

DAFTAR PUSTAKA

- Adiputra, I Made Sumarde., dkk. (2021). *Metode Penelitian Kesehatan*. Medan: Yayasan Kita Menulis.
<https://drive.google.com/file/d/1o3MZb6U8F6ZCseLsMIvnpJzBD7fSVDpe/view?usp=drivesdk>
- Anggraeni, Ernawati., dkk. (2023). Edukasi Kesehatan: Pelatihan Pembuatan Air Rebusan Jahe sebagai Terapi Herbal Non-Farmakologi Untuk Mengatasi Disminore. *Indonesian Journal of Community Dedication in Health (IJCDH)*, 4(01), 13-19.
<https://journal.umg.ac.id/index.php/ijtdh/article/view/7111/4038>
- Arini, Nadia., Bambang Wispriyono., & Taufik Ashar. (2021). Paparan Kebisingan dan Perubahan Tekanan Darah Pekerja Di Bagian Klang Area PT Pertamina RU II Dumai. *Jurnal Kesehatan Lingkungan* , 64-71.
<https://drive.google.com/file/d/1mmseo9CM5GkSiKrZtbHTcwYcF89j1LKm/view?usp=drivesdk>
- Ariyani, A'udina Rosiyada. (2020). Kejadian hipertensi pada usia 45-65 tahun. *Higeia Journal of Public Health Research and Development*, 4(3), 506-518.
https://drive.google.com/file/d/1o_6c2Uywc0GklUTEx67tMgaVEN4fE3wH/view?usp=drivesdk
- Black, Christopher D., et al. (2010). Ginger (*Zingiber officinale*) reduces muscle pain caused by eccentric exercise. *The Journal Of Pain*, 11(9), 894-903.
<https://drive.google.com/file/d/1mz8y2bjP5eyhlz8eWPbv4sMVbbMnhjJw/view?usp=drivesdk>
- Chen, Chen X., Bruce Barrett., & Kristine L Kwekkeboom. (2017). Educational attainment and hypertension: The role of work stress and lifestyle factors. *International Journal Of Hypertensi*, 1-9.
<https://drive.google.com/file/d/1mzNajoL7KX2bTwC2tfvZca8AsyvCbeuZ/view?usp=drivesdk>
- Cutler, David M., & Adriana Lleras M. (2010). Understanding differences in health behaviors by education . *Journal Of Health Economics*, 29(1), 1-28.
https://drive.google.com/file/d/1n15zvxSGhTYBAd8y6W0vtjxYSYbsa_lj/view?usp=drivesdk
- Daily, James W., et al. (2015). Efficacy of ginger for alleviating the symptoms of primary dysmenorrhea: A systematic review and meta-analysis of randomized clinical trials. *Pain Medicine*, 16(12), 2243-2255.
<https://academic.oup.com/painmedicine/article-abstract/16/12/2243/2460294?redirectedFrom=fulltext&login=false>
- Dinas Kesehatan Kota Kupang. (2020). Profil Dinas Kesehatan Kota Kupang .

- <https://drive.google.com/file/d/1n4INk2k97NqdUTFQn6OpDi7pvnlbFcaL/view?usp=drivesdk>
- Er Institute. (2023, February 22). Rupa-rupa tanaman . *Jahe (Zingiber officinale)*, pp. 7-21.
<https://erinstitute.id/rupa-rupa/page/7/>
- Haryani, Sonnia., dkk. (2018). Penatalaksanaan Nyeri Kepala Pada Layanan Primer. *Callosum Neurology Journal*, 1(3), 80-88.
<https://drive.google.com/file/d/1n5sIS259YNS8zbFyyeTCuS1tqRthSIWd/view?usp=drivesdk>
- Indriyanti, Leli Hesti., Puspita Kurnia Wangi., & Kristina Simanjuntak. (2019). Hubungan Paparan Kebisingan Terhadap Peningkatan Tekanan Darah Pada Pekerja. *Jurnal Kedokteran Dan Kesehatan*, 15(1), 1-7.
https://drive.google.com/file/d/1n71p_27wtjXlAW8goXXORXs_7zmyq3OD/view?usp=drivesdk
- Kemendes RI. (2022, September 14). Sakit Kepala. *Direktorat Jendral Pelayanan kesehatan*.
https://keslan.kemkes.go.id/view_artikel/1535/sakit-kepala
- Kemendes RI. (2024, Mei 18). Bahaya Hipertensi, Upaya Pencegahan dan Pengendalian Hipertensi. *Sehat Negeriku*.
<https://kemkes.go.id/id/bahaya-hipertensi-upaya-pencegahan-dan-pengendalian-hipertensi>
- Kemendes RI. (2022). In Kementerian Kesehatan Republik Indonesia. *Profil Kesehatan Indonesia* , Profil Kesehatan Indonesia
<https://www.kemkes.go.id/downloads/resources/download/pusdatin/profil-kesehatan-indonesia/Profil-Kesehatan-2021.pdf>.
- Koswara, Sutrisno. (2011). *Jahe Rimpang Dengan Sejuta Khasiat* . Yogyakarta: Graha Ilmu.
https://drive.google.com/file/d/1ln7MJ2hHJ1HyJx2_KOTnLon43OZe_u00/view?usp=drivesdk
- Mantiri, N C., Henoch Awaloei., & Jimmy Posangi. (2013). Perbandingan Efek Analgesik Perasan Rimpang Jahe Merah (*Zingiber officinale* var. *rubrum* Thelaide) Dosis Terapi pada Mencit (*Musculus*) . *Jurnal E-Biomedik*, 1(1), 518–523.
<https://ejournal.unsrat.ac.id/v3/index.php/ebiomedik/article/view/4593/4121>
- Marbun, Wulan Sulastri., & Lyna M N Hutapea. (2022). Penyuluhan kesehatan pada penderita hipertensi dewasa terhadap tingkat pengetahuan hipertensi. *Jurnal Keperawatan Silampari*, 6(1), 89-96.
<https://drive.google.com/file/d/1nEV6Kys1ThsHKYmZpRpVfYTzsazxC5Ag/view?usp=drivesdk>
- Maringga, Estin Gita., & Nunik Ike Yunia Sari. (2020). Analisis Faktor yang Mempengaruhi Kejadian Hipertensi Pada Wanita Menopause Di Desa Kayen Kidul Kecamatan Kayen Kidul Kabupaten Kediri. *Midwiferia Jurnal Kebidanan*, 6(2), 22-30
<https://midwiferia.umsida.ac.id/index.php/midwiferia/article/view/449/483>

- Mashhadi, Nafiseh Shokri., et al. (2013). Anti-oxidative and anti-inflammatory effects of ginger in health and physical activity: Review of current evidence. *International Journal of Preventive Medicine*, 4(1), S36-S42.
<https://drive.google.com/file/d/1nEh23vntHFMSgXBrqiGvok1IUrpDEy93/view?usp=drivesdk>
- Nadia, Elisabet Alva. (2020). Efek Pemberian Jahe Terhadap Tekanan Darah Pada Pasien Hipertensi. *Jurnal Medika Utama* , 2(1), 343-348.
<https://jurnalmedikahutama.com/index.php/JMH/article/view/87/53>
- Nurlita, Diah., Nuri Handayani., & Lulu Setiyabudi. (2018). Pembuatan Serbuk Jahe sebagai Minuman bagi Warga Kelurahan Kahuripan Kecamatan Tawang Kota Tasikmalaya. *Journal Of Character Education Society*, 1(1), 67-73.
<https://drive.google.com/file/d/1obEh2SjC9vurnQ6OIb50gusZApJHAD5z/view?usp=drivesdk>
- Nurman, Muhammad. (2017). Efektifitas Antara Terapi Relaksasi Otot Progresif Dan Teknik Relaksasi Nafas Dalam Terhadap Penurunan Tekanan Darah Pada Penderita Hipertensi Di Desa Pulau Birandang Wilayah Kerja Puskesmas Kampar Timur . *Jurnal Ners*, 1(2), 108-126.
<https://journal.universitaspahlawan.ac.id/index.php/ners/article/view/122/91>
- Prayitno, Adi., & Khoiriyah. (2018). Pengaruh terapi musik religius dan deep Breathing terhadap penurunan intervensi nyeri kepala pada pasien hipertensi Di wilayah kerja UPTD Puskesmas Genuk Kota Semarang. 951-952, 1-14.
<https://drive.google.com/file/d/1mHyMVjSitvzfkmH9AmvmrSTI2ZdmrNHS/view?usp=drivesdk>
- Sari, Dewi., & Anas Nasuha. (2021). Efektivitas jahe (*Zingiber officinale*) sebagai analgesik alami terhadap penurunan nyeri. *Journal of biological sciene*, 1(2), 11-18.
<https://jurnal.uinbanten.ac.id/index.php/tropicalbiosci/article/view/5246/3339>
- Sarumaha, Erna Krisnawati., & Vivi Eulis Diana. (2018). Faktor risiko kejadian hipertensi pada usia dewasa muda di UPTD Puskesmas Perawatan Plus Teluk dalam kabupaten Nias Selatan. *Jurnal Kesehatan Global*, 1(2), 70-77.
https://drive.google.com/file/d/1loSWUOD2TiJ6WsZpoq7zBJH_m2ZqppKO/view?usp=drivesdk
- Unger, Thomas., et al. (2020). International Society of Hypertension Global Hypertension Practice Guidelines. . *JhyHypertension*, 38(6), 982-1004.
https://drive.google.com/file/d/1lr2v_mHor3hhJ0RCf9vzQTwdPPKOIJBm/view?usp=drivesdk
- Wachidah, Rima., & Emillia Puspitasari Sugiyanto. (2023). Penerapan pemberian kompres hangat jahe pada leher terhadap nyeri kepala pasien lansia dengan hipertensi. *Prosiding Seminar Nasional hasil-hasil penelitian dan pengabdian masyarakat*, 5(1), 39-45
<https://prosiding.d3per.uwhs.ac.id/index.php/eproc/article/view/54/42>

World Health Organization. (2018). Noncommunicable Diseases Country Profiles.
<https://iris.who.int/handle/10665/274512>

World Health Organization. (2023). World Health Statistics : Monitoring Health For Sustainable Development Goals (SDGs). *World Health Organization*.
<https://www.who.int/news-room/fact-sheets/detail/hypertension>