

ABSTRAK

Perbedaan Tekanan Darah Pre-Post Relaksasi Napas Dalam Kombinasi Zikir di Desa Jeruk Sari Kecamatan Tirto Kabupaten Pekalongan

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Latar Belakang: Hipertensi adalah kondisi medis yang ditandai dengan tekanan darah sistolik ≥ 140 mmHg dan/atau diastolik ≥ 90 mmHg. Hipertensi memengaruhi 1,28 miliar orang dengan prevalensi 30-45% di dunia. Kasus hipertensi di Pekalongan sebanyak 296.457 penderita, dengan 59 kasus di Desa Jeruk Sari. Puskesmas Tirto II menangani 4.680 kasus, tetapi terapi non-farmakologis seperti relaksasi napas dalam kombinasi zikir belum diterapkan. Penelitian ini **bertujuan** untuk mengetahui perbedaan tekanan darah pre-post relaksasi napas dalam kombinasi zikir di Desa Jeruk Sari Kecamatan Tirto Kabupaten Pekalongan. **Metode:** penelitian ini merupakan penelitian kuantitatif dengan desain pre eksperimental (pre-test dan post-test). Sampel penelitian berjumlah 23 penderita hipertensi di Desa Jeruk Sari Kecamatan Tirto kabupaten Pekalongan, yang dipilih dengan teknik *total sampling*. Instrumen penelitian menggunakan *sphygmomanometer* digital, Standar Operasional Prosedur (SOP) serta lembar observasi tekanan darah. Analisis data menggunakan uji t dependen. **Hasil:** Hasil uji t dependen menunjukkan p value $0,000 < 0,05$, sehingga H_0 ditolak dan H_a diterima. Artinya, intervensi relaksasi napas dalam kombinasi zikir berpengaruh terhadap penurunan tekanan darah sistolik dan diastolik pada penderita hipertensi di Desa Jeruk Sari, Kecamatan Tirto, Kabupaten Pekalongan. **Simpulan:** Ada perbedaan pre-post relaksasi napas dalam kombinasi zikir di Desa Jeruk Sari Kecamatan Tirto Kabupaten Pekalongan.

Kata Kunci: Hipertensi, Relaksasi Napas Dalam, Zikir, Tekanan Darah

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ABSTRACT

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Differences in Pre-Post Blood Pressure Breathing Relaxation in Combination of Zikir in Jeruk Sari Village, Tirto District, Pekalongan Regency

Background: Hypertension is a medical condition characterized by systolic blood pressure of ≥ 140 mmHg and/or diastolic ≥ 90 mmHg. Hypertension affects 1.28 billion people, with a prevalence of 30-45% in the world. There are 296,457 cases of hypertension in Pekalongan, with 59 cases in Jeruk Sari Village. The Tirto II Health Center handled 4,680 cases, but non-pharmacological therapies such as breath relaxation in combination with dhikr have not been implemented. This study **aims to** determine the difference in blood pressure pre-post breath relaxation in the combination of dhikr in Jeruk Sari Village, Tirto District, Pekalongan Regency. **Methods:** This study is quantitative research with a pre-experimental design (pre-test and post-test). The research sample amounted to 23 hypertensive patients in Jeruk Sari Village, Tirto District, Pekalongan Regency, which were selected using a total sampling technique. The research instrument used a digital relaxation sphygmomanometer, Standard Operating Procedures (SOP) for deep breathing relaxation techniques and dhikr, and blood pressure observation sheets. Data analysis uses a dependent t-test. **Results:** The results of the dependent t-test showed a p-value of $0.000 < 0.05$, so H_0 was rejected, and H_a was accepted. This means that the intervention of breathing relaxation in combination with dhikr affects reducing systolic and diastolic blood pressure in hypertensive patients in Jeruk Sari Village, Tirto District, Pekalongan Regency. **Conclusion:** There is a difference in pre-post breath relaxation in the combination of dhikr in Jeruk Sari Village, Tirto District, and Pekalongan Regency.

Keywords: hypertension, deep breathing relaxation, dhikr, blood pressure
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