

**THE APPLICATION OF THE PRACTICE OF DHIKR TO THE
SERENITY OF THE SOUL IN ELDERLY PEOPLE WITH
HYPERTENSION IN THE VILLAGE OF KIRINGAN BOYOLALI**

Febria Yanvy Arimi, Dyah Rahmawatie BU, Erika Dewi Noorratri

Febriayanvy23@gmail.com

Diploma III Nursing Study Program Stikes 'Aiyiyah Surakarta

ABSTRACT

Background : The writer does application of Dhikr Exercises to Improve Mental Tranquility in Elderly Patients with Hypertension because dhikr exercises can improve mental calm in the elderly. Reduce anxiety and bring joy, bring abundance of mercy, and prevent someone verbally doing ghiba, lies and other bad deeds.

Purpose : Describe the application of the practice of dhikr to improve mental calm in the elderly with hypertension. **Method :** The type of research is descriptive methodology with a case study design that illustrates the improvement of mental calm in the elderly with hypertension in the village of Kiringan Boyolali. **The result :** An increase in mental calm on Ms. W and Ms. D to a soul peace score of 20 and 28 those in the medium level category become 25 fixed the medium level category and 36 in the high level category. **Conclusion :** There was an increase in peace of mind after being given the application of dhikr practice for 7x in 1 week in the village of Kiringan Boyolali.

Keyword : *dhikr, peace of soul, and hypertension.*