

# THE EFFECTIVENESS OF MURROTAL AL QUR'AN ON REDUCING HYPERTENSION IN TRIMESTER III PREGNANT WOMEN AT RSU SARAS IBNU SINA SUKOWATI SRAGEN

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## ABSTRACT

**Background;** Hypertension in Pregnancy (HDK) is one of the causes of maternal death in Indonesia which has an increasing pattern from year to year. The Qur'an is also a method of treatment that has all kinds of programs and data needed to treat various kinds of disorders in the body's cells. Listening to the murottal Qur'an can reduce tension, so that blood pressure flows smoothly to all parts of the body to function as a medium for transporting O<sub>2</sub> which is needed for the life of cells in the body, including for pregnant women with hypertension. **The purpose;** to determine the effectiveness of murottal al qur'an to reduce hypertension in third trimester pregnant women at RSU Saras Ibnu Sina Sukowati, Sragen. **Method;** This type of pre-experimental research with a one group pre-test post-test design. The sample used was 30 third trimester pregnant women with hypertension who had their pregnancy checked at RSU Saras Ibnu Sina Sukowati, Sragen. The instrument uses a sphygmomanometer and a murottal Al-Qur'an intervention which is heard using a mobile phone. Data analysis using paired t-test. **Result;** According to the characteristics of the respondents, the majority of TM III pregnant women were aged 26-35 years (46.7%), had high school education (56.7%), were housewives (70%) and included G2P1A0 gravida (53.3%). Respondents' systolic blood pressure before murottal Al-Quran therapy obtained a median of 147.5 mmHg and a standard deviation or standard deviation of 5.184 and diastolic blood pressure obtained a median of 97 mmHg and a standard deviation or standard deviation of 5.068. Respondents' systolic blood pressure after murottal Al-Quran therapy obtained a median of 143 mmHg and a standard deviation or standard deviation of 5.673 and diastolic blood pressure obtained a median of 93 mmHg and a standard deviation or standard deviation of 4.612. The results of the hypothesis test obtained a p value of 0.000 for systolic pressure and a p value of 0.000 for diastolic pressure so that it can be interpreted that murottal Al-Qur'an is effective in reducing blood pressure in third trimester pregnant women with hypertension. **Conclusion;** Al-Qur'an murottal therapy is effective in reducing blood pressure in third trimester pregnant women with hypertension at Saras Ibnu Sina Sukowati Hospital, Sragen.

**Key word:** murottal Al-Qur'an, blood pressure, third trimester pregnant women