

DAFTAR PUSTAKA

- Al-Qur'an Terjemahan (Edisi 4). 1971. Kementrian Agama RI. Al Madinah Al Munawwarah: Al-Qur'an Raja fahd.
- Abramson, B.L., Melvin, R.G., 2014. Cardiovascular Risk in Women: Focus on Hypertension. *Can. J. Cardiol.* 30, 553–559. <https://doi.org/10.1016/j.cjca.2014.02.014>.
- Adevedo, O.E., Ekkekakis, P., 2006. *Psychobiology of Physical Activity*. USA: Human Kinetics.
- AHA. 2017. Highlight From The 2017 Guidline For The Prevention, Detection, Evaluation, And Management Of High Blood Pressure In Adults. <http://professional.heart.org/hypertension>
- Aldwin, M.C., Park, L.C., Spiro, A., 2007. *Handbook of health Psychology and Aging* (2nd Edition). London: Guilford Press
- Alligood, M.R. 8th Indonesia Edition by. Hamid, A.Y.S dan Ibrahim K., 2017. *Pakar Teori Keperawatan dan Karya Mereka*. Elsevier; Singapore.
- Amanda, D., Martini, S., 2018. The Relationship between Demographical Characteristic and Central Obesity with Hypertension. *J. Berk. Epidemiol.* 6, 43. <https://doi.org/10.20473/jbe.V6I12018.43-50>
- Anderson, B.N., 2004. *Encyclopedia of Health and Behavior* (1nd Editon). London: Sage Publications.
- Andreassi, L.J., 2010. *Human Behavior and Physiological Response*. London: Lawrence Erlbaum Associate.

- Anggara, F.H.D., Prayitno, N., 2013. Faktor-faktor yang berhubungan dengan tekanan darah di Puskesmas Telaga Murni, Cikarang Barat tahun 2012. *J. Ilm. Kesehat.* 5, 20–25
- Anggraini, A.D., Waren, A., Situmorang, E., Asputra, H., Siahaan, S.S., 2009. Faktor-Faktor Yang Berhubungan Dengan Kejadian Hipertensi Pada Pasien Yang Berobat Di Poliklinik Dewasa Puskesmas Bangkinang. *Fak. Kesehatan. Univ. Riau Files DrsMed-FK UNRI* 1, 41.
- Al Qusyairi, Syarif. 2005. *Kamus Akbar Arab*. Surabaya : Giri Utama.
- Alkahel, A. 2011. *Al-Quran's the Healing (Edisi 2)*. Jakarta: Tarbawi Press.
- Aleyeidi, N.A., Aseri, K.S., Matbouli, S.M., Sulaiamani, A.A., Kobeisy, S.A., 2015. Effects Of Wet-Cupping On Blood Pressure In Hypertensive Patients: A Randomized Controlled Trial. *J. Integr. Med.* 13, 391–399. [https://doi.org/10.1016/S2095-4964\(15\)60197-2](https://doi.org/10.1016/S2095-4964(15)60197-2)
- Anwar, K.K., Hadju, V., Massi, M.N., 2019. Pengaruh Murottal Al-Quran terhadap Peningkatan Kadar Beta-endorphin dan Penurunan Tingkat Nyeri Pasien Post Sectio Caesarea. *J. Kesehat.* 10, 58–62
- Arikunto. 2013. *Prosedur Penelitian Suatu Pendekatan Praktik*. Jakarta: PT. Rineke Cipta

- Ariyadi, R., Santoso, B., Saha, D., 2018. The Effect Of Supportive Religious Audio On Hemodynamic Status Of Community Health Nursing. <https://E-Journal.Unair.Ac.Id/Ijchn> International Journal Of Multidisciplinary Education And Research. www.educationjournal
- Artiyaningrum, B dan Azam., 2016, M Faktor-Faktor Yang Berhubungan Dengan Kejadian Hipertensi Tidak Terkendali Pada Penderita Yang Melakukan Pemeriksaan Rutin. Public Health Perspective Journal. <http://journal.unnes.ac.id/sju/index.php/phpj>
- Aziza,N,C., Bakar, A, Ulfiana, E., 2019. Pengaruh Murottal Al-Quran Terhadap Pengendalian Marah Dan Tekanan Darah Pada Penderita Hipertensi Indonesian Journal
- Black, . M dan Hawks, J.H. 2005. Medical Surgical Nursing: Clinical management for positive Outcome (7th Edition). St. Louis: Elsevier
- Carretero Oa, Oparil S., 2000. Essential Hypertension. Part I: Definition And Etiology.Circulation. 101(3):329–35
- Centers for Disease Control and Prevention. 2015. High Blood Pressure <https://www.cdc.gov/bloodpressure>
- Cipolle, R.J., Strand, L.M., & Morley, P.C., 1998. Pharmaceutical Care Practice : The Clinician’s Guide, (2nd Edition). USA: McGraw-Hill Companies,Inc
- Coutinho, T., Yam, Y., Chow, B.J., Dwivedi, G., Inácio, J., 2017. Sex Differences In Associations Of Arterial Compliance With Coronary Artery Plaque And Calcification Burden. J. Am. Heart Assoc. 6, e006079.
- Corwin, E.J. 2009. Buku Saku Patofisiologi (Edisi 3). Jakarta: ECG.

- Dharma, K.K. 2013. Metodologi Penelitian Keperawatan: Panduan Melaksanakan dan Menerapkan Hasil Penelitian (Edisi 2). Jakarta: CV. Trans Media Info.
- El-Hady & Handel., 2017. The Effect Of Listening to Quran on Phsiological Response Of Mecanical Ventilated Muslim Patient. IOSR-JNIAS 6, issue 5.
- Endro, A.N., 2012. Farmakologi, Obat-Obat Penting Dalam Pembelajaran Ilmu Farmasi Dan Dunia Kesehatan (Edisi 2). Yogyakarta: Pustaka Pelajar
- Farah, B., Germano-Soares, A., Rodrigues, S., Santos, C., Barbosa, S., Vianna, L., Cornelissen, V., Ritti-Dias, R., 2017. Acute and Chronic Effects of Isometric *Handgrip* Exercise on Cardiovascular Variables in Hypertensive Patients: A Systematic Review. Sports 5, 55. <https://doi.org/10.3390/sports5030055>
- Feigin VL, Roth GA, Naghavi M, Parmar P, Krishnamurthi R, Forouzanfar MH, Chugh S, , Mensah GA, Murray CJL, Norrving B, Shiue I, Ng M, Estep K., 2016. Global Burden Of Stroke And Risk Factors In 188 Countries, During 1990-2013: A Systematic Analysis For The Global Burden Of Disease Study 2013. Lancet Neurol Epub 2016 Jun 9 5(9):913-924. [https://doi.org/10.1016/S1474-4422\(16\)30073-4](https://doi.org/10.1016/S1474-4422(16)30073-4)
- Ferrara LA, Moscato TS, Pisanti N, Marotta T, Krough V, Capone D, et al. Is the sympathetic nervous system altered in children with familial history of arterial hypertension. Cardiology. 1988;75(3):200-05.

- Flachskampf, F.A., Gallasch, J., Gefeller, O., Gan, J., Mao, J., Pfahlberg, A.B., Wortmann, A., Klinghammer, L., Pflederer, W., Daniel, W.G., 2007. Randomized Trial of Acupuncture to Lower Blood Pressure. *Circulation* 115,31213129.<https://doi.org/10.1161/Circulationaha.106.661140>
- Frisoli, T.M., Schmieder, R.E., Grodzicki, T., Messerli, F.H., 2011. Beyond Salt: Lifestyle Modifications And Blood Pressure. *Eur. Heart J.* 32, 3081–3087. <https://doi.org/10.1093/eurheartj/ehr379>
- Gani, I & Amalia, S., 2015. *Aplikasi Statistik untuk Penelitian Bidang Ekonomi dan Sosial*. Yogyakarta : Andi Offset
- Ganong WF. Cardiovascular homeostasis in health and disease. In: Ganong WF, ed. *Review of medical physiology* (22nd Edition). New York: McGraw Hill: 2005 ;631-46.
- Garg, R., 2013. The Isometric Handgrip Exercise as A Test for Unmasking Hypertension in The Offsprings of Hypertensive Parents. Effect of Isometric Handgrip Exercise Training on Resting Blood Pressure in Normal Healthy Adults. *J. Clin. Diagn. Res.* <https://doi.org/10.7860/JCDR/2014/8908.4850>
- Garg, R., 2014. Effect of Isometric *Handgrip* Exercise Training on Resting Blood Pressure in Normal Healthy Adults. *J. Clin. Diagn. Res.* <https://doi.org/10.7860/JCDR/2014/8908.4850>
- Gray et al. 2005. *Lecture Notes Kardiologi* (Edisi 4). Jakarta: Erlangga Medical Series

- Hafid, M.A. 2017. Perbandingan Tekanan Darah Mahasiswa Dengan & Tanpa Riwayat Hipertensi Di Keluarga Setelah Melalui Pemberian Cold Pressor test 2 No 2. <https://doi.org/10.24252/join.v212.3975>
- Hamada Mareomi, Kazatani Yukio, Shigematsu Yuji, Ito Taketoshi, Kokubu, Tatsuo Ishise, et al. Enhanced blood pressure response to isometric handgrip exercise in patients with essential hypertension: Effects of propranolol and prazosin. *Journal of Hypertension*. 1987;5(3):305-09.
- Hamer, M., Malan, L., 2010. Psychophysiological Risk Markers Of Cardiovascular Disease. *Neurosci.Biobehav. Rev.* 35, 76–83. <https://doi.org/10.1016/j.neubiorev.2009.11.004>
- Hay, M. 2016. Sex, the brain and hypertension: brain oestrogen receptors and high blood pressure risk factors. *Clin. Sci.* 130, 9–18. <https://doi.org/10.1042/CS20150654>
- Herdiman, H., Ilbert, R., 2019. The Effect of Murottal and Music Therapy on Reducing Blood Pressure in Palimanan Climbon. *KnE Life Sci.* <https://doi.org/10.18502/kls.v4i13.5341>.
- Hermawan, A. 2005. Penelitian Bisnis: *Paradigma Kuantitatif*. Jakarta: PT Grasindo.
- Iorga, A., Cunningham, C.M., Moazeni, S., Ruffenach, G., Umar, S., Eghbali, M., 2017. The protective role of estrogen and estrogen receptors in cardiovascular disease and the controversial use of estrogen therapy. *Biol. Sex Differ.* 8. <https://doi.org/10.1186/s13293-017-0152-8>

Irmachatshalihah, R., Armiyati, Y., 2019. Murottal Therapy Lowers Blood Pressure in Hypertensive Patients. *Media Keperawatan Indones.* 2, 97. <https://doi.org/10.26714/mki.2.3.2019.97-104>

James, P.A., Oparil, S., Carter, B.L., Cushman, W.C., Dennison-Himmelfarb, C., Handler, J., Lackland, D.T., LeFevre, M.L., MacKenzie, T.D., Ogedegbe, O., Smith, S.C., Svetkey, L.P., Taler, S.J., Townsend, R.R., Wright, J.T., Narva, A.S., Ortiz, E., 2014. 2014 Evidence-Based Guideline for the Management of High Blood Pressure in Adults: Report From the Panel Members Appointed to the Eighth Joint National Committee (JNC 8). *JAMA* 311, 507. <https://doi.org/10.1001/jama.2013.284427>

Kearney, P.M., Whelton, M., Reynolds, K., Muntner, P., Whelton, P.K., He, J., 2005. Global Burden Of Hypertension: Analysis Of Worldwide Data. *The lancet* 365, 217–223.

Kemenkes RI., 2013. Pusat Data dan Informasi Hipertensi. Jakarta: Balitbang Kemenkes RI

Kowalak, J.P., Welsh W., & Mayer, B., 2011. Buku Ajar Patofisiologi. Alih bahasa oleh Andry Hartono. Jakarta: EGC

Kupper, Denolle, 2015. Cardiovascular Reactivity to Mental Stress and Mortality in Patients With Heart Failure. *E V E R INC VOL. 3, NO. 5, 2015.* <https://doi.org/http://dx.doi.org/10.1016/j.jchf.2014.12.016>

- Kusumawaty, J., Hidayat, N., Ginanjar, E., 2016. Hubungan Jenis Kelamin dengan Intensitas Hipertensi pada Lansia di Wilayah Kerja Puskesmas Lakbok Kabupaten Ciamis. *Mutiara Med. J. Kedokt. Dan Kesehat.* 16, 46–51
- Lima, R., Wofford, M., Reckelhoff, J.F., 2012. Hypertension in Postmenopausal Women. *Curr. Hypertens. Rep.* 14, 254–260. <https://doi.org/10.1007/s11906-012-0260-0>
- Lin, G.-H., Chang, W.-C., Chen, K.-J., Tsai, C.-C., Hu, S.-Y., Chen, L.-L., 2016. Effectiveness of Acupressure on the Taichong Acupoint in Lowering Blood Pressure in Patients with Hypertension: A Randomized Clinical Trial. *Evid. Based Complement. Alternat. Med.* 2016, 1–9. <https://doi.org/10.1155/2016/1549658>
- Li, Y., Yang, L., Wang, L., Zhang, M., Huang, Z., Deng, Q., Zhou, M., Chen, Z., Wang, L., 2017. Burden Of Hypertension In China: A Nationally Representative Survey of 174,621 adults. *Int. J. Cardiol.* 227, 516–523. <https://doi.org/10.1016/j.ijcard.2016.10.110>
- Luthfi, F. 2019. Analisis Faktor Resiko Kejadian Hipertensi Di Wilayah Kerja UPTD Puskesmas. <https://seminar-id.com/semnas-sainteks2019>. Universitas Teuku Umar, Aceh.
- Mansouri, A., Vahed, A.S., Sabouri, A.R., Lakzaei, H., Arbabisarjou, A., 2017. Investigating Aid Effect of Holy Quran Sound on Blood Pressure, Pulse, Respiration and O. *Ijss.* <https://doi.org/10.17359>
- Matthews, E.L., Greaney, J.L., Wenner, M.M., 2017. Rapid onset pressor response to exercise in young women with a family history of hypertension: Rapid exercise pressor responses in women. *Exp. Physiol.* 102, 1092–1099. <https://doi.org/10.1113/EP086466>

- Matthews, K.A., Woodall, K.L., Allen, M.T., 1993. Cardiovascular Reactivity To Stress Predicts Future Blood Pressure Status. *Hypertension* 22, 479–485
- Menkes, M.S., Matthews, K.A., Krantz, D.S., Lundberg, U., Mead, L.A., Qaqish, B., Liang, K.-Y., Thomas, C.B., Pearson, T.A., 1989. Cardiovascular Reactivity To The Cold Pressor Test As A Predictor Of Hypertension. *Hypertension* 14, 524–530
- Mitchell JH, Wildenthal K. Static(Isometric) exercise and the heart: Physiological and clinical considerations. *Annual Review of Medicine*. 1974;25:369-81
- Mustamir. 2009. Potensi SQ, EQ, dan IQ di balik Ayat-Ayat Al-Fatihaah (Edisi 1). Yogyakarta: Diva Press
- Mostoufi-Moab S, Widmaier EJ, Cornett JA, Gray K, Sinoway LI. Forearm training reduces the exercise pressor reflex during ischemic rhythmic *handgrip*: *Journal of Applied Physiology*. 1998;84: 1277-83
- Nasiri, A.A., Shahdadi, H., Mansouri, A., 2017. An Investigation into the Effect of Listening to the Voice of the Holy Quran on Vital Signs and Consciousness Level of Patients Admitted to the ICU Wards of Zabol University of Medical Sciences Hospitals. *World Fam. Med. Journal Middle East J. Fam. Med.* 15, 75–79. <https://doi.org/10.5742/MEWFM.2017.93142>
- NHLBI. 2015. High Blood Pressure. <http://nhlbi.nih.gov/health/healthtopics/topics/hbp>
- Nichols Ww, O'rourke M, Eds. Ageing, High Blood Pressure And Disease In Humans. In: *McDonald's Blood Flow In Arteries, Theoretical, Experimental And Clinical Principals*. 4th Edn. London: Edward Arnold 1998 54–113

- Notoadmodjo. 2012. *Metodologi Penelitian Kesehatan (Edisi Revisi)*. Jakarta: Rineka Cipta
- Oken. 2004. *Complementary therapies in neurology: an Evidence-Based Approach*. USA: The Parthenon Publishing Group
- Oktora, S.P.D., Purnawan, I., 2018. Pengaruh Terapi Murottal Al Qur'an Terhadap Kualitas Tidur Lansia Di Unit Rehabilitasi Sosial Dewanata Cilacap. *J. Keperawatan Soedirman* 11, 168–173
- O'Rourke, M.F., 2007. Arterial aging: pathophysiological principles. *Vasc. Med.* 12, 329–341. <https://doi.org/10.1177/1358863X07083392>
- Palmer, A. dan Williams, B. 2007. *Simple Guides Tekanan Darah Tinggi*. Jakarta. EGC
- Pescatello, L.S., Franklin, B.A., Fagard, R., Farquhar, W.B., Kelley, G.A., Ray, C.A., 2004. Exercise and Hypertension: *Med. Sci. Sports Exerc.* 36, 533–553. <https://doi.org/10.1249/01.MSS.0000115224.88514.3A>
- Pikir, S.B., Aminudin, M., Subagjo, A., Dharmadjati, B.B., Suryawan, R., Eko, N.J., 2015. *Hipertensi Manajemen Komprehensif*. Surabaya: Airlangga University Press.
- Purna. 2006. *Murottal (Edisi 1)*. Yogyakarta: Mitra Pustaka
- Pramana. 2012. *Faktor-Faktor Yang Berhubungan Dengan Tingkat Hipertensi Diwilayah Kerja Puskesmas Demak II*. <http://lib.unimus.ac.id>

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>

RIKESDAS. 2018. Riset kesehatan dasar. Jakarta: Badan Penelitian Pengembangan Kesehatan Kementerian Kesehatan RI

Rusdi & Nurlaela Isnawati. 2009. *Awas! Anda Bisa Mati Cepat Akibat Hipertensi & Diabetes*. Yogyakarta: Power Books (IHDINA)

Safar M E., 2005. Systolic Hypertension In The Elderly: Arterial Wall Mechanical Properties And The Renin-Angiotensin-Aldosterone System. doi 10.1097/01.hjh.0000163130.39149.fe

Sagea, A.G., & Rebughelt, J. 2018. Impact of Quran Treatment Of The Psychological Disorder and Spiritual Illness. Crossmark. <https://doi.org/10,1007/10943-018-05728>

Shah, H.; Ranjan, S.; Karna, S. *Journal of Hypertension.*, 2019. Blood Pressure Reactivity After Isometric Handgrip Test In Hypertensive Indian Adult. doi: 10.1097/01.hjh.0000572516.99102.10

Sherwood, L. 2011. *Fundamentals of Human Physiology*. 4th ed. USA: Brooks/Cole

SIRKESNAS. 2016. *Survei Indikator Kesehatan Nasional*. Jakarta: Badan Penelitian Pengembangan Kesehatan Kementerian Kesehatan RI.

- Siddiq, I., Al Amri, S.A., Al Nouri, L., Algarni, A., n.d.
Accepted and Published Manuscript
- Smeltzer, S. C., & Bare B. G. 2009. Buku Ajar Keperawatan Medikal Bedah Brunner & Suddarth (Edisi 8 Volume 1). Jakarta: EGC
- Smith, S.F., Duell, D.J., & Martin, B.C. 2004. Clinical Nursing Skills: Basic To Advanced Skills. New Jersey: Pearson Prentice Hall skills
- Siswantinah. 2011. Pengaruh Terapi Murottal Terhadap Kecemasan Pasien Gagal Ginjal Kronik yang Dilakukan Tindakan Hemodialisa di RSUD Kraton Kabupaten Pekalongan. <https://jurnal.unimus.ac.id>
- Sugiharto, A., 2007. Faktor-Faktor Risiko Hipertensi Grade II pada Masyarakat (Studi Kasus Di Kabupaten Karanganyar) (PhD Thesis). Program Pascasarjana Universitas Diponegoro
- Sugiyono. 2014. Statistika untuk Penelitian. Bandung: Alfabeta
- Sulistyarini. 2013. Terapi Relaksasi untuk Menurunkan Tekanan Darah dan Meningkatkan Kualitas Hidup Penderita Hipertensi. Jurnal Psikologi.UII
- Sutanto. 2010. Cekal (Cegah dan Tangkal) Penyakit Modern. Yogyakarta : CV. Andi
- Sabar, S. 2014. The Effect Of Isometric Handgrip Exercise On Changes In Blood Pressure In Patients With Hypertension. <http://lib.ui.ac.id>
- Triyanto, E. 2014. Pelayanan Keperawatan Bagi Penderita Hipertensi Secara Terpadu. Yogyakarta. Graha Ilmu

- Turner, R.J., 1994. Cardiovascular Reactivity and Stress. New York: Springer Science+Business Media
- Treiber FA, Kamarck T, Schneiderman N, sheffield D, Kapuku G, Taylor T. 2003. Cardiovascular Reactivity and Development of Preclinical and Clinical Diseases State. Psychosomatic Medicine.65(1),46-62
- Udjianti, J.W. 2010. Keperawatan Kardiovaskular. Jakarta: Salemba Medika
- Undip Bp. 2008. Temu Ilmiah Geriatri Semarang 2008. Semarang: Badan Penerbit Undip
- Wahdah, N. 2011. Menaklukkan Hipertensi dan Diabetes. Yogyakarta: Multipress
- Wahyuni, Endah Sri. 2018. Pengaruh Latihan Isometrik Terhadap Tekanan Darah Pada Penderita Hipertensi Di Posyandu Lansia Wilayah Kerja Matesih. Stikes 'Aisyiyah Surakarta. <http://eprints.stikes-aisyiyah.ac.id>
- Wang NY, Young JH, Meoni LA, Ford DE, Erlinger TP, Klag MJ. Blood pressure change and risk of hypertension associated with parental hypertension; the Johns Hopkins Precursors study. Archives of Internal Medicine. 2008;168(6):643-48
- Widyanto, F.C., & Triwibowo, C. 2013. Trend Disease Trend Penyakit Saat Ini. Jakarta: Trans Info Media
- Widaryati. 2011. Pengaruh Intervensi Bacaan Al Qur'an terhadap Intensitas Kecemasan Pasien Sindroma Koroner Akut yang Dirawat di ICU RSUP Hasan Sadikin Bandung
- World Health Organisation. 2013. A Global Brief on Hypertension Silent Killer Global Public Health Crisis. <http://www.who.int>. Diakses pada 26 Juli 2019