

**IMPLEMENTATION OF DEEP BREATH RELAXATION AND MUROTTAL
AL-QUR'AN IRAM NAHAWAD TOWARDS BLOOD PRESSURE CHANGES IN
HYPERTENSIVE ELDERLY**

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ABSTRACK

Background: Along with increasing age, the elderly experience many changes, both physical and psychological changes. The elderly tend to experience degenerative diseases, one of which is hypertension. Hypertension is caused by age, unhealthy lifestyle, stress and race/heredity. Hypertension can be overcome by using pharmacological and non-pharmacological treatments, one of the non-pharmacological treatments is deep breathing relaxation and murottal Al-Qur'an rhythm nahawand. **Purpose:** Describe how blood pressure changes in elderly hypertensives after being given deep breathing relaxation therapy and murottal Al-Qur'an rhythm nahawand. **Method:** This type of application is a case study with a descriptive method conducted on 2 respondents with a diagnosis of grade II hypertension. The first application is deep breathing relaxation with a count of 4 seconds of inhaling, 7 seconds of holding your breath and 8 seconds of exhaling followed by murottal Al-Qur'an. This therapy is carried out for 3 consecutive days every day. **Results:** Shows that there are changes in blood pressure in both respondents, changes in systolic blood pressure and diastolic blood pressure after 3 days of application

Keywords: Elderly, Hypertension, Deep Breathing Relaxation, Murottal Al-Qur'an rhythm nahawand