

**PENGARUH PEMBERIAN TERAPI RELAKSASI TERHADAP  
PENURUNAN TEKANAN DARAH PADA PENDERITA  
HIPERTENSI DIPUSKESMAS MARONGE  
KECAMATAN MARONGE KABUPATEN  
SUMBAWA BESAR**

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**INTISARI**

**Latar Belakang:** Hipertensi atau tekanan darah tinggi merupakan salah satu penyakit tidak menular berupa gangguan pada sistem peredaran darah yang cukup banyak mengganggu kesehatan masyarakat. Terapi Al-Qur'an merupakan salah satu bentuk manajemen stres dalam upaya melakukan modifikasi gaya hidup.

**Tujuan Penelitian:** Mengetahui pengaruh mendengarkan ayat al-qur'an terhadap tekanan darah pada lansia hipertensi.

**Metode Penelitian:** Desain penelitian ini adalah *one group pretest – posttest* desain tanpa kelompok kontrol dimana desain penelitian ini termasuk dalam jenis penelitian *pre-eksperimental*. Populasi dalam penelitian ini adalah pria dan wanita penderita hipertensi dengan umur 61-90 tahun di Panti Wredha Dhama Bhakti Surakarta, pada bulan Mei - Juni tahun 2016 yang berjumlah 22 orang. Analisis data menggunakan *T-Test Dependent*.

**Hasil Penelitian:** (1) Tekanan darah sistolik diperoleh nilai rata-rata sebelum diberikan terapi sebesar 151,18 mmHg; turun menjadi sebesar 144,27 mmHg sesudah diberikan terapi; (2) Tekanan darah diastolik diperoleh nilai rata-rata sebelum diberikan terapi sebesar 84,50 mmHg; turun menjadi sebesar 81,00 mmHg sesudah diberikan terapi; (3). Terdapat pengaruh mendengarkan ayat al-qur'an terhadap tekanan darah sistolik dan diastolik pada lansia hipertensi (signifikansi = 0,004 dan 0,003)

**Kesimpulan:** Ada pengaruh mendengarkan ayat al-qur'an terhadap tekanan darah pada lansia hipertensi di Panti Wredha Dharma Bhakti Surakarta.

**Kata Kunci:** Mendengarkan Al-Qur'an, Lansia Hipertensi, Tekanan Darah

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***EFFECT OF LISTENING QURANIC ON THE BLOOD PRESSURE  
OF ELDERLY HYPERTENSIVE IN SOCIAL INSTITUTION  
WREDHA DHARMA BHAKTI OF SURAKARTA***

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**ABSTRACT**

**Background:** Hypertension or high blood pressure is one of the non-communicable diseases such as disorders of the circulatory system that pretty much interfere public health. Al-Qur'an therapy is one of stress management in an effort to make lifestyle modifications.

**Objective:** Determine the effect of listening quranic on the blood pressure of elderly hypertensive in social institution wredha dharma bhakti of surakarta.

**Methods:** The design of this research is one group pre-test -post-test with no control group where the design of this research included type of pre -experimental research. The population in this research are men and women with hypertension age of 35-60 years in the public health center of Maronge district of great Sumbawa, at May - June 2016, as much as 22 people. Data analysis using T-Test Dependent.

**Results:** (1) The Systolic blood pressure on average values obtained before therapy givens is 151.18 mmHg ; down to 144.27 mmHg after therapy was givens; (2) The Diastolic blood pressure average values obtained before therapy givens is 84.50 mm Hg; down to 81.00 mmHg after therapy was given; (3) There was the effect of relaxation therapy on the systolic and diastolic blood pressure depression of patients with hypertension ( significance = 0.004 and 0,003 )

**Conclusion:** There was effect of listening quranic on the blood pressure of elderly hypertensive in social institution wredha dharma bhakti of surakarta.

**Keywords:** Listening Quranic, Elderly Hypertensive, Blood Pressure

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