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EFFECTIVENESS OF MUSIC THERAPY AND MUROTAL AL-QURAN AGAINST PEOPLE WITH HYPERTENSION IN MIDDLE AGE AT WORKING AREA PUSKESMAS SIBELA SURAKARTA	
ABSTRACT	
<p>Background; Hypertension are categorized in the silent disease, because, the patient don't know they got hypertension before They are doing the measurement of blood presure. If hypertension untreated correctly and prolonged can be result stroke, heart attack and chronic renal failure. Therapy of hypertension can be a pharmacological and non pharmacological. One exception of non pharmacologica therapy is classical music therapy and murottal Al-Quran therapy. Objectives; Identify the effectiveness of classical music therapy and murottal Al-Quran on peoples with hypertension in middle ages. Method design; This research using quasy experimental design. With the methods is two group pre and post test design.The sample in this study amounted to 32 people using Purposive sampling. Results; Results from mann-whitney test trial on the p value systolic is 0.005 ($p < 0.05$)the meaning there is a difference in meaningful, While p value diastolik is 0,287 ($p > 0.05$) there is no difference meaningful. The average a decrease in blood pressure group therapy classical music is 4,06mmhg for systolic and 2,54mmhg for diastolic, While the murotal Al-Quran therapy entirely 6,90mmhg for systolic and 3,27mmhg for diastolic. Conclusion; This research prove murotal Al-Quran therapy more effective in lowering blood pressure than classical music therapy</p>	
<p>Keywords; blood pressure, classical music therapy, murotal Al-Quran therapy</p>	