

ESSENCE

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| <i>SURAT AL-KAHFI LOWERS BLOOD PRESSURE WITH BOOKLET MEDIA</i> | |
| ESSENCE | |
| <p>Background: Elderly with high blood pressure are given education about how to reduce blood pressure by listening to the murottal surah Al-Kahfi. Purpose: To provide information about how to lower blood pressure by listening to the murottal surah Al-Kahfi. Method: Using the output of the booklet entitled “Lowering Blood Pressure With Surah Al-Kahfi”. Conclusion: The 24 page booklet contains descriptions of the definition blood pressure, definition hypertension, classification hypertension, factors causing hypertension, clinical symptoms hypertension, prevention murottal, complications hypertension, management hypertension, definition murottal, goals murottal therapy, content the surah Al-Kahfi and the murottal therapeutic procedure the surah Al-Kahfi. This booklet is made into an attractive medium so that people are interested in reading it and also accompanied by pictures so that it will make it easier for the elderly to understand the information well. This booklet “Lower Blood Pressure With Surah Al-Kahfi” is expected to increase knowledge and information for the elderly in lowering blood pressure.</p> | |
| Keywords: Surah Al-Kahfi, blood pressure | |