

***Reducing Anxiety in Elderly Hypertensive Patients Through Murottal Therapy  
with Audio-Visual Aids***

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**SUMMARY**

**Background:** Hypertension is one of the most prevalent non-communicable diseases, particularly among the elderly, and is often accompanied by psychological issues such as anxiety. Untreated anxiety can worsen hypertension by increasing sympathetic nervous system activity and stress hormone endorphins.

**objective:** To develop an informational medium aimed at improving public understanding of scabies, particularly among groups with limited literacy.

**Method:** The medium used was a video, developed through the stages of pre-production, production, and postproduction. **Results:** In general, the signs of hypertension and anxiety can be identified, and the audiovisual media produced has a duration of 4 minutes and 47 seconds, with a file size of 124.6 MB.

**Conclusion:** The audiovisual media featuring Qur'anic Murottal therapy can serve as an educational tool and effective complementary therapy to reduce anxiety in elderly individuals with hypertension. This media is easily accessible via digital platforms such as YouTube and holds potential for broader application in spiritually-based health promotion.

**Keywords:**

*Hypertension, Elderly, Anxiety, Murottal Therapy, Audiovisual Media*