

ABSTRAK

Penerapan Pengaruh Terapi Murottal Al-Quran Surat Ar-Rahman Pada Lansia Dengan Hipertensi Di Asrama Amarta Panti Pelayanan Sosial Lanjut Usia Bojongbata Pemalang

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Latar Belakang:

Lansia adalah individu berusia 60 tahun ke atas yang mengalami proses penuaan. Populasi lansia meningkat di Asia Tenggara, termasuk Indonesia. Masalah kesehatan lansia salah satunya adalah hipertensi, akibat penurunan fungsi kardiovaskular. Hipertensi pada lansia jika tidak terkontrol akan menimbulkan komplikasi. Salah satu terapi religius untuk hipertensi dengan memberikan terapi murottal Al-Qur'an. Tujuan penelitian ini untuk mengetahui apakah ada pengaruh dalam penerapan terapi murottal pada lansia dengan hipertensi.

Metode:

Menggunakan studi kasus pada lansia dengan hipertensi dengan penerapan terapi murottal Al-Qur'an QS. Ar-Rahman ayat 1-78. Terapi dilakukan selama 4 hari dengan durasi waktu 16 menit dan menggunakan lembar observasi untuk pencatatan hasil tekanan darah sebelum dan setelah terapi murottal.

Hasil:

Hasil penerapan ada penurunan tekanan darah dengan rata-rata sebelum terapi murottal tekanan darah sistol 151,25 mmHg, dan diastolik rata-rata 84,5 mmHg. Sedangkan rata-rata tekanan darah sistol sesudah terapi murottal turun menjadi 138 mmHg dan tekanan darah diastolik rata-rata 82,5 mmHg. Tekanan darah sistolik antara sebelum dan sesudah terapi murottal mengalami penurunan 13,25 mmHg, sedangkan tekanan darah diastolik mengalami penurunan 2 mmHg.

Simpulan:

Terdapat penurunan tekanan darah antara sebelum dan sesudah diberikan terapi murottal. Maka terapi murottal dapat menurunkan tekanan darah pada pasien hipertensi.

Kata Kunci: Terapi murottal, tekanan darah, lansia hipertensi

Daftar Pustaka: 37 (2017-2025)

ABSTRACT

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The Effect of Quranic recitation therapy of Surat Ar-Rahman on the Elderly with Hypertension in Amarta Dormitory, Social Services Center for the Elderly in Bojongbata, Pemalang

Background:

An elderly person is typically defined as someone who is 60 years old or older. Nowadays, the population of the elderly continuously increasing in Southern Asia including Indonesia. One common medical issue faced by the elderly is hypertension, caused by decreasing cardiovascular function. Uncontrolled hypertension in the elderly can lead to complications. One religious therapy for hypertension is Quranic recitation therapy. The purpose of this study was to determine the effect of implementing Quranic recitation therapy on elderly people with hypertension.

Method:

It was a case study in the elderly with hypertension. The therapy was conducted by reciting Quran. Ar-Rahman Verse 1-78 for four days during 16 minutes. The observation forms were supported to record the blood pressure pre-and post-therapy.

Result:

The application results indicated a reduction in blood pressure following murottal therapy. Before the therapy, the average systolic blood pressure was 151.25 mmHg, and the average diastolic blood pressure was 84.5 mmHg. After the therapy, the average systolic blood pressure decreased to 138 mmHg, while the average diastolic blood pressure dropped to 82.5 mmHg. This reflects a decrease of 13.25 mmHg in systolic blood pressure and a 2 mmHg decrease in diastolic blood pressure.

Conclusion:

There is reduction in blood pressure before and after followed murottal therapy. Therefore, it proven the therapy is effective to reduce blood pressure in oatient with hypertension.

Keywords: *therapy murottal, blood pressure, the elderly, hypertensin*

Bibliography: 37 (2017-2025)