

EFFORT TO LOWER BLOOD PRESSURE BY USING THE DHIKR METHOD THROUGH VIDEO MEDIA

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SUMMARY

Background : Hypertension is an increase in systolic blood pressure above 140 mmHg and diastolic pressure above 90 mmHg after two measurements are made with an interval of 5 minutes in a calm state. Hypertension can trigger the emergence of various deadly diseases such as heart attack, stroke, heart failure and kidney failure which can indirectly kill the sufferer. Management of hypertension can be done in 2 ways, namely by means of pharmacology with antihypertensive drugs and non-pharmacological therapy, one of which is by means of dzikir relaxation therapy. This dzikir has a relaxing power that can reduce tension (stress) and can create peace of mind. **Purpose** : It is hoped that the provision of dzikir therapy provides benefits for overcoming blood pressure in patients with hypertension as non-pharmacological therapy and can be a source of additional information that is easy for the public to do. **Conclusion** : Videos can provide information to increase knowledge about dzikir therapy to reduce blood pressure in hypertensive patients as a non-pharmacological therapy that is easy to do independently by the public which can be seen on social media via smartphones.

Keywords : hypertension, dzikir, video