DAFTAR PUSTAKA

Afrila, N., Dewi, A. P., & Erwin. (2015). Efektifitas Kombinasi Terapi *Slow Stroke Back Massage* Dan Akupresur Terhadap Penurunan Tekanan Darah Pada Penderita Hipertensi. JOM, 2(34),129-152.

Albrecht, M., & McIntyre, D. (2015). Effects of peppermint oil on pain and discomfort in irritable bowel syndrome patients. International Journal of Clinical Practice, 69(12), 1464-1470.

Buchbauer, G., Jirovetz, L., Jäger, W., Dietrich, H., & Plank, C. (1991). *Fragrance compounds and essential oils with sedative effects upon inhalation. Journal of Pharmaceutical Sciences*, 80(6), 561-565.

Carey, R. M., & Whelton, P. K. (2018). Prevention, detection, evaluation, and management of high blood pressure in adults: Synopsis of the 2017 ACC/AHA hypertension guideline. *Annals of Internal Medicine, 168*(5), 351–358. https://doi.org/10.7326/M17-3203

Carson, C. F., & Riley, T. V. (2001). *Antimicrobial activity of tea tree oil. Journal of Antimicrobial Chemotherapy*, 47(2), 209-212.

Clark, J. (2021). *The comprehensive guide to aromatherapy. New York: Aromatic Press.*

Corwin, E. J. (2009). *Handbook of pathophysiology (3rd ed.). Lippincott Williams & Wilkins.*

DailyMed. (2025). Lisinopril and Hydrochlorothiazide Tablets – Prescribing Information. U.S. National Library of Medicine.

Diego, M. A., & Field, T. (2009). Moderate pressure massage elicits a parasympathetic nervous system response. International Journal of Neuroscience, 119(5), 630–638. https://doi.org/10.1080/00207450802329605

Field, T., *Hernandez -Reif, M., & Diego, M. A. (2005). Massage and aromatherapy effects on mood and anxiety in preoperative patients. Journal of Bodywork and Movement Therapies*, 9(2), 123-128.

Field, T. (2010). *Massage therapy research review. Journal of Bodywork and Movement Therapies*, 14(1), 91-95.

Field, T., Diego, M., & Hernandez-Reif, M. (2012). *Aromatherapy massage and self-massage effects on anxiety and depression in patients with cancer. Journal of Clinical Psychology,* 68(4), 438-445.

Field, T. (2014). *Massage therapy: Theories and evidence. International Journal of Neuroscience*, 124(7), 446-452.

Field, T. (2014). *Massage therapy research review. Complementary Therapies in Clinical Practice, 20(4), 224–229. https://doi.org/10.1016/j.ctcp.2014.07.002*

Field, T. (2014). *Lavender aromatherapy reduces anxiety in children and adolescents. Journal of Aromatherapy,* 24(2), 68-74

Field, T. (2019). *Massage therapy: Principles and practice (5th ed.). Elsevier. Galea, S., & Ahern, J. (2007). Psychological responses to disaster and trauma. Journal of Trauma and Acute Care Surgery,* 62(3), 227-233.

Gomez, H. J., Cirillo, V. J., & Moncloa, F. (1987). *The clinical pharmacology of lisinopril*. *Journal of Cardiovascular Pharmacology, 9*(Suppl. 3), S27–S34. https://doi.org/10.1097/00005344-198700003-00008

Guyton, A. C., & Hall, J. E. (2021). *Textbook of Medical Physiology* (12th ed.). Philadelphia: Saunders Elsevier.

Hall, J. E. (2021). *Guyton and Hall textbook of medical physiology* (14th ed.). Elsevier.

Hermawan, I. W., Ryandini, F. R., & Riani, S. (2024). Efektivitas Slow Stroke Back Massage Terhadap Tekanan Darah Dan Kualitas Tidur Penderita Hipertensi. *Medical Journal of Nusantara*, 3(2), 113–122

Hinkle, J. L., Cheever, K. H., & Overbaugh, K. (2021). *Brunner & Suddarth's Textbook of Medical-Surgical Nursing* (15th, Nort ed.).

Hinkle, J. L., & Cheever, K. H. (2018). *Brunner & Suddarth's textbook of medical-surgical nursing (14th ed.). Wolters Kluwer.*

Huang, Y., Su, L., & Lee, C. (2016). *Effects of lavender aroma on the reduction of anxiety and blood pressure: A randomized controlled trial. Nursing in Critical Care*, 21(2), 97-102.

Hollis, M., & Jones, E. (2009). *Massage for Therapists: A guide to soft tissue therapy, Third Edition. In Blackwell Publishing*.

Kamalipour, H., Abedini, A., & Shafiei, F. (2021*). The effect of lavender aromatherapy on anxiety and blood pressure in preoperative patients: A randomized controlled trial. Journal of Clinical Nursing,* 30(3-4), 433-440.

Lee, K. J., Lee, J. H., & Choi, T. Y. (2013). *Effect of lavender aromatherapy on anxiety and blood pressure: A meta-analysis. Journal of Alternative and Complementary Medicine*, 19(2), 116-122.

Lee, J. H., et al. (2011). *The effects of aromatherapy massage on anxiety and blood pressure in patients awaiting surgery: A randomized controlled trial. The Journal of Alternative and Complementary Medicine*, 17(7), 657-663.

Lee, J., Kim, S., & Park, H. (2022). *The effectiveness of combined massage and aromatherapy in reducing anxiety and blood pressure: A randomized controlled trial. Journal of Complementary and Integrative Medicine*, 19(4), 345-356.

Liu, S., Li, J., & Wang, X. (2015). *The effect of slow stroke massage on blood pressure and anxiety. Journal of Clinical Nursing*, 24(5-6), 768-773.

Matsubara, E., Fujii, T., & Kawai, N. (2011). *Effect of rosemary oil bath on fatigue recovery. Journal of Complementary Medicine,* 9(3), 175-180.

McCorry, L. K. (2007). Physiology of the autonomic nervous system. American Journal of Pharmaceutical Education, 71(4), 78. https://doi.org/10.5688/aj710478

Miladinia, M., Baraz, S., Shariati, A., & Malehi, A. S. (2017). *Effects of slow-stroke back massage on symptom cluster in adult patients with acute leukemia: Supportive care in cancer nursing. Cancer Nursing*, 40(1), 31-38.

Mook, E., & Woo, C. P. (2004). The effects of slow-stroke back massage on anxiety and shoulder pain in elderly stroke patients. Complementary Therapies in Nursing and Midwifery, 10(4), 209–216.

Moyer, C. A., Rounds, J., & Hannum, J. W. (2004*). A meta-analysis of massage therapy research. Psychological Bulletin*, 130(1), 3–18. https://doi.org/10.1037/0033-2909.130.1.3

Nakamura, T., & Shirota, T. (2015). *Effect of citrus essential oils on mood states and autonomic nervous system activity. Journal of Alternative and Complementary Medicine*, 21(1), 52-56.

Oliveros, E., Patel, H., Kyung, S., Fugar, S., Goldberg, A., Madan, N., & Williams, K. A. (2020). Hypertension in older adults: Assessment, management, and challenges. *Clinical Cardiology, 43*(2), 99–107. https://doi.org/10.1002/clc.23303

Peters, R., Smith, L., & Taylor, A. (2020). *The effects of essential oils on mood and cognition. Journal of Complementary Medicine,* 35(2), 45-52.

Prasetyaningrum, Y. I. (2014). *Hipertensi bukan untuk ditakuti*. FMedia

Putri, A. M., & Lestari, D. (2022). Efektivitas slow stroke back massage terhadap kualitas tidur pada pasien hipertensi. *Jurnal Keperawatan Medikal Bedah*, *10*(2), 75–83

Ridlo, U. (2023). *Metode penelitian studi kasus: Teori dan praktik*. Publica Indonesia Utama

Sani, F. N., & Irdianty, M. S. (2020). The effects of slow stroke back massage and lavender aromatherapy on blood pressure in hypertensive patients. *Indonesian Journal of Medicine, 5*(3), 178–184. https://doi.org/10.26911/theijmed.2020.05.03.01

Setiawan, I. S (2023). Pengaruh Terapi *Slow Stroke Back Massage (SSBM)* Dengan Minyak Essensial Lavender Terhadap Tekanan Darah Pada Pasen Dengan Hipertensi (*Doctoral dissertation*, Universitas Karya Husada).

Setyoadi, & Kushariyadi. (2011). Terapi Modalitas Keperawatan pada Klien Psikogeriatrik. Salemba Medika.

Smith, D., & Jones, E. (2019). Dermal absorption of essential oils: A review. International Journal of Aromatherapy, 12(4), 211-220.

Sutanto. (2010). *Cekal (cegah dan tangkal) penyakit modern: Hipertensi, stroke, jantung, kolesterol, dan diabetes*. Andi Offset. [1]

Suviani, N. W., Artana, I. W., & Putra, P. W. K. (2014). Pengaruh Pemberian Aromaterapi Lavender (lavadulla angustifolia) terhadap Penurunan Hipertensi pada Lansia di Desa Cimagi Kecamatan Mengwi Kabupaten Badung. *Jurnal Dunia Kesehatan*, *1*.

Tim Pokja SDKI DPP PPNI. 2017. Standar Diagnosa Keperawatan Indonesia Definisi dan Indikator Diagnostik Edisi 1. Jakarta: Dewan Pengurus Pusat PPNI.

Tim Pokja SIKI DPP PPNI. 2017. Standar Intervensi Keperawatan Indonesia Definisi dan Tindakan Keperawatan Edisi 1. Jakarta: Dewan Pengurus Pusat PPNI.

Tim Pokja SLKI DPP PPNI. (2019). *Standar luaran keperawatan Indonesia: Definisi dan kriteria hasil keperawatan* (Edisi 1). Dewan Pengurus Pusat Persatuan Perawat Nasional Indonesia.

Tracey, K. J. (2002). The inflammatory reflex. Nature, 420(6917), 853–859. https://doi.org/10.1038/nature01321

Tsuchiya, Y., et al. (2013). *Effects of aromatherapy massage on blood pressure and anxiety in preoperative patients. Complementary Therapies in Clinical Practice,* 19(4), 236-241.

Unger, T., Borghi, C., Charchar, F., Khan, N. A., Poulter, N. R., Prabhakaran, D., Ramirez, A., Schlaich, M., Stergiou, G. S., Tomaszewski, M., Wainford, R. D., Williams, B., & Schutte, A. E. (2020). 2020 International Society of Hypertension global hypertension practice guidelines. *Journal of Hypertension, 38*(6), 982–1004. https://doi.org/10.1097/HJH.0000000000002453

Uvnäs-Moberg, K., Handlin, L., & Petersson, M. (2015). Self-soothing behaviors with particular reference to oxytocin release induced by non-noxious sensory stimulation Frontiersin Psychology, 5, 1529. ttps://doi.org/10.3389/fpsyg.2014.01529

Williams, B., Mancia, G., Spiering, W., Agabiti Rosei, E., Azizi, M., Burnier, M., Clement, D. L., Coca, A., de Simone, G., Dominiczak, A., Kahan, T., Mahfoud, F., Redon, J., Ruilope, L., Zanchetti, A., Kerins, M., Kjeldsen, S. E., Kreutz, R.,

Laurent, S., ... Desormais, I. (2018). 2018 ESC/ESH guidelines for the management of arterial hypertension. *Journal of Hypertension, 36*(10), 1953–2041. https://doi.org/10.1097/HJH.0000000000001940

World Health Organization. (2021). *Guideline for the pharmacological treatment of hypertension in adults*. World Health Organization.

World Health Organization. (2023). *Hypertension*. World Health Organization

Yulita, R. F. (2021). Pengaruh back massage terhadap Tekanan darah pada pasien hipertensi: literature review. *Jurnal Kesehatan Kartika*, *16*(1), 9-16.

Zhou, J., & Yang, W. (2016). *Eucalyptus essential oil and its respiratory benefits: A review. Journal of Essential Oil Research*, 28(5), 362-370.

Zick, S. M., & Hsu, A. (2011). *Chamomile: A herbal medicine of the past with a bright future. Journal of Clinical Pharmacology*, 51(5), 702-711.