

# ***THE APPLICATION OF MUROTAL QUR'AN THERAPY TO LOWER THE LEVEL OF INSOMNIA IN THE ELDERLY***

Nela Anjassari<sup>1</sup> Mulyaningsih<sup>2</sup>  
nelaanjassari@gmail.com  
Program Studi Diploma III Keperawatan  
Universitas Aisyiyah Surakarta

## ***ABSTRACT***

***Background:*** Aging is a biological and natural process that no human can escape and that every human will experience. The aging process causes a person to experience such health problems as physical, mental and social setbacks and progressive difficulty meeting sleep needs. The world's rate of insomnia in 2020 is projected to be 13-47 % with a roughly 50-70% proportion occurring at over 65 years of age. The rate of insomnia in the elderly is pretty high is about 67%. The percentage of elderly insomnia in central Java is high, ranging from 10% to 67%. The advanced longevity of insomnia in Surakarta is about 67% of the older population over 65 years. The performance of the insomniac can usually be done with audio therapy and by listening to the murottal causing a pleasant sensation. ***Purpose:*** to find out the difference between the levels of insomnia before and after the application of murottal qur'an therapy to the elderly. ***Method:*** Research methods are descriptive with case study approaches. ***Result:*** The project, which produces videos of educating seniors to lower blood pressure by applying hypertensive gymnastics, can increase their knowledge through hypertensive gymnastics as a way to lower hypertension that 6-7 point. ***Conclusions:*** The results of the study showed that both respondents before and after the murottal qur'an therapy had undergone a very significant change.

***Keywords:*** Al-Quran, Elderly, Insomnia, Murottal