

DAFTAR PUSTAKA

- Abbott. (2021). 'Usia lansia menurut WHO'. *Ensure Abbott Family*. Available at: <https://www.family.abbott/id-id/ensure/tools-and-resources/tips-on-how-to-live-strong/caring-for-elderly/usia-lansia-menurut-who.html> (diakses tanggal 30 Juli 2025)
- Abubakar, H. R. I. (2021). *Pengantar metodologi penelitian*. SUKA-Press UIN Sunan Kalijaga
- Abulafia, A. *et al.* (2025). 'Assessing quality of vision in cataract surgery: outcomes from a single-center cohort'. *Journal of Cataract & Refractive Surgery*. Available at: <https://doi.org/10.1097/j.jcrs.0000000000001642>
- Agarwal, A., & Jacob, S. (2011). *Color atlas of ophthalmology: The quick-reference manual for diagnosis and treatment (2nd ed.)*. New York, NY: Thieme Medical Publishers.
- Agarwal, S., & Thornell, E. (2023). 'YAG capsulotomy rates in patients following cataract surgery and implantation of new hydrophobic preloaded intraocular lens in an Australian cohort: 3-year results'. *Clinical Ophthalmology (Auckland, N.Z.)*, 17, 3637–3643. Available at: <https://doi.org/10.2147/OPHTH.S437537>
- Alamri, M. *et al.* (2018). 'Pathophysiology of cataracts'. *International Journal of Community Medicine and Public Health*, 5(9), 3668–3673. Available at: <https://doi.org/10.18203/2394-6040.ijcmph20183382>
- American College of Cardiology/American Heart Association. (2017). *2017 Guideline for High Blood Pressure in Adults: Ten Points to Remember*. Available at: <https://www.acc.org/Latest-in-Cardiology/ten-points-to-remember/2017/11/09/11/41/2017-Guideline-for-High-Blood-Pressure-in-Adults>
- Andrade, C. (2021). 'A student's guide to the classification and operationalization of variables in the conceptualization and design of a clinical study: Part 1'. *Indian Journal of Psychological Medicine*, 43(2), 177–179. Available at: <https://doi.org/10.1177/0253717621994334>
- Arso, I. N., Mulyono, S., & Widodo, D. (2022). *Pedoman diagnosis dan penatalaksanaan hipertensi*. Jakarta: Penerbit Karya Medika

- Borges-Rodríguez, Y. *et al.* (2023). 'Effect of the ultraviolet radiation on the lens'. *Current Protein & Peptide Science*, 24(3), 1-12. Available at: <https://doi.org/10.2174/1389203725666820420120624>
- Brennan, L., *et al.* (2023). 'Autophagy requirements for eye lens differentiation and transparency'. *Cells*, 12(3), 475. Available at: <https://doi.org/10.3390/cells12030475>
- Bukato, K., Kostrzewa, T., & Marino Gammazza, A. (2024). Endogenous estrogen metabolites as oxidative stress mediators and endometrial cancer biomarkers. *Cell Communication and Signaling*. <https://doi.org/10.1186/s12964-024-01583-0>
- Cahyana, N. W. (2021). *Katarak dan penangannya (Edisi revisi)*. Jember: UPT Penerbit Universitas Jember. Available at: <http://repository.unej.ac.id/handle/123456789/105129>
- Chaudhary, M. R. *et al.* (2023). 'Aging, oxidative stress and degenerative diseases: mechanisms, complications and emerging therapeutic strategies'. *Biogerontology*, 24(5), 609–662. Available at: <https://doi.org/10.1007/s10522-023-10050-1>
- Cheng, C. *et al.* (2019). 'Age-related changes in eye lens biomechanics, morphology, refractive index and transparency'. *Aging (Albany NY)*, 11, 12497–12531. Available at: <https://doi.org/10.18632/aging.102584>
- Damayanti, A. E., & Christina, Y. (2023). Hubungan umur dan jenis kelamin dengan angka kejadian katarak senilis di RS Camatha Sahidya. *Zona Kedokteran*, 13(2), 1–6. Available at: <https://doi.org/10.37776/zked.v13i2.1182>
- Damayanti, F., Hondrizal, F., Hutaperi, B., Jelmila, S. N., & Ashan, H. (2023). 'Hubungan diabetes melitus terhadap penderita katarak'. *Sciensa: Scientific Journal of Health*, 4(2), 45–51. Available at: <http://journal.scientic.id/index.php>
- Dedi, D. *et al.* (2023). 'Faktor-faktor yang Memengaruhi Tingkat Terjadinya Kejadian Katarak di Rumah Sakit Khusus Mata'. *Jurnal Ilmiah Permas: Jurnal Ilmiah STIKES Kendal*, 14(1), 347–358. Available at: <https://doi.org/10.32583/pskm.v14i1.1581>

- Dewi, A. A. A. G. *et al.* (2021). 'Situasi analisis pelayanan kesehatan mata di Provinsi Bali, Indonesia'. *Intisari Sains Medis*, 12(3), 952–957.
- Fauzia, S., Rosmaini, & Zainun, Z. (2025). 'Korelasi lama menderita hipertensi dengan stadium katarak senilis di Rumah Sakit Khusus Mata (RSKM) Regina Eye Center Padang'. *Nusantara Hasana Journal*, 4(12), 338–346.
- Garg, S., & Koch, D. D. (2023). *Steinert's cataract surgery (4th ed.)*. Philadelphia, PA: Elsevier.
- Gawitri, A. P. A. (2022). Hubungan Aktivitas Fisik dengan Kejadian Jatuh pada Lanjut Usia. Skripsi (tidak diterbitkan). Program Studi Sarjana Keperawatan Universitas Udayana. Available at: Skripsi - Ayu Putu Ary Gawitri | PDF
- Gedde, Steven, *et al.*, (2021). *Primary angle-closure disease Preferred Practice Pattern*. San Francisco: American Academy of Ophthalmology. Available at: <https://doi.org/10.1016/j.ophtha.2020.10.021>
- Gurnani, B., & Kaur, K. (2023). *Manual Small Incision Cataract Surgery*. In StatPearls. StatPearls Publishing. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK582123/> (diakses tanggal 30 Juli 2025)
- Harun, H. M., Abdullah, A. Z., & Salmah, U. (2020). 'Pengaruh diabetes, hipertensi, merokok dengan kejadian katarak di Balai Kesehatan Mata Makassar'. *Jurnal Kesehatan Vokasional*, 5(1), 45–52. Available at: <https://doi.org/10.22146/jkesvo.52528>
- Hasriani, R. D., Syahrizal, & Misti. (2020). Hipertensi dengan katarak pada peserta skrining gangguan penglihatan. *HIGEIA Journal of Public Health Research and Development*, 4(4), 645–655. Available at: <https://doi.org/10.15294/higeia.v4i4.38745>
- Hashemi, H., Yekta, A., Fotouhi, A., *et al.* (2020). Global and regional prevalence of age-related cataract. *Journal of Ophthalmic Epidemiology*.
- Humardani, A.P., Anas, K. & Arsyad, M. (2023) 'Hubungan Katarak dengan Hipertensi di Poliklinik Mata RS YARSI Periode 2021–2022 dan Tinjauannya Menurut Pandangan Islam', *Cerdika: Jurnal Ilmiah Indonesia*, 3(3), pp. 202–208. Available at:

- <http://cerdika.publikasiindonesia.id/index.php/cerdika/article/view/550>
- Ilyas, S., & Yulianti, S. R. (2022a). *Ilmu penyakit mata (Edisi ke-5)*. Fakultas Kedokteran Universitas Indonesia.
- Kaplan, N. M., & Victor, R. G. (2017). *Kaplan's clinical hypertension (11th ed.)*. Philadelphia, PA: Lippincott Williams & Wilkins.
- Kementerian Kesehatan Republik Indonesia. (2019). 'Katarak penyebab terbanyak kebutaan. Available at : <https://www.kemkes.go.id/article/view/19100600001/katarak-penyebab-terbanyak-kebutaan.htm> (diakses pada 20 April 2025)
- Kulbay, M. *et al.* (2024). 'Oxidative stress and cataract formation: Evaluating the efficacy of antioxidant therapies'. *Biomolecules*, 14(9), 1055. Available at: <https://doi.org/10.3390/biom14091055>
- Kulkarni, A., & Banait, S. (2023). 'Through the smoke: An in-depth review on cigarette smoking and its impact on ocular health'. *Cureus*, 15(10), e47779. Available at: <https://doi.org/10.7759/cureus.47779>
- Lemeshow, S. *et al.* (1990). *Adequacy of sample size in health studies*. New York : John Wiley & Son
- Leonard, J., Martin, R., & Wells, T. (2024). *Clinical Anatomy of the Eye* (3rd ed.). Cambridge University Press.
- Levin, L. A., Kaufman, P. L., & Hartnett, M. E. (2024). *Adler's physiology of the eye: A textbook of ocular physiology (12th ed.)*. Philadelphia, PA: Elsevier.
- Li, A. *et al.* (2022). 'Comparison of visual acuity between phacoemulsification and extracapsular cataract extraction: A systematic review and meta-analysis'. *Annals of Palliative Medicine*, 11(2), 551–559. Available at: <https://doi.org/10.21037/apm-21-3633>
- Li, J. *et al.* (2024). 'Oxidative stress in cataract formation: Is there a treatment approach on the horizon?' *Antioxidants*, 13(10), Available at: 1249. <https://doi.org/10.3390/antiox1310124>
- Li, L., Wan, X.-H., & Zhao, G.-H. (2018). 'Meta-analysis of the risk of cataract in type 2 diabetes'. *BMC Ophthalmology*, 18, Article 94. Available at: <https://doi.org/10.1186/1471-2415-14-94>
- Latebo, A. A., *et al.* (2024). Prevalence of cataract and its associated factors among

- adults visiting ophthalmic clinics. *BMJ Open*, 14(12).
- Lee, B., Afshari, N. A., & Shaw, P. X. (2024). Oxidative stress and antioxidants in cataract development. *Current Opinion in Ophthalmology*, 35(1), 57–63. <https://doi.org/10.1097/ICU.0000000000001009>
- Liu, C., Zhang, Y., Cao, X., *et al.* (2025). Association between metabolic syndrome and cataract: a meta-analysis. *Eye*, 39, 2555–2564. <https://doi.org/10.1038/s41433-025-03910-2>
- Lockington, D., Tuteja, S., & Henderson, M. (2025). Literature review of sex hormones and cataract development, with modern implications. *Clinical & Experimental Ophthalmology*, 53(7), 858–864. <https://doi.org/10.1111/ceo.14550>
- Libby, P. *et al.* (2021). *Braunwald's heart disease: A textbook of cardiovascular medicine (12th ed.)*. Philadelphia, PA: Elsevier. ISBN 978-0-323-72219-3.
- Lim, J. C. *et al.* (2024). 'Minimizing oxidative stress in the lens: Alternative measures for elevating glutathione in the lens to protect against cataract'. *Antioxidants*, 13(10), 1193. Available at: <https://doi.org/10.3390/antiox13101193>
- Lukito, W., Suhardjono, & Widyahening, I. S. (2019). *Hipertensi: Diagnosis, penatalaksanaan, dan tatalaksana di layanan primer*. Jakarta: Balai Penerbit FKUI.
- Mahendra, I. G. B. S., & Andari, M. Y. (2022). 'The effect of exposure to ultraviolet rays of the sun on cataract occurrence in residents in coastal areas'. *Science Midwifery*, 10(4), 3219–3224. Available at: <https://doi.org/10.35335/midwifery.v10i4.775>
- Mani, A. (2024). 'Update in genetic and epigenetic causes of hypertension'. *Cellular and Molecular Life Sciences*, 81, 201. Available at: <https://doi.org/10.1007/s00018-024-05220-4>
- Marlina, E., & Setiawan, H. (2022). 'Persepsi lansia penderita hipertensi terhadap risiko komplikasi dan upaya pencegahan'. *Jurnal Mutiara Kebidanan*, 7(2), 34–42. Available at: https://www.jurnal.ubktasikmalaya.ac.id/index.php/jmk_kb/article/view/52
- Manggala, S., Jayanegara, I. W. G., & Putrawati, A. A. M. T. (2021). Gambaran

- karakteristik penderita katarak senilis di Rumah Sakit Daerah Mangusada Badung periode 2018. *Jurnal Medika Udayana*, 10(4).
- Miller, Kevin. M. *et al.* (2021). 'Cataract in the Adult Eye Preferred Practice Pattern' *Ophthalmology*, volume 129 (1), P1-P126. Available at: : <https://doi.org/10.1016/j.ophtha.2021.10.006>
- Min, Z., Li, X., Zhao, Y., & Wang, J. (2023). 'Minimizing oxidative stress in the lens: Alternative measures for elevating glutathione in the lens to protect against cataract'. *Antioxidants*, 13(10), 1193. Available at: <https://doi.org/10.3390/antiox13101193>
- Mylona, I. *et al.* (2019). 'Hypertension is the prominent risk factor in cataract patients'. *Medicina*, 55(8), 430. MDPI AG. Available at: <https://doi.org/10.3390/medicina55080430>
- Nartey, A. (2017). 'The pathophysiology of cataract and major interventions to retarding its progression: A mini review'. *Advances in Ophthalmology & Visual System*, 6(3), Article 00178. Available at: <https://doi.org/10.15406/aovs.2017.06.00178>
- Nurkhasanah, N., Bachri, M. S., & Yuliani, S. (2023). *Antioksidan dan stres oksidatif*. Yogyakarta: UAD Press. ISBN 978-623-5635-859
- Oktafiani, Alfia. (2023). *Determinan kejadian hipertensi di wilayah kerja Puskesmas Sungai Bungkal Kota Sungai Penuh tahun 2023*. Skripsi (tidak diterbitkan). Program Studi Ilmu Kesehatan Masyarakat, Fakultas Kedokteran dan Ilmu Kesehatan, Universitas Jambi.
- Olivares-González, L., *et al.* (2021). 'Nutraceutical supplementation ameliorates visual function, retinal degeneration, and redox status in rd10 mice'. *Antioxidants*, 10(7), 1033. Available at: <https://doi.org/10.3390/antiox10071033>
- Perhimpunan Dokter Hipertensi Indonesia (PERKI). (2022). *Konsensus penatalaksanaan hipertensi 2021*. PERKI. Retrieved from <https://www.inaheart.org/guidelines/pedoman-tatalaksana-hipertensi-pada-penyakit-kardiovaskular>
- Perhimpunan Dokter Hipertensi Indonesia. (2021). *Konsensus Penatalaksanaan Hipertensi 2021: Update Konsensus 2019*. PERHI. Available

- at: <https://inash.or.id/wp-content/uploads/2021/01/Final-Pedoman-Hipertensi-2020.pdf>
- Praja, I. S., Hendriati, H., & Machmud, R. (2023). 'Hubungan faktor risiko dengan kejadian katarak senilis di RSUP Dr. M. Djamil Padang'. *Jurnal Ilmu Kesehatan Indonesia*, 4(1), 25–32. <https://doi.org/10.25077/jikesi.v4i1.1022>
- Paryani, M., Khandekar, R. B., Dole, K., Dharmadhikari, S., & Rishikeshi, N. (2012). Visual outcome and impact on quality of life after surgeries differ in children operated for unilateral and bilateral cataract (Pune study 2011). *Oman Journal of Ophthalmology*, 5(3), 150–156. <https://doi.org/10.4103/0974-620X.106094>
- Putri, C. *et al.* (2023). 'Hypertension as a risk factor of cataracts'. *Medical Profession Journal of Lampung*, 13(4), 543–547. Available at: <https://doi.org/10.53089/medula.v13i4.750>
- Putri, K. *et al.* (2023). 'Systematic literature review: Faktor risiko yang mempengaruhi kejadian katarak pada lansia'. *Galen: Jurnal Ilmiah Kesehatan*, 1 (2). Available at: <https://doi.org/10.71417/galen.v1i2.19>
- Putri, N. A., & Saftarina, F. (2022). 'Penatalaksanaan holistik hipertensi Grade II dan katarak senilis pada seorang laki-laki usia 73 tahun melalui pendekatan dokter keluarga'. *Jurnal Penelitian Perawat Profesional*, 4(4). Available at: <https://doi.org/10.37287/jppp.v4i4.1122>
- Riordan-Eva, P., & Augsburger, J. J. (2018). *Vaughan & Asbury's General Ophthalmology (19th ed.)*. New York, NY: McGraw-Hill Education.
- Safitri, A. *et al.* (2023) 'Pendidikan Kesehatan Senam Hipertensi Untuk Menurunkan Tekanan Darah Pada Warga Bina Sosial Di Panti Sosial Tresna Werdha Budi Mulia 2 Jakarta Barat', *Jurnal Rumpun Ilmu Kesehatan (JRIK)*, 3(2), pp. 189–193.
- Salmon, J. F. (2024). *Kanski's Clinical Ophthalmology: A systematic approach (10th ed.)*. London, UK: Elsevier.
- Sembiring, T. B. *et al.* (2024). *Buku ajar metodologi penelitian (teori dan praktik)*. Karawang: Saba Jaya Publisher
- Septiani, C., Maharani, R. N., & Sofyan, S. (2025). 'Hubungan usia dan jenis

- kelamin dengan kejadian katarak: Literature review'. *Prepotif: Jurnal Kesehatan Masyarakat*, 9(1), 1386–1395. Available at: <https://doi.org/10.31004/prepotif.v9i1.43573>
- Setyandriana, Y., & Putri, D. S. K. (2024). 'The influence of duration and control of diabetes mellitus with the results of phacoemulsification surgery on senile cataract sufferers with diabetes mellitus in Yogyakarta'. *Science Midwifery*, 12(4), 1527–1531. Available at: <https://doi.org/10.35335/midwifery.v12i4.1711>
- Sinha-Dutta, S. (2024). 'Researchers boost natural defenses to fight cataracts and delay the need for surgery'. *News-Medical.net*. Available at: <https://www.news-medical.net/news/20241003/Researchers-boost-natural-defenses-to-fight-cataracts-and-delay-the-need-for-surgery.aspx>
- Sylvestris, A. (2014). Hipertensi dan retinopati hipertensi. *Jurnal Kedokteran*, 10(1), 1–10.
- Tanjoto, E. A., Fakhurrazy, F., & Suhartono, E. (2021). 'Korelasi stres oksidatif dengan tekanan darah pada lanjut usia: Tinjauan pustaka'. *Homeostasis*, 4(1), 227–236. Available at: <https://doi.org/10.20527/ht.v4i1.3392>
- Transari, L., Widyaningrum, R., & Prasetyo, H. (2024). 'Analisis faktor penyebab kebutaan akibat katarak di Indonesia'. *Jurnal Kesehatan Mata Indonesia*, 15(2), 123–131.
- Tsai, D. C., *et al.* (2022). 'Risk factors for age-related cataract: A population-based case-control study in Taiwan'. *Ophthalmic Epidemiology*, 29(2), 124–131. Available at: <https://doi.org/10.1080/09286586.2021.1978219>
- Tsukikawa, M., & Stacey, A. W. (2020). A review of hypertensive retinopathy and chorioretinopathy. *Clinical Optometry*, 12, 67–73. <https://doi.org/10.2147/OPTO.S183492>
- Undang-Undang Republik Indonesia Nomor 13 Tahun 1998 tentang Kesejahteraan Lanjut Usia* (1998). Jakarta: DPR–MPR RI.
- Whelton, P. K. *et al.* (2018). '2017 ACC/AHA 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

- Task Force on Clinical Practice Guidelines'. *Hypertension*, 71(6), e13–e115. Available at: <https://doi.org/10.1161/HYP.0000000000000065>
- Widyasastrawati, N. K. I., Permatananda, P. A. N. K., & Putra, I. P. R. (2023). 'Karakteristik Penderita Katarak Senilis di Rumah Sakit Umum Daerah Tabanan Tahun 2023'. *Aesculapius Medical Journal*, 5(1), 40-46. Available at: View of Characteristics of Senile Cataract Patients at Tabanan General Hospital in 2023
- World Health Organization. (2019). *World report on vision*. World Health Organization. Available at: <https://www.who.int/publications/i/item/9789241516570> (diakses tanggal 2 Juni 2025)
- World Health Organization. (2023). Hypertension [Fact sheet]. <https://www.who.int/news-room/fact-sheets/detail/hypertension> (diakses tanggal 24 Juni 2025)
- World Health Organization. (2023). Blindness and vision impairment [Fact sheet]. Available at: <https://www.who.int/news-room/fact-sheets/detail/blindness-and-visual-impairment> (diakses pada 16 Mei 2025)
- Yanoff, M., & Duker, J. S. (2023). *Ophthalmology (6th ed.)*. Philadelphia, PA: Elsevier. ISBN 978-0-323-79515-9
- Yu, X., Lyu, D., Dong, X., He, J. & Yao, K. (2019) 'Hypertension and Risk of Cataract: A Meta-Analysis', *PLoS ONE*, 9(12), e114012. Available at: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0114012>
- Zetterberg, M., & Celojovic, D. (2015). Gender and cataract: The role of estrogen. *Current Eye Research*, 40(2), 176–190. <https://doi.org/10.3109/02713683.2014.898774>
- Zhou, H. *et al.* (2023). 'Efficacy and safety of low-energy femtosecond laser-assisted cataract surgery: A randomized clinical trial in China'. *Frontiers in Medicine*, 10, 1185091. Available at: <https://doi.org/10.3389/fmed.2023.1185091>