (*Deep Breathing*) pada Pasien Hipertensi di Puskesmas Bendosari Kabupaten Sukoharjo. *Jurnal Terpadu Ilmu Kesehatan*. Volume 4, No 2, halaman 82-196

Hayama, Y., Inoue, T., 2012. The effects of deep breathing on “tension-anxiety” and fatigue in cancer patients undergoing adjuvant chemotherapy. *Complement. Ther. Clin. Pract.* 18, 94–98. doi:10.1016/j.ctcp.2011.10.001

Henuhili, A., Yuliati, Rahayu, T., Nurkhasanah, L., 2011. Pola Pewarisan Penyakit Hipertensi Dalam Keluarga Sebagai Sumber Belajar Genetika. Prosiding Seminar Nasional Penelitian, Pendidikan dan Penerapan MIPA. Universitas Negeri Yogyakarta. Yogyakarta

Heriziana. 2017. Faktor resiko kejadian penyakit hipertensi di puskesmas basuki rahmat Palembang. *Jurnal Kesmas Jambi (JKMJ)*. Vol.1, No.1

Honervogt, T. & Neiman, C., 2007. Reiki Pedoman Menjadi sehat bagi Orang Sibuk Rutinitas Sederhana di Rumah, di Tempat Kerja, dan Perjalanan. Jakarta: Karisma Publishing Group (Indonesian Edition).

Hopkins, T., 2011. Intisari Medikal Bedah. 3 ed. Jakarta: EGC.

[Http://www.naqsdna.com](http://www.naqsdna.com). *Reiki dan Islam. Reiki dan pandangan Ulama.* di akses pada 8 Oktober 2017

Infodatin Pusat Data dan Informasi Kementerian Kesehatan R.I HIPERTENSI.  
s.l.:Pusat Data dn Informasi Kesehatan Kementerian Kesehatan R.I.  
(Dinkes Yogyakarta, Data Tahun 2014)

Jones, C.U., Sangthong, B., Pachirat, O., Jones, D.A., 2015. Slow breathing training reduces resting blood pressure and the pressure responses to exercise. *Physiol. Res.* 64, 673.

Karen, J.K., Jeri, O. Linda, K.R 2012. Visual nursing: a guide to diseases, skills, and treatments, 2nd ed. ed. Wolters Kluwer Health/Lippincott Williams & Wilkins, Philadelphia.

Kathie Lipinski, R.Y., 2012. Reiki and Nursing.

Kaur, K., Bhambri, E., 2016. Well-Being Through Reiki in Individuals With Trait Anxiety. *INDIAN J. Psychol. Sci.* 6, 107–119.

Kim, B.J., Han, J.M., Kang, J.G., Kim, B.S., Kang, J.H., 2017. Association between cotinine-verified smoking status and hypertension in 167,868 Korean adults. *Blood Press.* 26, 303–310.  
<https://doi.org/10.1080/08037051.2017.1344539>

Kirshbaum, M.N., Stead, M., Bartys, S., 2016. An exploratory study of reiki experiences in women who have cancer. *Int. J. Palliat. Nurs.* 22, 166–172. doi:10.12968/ijpn.2016.22.4.166

Kishore, J., Gupta, N., Kohli, C., Kumar, N., 2016. Prevalence of Hypertension and Determination of Its Risk Factors in Rural Delhi. *Int. J. Hypertens.* 2016, 1–6. doi:10.1155/2016/7962595

Komaling, J.K., Suba, B., Wongkar, D., 2013. Hubungan mengonsumsi alkohol dengan kejadian hipertensi pada laki-laki di desa tompasobaru II kecamatan tompasobaru kabupaten minahasa selatan. ejurnal keperawatan (e-Kp) Volume 1. Nomor 1. Agustus 2013

Kozier, B., Erb, G., Berman, A., Snyder, J.S., 2010. Fundamentals Of Nursing Concepts, Process, and Practice. EGC. Jakarta

Kumala, O.D., Kusprayogi, Y., Nashori, Fuad., 2017. Efektivitas Pelatihan Dzikir dalam peningkatan ketenangan jiwa pada lansia penderita Hipertensi. Psynaptic, Jurnal Ilmiah Psikologi Vol. 4, No.1, Hal : 55-66.

Kurnianto Fajar., 2012. Kitab Shahih Al-Bukhari & Muslim. Alita Aksara Media. Depok

Kryak, E., Vitale, A., 2011. Reiki and Its Journey Into a Hospital Setting: Holist. Nurs. Pract. 25, 238–245. doi:10.1097/HNP.0b013e31822a02ad

Landsbergis, P.A., Diez-Roux, A.V., Fujishiro, K., Baron, S., Kaufman, J.D., Meyer, J.D., Koutsouras, G., Shimbo, D., Shrager, S., Stukovsky, K.H., Szklo, M., 2015. Job Strain, Occupational Category, Systolic Blood Pressure, and Hypertension Prevalence: The Multi-Ethnic Study of Atherosclerosis. J. Occup. Environ. Med. 57, 1178–1184. <https://doi.org/10.1097/JOM.0000000000000533>

Leone, A., 2015. Smoking and Hypertension. Journal Of Cardiology & Current Research, 2(2), pp. 1-7.

Liu, X., Ishimatsu, K., Sotoyama, M., Iwakin, K. 2016. Positive emotion induction respons caused by mental work. Journal of physiological anthropology (2016) 35:27. Doi 10.1186/s40101-016-016-4.

Mahtani, K.R., Beinortas, T., Bauza, K., Nunan, D., 2016. Device-Guided Breathing for Hypertension: a Summary Evidence Review. Curr. Hypertens. Rep. 18. doi:10.1007/s11906-016-0631-z

Marcus, D.A., Blazek-O'Neill, B., Kopar, J.L., 2013. Symptomatic Improvement Reported After Receiving Reiki at a Cancer Infusion Center. Am. J. Hosp. Palliat. Med. 30, 216–217. doi:10.1177/1049909112469275

Matar, D., Frangieh, A.H., Abouassi, S., Bteich, F., Saleh, A., Salame, E., Kassab, R., Azar, R.R., 2015. Prevalence, Awareness, Treatment, and Control of Hypertension in Lebanon. J. Clin. Hypertens. 17, 381–388. doi:10.1111/jch.12485

Meilinda., 2017. Teori Hereditas Mendel : Evolusi atau Revolusi (Kajian Filsafat Sains). *Jurnal pembelajaran biologi, volume 4, nomor 1*

Moertl, M.G., Lackner, H.K., Papousek, I., Roessler, A., Hinghofer-Szalkay, H., Lang, U., Kolovetsiou-Kreiner, V., Schlembach, D., 2013. Phase Synchronization of Hemodynamic Variables at Rest and after Deep Breathing Measured during the Course of Pregnancy. PLoS ONE 8, e60675. doi:10.1371/journal.pone.0060675

Muttaqin, A., 2010. Asuhan Keperawatan Klien dengan Gangguan Sistem Kardiovaskular dan Hematologi. Jakarta: Salemba Medika.

Muttaqin, A. & Sari, K. 2011. Asuhan Keperawatan Gangguan Sistem Perkemihan. Jakarta. Salemba Medika

Nagarajan, S., 2014. Effect of slow breathing training for a month on blood pressure and heart rate variability in healthy subjects. Natl. J. Physiol. Pharm. Pharmacol. 4, 245. doi:10.5455/njppp.2014.4.050520141

Nepal, O., Pokharel, B.R., Khanal, K., Mallik, S.L., Kapoor, B.K., Koju, R., 2013. Relationship Between Arterial Oxygen Saturation and Hematocrit, and Effect of Slow Deep Breathing on Oxygen Saturation in Himalayan High Altitude Populations. Kathmandu Univ. Med. J. 10, 30–34.

Noorhidyah, S. A., 2016. Hubungan Kepatuhan Minum Obat Antihipertensi Terhadap Tekanan Darah Pasien Hipertensi di Desa Salamrejo. Tesis. Universita Muhammadiyah Yogyakarta. Yogyakarta

Notoatmodjo, S., 2010. Metodologi Penelitian Kesehatan. Jakarta: Rineka Cipta.

Notoatmodjo, S., 2010. Promosi Kesehatan dan Ilmu Perilaku. Jakarta: Rineka Cipta

Novriyanti, I.D., Usnizar, F., Irwan., 2014. Pengaruh Lama Hipertensi Terhadap Penyakit Jantung Koroner di Poliklinik Kardiologi RSUP. Dr. Mohammad Hoesin Palembang. Jurnal kedokteran dan kesehatan, volume 1, no. 1, oktober 2014: 55-60

- Novoa, M.P., Cain, D.S., 2014. The Effects of Reiki Treatment on Mental Health Professionals at Risk for Secondary Traumatic Stress. *Best Pract. Ment. Health* 10, 29–46.
- Nugroho, A. E., 2011. Farnakologi obat-obat penting dalam Pembelajaran Ilmu Farmasi dan Dunia Kesehatan. Yogyakarta: Pustaka Pelajar.
- Nursalam, 2016. Metodologi Penelitian Ilmu Keperawatan Pendekatan Praktis. Jakarta: Salemba Medika.
- Oda, E., Kawai, R., 2011. High-density lipoprotein cholesterol is positively associated with hypertension in apparently healthy Japanese men and women. *Br. J. Biomed. Sci.* 68, 29–33. doi:10.1080/09674845.2011.11732838
- Orsak, G., Stevens, A.M., Brufsky, A., Kajumba, M., Dougall, A.L., 2015. The Effects of Reiki Therapy and Companionship on Quality of Life, Mood, and Symptom Distress During Chemotherapy. *J. Evid.-Based Complement. Altern. Med.* 20, 20–27. doi:10.1177/2156587214556313
- Park, J.B., Kario, K., Wang, J.-G., 2015. Systolic hypertension: an increasing clinical challenge in Asia. *Hypertens. Res.* 38, 227–236.
- Priyanto & Batubara, L., 2010. Farmakologi Dasar. Jakarta: Leskonfi.
- Puskesmas Gamping II Yogyakarta. 2017. data pasien hipertensi di wilayah Banyuraden, Nogotirto dan Trihanggo. di akses pada Mei 2017
- Putri, D.W.L., Uyun, Q., Sulistyarini, I., 2017. Pelatihan regulasi emosi untuk meningkatkan kesejahteraan subjektif orang dengan Hipertensi esensial. *Philantropy Journal of Psycology*. Vol 1 nomor 1 1-75
- Ranasinghe, P., Cooray, D.N., Jayawardena, R., Katulanda, P., 2015. The influence of family history of Hypertension on disease prevalence and associated metabolic risk factors among Sri Lankan adults. *BMC Public Health* 15. <https://doi.org/10.1186/s12889-015-1927-7>
- Rand, W.L., 2011. Reiki at University Medical Center, Tucson, Arizona, a Magnet Hospital: Mega R. Mease Is Interviewed by William Lee Rand. *Holist. Nurs. Pract.* 25, 233–237. doi:10.1097/HNP.0b013e31822a0291

- Reis, M.S., Arena, R., Archiza, B., de Toledo, C.F., Catai, A.M., Borghi-Silva, A., 2014. Deep Breathing Heart Rate Variability is Associated with Inspiratory Muscle Weakness in Chronic Heart Failure: HRV and Inspiratory Muscle Weakness in CHF. *Physiother. Res. Int.* 19, 16–24. doi:10.1002/pri.1552
- Robinson, J. M. & Saputra, L., 2014. Visual Nursing (Medikal-Bedah). Tangerang: BinaRupa Aksara.
- Rofacky, H.F. & Aini, F., 2015. Pengaruh Terapi *Spiritual Emotional Freedom Technique* (SEFT) terhadap Tekanan Darah Penderita Hipertensi. *J. Keperawatan Soedirman*. Volume 10, No. 1, 41–52.
- Ruus, M., Kepel, J.B., Jootje, M.L., Umboh, M.L.J., 2015. Hubungan antara konsumsi alkohol dan kopi dengan kejadian hipertensi pada laki-laki di desa ongkaw dua kecamatan sinonsayang kabupaten minahasa selatan. Fakultas Kesehatan Masyarakat, Universitas Sam Ratulangi Manado
- Salles, L.F., Vannucci, L., Salles, A., Silva, M.J.P. da, 2014. The effect of Reiki on blood hypertension. *Acta Paul. Enferm.* 27, 479–484.
- Sasikala, 2013. Effect Of Reiki Therapy on Biophysiological and Pshycological status of patient after major surgical procedurs : A pilot report. *Indian Journal of Health and Wellbeing*, 4(5), pp. 1011-1017.
- Sepdianto, T. C., 2010. Pengaruh Latihan Slow Deep Breathing terhadap penurunan Tekanan Darah dan Tingkat Kecemasan Pasien Hipertensi Primer. Tesis. Universitas Indonesia. Jakarta
- Sayyid M. B. A., 2008. Terapi Herbal Pengobatan Cara Nabi Muhammad SAW. Penerbit Plus. Jakarta
- Setyanda, Y.O.G., Sulastri, D., Lestari, Y., 2015. Hubungan merokok dengan kejadian hipertensi pada laki-laki usia 35-65 tahun di Kota Padang. *J. Kesehat. Andalas* 4.
- Sharma, M., Meena, M., Sharma, R., Meena, C.B., Meena, P.D., Chauhan, N., 2013. Study on the effect of yoga (yogasans, pranayam and meditation) training on hypertension. *Ind J Sci Res Tech* 1, 89–95.

- Sindhu., 2014. Panduan Lengkap Yoga: untuk hidup sehat dan seimbangan. Bandung. Penerbit Qanita.
- Sinubu, R. B., Rondonuwu, R., Onibala, F., 2015. Hubungan Beban Kerja Dengan Kejadian Hipertensi Pada Tenaga Pengajar di SMA N 1 Amurang Kabupaten Minahasa Selatan. e-Journal Keperawatan (e-Kp) Volume 3 Nomor 2.
- Sucipto, A., 2014. Pengaruh Teknik Relaksasi Otot Progresif Terhadap Tekanan Darah Pada Lansia Dengan Hipertensi di Desa Karangbendo Banguntapan Bantul Yogyakarta. Ilmu Keperawatan Respati 4.
- Sudirman. 2004. Meditasi Sufistik. Bandung : Pustaka Hidayah
- Sukarmin, S., 2016. Pengaruh Terapi Healing Touch Terhadap Perubahan Tekanan Darah Pasien Hipertensi di Desa Tulakan Donorojo Jepara. J. Kesehat. Samodra ilmu 7.
- Sukowati, U. et al., 2010. Model Konsep & Teori Keperawatan Aplikasi pada Kasus Obstetri Ginekologi. Bandung: Refika Aditama.
- Sulistoyowati., 2010. Faktor-Faktor yang Berhubungan Dengan Kejadian Hipertensi di Kampung Botton Kelurahan Magelang kecamatan Magelang Tengah. Skripsi. Magelang
- Sutanto., 2010. Penyakit Modern : Hipertensi, Stroke, Jantung, Kolesterol, Dan Diabetes. Edisi Pertama. Yogyakarta. C.V Andi offset.
- Syaifuddin, 2006. Anatomi Fisiologi untuk Mahasiswa Keperawatan. Jakarta: EGC.
- Syaifuddin, 2009. Fisiologi Tubuh Manusia untuk Mahasiswa Keperawatan. 2 ed. Jakarta: Salemba Medika.
- Syukur, A. M., 2012. *Sufi Healing* : Terapi dalam Literatur Tasawuf. Walisongo. 20.2
- Sylvia, E.I., Yetti, K., Hariyati, R.T.S., 2011. Penurunan Kadar Glukosa Darah Sewaktu Melalui Terapi Reiki Pada Pasien Diabetes Melitus Tipe 2. J. Keperawatan Indones. 14, 113–120.

- Tarwoto, 2011. Pengaruh Latihan Slow Deep Breathing Terhadap Intensitas Nyeri Kepala Akut Pada Pasien Cidera Kepala Ringan. Jakarta : Universitas Indonesia
- Tharion, E., Samuel, P., Rajalakshmi, R., Gnanaesenthil, G., Subramanian, R.K., 2012. Influence of deep breathing exercise on spontaneous respiratory rate and heart rate variability: a randomised controlled trial in healthy subjects.
- Toms, R., 2011. Reiki Therapy: A Nursing Intervention for Critical Care. Crit. Care Nurs. Q. 34, 213–217. doi:10.1097/CNQ.0b013e31821c684d
- Tjay, T. H. & Rahardja, K., 2010. Obat-Obat Penting Khasiat, Penggunaan, Dan Efek-Efek Sampingnya. Jakarta: Elex Media Komputindo.
- Udjianti, W. J., 2010. Keperawatan Kardiovaskular. Jakarta: Salemba Medika.
- Van Diest, I., Verstappen, K., Aubert, A.E., Widjaja, D., Vansteenvagen, D., Vlemincx, E., 2014. Inhalation/Exhalation Ratio Modulates the Effect of Slow Breathing on Heart Rate Variability and Relaxation. Appl. Psychophysiol. Biofeedback 39, 171–180. doi:10.1007/s10484-014-9253-x
- Venkataraman, R., Kumar, S., Kumaraswamy, M., Singh, R., Pandey, M., Tripathi, P., George, V.J., Dahal, P., Vaibhav, P., 2013. Smoking, alcohol and hypertension. Int. J. Pharm. Pharm. Sci. 5, 28–32.
- Wade, C & Travis, C., 2007. Psikologi (terjemahan). Pearson Education. Inc
- Wahyuni & Eksanoto, D., 2013. Hubungan tingkat pendidikan dan jenis kelamin dengan kejadian hipertensi di Kelurahan Jagalan di wilayah kerja Puskesmas Pucangsawit Surakarta. J. Ilmu Keperawatan Indones. 1, 79–85.
- Walangitan, B. T., 2013. Konsep Energi Reiki dalam Perpektif Al-Quran. Hermeunetik. 7. 2.
- Wang, J., Xiong, X., 2012. Control Strategy on Hypertension in Chinese Medicine. Evid. Based Complement. Alternat. Med. 2012, 1–6. doi:10.1155/2012/284847

Wang, L., Manson, J.E., Gaziano, J.M., Buring, J.E., Sesso, H.D., 2012. Fruit and Vegetable Intake and the Risk of Hypertension in Middle-Aged and Older Women. Am. J. Hypertens. 25, 180–189. doi:10.1038/ajh.2011.186

World Health Organisation (WHO). (2013). Cardiovascular\_Diseases. Diakses tanggal 20 Desember 2016 dari: [www.who.int/cardiovascular\\_diseases/](http://www.who.int/cardiovascular_diseases/)

Williams, P.T., Thompson, P.D., 2013. Walking versus running for hypertension, cholesterol, and diabetes mellitus risk reduction. Arterioscler. Thromb. Vasc. Biol. 33, 1085–1091.

Widodo, G. G. & Purwaningsih, P., 2013. Pengaruh meditasi terhadap kualitas hidup lansia yang menderita hipertensi di unit rehabilitasi sosial wening wardoyo unggaran kabupaten semarang. *Jurnal Keperawatan Medikal Bedah*, 1(2), p. 115.

Yanti, N. P. E. D., Mahardika, I. A. L., Prapti, N. K. G., 2015. Pengaruh *Slow Deep Breathing* terhadap tekanan darah pada penderita hipertensi di Wilayah kerja Puskesmas I Denpasar Timur. Nurscope. Jurnal Keperawatan dan Pemikiran Ilmiah. 2 (4). 1-10

Yeni, F., 2012. Hubungan emosi positif dan coping dengan Hipertensi di RSUP. M. Djamil Padang. Ners Jurnal Keperawatan Volume 8. No 2. 115-128

Yurisaldi., 2010. Berdzikir untuk kesehatan saraf. Jakarta . Zaman

Zarouk, W.A., Hussein, I.R., Esmaeil, N.N., Raslan, H.M., Reheim H.A.A., Moguib O., Emara, N.A., Aly, A.A., Hamed, M., 2012. Association of angiotensin converting enzyme gene (I/D) polymorphism with hypertension and type 2 diabetes. Bratisl Lek Listy. 2012;113(1):14–8

Zunhammer, M., Eichhammer, P., Busch, V., 2013. Do cardiorespiratory variables predict the antinociceptive effects of deep and slow breathing. Pain Med. 14, 843–854.