

DAFTAR PUSTAKA

1. Failure K, Collaborators RT. Articles Global , regional , and national prevalence of kidney failure with replacement therapy and associated aetiologies , 1990 – 2023 : a systematic analysis for the Global Burden of Disease Study 2023. 2025;1378–95.
2. Kidney. KDIGO 2024 Clinical Practice Guideline For The Evaluation And Management. 2024;105.
3. Monique E, Mark C, Elham A, Catriona A, Patricia S, Stevo S, et al. Hypertension and cardiovascular risk factor management in a multi - ethnic cohort of adults with CKD : a cross sectional study in general practice Modification of Diet in Renal Disease Master of Public Health. 2022;901–10.
4. Tangri N, Chadban S, Cabrera C. Projecting the Epidemiological and Economic Impact of Chronic Kidney Disease Using Patient-Level Microsimulation Modelling: Rationale and Methods of Inside CKD. 2023;265–81.
5. Kusuma H, Suhartini, Ropiyanto CB, Hastuti YD, Hidayati W, Sujianto U, et al. Buku Panduan Mengenal Penyakit Ginjal Kronis dan Perawatannya. 1st ed. Fakultas Kedokteran Universitas Diponegoro; 2019.
6. Kidney C, Collaborators D. Global , regional , and national burden of chronic kidney disease in adults , 1990 – 2023 , and its attributable risk factors : a systematic analysis for the Global Burden of Disease Study 2023. 2023;

7. Badan Penelitian dan Pengembangan Kesehatan. Laporan Nasional Riset Kesehatan Dasar (Riskesdas) 2018. 2019.
8. Badan Kebijakan Pembangunan Kesehatan. Survei Kesehatan Indonesia (SKI) 2023 dalam Angka. 2023.
9. Dinas Kesehatan Kota Semarang. Profil Kesehatan Kota Semarang Tahun 2023. 2023.
10. Lucas B. Epidemiology and causes of chronic kidney disease Key points. 2022;165–9.
11. Pasyar N, Aghababaei M, Rambod M. The effectiveness of *Melissa officinalis* L . essential oil inhalation on anxiety and symptom burden of hemodialysis patients : a randomized trial study. 2025;
12. Anugrah, R. E., & Wahyudi H. Pengaruh Health Belief Terhadap Perilaku Kepatuhan Pasien Gagal Ginjal Kronik KPCDI Bandung. Bandung Conference Series: Psychology Science,. 2023;(3(1)):66–74.
13. Kamila, H. S., Maliya, A., & Kristini P. The Effect of Music Therapy on Anxiety in Hemodialysis Patients with Kidney Failure: A Case Report. *J Ber Ilmu Keperawatan*. 2023;16:143--149.
14. Omega KD, Kezia Prilla AP. Perbedaan tekanan darah intradialisis pada pasien gagal ginjal kronik yang menjalani hemodialisis. *J Keperawatan Cikini*. 2023;4(1):87–93.
15. Yang H jan, Wen M, Chen T chun. Complementary Therapies in Clinical Practice Evaluating the impact of lavender aromatherapy and music therapy on reducing stress , anxiety , and depression in female nurses during the

- COVID-19 pandemic. 2025;59(110).
16. Wahyudi YI, Fitriana LA, Ningrum TP, Keperawatan PS, Pendidikan U. Indonesian Journal of Community Development. 2023;(March).
 17. Lin F, Chen L, Gao Y. Complementary Therapies in Medicine Music therapy in hemodialysis patients : Systematic review and. 2024;86(June):0–2.
 18. Herlina S, Studi P, Program K, Kesehatan FI, Mozart MK, Relaxation PM. Efektivitas Progressive Muscle Relaxation (Pmr) Dengan Musik Klasik Mozart Terhadap Tekanan Darah Pada Pasien Gagal Ginjal Kronis Dengan. J Ilm Keperawatan IMELDA. 2025;11(1):88–103.
 19. Huang CW, Wee PH, Low LL, Koong YLA, Htay H, Fan Q, et al. Prevalence and risk factors for elevated anxiety symptoms and anxiety disorders in chronic kidney disease: A systematic review and meta-analysis. Gen Hosp Psychiatry. 2021 Mar;69:27–40.
 20. Raja SM, Seyoum Y. Intradialytic complications among patients on twice-weekly maintenance hemodialysis: An experience from a hemodialysis center in Eritrea. BMC Nephrol. 2020;21(1):1–6.
 21. Korkut S. Evaluation of psychopathological symptoms , death anxiety , coronavirus anxiety , suicide risk , and associated risk factors among hemodialysis patients in the COVID-19 pandemic. 2022;(April):941–9.
 22. Al Naamani Z, Gormley K, Noble H, Santin O, Al Maqbali M. Fatigue, anxiety, depression and sleep quality in patients undergoing haemodialysis. BMC Nephrol. 2021;22(1):1–8.
 23. Bansal N, Artinian NT, Bakris G, Chang T, Cohen J. Hypertension in

- Patients Treated With In-Center Maintenance Hemodialysis : Current Evidence and Future Opportunities : A Scientific Statement From the American Heart Association. 2023;(June).
24. He Y, Tang W, Chen J, Tang J, Zheng Y, Wang X, et al. Global burden of chronic kidney disease due to hypertension (1990 – 2021): a systematic analysis of epidemiological trends , risk factors , and *projections* to 2036 from the GBD 2021 study. 2025;
 25. Ku E, Lee BJ, Wei J, Weir MR. Hypertension in CKD : Core Curriculum 2019. Am J Kidney Dis [Internet]. 2019;74(1):120–31. Available from: <https://doi.org/10.1053/j.ajkd.2018.12.044>
 26. Hebert SA, Ibrahim HN. Hypertension Management in Patients with Chronic Kidney Disease. 2022;18(4):41–9.
 27. Anil K. Saxena BRP. K/DOQI Clinical Practice Guidelines for Cardiovascular Disease in Dialysis Patients. Am J Kidney Dis. 2005;45(4 Suppl 3):16–153.
 28. Kim JE, Choi YJ, Hwang S young, Hwang HS, Jeong KH, Cho E, et al. Target blood pressure in Korean hemodialysis patients for optimal survival. 2025;44(2):310–23.
 29. Mccallum W, Sarnak MJ. HHS Public Access. 2020;32(1):35–40.
 30. Kulshreshtha M, Chandel S. Mean arterial pressure may be a valuable tool for classifying blood pressure in physically actives: A cross-sectional study among females from North India. Clin Epidemiol Glob Heal. 2025;31(December 2024).

31. de Witte M, Aalbers S, Vink A, Friederichs S, Knapen A, Pelgrim T, et al. Music therapy for the treatment of anxiety: a systematic review with multilevel meta-analyses. *eClinicalMedicine*. 2025;84:103293.
32. Ba X, Li X, Zhang Z, Liu W. Effect of Music Therapy on the Psychological Well-Being of Maintenance Hemodialysis Patients: A Retrospective Study. *Noise Heal*. 2024;26(121):192–7.
33. Goli R, Arad M, Mam-Qaderi M, Parizad N. Comparing the effects of geranium aromatherapy and music therapy on the anxiety level of patients undergoing inguinal hernia surgery: A clinical trial. *Explore*. 2022;18(1):57–63.
34. Rahmadhani DY. The Effectiveness of Lavender Aromatherapy on Blood Pressure among Elderly with Essential Hypertension. *J Palembang Nurs Stud*. 2022;1(1):1–8.
35. Dehghan N, Azizzadeh Forouzi M, Etminan A, Roy C, Dehghan M. The effects of lavender, rosemary and orange essential oils on memory problems and medication adherence among patients undergoing hemodialysis: A parallel randomized controlled trial. *Explore*. 2022;18(5):559–66.
36. Kesik G, Ozdemir L, Yıldırım T, Jabrayilov J, Çeliksöz G. Effects of warm or cold compresses applied to the legs during hemodialysis on cramps, fatigue, and patient comfort: A placebo-controlled randomized trial. *Hemodial Int*. 2023 Apr;27(2):117–25.
37. Habibzadeh H, Dalavan OW, Alilu L, Wardle J, Khalkhali H, Nozad A. Original Article Effects of Foot Massage on Severity of Fatigue and Quality

- of Life in Hemodialysis Patients : *Ijcbnm*. 2020;8(2):92–102.
38. Pathan FKM, Pandian JS, Shaikh AI, Ahsan M, Nuhmani S, Iqbal A, et al. Effect of slow breathing exercise and progressive muscle relaxation technique in the individual with essential hypertension: A randomized controlled trial. *Med (United States)*. 2023;102(47):E35792.
 39. Putri AP, Wahyudi T, Rahmasari I, Bangsa UD, Lubna G, Co J, et al. Effectiveness of progressive muscle relaxation as complementary therapy in managing blood pressure among adult with hypertension 1. 2023;4(1):137–42.
 40. Muhammad Khir S, Wan Mohd Yunus WMA, Mahmud N, Wang R, Panatik SA, Mohd Sukor MS, et al. Efficacy of Progressive Muscle Relaxation in Adults for Stress, Anxiety, and Depression: A Systematic Review. *Psychol Res Behav Manag*. 2024;17(January):345–65.
 41. Toussaint L, Nguyen QA, Roettger C, Dixon K, Offenb M, Kohls N, et al. Effectiveness of Progressive Muscle Relaxation , Deep Breathing , and Guided Imagery in Promoting Psychological and Physiological States of Relaxation. 2021;2021.
 42. Zonsius MC, Milner KA. Continuous Quality Improvement. In: *Research for Advanced Practice Nurses*. New York, NY: Springer Publishing Company; 2021.
 43. Zhang C, Mu H, Yang Y fang, Zhang Y, Gou W jun. Effect of aromatherapy on quality of life in maintenance hemodialysis patients : a systematic review and meta-analysis. 2023;45(1):1–12.

44. Meha N, Deepa Y, Mooventhan A, Edminchrista S, Madhumitha S, Pugazharasi KS. Effect of Lavender Oil Leg Massage on Physical, Cognitive, and Psychological Variables of Patients with Hypertension: A Randomized Controlled Trial. *Int J Ther Massage Bodyw Res Educ Pract*. 2024;17(3):15–22.
45. Manalu TA. Pengaruh Aromaterapi Inhalasi Terhadap Penurunan Nilai Kecemasan Pasien Gagal Ginjal Kronik Yang Menjalani Hemodialisa. *J Keperawatan Dan Fisioter*. 2019;1(2):13–9.
46. Ramadhan I, Prasestiyo H. The Relationship Between Anxiety Levels and Blood Pressure in Chronic Kidney Disease Patients Undergoing Hemodialysis at Panembahan Senopati Regional Hospital. 2025;1(1):13–20.
47. Arjuni N, Ageng S, Ira F. Penggunaan Aromaterapi Dalam Upaya Menurunkan Tekanan Darah. 2022;03(02):161–76.
48. Septi Ardianty¹ YPMS. Pengaruh Aromaterapi Lavender Terhadap Tekanan Darah Penderita Hipertensi di Pukesmas Nagaswindak Palembang. 2023;1(2).
49. Setiyowati E, Soleha U, Mulyadi M, Basuni M. Benson's spiritual relaxation and lavender aromatherapy toward anxiety, sleep quality, and blood pressure. *Healthc Low-Resource Settings*. 2025;13(s1):63–7.
50. Zulkarnain Ashar Nasution, Rusni Masnina, Faried Rahman M. Intervensi Terapi Aromaterapi dan Progressive Muscle Relaxation Terhadap Hipertensi di Ruang Hemodialisa RSUD Inche Abdoel Moeis Samarinda. *J Kesehat Unggul Gemilang*. 2025;9(7):199–205.

51. Kömürkara S, Cengiz Z. Effects of Progressive Relaxation Exercises on Vital Signs and Fatigue in Liver Transplant Patients: A Randomized Controlled Trial. *Clin Nurs Res*. 2022 Mar;31(3):497–508.
52. Kusnanto K, Murtadho MA, Herawati L, Arifin H. The Comparison of Progressive Muscle Relaxation Frequency on Anxiety , Blood Pressure , and Pulse of Haemodialysis Patients. 2019;14(1).
53. Passos NN, Campanelli SE, Silva CR da, França RC da S, Nelson ICA de SR. Psychological and neurophysiological effects of inhaled aromatherapy Efeitos psicológicos e neurofisiológicos da aromaterapia inalatória Efectos psicológicos y neurofisiológicos de la aromaterapia inhalada. *Res Soc Dev* [Internet]. 2022;2022:1–16. Available from: <https://doi.org/10.33448/rsd-v11i14.36361>
54. Mitsa Agustina, Egidius Umbu A. Tehnik Progressive Muscle Relaxation terhadap Penurunan Tekanan Darah untuk Mencegah Terjadinya Hipertensi Intradialisis pada Pasien yang Menjalani Hemodialisis. 2022;12(1):17–21.
55. Wijayanti. Edukasi Dan Pengenalan Aromaterapi Lavender Terhadap Tingkat Kelelahan (Fatigue) Pada Pasien Hemodialisa. *J Pengabd Kpd Masy Kesehat*. 2022;2:26–33.
56. Alwiyah F, Rudyanto W, Anggraini DI, Windarti I, Kedokteran F, Lampung U, et al. Anatomi dan Fisiologi Ginjal : Tinjauan Pustaka Anatomy and Physiology of the Kidney : Literature Review. *Anat dan Fisiol Ginjal Tinj Pustaka*. 2024;14:285–9.
57. Neighbor K nearest, Ariani A. Klasifikasi Penyakit Ginjal Kronis

- menggunakan. 2019;5(1):978–9.
58. Vassalotti JA, Francis A, Soares dos Santos AC, Correa-Rotter R, Abdellatif D, Hsiao LL, et al. Are your kidneys Ok? Detect early to protect kidney health. *Kidney Int.* 2025;107(3):370–7.
 59. Stevens PE, Ahmed SB, Carrero JJ, Foster B, Francis A, Hall RK, et al. KDIGO 2024 Clinical Practice Guideline for the Evaluation and Management of Chronic Kidney Disease. *Kidney Int.* 2024;105(4):S117–314.
 60. Selby NM, Taal MW. What every clinician needs to know about chronic kidney disease: Detection, classification and epidemiology. *Diabetes, Obes Metab.* 2024;26(S6):3–12.
 61. Levin A, Ahmed SB, Carrero JJ, Foster B, Francis A, Hall RK, et al. Executive summary of the KDIGO 2024 Clinical Practice Guideline for the Evaluation and Management of Chronic Kidney Disease: known knowns and known unknowns. *Kidney Int.* 2024;105(4):684–701.
 62. Teresa K. Chen M, MHS DH, Knicyly MD ME, Grams MD P. 乳鼠心肌提取 HHS Public Access. *Physiol Behav.* 2017;176(10):139–48.
 63. Lin Q, Mao L, Shao L, Zhu L, Han Q, Zhu H, et al. Global, Regional, and National Burden of Chronic Myeloid Leukemia, 1990–2017: A Systematic Analysis for the Global Burden of Disease Study 2017. *Front Oncol.* 2020;10.
 64. Mallamaci F, Tripepi G. Risk Factors of Chronic Kidney Disease Progression: Between Old and New Concepts. *J Clin Med.* 2024;13(3):1–12.

65. Farida Arriyani TYMW. Risk Factors for Chronic Kidney Disease in the Adult Age Group: Literature Review. 2023;6(5):788–97.
66. Deng L, Guo S, Liu Y, Zhou Y, Liu Y, Zheng X, et al. Global, regional, and national burden of chronic kidney disease and its underlying etiologies from 1990 to 2021: a systematic analysis for the Global Burden of Disease Study 2021. *BMC Public Health*. 2025;25(1).
67. Roumeliotis A, Roumeliotis S, Chan C, Pierratos A. Cardiovascular Benefits of Extended-Time Nocturnal Hemodialysis. *Curr Vasc Pharmacol*. 2020 Dec;19(1):21–33.
68. Kristianti J, Widani NL, Anggraeni LD. Pengalaman Pertama Menjalani Hemodialisa Pada Pasien Gagal Ginjal Kronik. 2020;10:102–8.
69. Tufenkij E, Lahdo R. Hemodialysis and minerals in end stage renal disease. *Clin Chim Acta*. 2025;577(July).
70. Birmingham UH. Standard Operating Procedures (SOPs) for the Management of a Patient’s Haemodialysis Care. 2024;1–50.
71. Macsata RA SA. Hemodialysis Access: General Considerations and Strategies to Optimize Access Placement. In: *Rutherford’s Vascular Surgery and Endovascular Therapy*. 2022.
72. Omega KD, Putri KPA, et al. Jurnal Keperawatan Cikini. Perbedaan Tekanan Darah Intradialisis pada Pasien Gagal Ginjal Kron yang Menjalani Hemodialisi. 2023;4(1):87–93.
73. Stuard S, Ridel C, Cioffi M, Trost-Rupnik A, Gurevich K, Bojic M, et al. Hemodialysis Procedures for Stable Incident and Prevalent Patients

- Optimize Hemodynamic Stability, Dialysis Dose, Electrolytes, and Fluid Balance. *J Clin Med*. 2024;13(11).
74. Akyol D, Seçgin R, Tokem Y. Approaches in Management of Nausea-Vomiting in Hemodialysis Patients. *Nefroloji Hemsireligi Derg*. 2022;17(2):66–74.
75. Suparti S, Mahmuda LN. Prediksi Kejadian Komplikasi Intradialitik dengan Variasi Nilai SpO₂ dan Heart Rate (HR) pada Pasien Hemodialisis. 2019;16(2):109–14.
76. Mardhiah A, Hijriana I. The effect of progressive muscle relaxation on blood pressure stability in hypertension patients. *Indones J Glob Heal Res*. 2024 Dec 1;6(S6):491–500.
77. Priya VV, G N, P NR, Vijay S. Unmasking Hypertension Through a Fusion of Human Lifestyle Data Using Machine Learning Algorithms. In: 2025 6th International Conference on Mobile Computing and Sustainable Informatics (ICMCSI) [Internet]. IEEE; 2025. p. 1835–40. Available from: <https://ieeexplore.ieee.org/document/10883119/>
78. Hijriana I, Syamsuddin S, Syafira N, Bahri S. Hubungan Perilaku Gaya Hidup dengan Kejadian Hipertensi pada Lansia. *J Pharm Heal Res*. 2022;3(3):112–7.
79. Magder S. The meaning of blood pressure. *Magder Crit Care*. 2018;22(1):1–10.
80. Chemla D, Jozwiak M, Hamzaoui O, Kattan E, Hernandez G, Teboul J louis. Mean arterial pressure as the harmonic mean of systolic and diastolic blood

- pressure in radial and femoral arteries during early septic shock resuscitation. 2025;134(4):1190–2.
81. Muntner P, Shimbo D, Carey RM, Charleston JB, Gaillard T, Misra S, et al. Measurement of blood pressure in humans: A scientific statement from the american heart association. Vol. 73, Hypertension. 2019. 35–66 p.
 82. Sarkar S, Singh S, Rout A. Mean Arterial Pressure Goal in Critically Ill Patients: A Meta-Analysis of Randomized Controlled Trials. J Clin Med Res [Internet]. 2022;14(5):196–201. Available from: <https://www.doi.org/10.14740/jocmr4702>
 83. Kushner, O'connor, Butz AM. 乳鼠心肌提取 HHS Public Access. Physiol Behav. 2017;176(12):139–48.
 84. Muhamad Refangga, Dwi Diana Putri, Yenny Makahghi. Pengaruh Terapi Pijat Kaki Terhadap Hasil Mean Arterial Pressure (MAP) Penderita Hipertensi Pada Lansia di Wilayah Kerja Puskesmas Kalijati. J Vent. 2024;2(3):203–11.
 85. Johnson HM, Shimbo D, Abdalla M, Altieri MM, Bress AP, Carter J, et al. 2025
AHA/ACC/AANP/AAPA/ABC/ACCP/ACPM/AGS/AMA/ASPC/NMA/P
CNA/SGIM Guideline for the Prevention, Detection, Evaluation and
Management of High Blood Pressure in Adults: A Report of the American
College of Cardiology/American Heart Association Joint Committee . Vol.
82, Hypertension (Dallas, Tex. : 1979). 2025. 212–316 p.
 86. Ameer OZ. Hypertension in chronic kidney disease : What lies behind the

- scene. 2022;(October):1–28.
87. Kartiko E, Rochmawati E. Gambaran Tekanan Darah dan Hemoglobin Pasien Gagal Ginjal Yang Menjalani Terapi Hemodialisis. 2021;1(1):17–21.
 88. Shaito A, Aramouni K, Assaf R, Parenti A, Orekhov A, Yazbi A El, et al. Oxidative Stress-Induced Endothelial Dysfunction in Cardiovascular Diseases. 2022;27(3).
 89. Wang AY moon, Nephrology EMJ, Rowan C, Mahony S, Redahan L. Hypertension in Patients Receiving Dialysis : A Review of the Current Clinical Approach. (July 2023):78–89.
 90. Guo L, Ji Y, Sun T, Liu Y, Jiang C, Wang G, et al. Management of Chronic Heart Failure in Dialysis Patients : A Challenging but Rewarding Path. 2024;25(6).
 91. Marx-schütt K, Cherney DZI, Jankowski J, Matsushita K, Nardone M, Marx N. Cardiovascular disease in chronic kidney disease. 2025;2148–60.
 92. Timofte D, Tanasescu MD, Balan DG, Tulin A, Stiru O, Vacarioiu IA, et al. Management of acute intradialytic cardiovascular complications: Updated overview (Review). *Exp Ther Med*. 2021;21(3):1–14.
 93. Bobby H. L'aromathérapie, une technique complémentaire en médecine périopératoire. *Oxymag* [Internet]. 2022 Mar;35(183):10–4. Available from: <https://linkinghub.elsevier.com/retrieve/pii/S0990131022000202>
 94. Jafari-Koulaee A, Elyasi F, Taraghi Z, Ilali ES, Moosazadeh M. A Systematic Review of the Effects of Aromatherapy with Lavender Essential Oil on Depression. *Cent Asian J Glob Heal*. 2020;9(1).

95. Ariana R. Inhalasi Aromaterapi Lavender Terhadap Komplikasi Hemodialisa Pada Pasien Gagall Ginjal Kronis Isna. 2021;5:1–23.
96. Liana Veranika, Nurina Aulia Hanun, Fahrur Nur Rosyid, Puji Kristini. The Effectiveness of Lavender Aromatherapy in Improving Sleep Quality in Hemodialysis Patients : A Literature Review. *Int J Heal Soc Behav.* 2025;2(1):188–97.
97. Cui J, Li M, Wei Y, Li H, He X, Yang Q, et al. Inhalation Aromatherapy via Brain-Targeted Nasal Delivery: Natural Volatiles or Essential Oils on Mood Disorders. *Front Pharmacol.* 2022;13(April):1–15.
98. Rahmadhani DY. The Effectiveness of Lavender Aromatherapy on Blood Pressure among Elderly with Essential Hypertension. *J Palembang Nurs Stud.* 2022;1(1):1–8.
99. Farrar AJ, Farrar FC. *Clinical Aromatherapy.* 2020;55:489–504.
100. Ermayani M, Prabawati D, Susilo WH. The effect of progressive muscle relaxation on anxiety and blood pressure among hypertension patients in east Kalimantan, Indonesia. *Enfermería Clínica [Internet].* 2020 Dec;30:121–5. Available from: <https://linkinghub.elsevier.com/retrieve/pii/S1130862120304757>
101. Calderone A, Marafioti G, Latella D, Corallo F, D'Aleo P, Quartarone A, et al. Effectiveness of relaxation techniques for stress management and quality of life improvement in cardiovascular disease and hypertensive patients: a systematic review. *Psychol Heal Med.* 2025;30(7):1281–352.
102. Groß D. Increasing Heart Rate Variability through Progressive Muscle

- Relaxation and Breathing : A 77-Day Pilot Study with Daily Ambulatory Assessment. 2021;
103. Liu K, Chen Y, Wu D, Lin R, Wang Z, Pan L. Complementary Therapies in Clinical Practice Effects of progressive muscle relaxation on anxiety and sleep quality in patients with COVID-19. *Complement Ther Clin Pract* [Internet]. 2020;39:101132. Available from: <https://doi.org/10.1016/j.ctcp.2020.101132>
 104. Viliana Anastacia Mangolo, Maykel A. Kiling NLJD. Progressive Muscle Relaxation Therapy On Blood Pressure In Chronic Kidney Disease Patients Undergoing Hemodialysis At Manado Adventist Hospital. 2024;12(02):178–86.
 105. Jacobson E, Academy A, Medicine S. Progressive muscle relaxation. 1999;1–5.
 106. Adhijayapendit S, Adhijayapendit S, Rizqi AA. The Effect of Progressive Muscle Relaxation Technique on Blood Pressure in Hypertension Patients at the Johar Baru District Health Center , Jakarta. 2023;6(1):73–80.
 107. Rosdiana I, Cahyati Y. The effect of the progressive muscle relaxation combined with lavender aromatherapy on insomnia of hemodialysis patients. 2021;24(1):39–46.
 108. World Health Organization. WHO technical specifications for automated non-invasive blood pressure measuring devices with cuff. Geneva: WHO Press. 2020;
 109. Zhang J, Healy HG, Venuthurupalli SK, Tan KS, Wang Z, Cameron A, et al.

- Blood pressure management in hypertensive people with non-dialysis chronic kidney disease in Queensland, Australia. *BMC Nephrol.* 2019;20(1):1–10.
110. Sihaloho, S. M., Suharmanto, T., Apriliana, E., & Pramesona BA. *Journal of Language and Health.* 2024;5(1):7–14.
 111. Luh N, Ekarini P, Wahyuni JD, Sulistyowati D. Faktor - Faktor Yang Berhubungan Dengan Hipertensi Pada Usia Dewasa. 2020;5(1):61–73.
 112. Agho KE, Osuagwu UL, Ezech OK, Ghimire R, Chitekwe S, Ogbo FA. Gender differences in factors associated with prehypertension and hypertension in Nepal : A nationwide survey. 2018;1–18.
 113. Rahmadhani M. The Factors That Affecting Hypertension In Bedagai Village City Pinang Socirty. 2021;IV(I):52–62.
 114. Nurhayati F, Ritianingsih N. Faktor-faktor yang Mempengaruhi Stres dan Kecemasan pada Pasien Penyakit Ginjal Kronik dengan Hemodialisis. 2022;14(1):206–14.
 115. Armiyati Y, Hadisaputro S, Chasani S, Sujianto U. High Ultrafiltration Increasing Intradialytic Blood Pressure on Hemodialysis Patients. *South East Asia Nurs Res.* 2021;3(1):8.