

THE APPLICATION OF AL-QUR'AN SURAH AR-RAHMAN MUROTTAL THERAPY ON BLOOD PRESSURE IN CLIENTS WITH HYPERTENSION

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Background: Hypertension is a condition where systolic blood pressure exceeds 140 mmHg and/or diastolic pressure exceeds 90 mmHg. One non-pharmacological method to reduce blood pressure is the recitation of Quranic verses. **Method:** The method used in this research is quantitative, employing a case study approach by comparing pretest and posttest results. **Objective:** This study aims to describe the effectiveness of murottal therapy in reducing blood pressure in clients with hypertension. **Results:** The application of Al-Qur'an Surah Ar-Rahman murottal therapy for 11 minutes at a volume of 41-60 dB on two respondents showed a decrease in blood pressure from 161/94 mmHg and 164/100 mmHg to 140/85 mmHg and 145/90 mmHg, respectively. This study discusses an intervention focused on auditory therapy. **Conclusion:** There is a reduction in blood pressure following the application of Al-Qur'an Surah Ar-Rahman murottal therapy.

Keywords : Murottal Therapy, Blood Pressure, Hypertension