

**ZIKIR THERAPY TO REDUCE BLOOD PRESSURE IN HYPERTENSION
PATIENTS THROUGH POSTER MEDIA**

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SUMMARY

The World Health Organization (WHO) world health research agency shows the incidence of hypertension worldwide reaches more than 1.3 billion people. The number of hypertension sufferers continues to increase every year, it is estimated that in 2025 there will be 1.5 billion people affected by hypertension, and it is estimated that every year 10.44 million people die from hypertension and its complications. Hypertension is an increase in blood pressure of 140/90 mmHg. Hypertension or high blood pressure can be treated by pharmacological means, including using diuretic drugs, and non-pharmacological methods with spiritual relaxation (dhikr therapy). Dzikir serves as a method of psychotherapy because sentences containing the letters jahr, such as sentences of istighfar, can increase the removal of carbon dioxide in the lungs. The material that needs to be conveyed to the public about doing dzikir therapy to lower blood pressure in hypertensive patients includes ways to do dzikir therapy through poster media. Media posters contain information with sentences that are short, concise, clear, and easily understood by readers, and have good messages, which are posted in public places for many people to see and read.

Keywords: *Hypertension, Dhikr Therapy, Media Poster*