

**APPLICATION OF AR-RAHMAN MUROTTAL THERAPY VERSES 1-7
TO REDUCE BLOOD PRESSURE IN HYPERTENSION PATIENTS AT
KARANGANYAR HOSPITAL.**

Kinasih Atmajaya, Ida Nur Imamah, Sutarwi
Fakultas Ilmu Kesehatan Universitas 'Aisyiyah Surakarta
Kinasihatmajaya35@gmail.com

ABSTRACT

Background : Hypertension is defined as an increase in systolic blood pressure greater than or equal to 140 mmHg, and an increase in diastolic pressure greater than or equal to 90 mmHg. Murottal therapy can reduce blood pressure, be comfortable and calm with the recitation of the holy Koran. **Objective**: To find out the results of the implementation of murottal ar-rahman verses 1-7 to reduce blood pressure in hypertensive patients at Karanganyar Hospital. **Method**: Implementation was carried out using the case study method to 2 respondents, according to the inclusion and exclusion criteria, the research instrument used blood pressure measurements and SOP for murottal therapy, for 3 consecutive days a day for 15 minutes in the morning and afternoon. **Results**: Based on the results of the application that has been carried out, there was a decrease in blood pressure before and after the application of murottal therapy was carried out in 2 respondents with an average systolic of 30 mmHg and for a diastolic of 15 mmHg. **Conclusion**: There is a difference in blood pressure reduction in patients with hypertension before and after the application of murottal therapy to blood pressure in patients.

Keywords: Murottal Therapy, Blood Pressure, Hypertension.