

REFERENSI

- Abbaszadeh, R., Tabari, F., Taherian, K., & Torabi, S. (2017). Lavender aromatherapy in pain management: A review study. *Pharmacophore*, 8(3), 50–54.
- Amini, A., Bahraminejad, N., Jafari, S., & Kamali, K. (2020). The effect of aromatherapy with rosa damascena essence on postoperative pain in inguinal hernia repair: A randomized clinical trial. *Nursing and Midwifery Studies*, 9(3), 117.
- Ashar, S., Juniawan, H., & Pringgotomo, G. (2018). Perbandingan Antara Pemberian Aromaterapi Mawar Dan Aromaterapi Lavender Terhadap Perawatan Penurunan Tekanan Darah Wanita Lansia Di Puskesmas Pagatan Tanah Bumbu. *Dinamika Kesehatan: Jurnal Kebidanan Dan Keperawatan*, 9(2), 567–581.
- Britov, A. N., & Bystrova, M. M. (2003). New guidelines of the Joint National Committee (USA) on prevention, diagnosis and management of hypertension. From JNC VI to JNC VII. *Kardiologiia*, 43(11), 93–97.
- Conrad, P. (2019). *Women's health aromatherapy: A clinically evidence-based guide for nurses, midwives, doulas and therapists*. Singing Dragon.
- Corwin, E. J. (2009). *Buku saku patofisiologi*.
- Dafriani, P., & Prima, B. (2019). *Pendekatan Herbal Dalam Mengatasi Hipertensi*.
- Damayanti, D. (2014). Perbedaan Tekanan Darah Sebelum Dan Sesudah Dilakukan Hidroterapi Rendam Hangat Pada Penderita Hipertensi Di Desa Kebondalem Kecamatan Jambu Kabupaten Semarang. *Semarang: Jurnal STIKES Ngudi Waluyo Ungaran*, 5(10).
- Dewi, S. U., Masruroh, M., Winahyu, K. M., Mawarti, H., Rahayu, D. Y. S., Damayanti, D., Utami, R. A., Rajin, M., Manalu, N. V., & Yuliana, D. (2022). *Terapi Komplementer: Konsep dan Aplikasi Dalam Keperawatan*. Yayasan Kita Menulis.
- Erland, L. A. E., & Mahmoud, S. S. (2016). *Lavender (Lavandula angustifolia) Oils. Essential Oils in Food Preservation, Flavor and Safety*, 501–508.
- Ertiana, D., & Pratami, A. N. (2021). Aromatherapy Lavender to Decrease Dysmenorrhea in Teenage Girls. *Jurnal Kesehatan Prima*, 15(1), 46–56.
- Fatmawati. (2020). *Pengaruh terapi musik klasik terhadap skor nyeri pasien post operasi fraktur di RSUD Kota Madiun*. Sekolah Tinggi Ilmu Kesehatan Bhakti Husada Mulia.
- Fildayanti, F., Dharmawati, T., & Putri, L. A. R. (2020). Pengaruh Pemberian

Rendam Kaki Dengan Air Hangat Campuran Garam Terhadap Penurunan Tekanan Darah Pada Pasien Hipertensi di Desa Lamboo Wilayah Kerja Puskesmas Moramo. *Jurnal Ilmiah Karya Kesehatan*, 1(1), 70–75.

- Frost, E., & Ostrovsky, D. A. (2019). Aromatherapy may reduce menstrual pain in women with primary dysmenorrhea. *Explore (New York, NY)*, 15(3), 241–242.
- Ghavami, T., Kazeminia, M., & Rajati, F. (2022). The Effect of Lavender on Stress in Individuals: A Systematic Review and Meta-Analysis. *Complementary Therapies in Medicine*, 102832. <https://doi.org/https://doi.org/10.1016/j.ctim.2022.102832>
- Hastuti, A. P., & Kep, M. (2020). *Hipertensi*. Penerbit Lakeisha.
- Hidayat, A. A. (2021a). *Dokumentasi Keperawatan; Aplikasi Praktik Klinik*. Health Books Publishing.
- Hidayat, A. A. (2021b). *Proses Keperawatan; Pendekatan NANDA, NIC, NOC dan SDKI*. Health Books Publishing.
- Hinkle, J. L., & Cheever, K. H. (2018). *Brunner and Suddarth's textbook of medical-surgical nursing*. Wolters kluwer india Pvt Ltd.
- Irawan, D. (2022). PENGARUH RENDAM KAKI MENGGUNAKAN AIR GARAM TERHADAP PENURUNAN TEKanan DARAH PENDERITA HIPERTENSI PADA LANSIA DI UPT PELAYANAN SOSIAL TRESNA WERDHA JEMBER. *Jurnal Keperawatan 'Aisyiyah*, 9(2), 119–125.
- Kashiwadani, H., Higa, Y., Sugimura, M., & Kuwaki, T. (2021). Linalool odor-induced analgesia is triggered by TRPA1-independent pathway in mice. *Behavioral and Brain Functions*, 17(1), 1–7.
- Kasper, D., Fauci, A., Hauser, S., Longo, D., Jameson, J., & Loscalzo, J. (2015). *Harrison's principles of internal medicine, 19e* (Vol. 1, Issue 2). Mcgraw-hill New York, NY, USA:
- Kemendes. (2018). Laporan_Nasional_RKD2018_FINAL.pdf. In *Badan Penelitian dan Pengembangan Kesehatan* (p. 198). http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf
- Kemendes RI. (2019). Hipertensi Si Pembunuh Senyap. *Kemendrian Kesehatan RI*, 1–5.
- Kemendrian Kesehatan RI. (2019). Infodatin Hipertensi Si Pembunuh Senyap. In *Jakarta Selatan: Kemeterian Kesehatan RI*.
- Kennedy, A. (2018). *Aromatherapy for beginners: the complete guide to getting started with essential oils*. Althea Press.
- Kim, M., Nam, E. S., Lee, Y., & Kang, H.-J. (2021). Effects of Lavender on

Anxiety, Depression, and Physiological Parameters: Systematic Review and Meta-Analysis. *Asian Nursing Research*, 15(5), 279–290.
<https://doi.org/https://doi.org/10.1016/j.anr.2021.11.001>

- Knoerr, K. (2018). Essential oils: An adjunct to holistic nursing. *Gastroenterology Nursing*, 41(3), 250–254.
- Latipah, S., & Lucky, S. D. (2022). The Effect of Aroma Lavender Therapy and Progressive Muscle Relaxation (PMR) on Decreasing Blood Pressure in Hypertension Patients in the Gandasari Area of Puskesmas Manis Jaya. *Jurnal Ilmiah Keperawatan Indonesia (JIKI)*, 5(1), 9–18.
- Lewington, S., Lacey, B., Clarke, R., Guo, Y., Kong, X. L., Yang, L., Chen, Y., Bian, Z., Chen, J., Meng, J., Xiong, Y., He, T., Pang, Z., Zhang, S., Collins, R., Peto, R., Li, L., Chen, Z., & Consortium, for the C. K. B. (2016). The Burden of Hypertension and Associated Risk for Cardiovascular Mortality in China. *JAMA Internal Medicine*, 176(4), 524–532.
<https://doi.org/10.1001/jamainternmed.2016.0190>
- Lizarraga-Valderrama, L. R. (2021). Effects of essential oils on central nervous system: Focus on mental health. *Phytotherapy Research*, 35(2), 657–679.
- Mailani, I., & Burhanto, B. (2022). Pengaruh Intervensi Aromaterapi Lavender terhadap Kestabilan tekanan Darah pada Penderita Hipertensi Desa Sidomulyo Kecamatan Tabang. *Borneo Student Research (BSR)*, 3(3), 2716–2724.
- Maitra, S., Bhadra, P., & Shankar, T. (2021). *AROMATHERAPY AND ITS BENEFITS*.
- Mashudi, S. (2021). *Buku Ajar Proses Keperawatan Pendekatan SDKI, SLKI, SIKI*. CV. Global Aksara Pres.
- Mizrak Sahin, B., Culha, I., Gursoy, E., & Yalcin, O. T. (2021). Effect of massage with lavender oil on postoperative pain level of patients who underwent gynecologic surgery: A randomized, placebo-controlled study. *Holistic Nursing Practice*, 35(4), 221–229.
- Mohan, V., Seedat, Y., & Pradeepa, R. G. (2013). The Rising Burden of Diabetes and Hypertension in Southeast Asian and African Regions: Need for Effective Strategies for Prevention and Control in Primary Health Care Settings. *International Journal of Hypertension*, 2013, 409083.
<https://doi.org/10.1155/2013/409083>
- Nisa, U., & Dewi, T. F. (2018). Kombinasi Salam, Pegagan, Alang-Alang, dan Pala Terhadap Fungsi Kardiovaskuler Pasien Hipertensi Esensial. *Buletin Penelitian Kesehatan*, 46(1), 61–68.
- Nuraeni, R., & Nurholipah, A. (2021). Aromaterapi Lavender terhadap Intensitas Nyeri Haid (Dysmenorrhea) pada Mahasiswi Tingkat II. *Jurnal Keperawatan Silampari*, 5(1), 178–185.

- Nurarif, H. K. (2015). *Aplikasi Asuhan Keperawatan Berdasarkan Diagnosa Medis dan Nanda Nic-NOC*. Medication Publishing.
- Nurarifah, N., & Damayanti, R. (2022). Self Management Pasien Hipertensi dalam Mengontrol Tekanan Darah. *Jurnal Keperawatan Silampari*, 5(2), 641–649.
- Perhimpunan Dokter Hipertensi Indonesia. (2019). Konsensus penatalaksanaan hipertensi 2019. *The 13th Scientific Meeting of Indonesian Society of Hypertension*.
- Perkins, A. (2020). Have you considered aromatherapy? *Nursing Made Incredibly Easy*, 18(6), 20–24.
- Potter, P. A., Perry, A. G., Stockert, P. A., & Hall, A. M. (2020). *Fundamental Of Nursing* (10th ed.). Elsevier.
- Rahmadhani, D. Y. (2022). The Effectiveness of Lavender Aromatherapy on Blood Pressure among Elderly with Essential Hypertension. *The Journal of Palembang Nursing Studies*, 1(1 SE-Original Articles), 1–8. <https://doi.org/10.55048/jpns.v1i1.8>
- Rios, J.-L. (2016). Essential oils: What they are and how the terms are used and defined. In *Essential oils in food preservation, flavor and safety* (pp. 3–10). Elsevier.
- Riskesdas. (2018). Laporan Riskesdas 2018 (Provinsi). In *Jakarta*. <https://drive.google.com/drive/folders/1XYHFQuKucZIwmCADX5ff1aDhfJgqzI-l>
- Sari, Y. P., & Rina, R. (2015). Pengaruh Kompres Hangat Aromaterapi Lavender terhadap Penurunan Skala Nyeri Pasien Rematik (Osteoarthritis) pada Lansia di Panti Sosial Tresna Werdha Sabai Nan Aluih Sicincin Tahun 2014. *Jurnal Kesehatan*, 6(1), 289853.
- Siauta, J. A. (2021). PENGARUH KONSUMSI BAWANG PUTIH (*Allium sativum*) TERHADAP TEKANAN DARAH PADA WANITA LANJUT USIA DENGAN HIPERTENSI DI WILAYAH KERJA PUSKESMAS TAKTAKAN KOTA SERANG. *Jurnal Penelitian Dan Kajian Ilmiah Kesehatan Politeknik Medica Farma Husada Mataram*, 7(2), 153–160.
- Silalahi, K. L., Siregar, P. S., & Ariga, F. (2020). Pengaruh Aromaterapi Kenanga (*Cananga Odorata*) Terhadap Penurunan Tekanan Darah Pada Pasien Hipertensi. *Jurnal Keperawatan Priority*, 3(2), 101–108.
- Song, J.-A., Lee, M., Min, E., Kim, M.-E., Fike, G., & Hur, M.-H. (2018). Effects of aromatherapy on dysmenorrhea: A systematic review and meta-analysis. *International Journal of Nursing Studies*, 84, 1–11.
- Suling, F. R. W. (2018). *BUKU REFERENSI HIPERTENSI*. Universitas Kristen Indonesia.

- Tabatabaeichehr, M., & Mortazavi, H. (2020). The effectiveness of aromatherapy in the management of labor pain and anxiety: A systematic review. *Ethiopian Journal of Health Sciences*, 30(3).
- Tim Pokja SDKI PPNI. (2017). *Standar Diagnosis Keperawatan Indonesia Definisi dan Indikator Diagnostik*. Dewan Pengurus PPNI.
- Tim Pokja SIKI PPNI. (2018). *Standar Intervensi Keperawatan Indonesia*. PPNI.
- Widyawaty, E. D. (2020). Pengaruh Essensial Oil dari Biji Pala dan Lavender terhadap Tekanan Darah pada Lansia dengan Hipertensi. *NERSMID: Jurnal Keperawatan Dan Kebidanan*, 3(2), 76–84.
- 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: The Task Force for the management of arterial hypertension of the European Society of Cardiology (ESC) and the European Society of Hypertension (ESH). *European Heart Journal*, 39(33), 3021–3104. <https://doi.org/10.1093/eurheartj/ehy339>
- World Health Organization. (2021). *Hypertension*.
- Yanita, N. I. S. (2022). *Berdamai dengan hipertensi*. Bumi Medika.
- Zayeri, F., Dehkordi, Z. R., & Hosseini-Baharanchi, F. S. (2019). The clinical efficacy of lavender oil inhalation on intensity of menstrual pain from primary dysmenorrhea. *Journal of Herbmed Pharmacology*, 8(3), 218–223.