

ABSTRAK

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Efektivitas Terapi Murottal Surah Al Mulk Terhadap Tekanan Darah Pada Lansia Dengan Hipertensi di Posyandu Lansia Kelurahan Kebonsari.

Abstrak

Hipertensi merupakan salah satu masalah kesehatan yang banyak dialami oleh lansia dan dapat meningkatkan risiko komplikasi kardiovaskular. Salah satu terapi nonno farmakologis yang dipercaya efektif adalah terapi murottal Surah Al-Mulk, yang memberikan efek relaksasi spiritual dan dapat membantu menurunkan tekanan darah. Penelitian ini bertujuan untuk mengetahui efektivitas terapi murottal Surah Al-Mulk terhadap tekanan darah lansia dengan hipertensi di Posyandu Lansia Kelurahan Kebonsari. Desain penelitian yang digunakan adalah deskriptif kuantitatif dengan pendekatan *one group pre and post test design*. Sampel penelitian ini sebanyak 52 lansia yang diambil menggunakan teknik purposive sampling. Pengumpulan data dilakukan melalui observasi tekanan darah sebelum dan sesudah pemberian terapi murottal surah Al-Mulk. Hasil uji Wilcoxon menunjukkan adanya perbedaan tekanan darah yang signifikan sebelum dan sesudah terapi murottal ($p = 0,034 < 0,05$), dengan penurunan rata-rata tekanan darah sistolik dari 153,46 mmHg menjadi 144,69 mmHg. Hasil ini menunjukkan bahwa terapi murottal Surah Al-Mulk efektif dalam menurunkan tekanan darah pada lansia dengan hipertensi. Terapi ini dapat dijadikan intervensi non-farmakologis yang praktis dan mudah diterapkan.

Kata Kunci: Hipertensi, Lansia, Tekanan Darah, Terapi Murottal, Surah Al-Mulk

ABSTRACT

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The Effectiveness of Murottal Therapy of Surah Al Mulk on Blood Pressure in Elderly People with Hypertension at the Elderly Posyandu in Kebonsari Village

Abstract

Hypertension is a common health problem among the elderly and can increase the risk of cardiovascular complications. One non-pharmacological therapy that is believed to be effective is the Surah Al-Mulk murottal therapy, which provides a spiritual relaxation effect and can help lower blood pressure. This study aims to determine the effectiveness of Surah Al-Mulk murottal therapy on blood pressure in the elderly with hypertension at the Elderly Posyandu in Kebonsari Village. The research design used is descriptive quantitative with a one-group pre- and post-test design approach. The sample of this study was 52 elderly people who were selected using a purposive sampling technique. Data collection was carried out through blood pressure observations before and after the administration of Surah Al-Mulk murottal therapy. The results of the Wilcoxon test showed a significant difference in blood pressure before and after murottal therapy ($p = 0.034 < 0.05$), with an average decrease in systolic blood pressure from 153.46 mmHg to 144.69 mmHg. These results indicate that Surah Al-Mulk recitation therapy is effective in lowering blood pressure in elderly people with hypertension. This therapy can be used as a practical and easy-to-implement non-pharmacological intervention.

Keywords: Hypertension, Elderly, Blood Pressure, Murottal Therapy, Surah Al-Mulk