

UNIVERSITAS MUHAMMADIYAH TASIKMALAYA
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**PENGARUH TERAPI MUROTTAL AL-QUR'AN SURAH AR- RAHMAN
TERHADAP PENURUNAN TEKANAN DARAH PADA PASIEN
HIPERTENSI DI WILAYAH KERJA PUSKESMAS KERSANAGARA**

ABSTRAK

xi + 49 hal + 9 tabel + 13 lampiran

Hipertensi disebut dengan "*the silent killer*" merupakan penyakit yang bisa menyebabkan kematian apabila tekanan darahnya terus meningkat dan tidak terkontrol oleh karena itu perlu penanganan yang tepat, salah satunya dengan terapi murottal. Terapi murottal Al- Qur'an Surah Ar- Rahman ini dapat menurunkan tekanan darah dengan cara merelaksasikan pembuluh darah. Tujuan penelitian ini untuk mengetahui pengaruh terapi murottal Al- Qur'an Surah Ar- Rahman terhadap penurunan tekanan darah pada pasien hipertensi di Wilayah Kerja Puskesmas Kersanagara. Jenis penelitian kuantitatif, metode *Quasi Eksperimen* dengan rancangan *one group pre test dan post test design*, teknik sampling *Purposive Sampling* dengan jumlah sampel 18 responden. Hasil penelitian rata- rata tekanan darah *sistole* sebelum diberikan terapi murottal Al- Qur'an Surah Ar- Rahman adalah 164 mmHg dan *diastole* 106 mmHg, dan sesudah diberikan terapi murottal Al- Qur'an Surah Ar- Rahman adalah 141 mmHg dan 92 mmHg. Data yang berdistribusi normal tekanan darah sistolik menggunakan *paired t- test* dan data yang tidak berdistribusi normal tekanan darah diastolik menggunakan *wilcoxon* . Nilai hasil *paired t- test* dan *wilcoxon p value sistole* dan *diastole* = 0,000 dan 0,002 ($p \leq 0,05$) yang artinya terdapat pengaruh terapi murottal Al- Qur'an Surah Ar- Rahman terhadap penurunan tekanan darah pada pasien hipertensi. Kesimpulan bahwa terapi murottal Al- Qur'an Surah Ar- Rahman terbukti efektif menurunkan tekanan darah pada pasien hipertensi. Saran diharapkan responden dapat mengaplikasikan terapi murottal Al- Qur'an Surah Ar- Rahman untuk menurunkan tekanan darah

Kata Kunci : Hipertensi, Surah Ar- Rahman, Terapi Murottal Al-Qur'an,

Kepustakaan : 26 (2013-2022)

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*THE EFFECT OF SURAH AR-RAHMAN MUROTTAL THERAPY TOWARDS
REDUCING BLOOD PRESSURE IN HYPERTENSION PATIENTS IN THE
WORK AREA OF THE HEALTH CENTER*

ABSTRACT

xi + 49 pages + 9 tables + 13 appendices

Hypertension is called "the silent killer" is a disease that can cause death if the blood pressure continues to increase and is not controlled, therefore it needs proper treatment, one of which is murottal therapy. This murottal Al-Qur'an Surah Ar-Rahman therapy can lower blood pressure by relaxing blood vessels. The purpose of this study was to determine the effect of murottal Al-Qur'an Surah Ar-Rahman therapy on reducing blood pressure in hypertensive patients in the Kersanagara Health Center Work Area. This type of research is quantitative, quasi-experimental method with one group pre-test and post-test design, purposive sampling technique with a sample of 18 respondents. The results of the study average systolic blood pressure before being given murottal Al-Qur'an Surah Ar-Rahman therapy was 164 mmHg and diastolic 106 mmHg, and after being given murottal Al-Qur'an Surah Ar-Rahman therapy were 141 mmHg and 92 mmHg. Data with normal distribution of systolic blood pressure used paired t-test and data that were not normally distributed on diastolic blood pressure using Wilcoxon. The results of the paired t-test and Wilcoxon p value systolic and diastolic = 0.000 and 0.002 (p 0.05), which means that there is an effect of murottal Al-Qur'an Surah Ar-Rahman therapy on reducing blood pressure in hypertensive patients. The conclusion is that murottal Al-Qur'an Surah Ar-Rahman therapy is proven to be effective in reducing blood pressure in hypertensive patients. Suggestions are that respondents are expected to apply murottal Al-Qur'an Surah Ar-Rahman therapy to lower blood pressure

*Keywords: Hypertension, Surah Ar-Rahman, Murottal Al-Qur'an Therapy,
Literature : 26 (2013-2022)*