

APPLICATION OF MUROTTAL AL-QURAN THERAPY TO LOWER BLOOD PRESSURE IN HYPERTENSION PATIENTS

Tirai Shella Safira
Universitas 'Aisyiyah Surakarta
tiraishella00@gmail.com

ABSTRAK

Background; Hypertension still occupies cases in non-communicable diseases as one of the main causes of death in the world. Hypertension is an increase in blood pressure in the form of systolic pressure that exceeds 140 mmHg and diastolic pressure exceeds 90 mmHg. Based on the Basic Health Research (RISKESDAS) the prevalence of hypertension in Indonesia is 31.7%, which means that 1 in 3 people aged 18 years and over suffers from hypertension. Based on data from the Health Profile of Central Java Province in 2020, the prevalence of Central Java residents suffering from hypertension is 37.57%. One of the non-pharmacological treatments to reduce blood pressure is murottal Al-Quran Surah Ar-Rahman therapy. **Purpose;** Describe the results of the application of murottal Al-Quran Surah Ar-Rahman therapy on reducing blood pressure in patients with hypertension. **Method;** This study uses a descriptive method, which describes systematically and accurately the facts and characteristics of the population of a particular field. **Results;** There was a decrease in blood pressure after the application of murottal Al-Quran Surah Ar-Rahman therapy for 15 minutes 1 time a day for 7 consecutive days. **Conclusion;** The provision of murottal Al-Quran Surah Ar-Rahman therapy is effective for lowering blood pressure in hypertension.

Keywords : *Hypertension, Blood pressure, Murottal therapy Al-Quran Surah Ar-Rahman.*