

**PENINGKATAN KESEHATAN PADA LANSIA DENGAN TERAPI
MUROTTAL AL-QUR'AN SURAT AR-RAHMAN
UNTUK INSOMNIA**

Zaliesa Tesa Dewi, Ika Silvitasari, Irma Mustika Sari

Zaliesa.tesa@gmail.com

Universitas 'Aisyiyah Surakarta

SUMMARY

Background: Elderly (elderly) is someone who has reached the age of 60 years and over. One form of problem in the elderly is a disturbance in fulfilling their sleep needs. Therefore, it is necessary to provide other therapies besides pharmacological therapy. One of them is deep breath relaxation therapy, progressive muscle relaxation, resignation exercises, aromatherapy and music therapy. **Purpose:** The purpose of this video is to increase knowledge about murottal therapy Al-Qur'an Surat Al-Rahman for the treatment of sleep disorders in the elderly. **Method:** The method used is to use the KIE media, namely video, which is expected to be a source of information about the use of the method of improving health in the elderly with the Murottal Al-Qu'an Surat Ar-Rahman Therapy for Insomnia. **Results:** The results of the video will be submitted to the HKI at 'Aisyiyah University, Surakarta and especially to people with insomnia sufferers so that they can find out and apply murottal music therapy to reduce disturbed sleep patterns. **Conclusion:** As an education and health media and educational media for the public and the general public, especially insomnia sufferers, to increase knowledge about murottal therapy Al-Qur'an Surat Ar-Rahman for handling sleep disorders in the elderly.

Keywords: *Lansia, Insomnia, Terapi Murottal, Video*