

DAFTAR PUSTAKA

- Aggarwal, G. *et al.* (2021) 'Temporal trends, predictors, and outcomes of acute ischemic stroke in acute myocardial infarction in the United States', *Journal of the American Heart Association*, 10(2), p. e017693.
- Al-Jawaldeh, A. and Abbass, M.M.S. (2022) 'Unhealthy Dietary Habits and Obesity: The Major Risk Factors Beyond Non-Communicable Diseases in the Eastern Mediterranean Region', *Frontiers in Nutrition*, 9. Available at: <https://doi.org/10.3389/fnut.2022.817808>.
- Alberta Health Services (2022) 'Anxiety primary care pathway', *Specialist Link*, pp. 1–13. Available at: https://www.specialistlink.ca/assets/pdf/CZ_Anxiety_pathway.pdf.
- Alhindal, M. *et al.* (2025) 'Impact of smoking on cardiovascular health: Mechanisms, epidemiology and specific concerns regarding congenital heart disease', *International Journal of Cardiology Congenital Heart Disease*, 20, p. 100581. Available at: <https://doi.org/10.1016/j.ijcchd.2025.100581>.
- Antos, Z. *et al.* (2024) 'Beyond Pharmacology: A Narrative Review of Alternative Therapies for Anxiety Disorders', *Diseases*, 12(9), p. 216. Available at: <https://doi.org/10.3390/diseases12090216>.
- Arnold, C.A., Bagg, M.K. and Harvey, A.R. (2024) 'The psychophysiology of music-based interventions and the experience of pain', *Frontiers in Psychology*, 15. Available at: <https://doi.org/10.3389/fpsyg.2024.1361857>.
- Aune, D. *et al.* (2018) 'Tobacco smoking and the risk of sudden cardiac death: a systematic review and meta-analysis of prospective studies.', *European journal of epidemiology*, 33(6), pp. 509–521. Available at: <https://doi.org/10.1007/s10654-017-0351-y>.
- Bal, S.K. and Gun, M. (2024) 'The effects of acupressure on pain, anxiety and vital signs in patients undergoing coronary angiography: A randomized and sham-controlled trial', *EXPLORE*, 20(1), pp. 101–109. Available at: <https://doi.org/10.1016/j.explore.2023.07.001>.
- Bauer, M. (2024) 'Auricular Point Acupressure: A Complementary Medicine Treatment for Pain Management', *Pain Management Nursing*, 25(2), pp. e152–e153.
- Bernatzky, G. *et al.* (2011) 'Emotional foundations of music as a non-pharmacologic pain management tool in modern medicine', *Neuroscience and biobehavioral reviews*, 35, pp. 1989–1999. Available at: <https://doi.org/10.1016/j.neubiorev.2011.06.005>.

- Bhatt, D.L. (2018) 'Percutaneous coronary intervention in 2018', *Jama*, 319(20), pp. 2127–2128.
- Boluda-Verdú, I. *et al.* (2022) 'Fear for the future: Eco-anxiety and health implications, a systematic review', *Journal of Environmental Psychology*, 84, p. 101904. Available at: <https://doi.org/10.1016/j.jenvp.2022.101904>.
- Chen, S.-R. *et al.* (2022) 'Effects of Acupressure on Anxiety: A Systematic Review and Meta-Analysis', *Journal of Integrative and Complementary Medicine*, 28(1), pp. 25–35. Available at: <https://doi.org/10.1089/jicm.2020.0256>.
- Cho, Y. *et al.* (2021) 'Effects of meridian acupressure on stress, fatigue, anxiety, and self-efficacy of shiftwork nurses in south korea', *International Journal of Environmental Research and Public Health*, 18(8). Available at: <https://doi.org/10.3390/ijerph18084199>.
- Costa, B.T., Abreu, L.P. and Silveira, E.A.A. da (2024) 'Meanings of acupuncture from the patient's point of view', *Texto & Contexto-Enfermagem*, 33, p. e20230413.
- Daffre, C., Oliver, K.I. and Pace-Schott, E.F. (2020) 'Neurocircuitry of anxiety disorders', *Clinical Handbook of Anxiety Disorders: From Theory to Practice*, pp. 15–41.
- Damanik, I. and Tridiyawati, F. (2023) 'Music Therapy And Effective Communication Reduces Anxiety Levels In Welcoming Childbirth', *International Journal of Health and Pharmaceutical (IJHP)*, 3(3), pp. 497–505. Available at: <https://doi.org/10.51601/ijhp.v3i3.199>.
- Darki, C. *et al.* (2022) 'The Effect of Classical Music on Heart Rate, Blood Pressure, and Mood', *Cureus* [Preprint]. Available at: <https://doi.org/10.7759/cureus.27348>.
- Derya İster, E. and Altınbaş, Y. (2022) 'The Effect of Acupressure on Anxiety and Pain Among Patients Undergoing Coronary Angiography', *Holistic Nursing Practice*, 36, pp. E57–E63. Available at: <https://doi.org/10.1097/hnp.0000000000000553>.
- Eseadi, C. and Ngwu, M.O. (2023) 'Significance of music therapy in treating depression and anxiety disorders among people with cancer', *World Journal of Clinical Oncology*, 14(2), pp. 69–80. Available at: <https://doi.org/10.5306/wjco.v14.i2.69>.
- Flygare, O. *et al.* (2023) 'Association of anxiety or depression with risk of recurrent cardiovascular events and death after myocardial infarction: A nationwide registry study', *International Journal of Cardiology*, 381, pp. 120–127. Available at: <https://doi.org/10.1016/j.ijcard.2023.04.023>.

- Ganesan, P., Manjini, K.J. and Bathala Vedagiri, S.C. (2022) 'Effect of Music on Pain, Anxiety and Physiological Parameters among Postoperative Sternotomy Patients: A Randomized Controlled Trial', *Journal of Caring Sciences*, 11(3), pp. 139–147. Available at: <https://doi.org/10.34172/jcs.2022.18>.
- Ghetti, C. (2013) 'Effect of Music Therapy with Emotional-Approach Coping on Preprocedural Anxiety in Cardiac Catheterization: A Randomized Controlled Trial', *Journal of music therapy*, 50, pp. 93–122. Available at: <https://doi.org/10.1093/jmt/50.2.93>.
- Graves, B.S. *et al.* (2021) 'Gender differences in perceived stress and coping among college students', *PloS one*, 16(8), p. e0255634.
- Green, M. *et al.* (2025) 'Transforming Chronic Pain Management: Integrating Neuromodulation with Advanced Technologies to Tackle Cognitive Dysfunction – A Narrative Review', *Journal of Pain Research*, Volume 18, pp. 2497–2507. Available at: <https://doi.org/10.2147/JPR.S514285>.
- Gutierrez, M.M. and Sakulbumrungsil, R. (2021) 'Factors associated with medication adherence of hypertensive patients in the Philippines: a systematic review', *Clinical Hypertension*, 27(1), p. 19. Available at: <https://doi.org/10.1186/s40385-021-00176-0>.
- Häder, A. *et al.* (2023) 'Respiratory infections in the aging lung: implications for diagnosis, therapy, and prevention', *Aging and disease*, 14(4), p. 1091.
- Hooper, L. *et al.* (2020) 'Reduction in saturated fat intake for cardiovascular disease', *Cochrane Database of Systematic Reviews* [Preprint]. Available at: <https://doi.org/10.1002/14651858.CD011737.pub2>.
- Horenstein, A. and Heimberg, R.G. (2020) 'Anxiety disorders and healthcare utilization: A systematic review', *Clinical Psychology Review*, 81(July), p. 101894. Available at: <https://doi.org/10.1016/j.cpr.2020.101894>.
- Hung, T.-H. *et al.* (2024) 'Investigating the effect of hypertension on vascular cognitive impairment by using the resting-state functional connectome', *Scientific reports*, 14(1), p. 4580.
- Jalali, Z. *et al.* (2021) 'Smoking, alcohol and opioids effect on coronary microcirculation: an update overview', *BMC cardiovascular disorders*, 21(1), p. 185.
- James, K.A. *et al.* (2023) 'Understanding the relationships between physiological and psychosocial stress, cortisol and cognition', *Frontiers in Endocrinology*, 14. Available at: <https://doi.org/10.3389/fendo.2023.1085950>.
- Jia, X. *et al.* (2024) 'The association between smoking exposure and endothelial

function evaluated using flow-mediated dilation values: a meta-analysis', *BMC Cardiovascular Disorders*, 24(1), p. 292. Available at: <https://doi.org/10.1186/s12872-024-03915-x>.

- Journée, S.H. *et al.* (2023) 'Janus effect of the anterior cingulate cortex: Pain and emotion', *Neuroscience & Biobehavioral Reviews*, 153, p. 105362.
- Kemenkes (2023) *Survei Kesehatan Indonesia (SKI) 2023 Dalam Angka*, Kemenkes. Jakarta.
- Khan, S.Q. and Ludman, P.F. (2022) 'Percutaneous coronary intervention', *Medicine*, 50(7), pp. 437–444.
- Khoram, B. *et al.* (2020) 'Investigating the Effect of Acupressure on the Patients' Anxiety Before Open-Heart Surgery: A Randomized Clinical Trial', *Journal of Acupuncture and Meridian Studies*, 13(6), pp. 169–173. Available at: <https://doi.org/10.1016/j.jams.2020.11.001>.
- Kinlein, S.A. *et al.* (2022) 'Chronic hypothalamic-pituitary-adrenal axis disruption alters glutamate homeostasis and neural responses to stress in male C57Bl6/N mice', *Neurobiology of Stress*, 19, p. 100466. Available at: <https://doi.org/10.1016/j.ynstr.2022.100466>.
- Koskinen, M.-K. and Hovatta, I. (2023) 'Genetic insights into the neurobiology of anxiety', *Trends in Neurosciences*, 46(4), pp. 318–331.
- Kurniawan, H. (2021) *Pengantar praktis penyusunan instrumen penelitian*. Deepublish.
- Li, J. *et al.* (2024) 'Acupressure for depression: A systematic review and meta-analysis', *Asian Journal of Psychiatry*, 92, p. 103884.
- Li, N. *et al.* (2021) 'The Anti-Inflammatory Actions and Mechanisms of Acupuncture from Acupoint to Target Organs via Neuro-Immune Regulation', *Journal of Inflammation Research*, Volume 14, pp. 7191–7224. Available at: <https://doi.org/10.2147/JIR.S341581>.
- Li, S. *et al.* (2022) 'Clinical Efficacy and Potential Mechanisms of Acupoint Stimulation Combined With Chemotherapy in Combating Cancer: A Review and Prospects', *Frontiers in Oncology*, 12. Available at: <https://doi.org/10.3389/fonc.2022.864046>.
- Li, X. *et al.* (2022) 'Traditional Chinese acupoint massage, acupuncture, and moxibustion for people with diabetic gastroparesis: A systematic review and meta-analysis', *Medicine*, 101(48), p. e32058. Available at: <https://doi.org/10.1097/MD.00000000000032058>.
- Li, Y.-W. *et al.* (2022) 'The autonomic nervous system: A potential link to the efficacy of acupuncture', *Frontiers in Neuroscience*, 16. Available at:

<https://doi.org/10.3389/fnins.2022.1038945>.

- Lin, H. and Li, H. (2023) 'How does cigarette smoking affect airway remodeling in asthmatics?', *Tobacco Induced Diseases*, 21(January), pp. 1–14. Available at: <https://doi.org/10.18332/tid/156047>.
- Liu, Y. *et al.* (2025) 'Targeting mental health: A scoping review of acupoints selection in acupressure for depression, anxiety, and stress', *Brain Behavior and Immunity Integrative*, 10, p. 100111. Available at: <https://doi.org/10.1016/j.bbii.2025.100111>.
- Lorek, M. *et al.* (2023) 'The Effect of Music as a Non-Pharmacological Intervention on the Physiological, Psychological, and Social Response of Patients in an Intensive Care Unit', *Healthcare*, 11(12), p. 1687. Available at: <https://doi.org/10.3390/healthcare11121687>.
- Mahmood, S.R., Lobo, S. and Fischer, S. (2023) 'Cardiac Risk Assessment', *StatPearls* [Preprint].
- Makhoul, N. *et al.* (2020) 'Effects of Cigarette Smoking on Cardiac Autonomic Responses: A Cross-Sectional Study', *International Journal of Environmental Research and Public Health*, 17(22), p. 8571. Available at: <https://doi.org/10.3390/ijerph17228571>.
- Malik, T.F. and Tivakaran, V.S. (2023) 'Percutaneous transluminal coronary angioplasty', in *StatPearls [Internet]*. StatPearls Publishing.
- Mechanic, O.J. *et al.* (2023) 'Acute Myocardial Infarction (Nursing)', in *StatPearls [Internet]*. StatPearls Publishing.
- Mehta, P.K. *et al.* (2022) 'Mental stress-induced myocardial ischemia', *Current cardiology reports*, 24(12), pp. 2109–2120.
- Młynarska, E. *et al.* (2024) 'From Atherosclerotic Plaque to Myocardial Infarction—The Leading Cause of Coronary Artery Occlusion', *International Journal of Molecular Sciences*, 25(13), p. 7295. Available at: <https://doi.org/10.3390/ijms25137295>.
- Nadeak, S.E., Adam, M. and Maria, R. (2021) 'Efektivitas Terapi Musik terhadap Kecemasan dan Nyeri Pasien Coronary Artery Bypass Graft', *Journal of Telenursing (JOTING)*, 3(2), pp. 711–717.
- Notoatmodjo, S. (2014) *Promosi Kesehatan dan Perilaku Kesehatan. Edisi revisi*. Revisi. Jakarta: Rineka Cipta.
- Nursalam (2016) *Metodologi Penelitian Ilmu Keperawatan*. 4th edn. Jakarta: Salemba Medika.
- Office, U.S.P.H.S. (2020) 'Patterns of Smoking Cessation Among US Adults, Young Adults, and Youth', in *Smoking Cessation: A Report of the*

- Surgeon General [Internet]*. US Department of Health and Human Services.
- Ojha, N., Dharamoon, A.S. and Chapagain, R. (2021) 'Myocardial Infarction (Nursing)'.
- PERKI (2022) *Panduan Pencegahan Penyakit Kardiovaskular Arteriosklerosis, Perhimpunan Dokter Spesialis Kardiovaskular Indonesia 2022*.
- Pondang, J. and Kosasih, K. (2024) 'Hubungan Antara Kelelahan Dengan Tingkat Kecemasan Perawat Rumah Sakit: Sebuah Tinjauan Pustaka', *EKOMA: Jurnal Ekonomi, Manajemen, Akuntansi*, 3(6), pp. 1822–1844.
- Qiu, T. *et al.* (2023) 'Comorbidity of Anxiety and Hypertension: Common Risk Factors and Potential Mechanisms', *International Journal of Hypertension*. Edited by L.D. Elia, 2023, pp. 1–14. Available at: <https://doi.org/10.1155/2023/9619388>.
- Raghupathi, V. and Raghupathi, W. (2020) 'The Influence of Education on Health: 1995-2015', *Archives of Public Health*, 78(1), pp. 1–18.
- Roeters van Lennep, J.E. *et al.* (2002) 'Risk factors for coronary heart disease: implications of gender', *Cardiovascular research*, 53(3), pp. 538–549.
- Sagar-Ouriaghli, I. *et al.* (2019) 'Improving Mental Health Service Utilization Among Men: A Systematic Review and Synthesis of Behavior Change Techniques Within Interventions Targeting Help-Seeking', *American Journal of Men's Health*, 13(3). Available at: <https://doi.org/10.1177/1557988319857009>.
- Saputra, K. (2017) *Akupunktur Dasar Edisi 2*. Airlangga University Press.
- Shahjehan, R.D., Sharma, S. and Bhutta, B.S. (2024) 'Coronary artery disease', in *StatPearls [Internet]*. StatPearls Publishing.
- Sholihah, N.A. and Sakinah, S. (2022) *Buku Ajar Promosi Kesehatan dan Ilmu Perilaku Kesehatan*. Penerbit NEM.
- van Sluijs, E.M.F. *et al.* (2021) 'Physical activity behaviours in adolescence: current evidence and opportunities for intervention', *The Lancet*, 398(10298), pp. 429–442. Available at: [https://doi.org/10.1016/S0140-6736\(21\)01259-9](https://doi.org/10.1016/S0140-6736(21)01259-9).
- Son, C.-G. (2019) 'Clinical application of single acupoint (HT7)', *Integrative Medicine Research*, 8(4), pp. 227–228. Available at: <https://doi.org/10.1016/j.imr.2019.08.005>.
- Stahlman, S. *et al.* (2023) 'Implementation of a heart failure educational intervention for patients with recent admissions for acute decompensated heart failure', *Frontiers in Cardiovascular Medicine*, 10. Available at:

<https://doi.org/10.3389/fcvm.2023.1133988>.

- Sugiyono (2017a) 'Metode Kuantitatif', in *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*, pp. 13–19.
- Sugiyono (2017b) 'Metode Penelitian Kuantitatif, Kualitatif, dan R&D', in *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung, pp. 13–19.
- Sun, S. *et al.* (2023) 'Functional connectivity between the amygdala and prefrontal cortex underlies processing of emotion ambiguity', *Translational Psychiatry*, 13(1), p. 334. Available at: <https://doi.org/10.1038/s41398-023-02625-w>.
- Swarjana, I.K. (2022) *Konsep pengetahuan, sikap, perilaku, persepsi, stres, kecemasan, nyeri, dukungan sosial, kepatuhan, motivasi, kepuasan, pandemi covid-19, akses layanan kesehatan–lengkap dengan konsep teori, cara mengukur variabel, dan contoh kuesioner*. Penerbit Andi.
- Szuhany, K.L. and Simon, N.M. (2022) 'Anxiety disorders: a review', *Jama*, 328(24), pp. 2431–2445.
- T. Zaatar, M. *et al.* (2024) 'The transformative power of music: Insights into neuroplasticity, health, and disease', *Brain, Behavior, & Immunity - Health*, 35, p. 100716. Available at: <https://doi.org/10.1016/j.bbih.2023.100716>.
- Tamminga, S.J. *et al.* (2023) 'Individual-level interventions for reducing occupational stress in healthcare workers', *Cochrane Database of Systematic Reviews*, 2023(5). Available at: <https://doi.org/10.1002/14651858.CD002892.pub6>.
- Tran, N. *et al.* (2022) 'Endothelial Nitric Oxide Synthase (eNOS) and the Cardiovascular System: in Physiology and in Disease States', *American Journal of Biomedical Science & Research*, 15(2), pp. 155–179. Available at: <https://doi.org/10.34297/ajbsr.2022.15.002087>.
- Wang, M. *et al.* (2023) 'The immunomodulatory mechanisms for acupuncture practice', *Frontiers in immunology*, 14, p. 1147718.
- Wang, N. *et al.* (2025) 'Neural mechanisms of non-pharmacological interventions in patients with mild cognitive impairment and Alzheimer's disease: An ALE meta-analysis', *Experimental Gerontology*, 200, p. 112678. Available at: <https://doi.org/10.1016/j.exger.2025.112678>.
- Whatley, J., Perkins, J. and Samuel, C. (2022) "Reflexology: Exploring the mechanism of action", *Complementary Therapies in Clinical Practice*, 48, p. 101606. Available at: <https://doi.org/10.1016/j.ctcp.2022.101606>.
- WHO (2024) *Cardiovascular Disease*.

- Widiyanto, D.D. (2019) 'The International Journal of Health, Education and Social (IJHES)', *The International Journal of Health, Education and Social (IJHES)*, The Intern(August), pp. 15–24.
- Xiong, F. *et al.* (2023) 'Application of biophysical properties of meridians in the visualization of pericardium Meridian', *Journal of Acupuncture and Meridian Studies*, 16(3), pp. 101–108.
- Xu, T. *et al.* (2024) 'Acupuncture indication knowledge bases: meridian entity recognition and classification based on ACUBERT', *Database*, 2024. Available at: <https://doi.org/10.1093/database/baae083>.
- Yang, Z. (2022) 'Hamilton anxiety rating scale', in *Encyclopedia of Gerontology and Population Aging*. Springer, pp. 2243–2246.
- Yildirim, D. and Akman, Ö. (2021) 'The Effect of Acupressure on Clinical Stress Management in Nursing Students: A Randomised Controlled Study', *Journal of Acupuncture and Meridian Studies*, 14(3), pp. 95–101. Available at: <https://doi.org/10.51507/j.jams.2021.14.3.95>.
- Zhang, Y.-Y. *et al.* (2025) 'Effect of acupressure on smoking cessation in young smokers with nicotine dependence: A mixed methods study', *Integrative Medicine Research*, 14(1), p. 101120. Available at: <https://doi.org/10.1016/j.imr.2024.101120>.
- Zhang, Z. *et al.* (2023) 'Does anxiety cause angina recurrence after percutaneous coronary intervention in patients with STEMI?', *Frontiers in Cardiovascular Medicine*, 10. Available at: <https://doi.org/10.3389/fcvm.2023.1283182>.
- Zhao, Y. *et al.* (2024) 'The effect and safety of acupuncture as adjunctive therapy for STEMI patients after PCI: study protocol of a randomized controlled trial', *BMC Complementary Medicine and Therapies*, 24(1), p. 306. Available at: <https://doi.org/10.1186/s12906-024-04608-w>.
- Zhou, X. *et al.* (2024) 'Key targets of signal transduction neural mechanisms in acupuncture treatment of cardiovascular diseases: Hypothalamus and autonomic nervous system', *Heliyon*, 10(19), p. e38197. Available at: <https://doi.org/10.1016/j.heliyon.2024.e38197>.
- Zhu, B. (2021) 'On the acupoint and its specificity', *Zhongguo Zhen jiu= Chinese Acupuncture & Moxibustion*, 41(9), pp. 943–950.