

**THE EFFECT OF DHUHA PRAYER ON CHANGE BLOOD
PRESSURE IN ELDERLY IN BANDUNG VILLAGE
WONOSEGORO DISTRICT
BOYOLALI DISTRICT**

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Background: Based on WHO data (2021) the prevalence of hypertension in the world in the elderly population is (55.2%). Elderly with hypertension need management, if not treated immediately there is a risk of complications or more serious illness that can lead to death. Duha prayer is one of the treatments in non-pharmacological therapy. This is because the relaxation response to prayer has a more dominant effect on the parasympathetic nervous system which slows down the heart rate, causing blood pressure to drop. **Purpose:** This study aims to determine the effect of Duha prayer on changes in blood pressure in the elderly in Bandung Village, Wonosegoro District, Boyolali Regency. **Method:** The type of research used in this study was quasi-experimental with a pretest-posttest one group design using quantitative methods. Sampling using non-probability sampling with a total of 17 respondents. The instruments used were observation sheets and a sphygmomanometer. **Results:** Based on the results using the Wilcoxon test, the systolic blood pressure was $p=0.001$ ($p<0.05$) and the diastolic blood pressure was $p=0.000$ ($p<0.05$). **Conclusion:** It can be concluded that there is an effect of blood pressure before and after Duha prayer in the elderly.

Keywords: blood pressure, Duha prayer, elderly