

**PENGARUH TERAPI MUROTTAL AL-QUR'AN TERHADAP TEKANAN DARAH PADA
PENDERITA HIPERTENSI DI POSBINDU SEHAT BAHAGIA RW 21
KELURAHAN DONAN KECAMATAN
CILACAP TENGAH**

Endah Barniati¹, Kasron², Heru Ginanjar³

^{1,2,3} *Health Science Al-Irsyad University Cilacap
Jl. Cerme No. 24 Sidanegara Cilacap*

ABSTRAK

Penatalaksanaan hipertensi untuk pencegahan komplikasi lebih lanjut bisa dengan terapi non farmakologis salah satunya terapi murottal Al-Qur'an. Penelitian ini bertujuan untuk mengetahui pengaruh terapi murottal Al-Qur'an terhadap tekanan darah pada penderita hipertensi di Posbindu Sehat Bahagia RW 21 Kelurahan Donan Kecamatan Cilacap Tengah. Jenis penelitian kuantitatif dengan desain *quasi eksperimen*, rancangan *pretest-posttest without control group design* terhadap 59 penderita hipertensi yang diambil dengan teknik *purposive sampling*. Analisis data menggunakan *uji Wilcoxon*. Hasil penelitian menunjukkan bahwa sebelum diberikan terapi murottal Al-Qur'an mempunyai tekanan darah sistolik rata-rata 147,46 mmHg dan tekanan darah diastolik rata-rata 86,69 mmHg dan sesudah diberikan terapi murottal Al-Qur'an tekanan darah sistoliknya rata-rata 123,22 mmHg dan diastoliknya rata-rata menjadi 77,63 mmHg. Ada perbedaan tekanan darah sistolik dan diastolik penderita hipertensi di Posbindu Sehat Bahagia RW 21 Kelurahan Donan Kecamatan Cilacap Tengah sebelum dan sesudah diberikan terapi murottal Al-Qur'an ($p = 0,000$, $\alpha = 0,05$).

Kata kunci : Pengaruh, murottal Al-Qur'an, tekanan darah, penderita hipertensi.

ABSTRACT

Management of hypertension to preventing further complications can be done with non-pharmacological therapy, one of it is Murottal Al-Qur'an therapy. This study aims to determine of the effect of Al-Qur'an murottal therapy on blood pressure in hypertension sufferers at posbindu sehat bahagia RW 21 Donan Village, Central Cilacap District. This type of quantitative research use a quasi-experimental desigen, pretest-posttest without control group design on 59 hypertension sufferers which taken by a purposive sampling technique. Data anaylisis used the Wilcoxon test. The result of the study showed that before being given Al-Qur'an Murottal therapy, the average systolic blood pressure was 147.76 mmHg and the average diastolic blood pressure was 86.69 mmHg and after being given Al-Qur'an murottal therapy, the average systolic blood pressure was 123.22 mmHg and the average diastolic pressure was 77.63 mmHg. There was a difference of systolic and diastolic blood pressure in the hypertension sufferers at Posbindu Sehat Bahagia RW 21, Donan Village, Central Cilacap District.

Key words: Influence, murottal of the Qur'an, blood pressure, hypertension sufferers.