

**THE APPLICATION OF MUROTTAL AL-QUR'AN SURAH AR-RAHMAN  
THERAPY ON BLOOD PRESSURE IN HYPERTENSIVE PATIENTS IN  
NGABLAK HAMLET MOJOLABAN DISTRICT SUKOHARJO**

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**ABSTRACT**

**Background:** Hypertension is a condition of blood pressure  $>140/90$  mmHg. The prevalence of hypertension from year to year is increasing, starting from the world level to the district level. The 2021 Sukoharjo Regency health profile shows 115,801 cases of hypertension. The highest district is Mojolaban with 21,576 cases. Cases of hypertension in Joho Village are 1,242 and in Ngablak Hamlet there are 116 cases of hypertension. The impact of hypertension if left untreated is that it can cause stroke, heart attack and other complications. One of the non-pharmacological treatments for hypertension is murottal therapy of the Qur'an Surah Ar-Rahman. **Objective:** Knowing the effect of murottal therapy of Al-Qur'an Surah Ar-Rahman on blood pressure in patients with hypertension. **Methods:** The method used is descriptive with a case study research design to 2 respondents in Ngablak Hamlet, Joho Village, Mojolaban District, Sukoharjo Regency. The duration of therapy for respondents was 11 minutes using earphones for 3 days from May 31 to June 2, 2023. **Results:** The blood pressure of the two respondents before therapy was 150/95 mmHg and 145/95 mmHg. After the therapy, the blood pressure dropped to 140/85 mmHg and 135/85 mmHg. **Conclusion:** The application of Qur'anic murottal therapy Surah Ar-Rahman is able to reduce blood pressure in both hypertensive patients in Ngablak Hamlet, Joho Village, Mojolaban District, Sukoharjo Regency.

**Keywords:** Blood pressure, Hypertension, Qur'anic murottal