

## DAFTAR ISI

Halaman

|                                                              |      |
|--------------------------------------------------------------|------|
| HALAMAN JUDUL                                                |      |
| LEMBAR PERSETUJUAN.....                                      | i    |
| LEMBAR PENGESAHAN .....                                      | ii   |
| LEMBAR PERNYATAAN .....                                      | iii  |
| LEMBAR PERNYATAAN BEBAS PLAGIARISME .....                    | iv   |
| ABSTRAK .....                                                | v    |
| <i>ABSTRACT</i> .....                                        | vi   |
| KATA PENGANTAR .....                                         | vii  |
| DAFTAR ISI.....                                              | ix   |
| DAFTAR TABEL.....                                            | xii  |
| DAFTAR BAGAN .....                                           | xiii |
| DAFTAR LAMPIRAN .....                                        | xiv  |
| DAFTAR SINGKATAN .....                                       | xv   |
| BAB 1 PENDAHULUAN .....                                      | 1    |
| 1.1 Latar Belakang .....                                     | 1    |
| 1.2 Rumusan Masalah .....                                    | 7    |
| 1.3 Tujuan Penelitian .....                                  | 7    |
| 1.4 Manfaat Penelitian .....                                 | 8    |
| BAB II TINJAUAN PUSTAKA .....                                | 9    |
| 2.1 Konsep Hipertensi .....                                  | 9    |
| 2.1.1 Pengerian Hipertensi .....                             | 9    |
| 2.1.2 Etiologi .....                                         | 10   |
| 2.1.3 Klasifikasi Hipertensi .....                           | 14   |
| 2.1.4 Manifestasi Klinis .....                               | 15   |
| 2.1.5 Patofisiologi .....                                    | 15   |
| 2.1.6 Komplikasi .....                                       | 18   |
| 2.1.7 Cara Menentukan Seseorang Terdiagnosa Hipertensi ..... | 18   |
| 2.1.8 Penatalaksanaan Hipertensi .....                       | 19   |
| 2.2 Konsep Tekanan Darah .....                               | 20   |

|                                                                                | Halaman |
|--------------------------------------------------------------------------------|---------|
| 2.2.1 Definisi Tekanan Darah.....                                              | 20      |
| 2.2.2 Regulasi Tekanan Darah.....                                              | 21      |
| 2.2.3 Faktor yang Mempengaruhi Tekanan Darah.....                              | 25      |
| 2.2.4 Cara Mengukur Tekanan Darah .....                                        | 27      |
| 2.3 <i>Green Color Breathing Therapy</i> .....                                 | 28      |
| 2.3.1 Definisi <i>Green Color Breathing Therapy</i> .....                      | 28      |
| 2.3.2 Tinjauan Singkat tentang Warna .....                                     | 28      |
| 2.3.3 Metode Terapi Warna .....                                                | 33      |
| 2.4 Cara Melakukan <i>Green Color Breathing Therapy</i> .....                  | 36      |
| 2.5 Peran Perawat.....                                                         | 37      |
| 2.6 Teori Keperawatan Terkait <i>Green Color Breathing Therapy</i> .....       | 40      |
| 2.7 Pengaruh <i>Green Color Breathing Therapy</i> terhadap Tekanan Darah ..... | 41      |
| 2.8 Kerangka Konsep .....                                                      | 43      |
| BAB III METODOLOGI PENELITIAN .....                                            | 44      |
| 3.1 Jenis Penelitian .....                                                     | 44      |
| 3.2 Variabel Penelitian .....                                                  | 45      |
| 3.2.1 Variabel Bebas ( <i>Independen</i> ) .....                               | 45      |
| 3.2.2 Variabel Terikat ( <i>Dependen</i> ) .....                               | 45      |
| 3.3 Populasi dan Sampel .....                                                  | 46      |
| 3.3.1 Populasi Penelitian .....                                                | 46      |
| 3.3.2 Sampel .....                                                             | 46      |
| 3.3.3 Teknik Sampling .....                                                    | 47      |
| 3.4 Tahapan <i>Literatur Reviews</i> .....                                     | 48      |
| 3.4.1 Merumuskan Masalah .....                                                 | 50      |
| 3.4.2 Mencari dan Mengumpulkan Data/ Literatur .....                           | 50      |
| 3.4.3 Mengevaluasi Kelayakan Data/ Literatur .....                             | 51      |
| 3.5 Analisis Data .....                                                        | 54      |
| 3.6 Penulisan Hasil Studi Literatur .....                                      | 57      |
| 3.7 Kesimpulan Penelitian .....                                                | 58      |
| 3.8 Etika Penelitian .....                                                     | 58      |

|                                       | Halaman |
|---------------------------------------|---------|
| 3.8.1 <i>Research Fraud</i> .....     | 58      |
| 3.8.2 <i>Plagiarism</i> .....         | 59      |
| 3.9 Lokasi dan Waktu Penelitian ..... | 59      |
| 3.9.1 Lokasi .....                    | 59      |
| 3.9.2 Waktu Penelitian .....          | 59      |
| BAB IV HASIL DAN PEMBAHASAN .....     | 60      |
| 4.1 Hasil Analisis .....              | 60      |
| 4.2 Pembahasan.....                   | 65      |
| BAB V SIMPULAN DAN SARAN .....        | 74      |
| 5.1 Simpulan .....                    | 74      |
| 5.2 Saran.....                        | 75      |
| DAFTAR PUSTAKA .....                  | 76      |
| LAMPIRAN .....                        | 80      |

## DAFTAR TABEL

|                                                                                                    | Halaman |
|----------------------------------------------------------------------------------------------------|---------|
| Tabel 2.1 Batasan Hipertensi Berdasarkan <i>The Joint National Commite</i><br>VIII Tahun 2014..... | 14      |
| Tabel 2.2 Kategori Tekanan Darah Berdasarkan <i>American Heart</i><br><i>Association</i> .....     | 15      |
| Tabel 3.1 Penilaian Rekomendasi <i>Joanna Brigs Institute (JBI)</i> .....                          | 53      |
| Tabel 4.1 <i>Critical Appraisal</i> .....                                                          | 61      |

## DAFTAR BAGAN

|                                                                           | Halaman |
|---------------------------------------------------------------------------|---------|
| Bagan 2.1 Kerangka Konseptual .....                                       | 43      |
| Bagan 3.1 Alur Proses dan Kriteria yang digunakan Pencarian Artikel ..... | 49      |
| Bagan 3.2 <i>Prisma Flow</i> .....                                        | 56      |

## DAFTAR LAMPIRAN

|                                                                                                                                              | Halaman |
|----------------------------------------------------------------------------------------------------------------------------------------------|---------|
| Lampiran 1: Instrumen Penilaian dengan <i>Joanna Brigs Institute (JBI) critical appraisal checklist for Quasi-Experimental Studies</i> ..... | 80      |
| Lampiran 2: Tabel Analisis <i>Joanna Brigs Institute (JBI)</i> .....                                                                         | 81      |
| Lampiran 3: Format Ceklis Penilaian Jurnal dengan <i>JBI</i> .....                                                                           | 82      |
| Lampiran 4: Penilaian Jurnal <i>Joanna Brigs Institute (JBI) critical appraisal checklist for Quasi-Experimental Studies</i> .....           | 86      |
| Lampiran 5: Tabel <i>ConQual Summary of Findings Example</i> .....                                                                           | 94      |
| Lampiran 6: Riwayat Hidup.....                                                                                                               | 99      |
| Lampiran 7: Bukti Menjadi Oponen .....                                                                                                       | 100     |
| Lampiran 8: Persyaratan Sidang Skripsi .....                                                                                                 | 101     |
| Lampiran 9: Catatan Bimbingan Skripsi.....                                                                                                   | 102     |
| Lampiran 10: Cek Plagiat .....                                                                                                               | 107     |
| Lampiran 11: Surat Pernyataan Publikasi Ilmiah.....                                                                                          | 109     |
| Lampiran 12: Bukti ACC Draft Skripsi .....                                                                                                   | 110     |
| Lampiran 13: Surat Bebas Perpustakaan .....                                                                                                  | 111     |
| Lampiran 14: Jurnal-Jurnal Terkait <i>Literature Review</i> .....                                                                            | 112     |

## DAFTAR SINGKATAN

|           |                                                                      |
|-----------|----------------------------------------------------------------------|
| Riskesdas | : Riset Kesehatan Dasar                                              |
| JB        | : <i>Joanna Brigs Institute</i>                                      |
| WHO       | : <i>World Health Organization</i>                                   |
| mmHg      | : Milimeter Merkuri                                                  |
| THT       | : Telinga, Hidung, dan Tenggorokan                                   |
| Nm        | : Nanometer                                                          |
| Kemkes RI | : Kementerian Kesehatan Republik Indonesia                           |
| ACE       | : <i>Angiotensin-Converting Enzyme</i>                               |
| MAP       | : <i>Mean Arterial Pressure</i>                                      |
| pH        | : <i>Power of Hydrogen</i>                                           |
| SLR       | : <i>Systematic Literature Review</i>                                |
| ISSN      | : <i>International Standard Serial Number</i>                        |
| PICO      | : <i>Population, Intervention, Comparison, Outcome</i>               |
| APA       | : <i>American Psychological Association</i>                          |
| FAME      | : <i>Feasibility, Appropriateness, Meaningfulness, Effectiveness</i> |
| VIA       | : <i>Validity, Importance, Applicability</i>                         |
| PSTW      | : Panti Sosial Tresna Werdha Wana                                    |
| TDS       | : Tekanan Darah Sistolik                                             |
| JKK       | : Jurnal Kedokteran dan Kesehatan                                    |
| ADH       | : <i>Antidiuretic Hormone</i>                                        |