

## ABSTRAK

### **Pengaruh Pemberian Terapi Murottal Al-Quran Surah Ar-Rahman Terhadap Tekanan Darah Pada Penderita Hipertensi Di Wilayah Rw O4 Puskesmas Mulyorejo Kota Surabaya**

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**Latar Belakang** : Penderita hipertensi yang terdiagnosis penyakit hipertensi terkadang mengalami fluktuasi tekanan darah yang signifikan, yaitu pergeseran cepat dan tiba-tiba antara tekanan darah tinggi dan normal. Hal ini dapat mempersulit pengendalian tekanan darah pada penderita. Tujuan pada penelitian ini mengidentifikasi Pengaruh Terapi Murottal Al-Quran Surah Ar-Rahman Terhadap Tekanan Darah pada Penderita Hipertensi. **Metode** : Metode penelitian yang digunakan *pre eksperimental design* dengan rancangan *one group pretest-posttest design*. Subjek pada penelitian ini adalah penderita hipertensi yang berjumlah 30 penderita. Pengambilan sampel menggunakan *probability sampling* dengan *simple random sampling*. Variabel Independen adalah Terapi Murottal Al-Quran Surah Ar-Rahman, Variabel Dependen adalah Tekanan Darah. Instrumen penelitian *Terapi Murottal Al-Quran* menggunakan mp3 Murottal Surah Ar-Rahman oleh Ahmad Al-Shalabi dengan harmoni dan konsisten. Analisa uji statistik menggunakan uji komparasi *Wilcoxon Singned Ranks Test* dengan *p value* tekanan darah sistolik = 0,000 (*Sig.* = <0,05) dan *p value* tekanan darah diastolik = 0,000. **Hasil** : Rerata tekanan darah sistolik sebelum & sesudah 147.47 mmHg dan 135.00 mmHg, rerata tekanan darah diastolik sebelum & sesudah 93.13 mmHg dan 84.67 mmHg. Terdapat Pengaruh Terapi Murottal Al-Quran Surah Ar-Rahman pada Penderita Hipertensi. **Kesimpulan** : Hasil uji *Wilcoxon Singned Ranks Test* dengan nilai *p value* tekanan darah sistolik = 0,000 (*Sig.* = <0,05) dan *p value* tekanan darah diastolik = 0,000 didapatkan adanya pengaruh pemberian Terapi Murottal Al-Quran Surah Ar-Rahman. **Rekomendasi** : Hasil penelitian ini dapat digunakan untuk mengembangkan metode terapi murottal dalam mengendalikan tekanan darah pada individu yang menderita hipertensi.

**Kata Kunci** : Hipertensi, Terapi Murottal Al-Quran Surah Ar-Rahman, Tekanan Darah

## ABSTRACT

### *The Effect Of Providing Murottal Al-Quran Surah Ar-Rahman Therapy On Blood Pressure In Hypertension Patients In The Rw 04 Mulyorejo Health Center Surabaya City*

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**Background:** Hypertensive sufferers diagnosed with hypertension sometimes experience significant blood pressure fluctuations, namely rapid and sudden shifts between high and normal blood pressure. This can make it difficult to control blood pressure in sufferers. The aim of this study was to identify the effect of Al-Quran Surah Ar-Rahman Murottal Therapy on Blood Pressure in Hypertension Sufferers. **Method:** The research method used was pre-experimental design with a one group pretest-posttest design. The subjects in this study were 30 hypertension sufferers. Sampling used probability sampling with simple random sampling. The independent variable is Al-Quran Surah Ar-Rahman Murottal Therapy, the dependent variable is blood pressure. The Murottal Al-Quran Therapy research instrument uses mp3 Murottal Surah Ar-Rahman by Ahmad Al-Shalabi with harmony and consistency. Statistical test analysis used the Wilcoxon Signed Ranks Test comparison test with p value of systolic blood pressure = 0.000 (Sig. = <0.05) and p value of diastolic blood pressure = 0.000. **Results:** Mean systolic blood pressure before & after 147.47 mmHg and 135.00 mmHg, mean diastolic blood pressure before & after 93.13 mmHg and 84.67 mmHg. There is an Effect of Murottal Al-Quran Surah Ar-Rahman Therapy on Hypertension Sufferers. **Conclusion:** The results of the Wilcoxon Signed Ranks Test with a p value of systolic blood pressure = 0.000 (Sig. = <0.05) and a p value of diastolic blood pressure = 0.000 showed that there was an effect of giving Al-Quran Surah Ar-Rahman Murottal Therapy. **Recommendation:** The results of this research can be used to develop murottal therapy methods in controlling blood pressure in individuals suffering from hypertension.

**Keyword :** Hypertension, Murottal Therapy Al-Quran Surah Ar-Rahman, Blood Pressure