

AUTOGENIC RELAXATION THERAPY AND MURATTAL AL-QUR'AN THERAPY TO LOWER BLOOD PRESSURE

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SUMMARY / DIGEST

Background: High blood pressure is an increase in blood pressure in the arteries. In general, hypertension is a condition without symptoms, where the abnormally high pressure inside the arteries increases the risk of stroke, aneurysm, heart failure and kidney damage. In hypertension, the systolic pressure reaches 140 mmHg or more, but the diastolic pressure is less than 90 mmHg and the diastolic pressure is still in the normal range (Triyanto, 2014). Hypertension is one of the deadliest diseases in the world (Marleni and Haryani, 2019). Hypertension is often referred to as a silent killer or disease killer (silent killer). **Objective:** Autogenic relaxation therapy and Murattal Al-Qur'an therapy to reduce blood pressure in hypertensive patients at Pajang Public Health Center, Surakarta. **Methods:** The method used is to use booklet media as a way of conveying information about non-pharmacological therapies such as Autogenic Relaxation Therapy and Murattal Al-Qur'an Therapy to lower blood pressure. **Results:** The booklet media produced by the authors will be disseminated in Pajang Health Center, Surakarta, so that people with hypertension can reduce blood pressure not only with medication from a doctor (pharmacological therapy). **Conclusion:** To provide information about non-pharmacological therapies to lower blood pressure in hypertensive patients in addition to pharmacological therapy (with doctor's drugs).

Keywords: *Blood pressure, Autogenic Relaxation, Murattal Al-Qur'an, Media Booklet.*