

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

Eko Budiarto¹⁾, Idris Yani Pamungkas²⁾, Ahmad Syamsul Bahri³⁾

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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- 1) Mahasiswa Program Studi Ilmu Keperawatan Universitas Sahid Surakarta.
 - 2) Pembimbing I Program Studi Ilmu Keperawatan Universitas Sahid Surakarta.
 - 3) Pembimbing II Program Studi Ilmu Keperawatan Universitas Sahid Surakarta.

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

Eko Budiarto¹⁾, Idris Yani Pamungkas²⁾, Ahmad Syamsul Bahri³⁾

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

1) Students of Nursing Department of Sahid Surakarta University.

2) First Advisor of Nursing Department of Sahid Surakarta University.

3) Second Advisor of Nursing Department of Sahid Surakarta University.