

## Application of the Five-Finger Hypnosis Relaxation Technique in Nursing Care for Hypertensive Patients

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### ABSTRACT

Hypertension is often referred to as the "silent killer" because it frequently shows no symptoms. In Indonesia, hypertension continues to rise year after year, with the incidence in 2018 reaching 658,201 cases (34.11%). The causes of hypertension are closely related to age and gender factors. Therefore, non-pharmacological nursing interventions are needed to address this, such as the five-finger hypnosis technique. Five-finger hypnosis involves focusing the mind on images or memories created while touching each of the five fingers in sequence, all in a relaxed state. This study aims to analyze the application of five-finger hypnosis in nursing care for hypertensive patients. The research method used is a case study with the implementation of the five-finger hypnosis nursing intervention. The respondents in this study consisted of five participants diagnosed with hypertension. The patients were taught the five-finger hypnosis technique for approximately 15 minutes. The results showed a decrease in blood pressure after the five-finger hypnosis therapy, with the five respondents (100%) showing an average systolic blood pressure of 146 mmHg, diastolic blood pressure of 91.6 mmHg, and mean arterial pressure (MAP) of 109.74 mmHg. It can be concluded that the five-finger hypnosis therapy is effective in reducing the blood pressure of hypertensive patients. Future researchers are encouraged to extend the duration of five-finger hypnosis therapy for hypertensive patients to achieve a more significant reduction in blood pressure.

## Introduction

Hypertension is commonly known as the 'silent killer' due to its lack of noticeable symptoms. Despite having high blood pressure, many people with hypertension feel healthy. Hypertension is indicated when the systolic pressure exceeds 140 mmHg and the diastolic pressure is over 90 mmHg. Systolic blood pressure is the force exerted on blood vessel walls during the heart's contraction, whereas diastolic pressure is the force present when the heart relaxes between beats (Zahro et al., 2025). Elevated levels of either systolic or diastolic pressure are indicators of high blood pressure. Hypertension refers to the condition where blood pressure in the arteries rises above the normal range. Despite often lacking visible symptoms, hypertension significantly elevates the likelihood of serious health complications, including stroke, aneurysms, cardiac failure, heart attacks, and kidney impairment. This condition has emerged as a major public health concern across both developed and developing nations (Hening Prastiwi, 2021).

Based on data from the World Health Organization (2023), an estimated 1.28 billion adults between the ages of 30 and 79 worldwide are affected by hypertension, with most cases found in low- and middle-income nations (World Health Organization, 2023). In Indonesia, based on the 2018 Riskesdas data, hypertension has continued to rise year by year, with an incidence of 658,201 cases (34.11%) reported in 2018. The prevalence of hypertension by age shows that



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55.2% of individuals aged 55-64 years, 63.2% of individuals aged 65-74 years, and the highest at 69.5% in the >75 years age group. Based on this data, it can be concluded that the highest prevalence of hypertension in Indonesia in 2018 was among the elderly population aged >65 years (Riskseddas, 2018). In Central Java, the prevalence of hypertension reached 37.57%. Meanwhile, the prevalence of hypertension in women was 40.17%, which is higher than in men, at 34.83%. The prevalence of hypertension in urban areas was 38.11%, slightly higher than in rural areas, where it was 37.01% (Fanbayo et al., 2024).

According to the 2021 Health Profile of Central Java, the highest number of hypertension cases was found in Semarang City, with 67,101 cases and a prevalence rate of 19.56%. Semarang also ranked first for the occurrence of hypertension in the productive age group, with 510 patients (Central Java Provincial Health Office, 2021). Hypertension cases in Semarang City have been increasing each year (Semarang City Health Office, 2022). This rise in hypertension cases is attributed to changes in lifestyle and modern habits that favor instant solutions, leading to a sedentary lifestyle. Therefore, improvements and increases in healthy lifestyle practices are necessary to reduce hypertension cases (Prabawati & Agusman, 2024). Based on medical record data from the Bangetayu Public Health Center, the number of hypertension patients in 2020 was 5,398, with 1,666 males and 3,732 females. In 2021, the number was 4,713, with 1,588 males and 3,125 females. In 2022, the number increased to 8,799, with 2,682 males and 6,117 females. In 2023, there were 9,176 cases, with 2,827 males and 6,349 females. In 2024, the number rose to 9,921, with 3,105 males and 6,816 females.

Factors associated with the occurrence of hypertension are divided into two categories: first, factors that cannot be controlled, including gender, age, and genetic inheritance; and second, factors that can be controlled, such as obesity, lack of physical activity, smoking habits, excessive salt intake, alcohol consumption, and stress. The causes of hypertension are closely related to age and gender. Age is one of the factors that influence blood pressure. As a person ages, the likelihood of developing hypertension increases. The arterial walls undergo thickening due to the accumulation of collagen in the muscle layers, which gradually narrows and stiffens the blood vessels. As a result, when blood is pumped through these arteries by the heart, it is forced to pass through the narrower vessels, leading to an increase in blood pressure. The 2018 national RISKESDAS report indicated that the prevalence of hypertension based on doctor's diagnosis was highest among individuals aged 75 and above (24.04%) and lowest in the 18-24 age group (0.79%). Furthermore, a study by Eni Nuraeni showed that people aged 45 and above had an 8.4 times higher risk of developing hypertension compared to those under 45 years of age (Herlinah, Erma Gustina, 2024).

Gender also affects blood pressure. Men experience hypertension more frequently than women up until the sixth decade of life. Compared to men, who have a more pro-inflammatory immune profile, women have a higher anti-inflammatory immune profile, which may help reduce higher blood pressure. However, due to the decline in estrogen levels after menopause—which typically helps increase HDL (High-Density Lipoprotein) to protect arteries from atherosclerosis—women's prevalence of hypertension increases significantly after menopause (Rahadian et al., 2024).

Hypertension, often referred to as the "Silent Killer," is a condition that many sufferers are unaware of until complications arise. Some of the most common symptoms of hypertension include dizziness at the back of the neck, a heavy and stiff feeling in the neck, and additional complaints such as tingling in the fingers, frequent body aches, and red eyes when feeling dizzy (Khasanah et al., 2019). In most cases, hypertension does not present any specific symptoms. Although it may seem that some symptoms occur together and are associated with hypertension, they may not necessarily be caused by it. These symptoms include headaches, nosebleeds,



migraines or one-sided headaches, a flushed face, blurred vision, neck pain, and fatigue (Herlinah, Erma Gustina, 2024).

The primary goal of managing hypertension is to reduce patient mortality and morbidity. Hypertension therapy is divided into two categories: pharmacological and non-pharmacological. Pharmacological therapy involves the use of antihypertensive medications recommended to ensure that the patient's hypertension remains controlled and to reduce complications. According to the Ministry of Health of the Republic of Indonesia (Kemenkes, 2021), the recommended antihypertensive medications include, Thiazide diuretics, ACE inhibitors, Angiotensin II Receptor Blockers (ARBs), Calcium Channel Blockers (CCBs) - Dihydropyridine, Calcium Channel Blockers (CCBs) - Non-Dihydropyridine, Loop diuretics, Aldosterone antagonist diuretics, Beta-blockers (Cardioselective). These medications are designed to help manage blood pressure and prevent complications associated with hypertension.

Non-pharmacological nursing interventions to address anxiety in patients with hypertension include meditation or relaxation techniques. The five-finger hypnosis, also known as self-hypnosis, is an alternative relaxation method for hypertension sufferers. This method focuses on self-programming, alleviating anxiety through the parasympathetic nervous system, and reducing heart rate, respiration, and blood pressure. The technique involves focusing the mind on images or memories while sequentially touching five fingers in a relaxed state, known as five-finger hypnosis. Five-finger hypnosis therapy can significantly reduce anxiety, lowering it from severe to moderate levels and from moderate to mild levels (Inayati & Aini, 2023).

Five-finger hypnosis is a technique that involves focusing the mind on images or memories while sequentially touching each of the five fingers in a relaxed state (Nurfitriana, 2024). This therapeutic technique represents a form of self-hypnosis that employs the use of all five fingers to facilitate the reduction of psychological distress—such as stress, anxiety, fear, and tension—by delivering suggestions to the subconscious mind or through guided finger movements, thereby promoting a state of relaxation (Siregar & Telaumbnu, 2024). According to AD Astuti et al. (2017) in a journal by Anisafitri, Nur, & Hidayati (2020) from Muhammadiyah University of Magelang, five-finger hypnosis can significantly reduce anxiety, lowering it from severe to moderate and from moderate to mild levels. Five-finger hypnosis, also known as self-hypnosis, aims to program the self, eliminate anxiety by involving the parasympathetic nervous system, and decrease heart rate, respiration, and blood pressure. This method has been shown to reduce anxiety in patients with hypertension as well as in other populations (Nurfitriana, 2024).

Research conducted by Khoirunisa et al. (2022) demonstrated that the majority of participants experienced a decrease in anxiety levels following the implementation of five-finger therapy. Prior to the intervention, older adults showed moderate to mild anxiety; however, post-intervention data indicated that 42 respondents (85.7%) achieved normal anxiety levels. These findings are consistent with the results of a study by Kamilatur Rizkiya et al. (2017), which also reported a reduction in anxiety after the application of the five-finger technique. The study concluded that the intervention fostered a sense of calm and comfort, thereby improving the emotional well-being of the participants. The demographic data showed that most participants were 71 years old, predominantly female (37 participants, 66.1%), and many were still engaged in occupational activities (35 participants, 62.5%). Prior to the pain management therapy using the five-finger technique, the majority experienced mild anxiety (49 participants, 87.5%), whereas after the therapy, most reported normal anxiety levels (47 participants, 83.9%). The study further confirmed that five-finger pain management therapy had a statistically significant effect on anxiety reduction in individuals with chronic hypertension, as indicated by a p-value of 0.000 (Khoirunisa et al., 2022).

Dewi et al. (2023) reported that the observed decrease in stress levels within the intervention group supports the theoretical framework suggesting that relaxation can positively influence



physiological systems, fostering a sense of tranquility and comfort. The five-finger relaxation technique has been shown to activate the parasympathetic nervous system, which initiates the relaxation (tropic) response. This system functions antagonistically to the sympathetic nervous system, thereby decreasing muscle tension, lowering blood pressure, and modulating stress-related hormonal activity (Dewi, Panduragan, Umar, Yulianti, & Budiana, 2022; Sukohar, 2014). The study's findings indicate that the five-finger relaxation method had a statistically significant impact on both stress reduction and sleep quality improvement among hypertensive patients ( $p = 0.05$ ). This is reflected in the reduction of average stress scores in the control group from 72.43 to 53.09, while the intervention group experienced a more substantial decline from 76.03 to 42.83—a difference of 33.2 compared to 19.34. Sleep quality also improved, as indicated by a decrease in average scores from 16.60 to 15.46 in the control group, and from 16.83 to 14.91 in the intervention group (R. Dewi et al., 2023)

The study conducted by Cryptocurrency et al. (2021) revealed that prior to undergoing five-finger hypnosis therapy, the majority of family members in the Emergency Department (ED) of RSUD RA Basoeni Mojokerto experienced moderate levels of anxiety (64.7%), while 35.3% reported severe anxiety. Following the administration of the therapy, anxiety levels decreased, with most respondents reporting mild anxiety (58.8%) and 41.2% experiencing moderate anxiety. The findings demonstrated a statistically significant impact of five-finger hypnosis therapy on reducing anxiety among families in the emergency care setting, as indicated by a  $p$ -value of 0.000, which is well below the threshold of 0.05. The effectiveness of the therapy was closely linked to the dynamic interaction between the therapist and the participant. Key factors contributing to the success of hypnosis included the subject's openness, effective communication, and ability to maintain focus. The therapeutic benefits of five-finger hypnosis encompass the promotion of inner peace, reduction of anxiety, worry, and agitation, relief from muscle tension, decreased blood pressure and heart rate, and improvement in sleep quality (Cryptocurrency et al., 2021)

This study aims to analyze the application of five-finger hypnosis in nursing care for hypertensive patients.

## Methods

This study employed a case study design to examine the implementation of a nursing intervention using the five-finger hypnosis technique. The case study was conducted through the nursing care process, comprising assessment, nursing diagnosis, intervention planning, implementation, and evaluation. The participants consisted of five individuals diagnosed with hypertension, who were general outpatients at Puskesmas Bangetayu, cooperative, and willing to participate as respondents. The intervention involved teaching the five-finger hypnosis technique to the patients over a 15-minute session conducted in a comfortable environment, with optional background music based on patient preference. Subsequently, participants were provided with an educational leaflet detailing the five-finger hypnosis technique for independent practice at home. Follow-up measurements were conducted during subsequent outpatient visits. The instruments utilized in this study included the standardized nursing care format from STIKES Telogorejo Semarang, observation sheets, and a calibrated sphygmomanometer. Data obtained from observations were analyzed using descriptive statistics, including frequency distribution and mean values. This study can be extended through a quasi-experimental design involving a control group to statistically evaluate the effectiveness of the five-finger hypnosis technique in lowering blood pressure. Additionally, the development of digital-based educational media and longitudinal studies may provide a deeper understanding of the effectiveness and sustainability of this intervention over the long term.



## Results

### 1. Respondent Characteristics

**Table 1** Respondent Characteristics (n=5)

Variable	n	%	Average
<b>Gender</b>			
Male	0	0	-
Female	5	100	
<b>Age</b>			
55 – 59 years	3	60	60,6
64 – 70 years	2	40	

Table 1 shows that the entire respondent group consisted of females (100%), with most participants aged between 55 and 59 years (60%)

### 2. Main Complaint

**Table 2** Main Complaint

Complaint	N	%
Dizziness	5	100

Based on Table 2 above, it is known that all respondents experienced dizziness (100%).

### 3. Nursing Diagnosis

**Table 3** Nursing Diagnosis

NO DX	NURSING DIAGNOSIS
(D.0017)	Risk of Ineffective Cerebral Perfusion

Based on Table 3 above, the nursing diagnosis identified is the risk of ineffective cerebral perfusion.



#### 4. Results of the Application of Five Finger Hypnosis

**Table 4** Results of the Application of Five Finger Hypnosis

Respondent No	Pre-test			Post-test		
	Systolic BP (mmHg)	Diastolic BP (mmHg)	MAP (mmHg)	Systolic BP (mmHg)	Diastolic BP (mmHg)	MAP (mmHg)
1	194	115	141,3	160	112	128
2	166	100	122	148	100	116
3	146	75	98,7	136	89	104,7
4	165	94	117,7	153	87	109,0
5	148	76	100	133	70	91,0
Average	154,8	92	115,94	146	91,6	109,74

Based on Table 4, a decrease in the average systolic blood pressure, diastolic blood pressure, and mean arterial pressure (MAP) was observed after the application of five-finger hypnosis therapy.

## Discussion

### 1. Respondent Characteristics

Based on the findings presented in Table 1, all respondents were female and aged over 50 years. This aligns with epidemiological evidence indicating that the prevalence of hypertension increases significantly among older adults, particularly women. The prevalence of hypertension rose from 40% among individuals aged 43–46 years to 93% among those aged 91–94 years (Yeo et al., 2024). This trend is consistent with the physiological effects of aging, which include decreased vascular elasticity and increased peripheral resistance due to collagen accumulation in the arterial muscle layer (Tiroliyah et al., 2012). Consequently, systolic blood pressure tends to increase with age.

From a gender-based viewpoint, a notable shift in the pattern of uncontrolled hypertension emerges. During early to mid-adulthood (ages 43–46), men demonstrate a higher incidence of uncontrolled hypertension compared to women. However, this trend reverses after the age of 60, with women exhibiting a greater prevalence, reaching its peak between the ages of 91 and 94 (Yeo et al., 2024). This shift is believed to be linked to the reduction in estrogen levels following menopause. Estrogen is known to have cardioprotective effects, and its decline contributes to structural alterations in the vascular system and a reduction in arterial elasticity, both of which are factors that can elevate blood pressure. (Maskanah et al., 2019; Tiroliyah et al., 2012).

In addition to hormonal and age-related factors, adherence to hypertension treatment also significantly influences blood pressure control. Holmes et al. (2021) noted that women are more prone to non-adherence to hypertension therapy. While the underlying causes are not yet fully understood, this non-adherence is frequently linked to psychological issues such as depression, as well as inadequate social support, particularly from family members. This



highlights a critical consideration in nursing practice: successful hypertension management depends not only on pharmacological treatment but also on addressing psychosocial factors and supporting patients' adherence to care plans (Holmes et al., 2021).

This trend is further supported by Riskesdas 2018 data, which reveal that the 55–64 age group exhibits the highest prevalence of hypertension, recorded at 55.2% (Rokom, 2019). Moreover, Cheng et al. (2022) found that systolic blood pressure tends to increase linearly with age in men, while in women, the increase follows a non-linear pattern, suggesting a more complex physiological dynamic among elderly women (Cheng et al., 2022). Taken together, these findings indicate that older women represent a highly vulnerable group for hypertension, due to a combination of biological (estrogen decline), physiological (vascular aging), and psychosocial (treatment adherence and social support) factors. Therefore, nursing interventions for this population should be designed holistically, integrating educational, emotional, and family support components to optimize hypertension management outcomes.

## 2. Main Complaints

The data in Table 3 shows that all respondents experienced dizziness (100%). This aligns with Lopes et al. (2013), who state that headaches (dizziness) are closely associated with hypertension. The International Headache Society (IHS) also classifies severe hypertension ( $\geq 180/120$  mmHg) as a secondary cause of headache (IHS, 2018). Common symptoms that often occur in hypertensive patients include dizziness, irritability, tinnitus, difficulty sleeping, shortness of breath, a heavy feeling in the neck, fatigue, nosebleeds, and blurred vision. Hypertension sometimes does not show symptoms for years. When damage to the blood vessels occurs, symptoms will manifest. These symptoms vary depending on which organ system is affected by the blood vessels. Nocturia, which is increased urination at night, and azotemia, which is an increase in blood urea nitrogen, are two signs of pathological changes in the kidneys. Cerebrovascular involvement may result in stroke or transient ischemic attacks (TIAs), which can present as temporary unilateral paralysis (hemiplegia) or visual impairments (Lukitaningtyas & Cahyono, 2023).

## 3. Nursing Diagnosis

The nursing diagnosis was formulated based on the SDKI PPNI (2017) theory. The nursing diagnosis of a potential risk for ineffective cerebral perfusion was established based on study results, which revealed that all five participants experienced symptoms including headaches, dizziness, neck discomfort, and high blood pressure—clinical indicators pointing to the possibility of impaired cerebral blood flow due to hypertension. In this case, the narrowing of blood vessels can cause inadequate increases in cerebral vascular blood pressure, compressing brain nerve fibers and causing headaches. Uncontrolled blood pressure can cause blood vessels to become thin and dilated, leading to blood clots, which in turn reduces blood circulation to the brain (Puspita & Sari, 2022). These findings are consistent with the study by Dewi and Chanif, which identified a nursing diagnosis of risk for ineffective cerebral perfusion in hypertensive patients in the emergency department. A sudden spike in blood pressure accompanied by progressive target organ damage necessitates immediate intervention to reduce blood pressure within a matter of minutes to hours (K. S. P. Dewi & Chanif, 2020).



#### 4. Results of the Application of Five-Finger Hypnosis

Many hypertensive patients experience anxiety, which can exacerbate their high blood pressure and lead to undesirable conditions such as stroke, coronary heart disease, and kidney failure. The presence of these complications can cause anxiety, stress, and biological changes that can lead to stress issues and other psychosocial conditions. Anxiety can affect the sympathetic nervous system, which increases heart rate, cardiac output, and peripheral vascular resistance, triggering the heart to beat faster and harder, resulting in elevated blood pressure (Natasya et al., 2024). Management and handling of anxiety can be done using complementary techniques that are considered to have no side effects but are highly impactful for hypertensive patients in managing their blood pressure. One non-pharmacological therapy that can be applied is five-finger hypnosis, which has the ability to reduce anxiety for clients. Five-finger hypnosis is a technique of diverting a person's thoughts by touching the fingers while imagining pleasant or preferred things (Natasya et al., 2024).

The research conducted by Saswati et al. (2019) showed that five-finger hypnosis can reduce anxiety from severe anxiety to moderate anxiety. The results of the study indicated that before the five-finger hypnosis therapy, there were 7 respondents (31.1%) with moderate anxiety levels and 12 respondents (68.9%) with severe anxiety. After the therapy, 4 respondents (21.2%) no longer experienced anxiety, and 15 respondents (78.8%) had mild anxiety. The research on the reduction of anxiety after five-finger hypnosis therapy was administered to patients with anxiety in the working area of Puskesmas Kota Tengah, Gorontalo City, used a quasi-experimental or non-randomized experimental method with a one-group design. Anxiety was measured using a questionnaire consisting of 14 items. The results of the study showed an average anxiety level in patients before and after the five-finger hypnosis therapy, with a p-value of 0.00 ( $p < 0.05$ ), which indicates a significant effect of five-finger hypnosis therapy in reducing hypertension.

The researcher assumes that the five-finger hypnosis technique can effectively reduce anxiety levels in individuals because this method utilizes the basic principles of hypnosis, which direct attention and thoughts toward deep relaxation processes. By focusing attention on the physical sensations produced by each finger, individuals can increase awareness of their body condition, which in turn facilitates the release of tension and stress.

### Conclusion

The study results demonstrated a reduction in blood pressure following the implementation of five-finger hypnosis therapy, with all five participants (100%) recording an average systolic blood pressure of 146 mmHg, a diastolic pressure of 91.6 mmHg, and a mean arterial pressure (MAP) of 109.74 mmHg. These findings indicate that five-finger hypnosis therapy effectively contributes to lowering blood pressure among elderly hypertensive patients, as evidenced in those receiving care at the Bangetayu Health Center

### Recommendations

Based on the results of this study, several recommendations can be made to relevant parties for further contributions to the management of hypertension at the Bangetayu Health Center, as follows:

1. For Healthcare Services  
Five-finger hypnosis therapy can be selected as an educational intervention by nurses as an effort to lower blood pressure in hypertensive patients.
2. For the Patients' Families





The family of hypertensive patients plays a crucial role in supporting self-care and medication adherence. Therefore, families need to be provided with sufficient information about hypertension and how to support patients in maintaining a healthy lifestyle, including providing motivation to follow through with treatment and medication.

3. For Future Researchers

Future researchers are encouraged to extend the duration of five-finger hypnosis therapy given to hypertensive patients in order to achieve more significant blood pressure reduction. With collaboration among relevant parties, it is hoped that a better system for the prevention and management of hypertension will be established, leading to an improvement in the quality of life for hypertensive patients in the community.

## Ethics approval and consent to participate

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