



## Literature Review: Factors Associated with the Incident of Hypertension

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### ABSTRACT

Hypertension may be a major wellbeing issue that contributes to cardiovascular infection and other complications. Hypertension or tall blood weight is when the systolic weight is  $\geq 140$  mmHg, and the diastolic weight is  $\geq 90$  mmHg. Components that impact the event of hypertension are isolated into two expansive bunches, specifically variables that cannot be controlled such as sexual orientation, age, hereditary qualities, race and variables that can be controlled such as count calories, work out propensities, utilization of salt, coffee, liquor and stretch. The point of this article is to decide the variables related with the frequency of hypertension. In this writing, it was found that an increment in blood weight that endures for a long time, in case not identified and gotten satisfactory treatment, will cause harm to the kidneys, heart, brain and others. So to control hypertension it is necessary to require activities such as wellbeing advancement in arrange to preserve, progress and ensure individual wellbeing and environmental conditions. There are two chance components for hypertension, specifically chance components that cannot be changed, counting age, sex, hereditary qualities and hazard components that can be changed, counting smoking, moo fiber count calories, dyslipidemia, intemperate salt utilization, need of physical action, stretch, overabundance body weight/corpulence and liquor utilization. A few variables that impact the frequency of hypertension incorporate components (age, sex), weight from drugs (steroids, painkillers), and comorbid characteristics.

## INTRODUCTION

Hypertension could be a major wellbeing issue that contributes to cardiovascular illness and other complications. Hypertension, or tall blood weight, is characterized by a systolic weight of  $\geq 140$  mmHg and a diastolic weight of  $\geq 90$  mmHg. The Essential Wellbeing Inquire about (Riskesdas) conducted in 2018 uncovered that the predominance of hypertension in Indonesia, with a population of around 260 million, expanded to 34.1%, up from 27.8% detailed within the 2013 Riskesdas (Rahmawati, 2023). Based on WHO information, cases of hypertension are still a significant health issue, specifically 22% of the world's populace endures from hypertension. In expansion, hypertension is the most cause of maternal passing in Indonesia .(Septiasary et al., 2024).

Components that impact the event of hypertension are partitioned into two expansive bunches, specifically components that cannot be controlled such as sex, age, hereditary qualities, race and components that can be controlled such as slim down, work out propensities, utilization of salt, coffee, liquor and stretch. Hypertension ordinarily emerges when these hazard components collectively contribute (common basic chance figure); in other words, no single chance figure alone is adequate to cause hypertension (Artiyaningrum & Azam, 2016).

Hypertension really doesn't have exceptionally self-evident side effects, in truth in some cases the side effects of hypertension are not as well genuine. Side effects of hypertension are frequently related to tall blood weight. These indications can change for each person, a few of the indications of hypertension are migraines which are now and then went with by sickness and spewing due to expanded intracranial blood weight, vertigo, weakness, obscured vision, ringing within the ears, wicked nose, quick pulse, push, stroke, and nocturia due to expanded urination due to expanded renal blood stream and glomerular filtration. In this manner, to discover out whether the body has hypertension, it is essential to experience a restorative examination.(Marhabatsar NS & Sijid SA, 2021).

Islamic lessons give profitable lessons through the stories of prophets and witnesses, within the Qur'an, implied to reinforce confidence and direct devotees. For case, the story of Prophet Ayyub (Work) outlines persistence and confidence amid ailment. Allah SWT states that He replied Ayyub's supplications by expelling his sickness and reestablishing his family, as a sign of kindness and a lesson for admirers (QS. Al-Anbiya': 83-84). The recitation of the Qur'an, with its relieving human components, has been appeared to diminish stretch, enact endorphins, and advance unwinding, in this manner moving forward wellbeing by bringing down blood weight, heart rate, and uneasiness (Rahma et al., 2022).

Anticipating and overseeing hypertension, a major wellbeing issue contributing to cardiovascular malady, requires focused on endeavors, particularly in defenseless communities. A writing survey was conducted to recognize components related with hypertension, emphasizing both non-controllable components like age, sex, and hereditary qualities, and controllable variables such as slim down, work out, and stretch. Successful administration incorporates pharmacological medicines to preserve blood weight inside secure

limits and non-pharmacological techniques like weight misfortune, constraining liquor and sodium admissions, customary work out, and unwinding methods. The survey points to draw conclusions from different ponders to advise anticipation and administration methodologies, eventually diminishing hypertension predominance and complications (Wahyuni & Indarwati, 2020).

### **THEORETICAL REVIEW**

Determination of hypertension and suitable administration require precise blood weight estimation strategies. Blood weight estimations utilizing mercury have been deserted fundamentally since of mercury poisonous quality concerns, supplanted by oscillometers, which utilize sensors to distinguish throbs amid cuff inflation and flattening. Within the planning arrange, the persistent must unwind, sitting in a chair for > 5 minutes. Patients ought to moreover maintain a strategic distance from caffeine, work out, and smoking for at slightest 30 minutes some time recently estimation. The understing must purge the bladder. Amid Planing and estimation, not one or the other the understanding nor the analyst ought to conversation. Estimations when the quite is lying or sitting on the examination table don't meet the criteria. (Adrian, 2019).

Administration of hypertension is isolated into two, specifically pharmacological and non-pharmacological. Pharmacological administration points to anticipate passing and complications by accomplishing and keeping up blood vessel blood weight at or less than 140/90 mmHg (130/80 mmHg for individuals with diabetes mellitus and constant kidney malady). Nonpharmacological approaches incorporate weight misfortune, liquor and sodium confinement, standard work out and unwinding (Putri et al., 2022).

### **METHODOLOGY**

This investigate employments a writing audit strategy. Writing was gotten by checking on logical articles or diaries downloaded from PubMed, Garuda Entrance and Google Researcher with the SINTA IV and V benchmarks recorded in Figure 1. Articles were screened based on arrangements counting articles distributed in 2020-2024, distributed articles can downloaded in full content and has open get to, articles with subjective, quantitative, blended strategy plans and writing audits that talk about components related with the rate of hypertension. Key words in article looks incorporate variables and hypertension. Based on the database and catchphrases, 769 articles were gotten, but as it were 10 articles had pertinent points over the past 5 a long time. The comes about of the writing survey were at that point clarified in tables.

### **RESULTS AND DISCUSSIONS**

Wellbeing advancement in Indonesia is right now confronted with two twofold issues (twofold burden). Separated from the issues of irresistible maladies and lack of healthy sustenance, there's too an increment in cases of Non-Communicable Infections (NCDs) and weight (overnutrition) which are hazard

variables for NCDs such as hypertension, diabetes mellitus, cardiovascular illness, stroke, etc (Abdullah et al., 2022). Hypertension is alluded to as a 'silent killer' since it frequently presents without indications, clearing out people unconscious of their hypertension condition until complications emerge. Hypertension is analyzed with a edge of systolic blood weight (SBP) of at slightest 130 mmHg, diastolic blood weight (DBP) of at slightest 90 mmHg, or both. Ordinarily, this determination is affirmed when, on two partitioned days, a systolic blood weight perusing of 130 mmHg or higher, and/or a diastolic blood weight of 90 mmHg or higher (Abdullah et al., 2024).

No	Authors	Aims	Methods	Results
1	Factors Associated with the Incidence of Hypertension. (Wulandari et al., 2023)	This research adopts a cross-sectional design, where the population comprises individuals who visited the Pedamaran Community Health Center in July 2021, with a sample size of 85 respondents.	The research employed a questionnaire as the data collection instrument. Statistical analysis was conducted using the chi-square test.	Measurable tests show a critical relationship ( $p < 0.05$ ) between the taking after factors: age (p-value 0.000), sexual orientation (p-value 0.005), body mass file (p-value 0.000), physical action (p-value 0.000), and family history (p-value 0.000). Be that as it may, there's no critical relationship between smoking (p-value 0.34) and the incidence of hypertension within the work zone of the UPTD Pedamaran Community Wellbeing Center, Ogan Komerang Ilir Rule in 2021. From the comes about of the multivariate factual test, overwhelming components were recognized, to be specific body mass file (p-value 0.000) and chances proportion (OR) of 17.705.

2.	Factors Associated with Hypertension in Middle-Aged Adults in The Wangko Public Health Center Working Area, Rahong Utara Sub-District in 2022. (Jehani et al., 2022)	This research uses quantitative methods with a descriptive analytical cross-sectional design. The sampling technique used was purposive sampling with a sample size of 82 people.	The research instrument is a questionnaire. Before the questionnaire is used, validity and reliability tests are first carried out.	Comes about: 32 respondents (39.0%) had organize I hypertension and 50 respondents (61.0%) had arrange II hypertension. Bivariate investigation employments the chi square test with $\alpha=0.05$ ( $H_0$ is rejected and $H_a$ is acknowledged in the event that $p < \alpha$ ). Sexual orientation ( $p=0.000$ ), family history of hypertension ( $p=0.001$ ), physical movement (0.004), liquor utilization (0.000), smoking propensities (0.000), eat less ( $p=0.000$ ), push ( $p=0.002$ ) have relationship with the incidence of hypertension in middle-aged grown-ups within the Wangko Community Wellbeing Center working range
3.	Factors Associated with Hypertension in The Bies Health Center, Bies Sub-District, Central Aceh District in 2023. (Jabari et al., 2024)	Descriptive analytical research design with a cross sectional approach. The population in this study were all hypertension sufferers, totaling 60 respondents. The sample in this study was 60 respondents.	Data collection was carried out using questionnaires through interviews. Data analysis used the Chi-Square test with the SPSS 21 program.	The investigate comes about appeared that there were 63.3% of respondents with a conclusion of arrange 2 hypertension, 65.0% of respondents with a family history of hypertension, 58.3% of respondents with light physical movement and 51.7% with dietary status. The comes about of the chi-square test appeared that there

				was a relationship between family history ( $p = 0.003$ ), physical movement ( $p = 0.021$ ) and wholesome status ( $p = 0.014$ ) with hypertension within the work zone of the Bies Wellbeing Center, Bies Locale, Central Aceh Rule in 2023
4.	Factors Associated with Hypertension in The Working Area of The Barana Health Center, West Bangka Sub-District, Jeneponto. (Hakim et al., 2024)	The type of research used is analytical observational using a cross sectional study approach. The sample in the study was 86 people with hypertension.	Data analysis used the chi-square test with $\alpha = 0.05$ . Data was collected using questionnaires and interviews	The comes about of univariate investigation appeared that 17.3% were hypertensive, 42.9% were prehypertensive and 39.8% were not hypertensive. The comes about of bivariate investigation appeared that there was a relationship between a history of weight ( $p$ -value 0.010), body mass list ( $p$ -value 0.026), stretch ( $p$ -value 0.027), and introduction to cigarette smoke ( $p$ -value 0.057) with the incidence of hypertension. And there's no relationship between physical movement ( $p$ -value 0.261) and coffee drinking propensities ( $p$ -value 0.108) with the frequency of hypertension within the Kuta Krueng Wellbeing Center Working Region, Pidie Jaya Rule in 2023 District, Regency Jeneponto in 2022.

5.	Factors Associated with the Incidence of Hypertension in Young Adults (20-44 years) in the Working area of the Kuta Krueng Community Health Center, Pidie Jaya Regency in 2023. (Sari et al., 2023)	This type of research is descriptive analytical with a cross-sectional design. The population is all people aged 20-44 years who live in the Kuta Krueng Health Center Working Area, totaling 3,909 and the sample is 98 respondents using the Accidental Sampling technique.	Data collection techniques in this research were using informed consent (respondent consent), interviews with questionnaires, measuring blood pressure, weight and height.	This consider included 884 hypertensive patients. The rate of stages of hoisted blood weight, organize 1, arrange 2, and hypertensive emergency was 60.0, 29.5, 7.0, and 3.5 cases per 1000 patients. Multivariate investigation appeared that movement from tall blood weight arrange to hypertensive emergency was essentially related with progressed age (chances proportion [OR] = 3.62, 95% certainty interim [CI] = 1.99-8.42), male sexual orientation - male (OR = 2.84, 95% CI: 0.57-5.92), and a positive family history of hypertension (OR = 1.95, 95% CI: 1.23-3.09). Other major determinants of the movement of tall blood weight to hypertensive emergency were current smoking status (OR = 1.74, 95% CI: 1.23-4.76), and need of physical movement (OR = 6.48, 95 %CI: 2.46-9.14).
6.	Investigating the Incidence and Risk Factors of Hypertension: A Multicentre Retrospective	This retrospective cohort study was conducted at two hospitals in Tabuk, Saudi Arabia. The	When examining a patient, all physicians have access to the hospital's electronic records, which contain complete	There were a add up to of 635 members, coming about in a reaction rate of 93.4%. The predominance of hypertension was

	<p>Cohort Study in Tabuk, Saudi Arabia. (Yagoub et al., 2022)</p>	<p>sample size was calculated using Epi Info software version 7.2 which is public domain software developed by the Centers for Disease Control and Prevention.</p>	<p>information about the patient's previous visits, current medical conditions including blood pressure readings, and a list of medications and comorbidities.</p>	<p>found to be 22.0% [95% CI: 19.1-25.4]. The cruel age of members was 40.8 ± 12.88 a long time. More seasoned age (AOR: 1.95; 95% CI: 1.13-3.36), family history (AOR: 2.65, 95% CI: 1.29-5.45), utilization of creature fats (AOR: 0.21, 95% CI: 0.08-0.52), cigarette smoking (AOR: 4.06, 95% CI: 2.24-7.36), and destitute information approximately hypertension (AOR: 2.69, 95% CI: 1.61-4.49) were altogether related with expanded blood weight. activity (OR = 6.48, 95% CI: 2.46-9.14).</p>
7	<p>Prevalence and Associated Factors of Hypertension Among Adults in Gurage Zone, Southwest Ethiopia, 2022. (Solomon et al., 2023)</p>	<p>A cross-sectional study design was used on a sample of 680 participants in this study from April 1 to June 30, 2022.</p>	<p>Interviews were conducted using standardized and pre-tested questionnaires. Data entry was performed using Epi Data version 3.1, and the data were subsequently exported to SPSS version 23 for analysis. All variables in the multivariable logistic analysis were considered candidates if their p-value was less than .25. Multivariable logistic regression was then conducted to determine predictors of hypertension, with</p>	<p>There were a add up to of 635 members, coming about in a reaction rate of 93.4%. The predominance of hypertension was found to be 22.0% [95% CI: 19.1-25.4]. The cruel age of members was 40.8 ± 12.88 a long time. More seasoned age (AOR: 1.95; 95% CI: 1.13-3.36), family history (AOR: 2.65, 95% CI: 1.29-5.45), utilization of creature fats (AOR: 0.21, 95% CI: 0.08-0.52), cigarette smoking (AOR: 4.06, 95% CI: 2.24-7.36), and destitute information</p>

			the significance level set at $p < .05$	almost hypertension (AOR: 2.69, 95% CI: 1.61-4.49) were essentially related with expanded blood weight.
8	Prevalence and Associated Factors of Hypertension Complications among Hypertensive Patients at University of Gondar Comprehensive Specialized Referral Hospital. (Kifle et al., 2022)	A cross-sectional study was conducted to assess the prevalence and associated factors of hypertension complications, from June 1, 2020 to August 30, 2020.	A self-administered questionnaire with an interview guide and chart review was used for data collection. Statistical significance was set at a 95% confidence interval using a P value $\leq 0.05$ as the cutoff point.	Of the 428 hypertensive patients, 261 (61.0%) were men. They extended in age from 19 to 84 a long time, with a cruel age of $53.55 \pm 16.65$ a long time. Members with a family history of hypertension were 5 times more likely to encounter complications than those without such a history (AOR = 5.362, 95% CI = 2.368-12.134, $p = 0.001$ ). Members with stationary physical movement were 4 times more likely to encounter complications compared to those with overwhelming physical action (AOR = 4.049, 95% CI = 1.463-11.206, $p = 0.006$ ). Members with a tall midriff circumference were moreover 4 times more likely to involvement complications (AOR = 4.229, 95% CI = 1.436-36.394, $p = 0.016$ ) compared to those with a moo abdomen circumference.
9	Prevalence of Uncontrolled	Phase three data from the Shahroud Eye	After explaining the study methods and obtaining written	In general, the predominance of uncontrolled

	<p>Hypertension and Its Associated Factors in 50-74 Years Old Iranian Adults: A Population-Based Study. (Kifle et al., 2022)</p>	<p>Cohort Study were used in this study. This cohort study phase involved 4394 participants aged 50 to 74 years from the previous phase.</p>	<p>informed consent from each participant, one person was interviewed, and a complete optometric and ophthalmological examination was performed. Demographics, employment status, medical history, and ophthalmological factors were examined during the interview. .</p>	<p>hypertension among all members was 61.7% (95% CI: 60.3-63.2). Numerous relapse comes about appeared that male sex (OR: 2.1, 95% CI: 1.5-2.9), patients with diabetes (OR: 3.2, 95% CI: 2.4-4.3), and patients with constant kidney malady (CKD) (OR: 3.2, 95% CI: 2.5-4.1) expanded the chance of uncontrolled hypertension, while patients with cardiovascular illness (OR: 2.2, 95% CI: 1.5-3.1) too expanded the hazard. Alternately, patients with cardiovascular infection (OR: 0.6, 95% CI: 0.4-0.8) and polypharmacy (OR: 0.2, 95% CI: 0.1-0.2) were related with a diminished chance of uncontrolled hypertension</p>
10	<p>Assessment of Risk Factors for Hypertension among the Staff of a Tertiary Institution in Nigeria. Ngowa HO, et al (2023).(Abdullah et al., 2024)</p>	<p>The study was an institution based descriptive cross-sectional study. All the staff of the Faculties of Basic and Clinical Medicine of ESUCOM.</p>	<p>A structured questionnaire was used to collect data on background characteristics and risk factors for hypertension. Weight and height measurements were used to calculate participants' BMI. Systolic blood</p>	<p>The larger part of staff (62.1%) did not know their blood weight values. Around 29.3% had a family history of hypertension, 17.9% had diabetes, 27.9% devoured liquor, 9.3% expended tobacco, 20.0% worked out and 20.0ded salt to cooked</p>

			pressure of 140 mmHg and diastolic blood pressure of 90 mmHg according to the guidelines of the American Heart Association is classified as hypertension.	nourishment. Family history of hypertension, liquor admissions and work out are noteworthy chance variables related with hypertension. Within the calculated relapse work out [AOR = 0.119; CI = (0.030-0.481)] and family history of hypertension [AOR = 3.932; CI = (1.485-10.413)] emphatically anticipated hypertension among members.
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In the event that expanded blood weight holds on for a long time and isn't identified and enough treated, it can cause harm to the kidneys, heart, brain, and other organs. In this manner, to control hypertension, it is fundamental to lock in in health promotion exercises to preserve, progress, and secure individual wellbeing and natural condition (Sari et al., 2023). A few variables that impact the frequency of hypertension are isolated into two, counting:

*a.* Chance variables that are inborn in individuals with hypertension and cannot be changed incorporate

1. Age

Those matured >40 a long time have a more noteworthy hazard of uncontrolled blood weight than those matured 18-40 a long time. At >40 a long time, the flexibility of the courses starts to diminish, making it simpler to create atherosclerosis and ended up helpless to hypertension. In the mean time, at 18-40 a long time, excitement, action, and physical movement are tall, so wellbeing conditions are for the most part superior (Marhabatsar NS & Sijid SA, 2021).

2. Sex

The sexual orientation calculate affecting hypertension is connected to the mental state of each sexual orientation. Numerous considers have uncovered that ladies endure from hypertension the foremost, but men are moreover helpless. Numerous ladies endure from hypertension due to menopause. Some time recently menopause, ladies slowly lose the hormone estrogen. Misfortune of this hormone shows maturing and can trigger weight pick up and expanded blood weight. In

this manner, menopause is said to influence hypertension (Marhabatsar NS & Sijid SA, 2021).

3. Hereditary

Hereditary components impact the predominance of hypertension, causing family individuals to endure from it. Individuals with family individuals, particularly near relatives such as guardians, who have a history of hypertension, have twice the hazard of enduring from hypertension compared to those without such family history. A few considers have demonstrated that in numerous cases of fundamental hypertension, 70-80% have a family history of hypertension as well (Marhabatsar NS & Sijid SA, 2021).

b. Risk factors resulting from unhealthy behavior in hypertension sufferers include:

1. Smoking

Smoking is closely connected to hypertension. Cigarettes contain nicotine, which can cause blood vessel choking and trigger the heart to work harder due to expanded blood weight. Smoking is additionally impacted by social or natural components, where young grown-ups frequently seek for their personality and learn from others, counting picking up smoking propensities. Subsequently, in the event that this habit continues when somebody endures from tall blood weight, it gets to be a really unsafe combination (Jehani et al., 2022).

2. Moo fiber slim down

A individual who devours a low-fiber eat less by and large has higher blood weight compared to somebody who devours a high-fiber slim down. Exchanging from a low-fiber eat less to a high-fiber eat less can lower blood weight. Tall blood pressure is frequently related with fat. To avoid this illness, decreasing the nearness of fat within the body is fundamental (Cholifah & Sokhiatun, 2022).

3. Dyslipidemia

Dyslipidemia may be a major indicator of cardiovascular malady, which can cause endothelial harm and diminished physiological vasomotor effectiveness. This condition can lead to prehypertension and inevitably hypertension. The harm can too result in an increment in systemic blood weight. Unreasonably tall cholesterol levels within the blood are unsafe for heart and blood vessel wellbeing, contributing to metabolic issues, heart infection, and vascular blockages (Zulfahmidah et al., 2022).

4. Abundance salt utilization

Devouring over the top sums of salt is one of the causes of hypertension. Sodium ingested into the blood vessels from tall salt admissions comes about in water maintenance, expanding blood volume. Tall sodium admissions triggers the intemperate discharge of natriuretic hormone, which by implication increments blood weight (Purwono et al., 2020).

5. Lack of physical activity

Youthful grown-ups frequently spend more time working and need time for customary physical exercises such as work out. Individuals who are not physically dynamic tend to have the next heart rate. Need of physical movement moreover triggers corpulence, which can increment blood weight. Light work out can offer assistance keep the heart solid, making blood vessels less stiff so the heart can pump blood more effortlessly and lower blood weight. Light exercise, such as strolling, running, or cycling for 20-25 minutes with a recurrence of 3-5 times per week, is advantageous (Rahmawati, 2023).

6. Stress

Stress is thought to happen through thoughtful nerve action, which increments amid action. Expanded thoughtful nerve action comes about in sporadic blood weight. Tireless stretch can lead to a enduring increment in blood weight. This happens when an individual faces stressors that cause pressure and uneasiness, activating the thoughtful nerves to limit fringe blood vessels and increment blood weight (Rahma et al., 2022).

7. Intemperate weight/obesity

Weight altogether influences the body's physiological changes. Being overweight may be a major trigger for blood weight, driving to hypertension. Cardiac yield and blood circulation in stout individuals are higher, contributing to hypertension. In case you're overweight, your heart pumps blood at a better volume, expanding blood weight and driving to hypertension. Also, corpulence increments plasma affront, a potential natriuretic that causes sodium reabsorption, contributing to hypertension (Marhabatsar NS & Sijid SA, 2021).

8. Alcohol consumption

Liquor can invigorate epinephrine or adrenaline, causing supply routes to shrivel and coming about within the buildup of water and sodium, which can lead to hypertension (Jehani et al., 2022).

## CONCLUSION AND SUGGESTION

There are two hazard variables for hypertension: those that cannot be changed, counting age, sexual orientation, and hereditary qualities; and those that can be changed, counting smoking, low-fiber eat less, dyslipidemia, intemperate salt utilization, need of physical movement, push, overweight/obesity, and liquor utilization.

## FURTHER STUDY

Future research is encouraged to explore this topic further, addressing potential limitations and expanding the scope of analysis to provide deeper insights and broader applications.

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