

THE IMPLEMENTATION OF MUROTTAL THERAPY OF SURAH AR-RAHMAN ON BLOOD PRESSURE CHANGES IN ELDERLY PATIENTS WITH HYPERTENSION IN THE KARANGMALANG PUBLIC HEALTH CENTER AREA

Ersa Kusuma Wardhani, Ida Nur Imamah
info@aiska-university.ac.id
Diploma III Nursing Study Program
'Aisyiyah Surakarta University

ABSTRACT

Background; Hypertension is a common health problem in the elderly and can cause serious complications if not treated properly. According to WHO data, 1.13 billion people in the world suffer from hypertension every year. One of the non-pharmacological interventions that can help lower blood pressure is murottal therapy, which is by listening to the recitation of the holy verses of the Qur'an which provides a relaxing effect. **Objective;** This study aims to determine the effect of murottal therapy of Surah Ar-Rahman on changes in blood pressure in the elderly with hypertension. **Method;** the research design used was a descriptive case study on 2 respondents. Therapy was given 7 times in 1 week in a row with a time of 30 minutes each, and blood pressure was measured before and after therapy using a digital sphygmomanometer. **Results;** Both respondents experienced a decrease in blood pressure. Mr. S experienced a decrease in systolic by 16 mmHg and diastolic by 4 mmHg (stage 1 hypertension), while Mr. N experienced a decrease in systolic by 16 mmHg and diastolic by 8 mmHg (stage 2 hypertension). **Conclusion;** Murottal therapy can help lower blood pressure in hypertension sufferers.

Keywords: Elderly, Hypertension, Murottal Therapy