

Effect Of Murottal Al-Quran Letter Asy-Syu'ara Therapy On Blood Pressure In Hypertension Patients

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ABSTRACT

Hypertension is a major public health problem. There are two ways to treat high blood pressure: drug therapy and non-drug therapy. Treatment includes the use of antihypertensive drugs that have been shown to lower blood pressure. Meanwhile, non-drug treatments for high blood pressure include Murottal Al-Quran. The aim of this study was to analyze the effect of mulottal therapy verses 1 to 97 of Surah Asi-Shuara Al-Quran on the blood pressure of hypertensive patients in Poshandu in the Banyuanyar Community Health Center area. The research design used was a one group pre-post test design using a simple random sampling technique. The intervention took the form of offering Mulottar Al-Quran Surah Asi Shuara verses 1 to 97 for 15 minutes for three consecutive days. The total sample consisted of 41 hypertensive patients. The results of the Wilcoxon sign-rank test between pre and post test blood pressure in the Banyuan Yar Community Health Center work area showed = 0.002 and the comparative significance value = 0.05. Statistics = 0.002 < 0.05. The trial results showed that Murottar Al-Quran Surah As Shuara Therapy was effective on the blood pressure of elderly hypertensive patients in Poshandu in the Banyuanyar Community Health Center working area. In conclusion, Murottar Therapy according to the Al-Quran Surah Asi Shuara has been proven to be effective in reducing blood pressure in hypertensive patients. The suggestion is that hypertensive patients can use Al-Quran Surah Asi Shuara mulottal therapy to lower their blood pressure.

Keywords: Blood Pressure, Hipertension, Murottal Al-Quran.

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INTRODUCTION

Hypertension represents the most prevalent cardiovascular condition, posing a significant health concern for individuals affected by it. It stands as a primary risk factor for mortality associated with cardiovascular diseases, accounting for 20-50% of all related deaths. (Sartika, 2021). High blood pressure is a change in blood pressure to increase, because the heart pumps blood harder to meet the nutritional and oxygen needs in the body, so that blood pressure will increase. This disease is very risky if it is not treated properly or immediately, some of the impacts that will occur are damage to the function of other organs, such as the heart, nerves and kidneys. Where hypertension never recognizes age, this disease will attack all ages, both elderly and adults, but many cases of increased blood pressure usually increase at ages above 40 years (Lismayanti, 2018).

Statistical figures indicate that around 1.13 billion individuals globally are afflicted with hypertension, with fewer than one in three being affected. The World Health Organization forecasts that by 2025, the number of people dealing with hypertension is expected to reach 1.5 billion (World

Health Organization, 2019). Hypertension cases in Indonesia are quite high from year to year, so that currently hypertension is a major problem in Indonesia. The incidence of hypertension in Indonesia in 2019 was 63,309,620 people or 25.8% of the total population. Hypertension in Indonesia is also included in the top ten disease groups with a fairly high death rate, namely 427,218 deaths (Ministry of Health of the Republic of Indonesia, 2019). Based on data from the East Java Provincial Health Service in 2018, hypertension is the most common non-communicable disease among the elderly population in East Java, namely 22.71% (East Java Provincial Health Service, 2020). Hypertension in Sampang Regency, the percentage of hypertension is 28.5% or around 65,940 residents, with the proportion of men being 28.6% (32,102 people) and women being 28.4% (33,838 people), (Sampang, 2021). Hypertension at Banyuwanyar Health Center, during the last year there were around 521 residents, with a proportion of 190 men and 331 women. Hypertension in the elderly is 46 people (Puskesmas Banyuwanyar, 2022).

Factors contributing to an elevated risk of hypertension encompass high blood pressure, a genetic predisposition due to family history, and various lifestyle factors associated with aging that can raise blood pressure levels, including obesity, excessive consumption of sodium, lack of physical activity, and high alcohol consumption. The treatment approach for individuals with hypertension takes into account the severity of blood pressure increase, evidence of damage to target organs, and the existence of clinical cardiovascular conditions or additional risk factors. Recommended lifestyle changes for managing hypertension involve losing weight, engaging in physical exercise, adhering to a diet low in salt, increasing the intake of potassium and magnesium, cutting back on alcohol consumption, and quitting smoking (Manutung, 2018).

The use of pharmacological drugs can cause side effects, therefore as a complementary therapy option one of them is Al-Quran murottal therapy. The action to restore blood pressure is with complementary therapy, murottal Al-Quran therapy. Complementary therapy is therapy that can speed up healing and reduce blood pressure in patients suffering from hypertension, namely murottal therapy. Murottal is reading the Al-Quran by focusing on the truth of the Al-Quran reading and songs (Harmawati & Helena Patricia, 2020). The Koran is a non-pharmacological treatment that relieves stress and increases happiness in human life. Indicators of change are decreasing levels of depression, anxiety and sadness, ending with mental calm so that it can calm various diseases such as lowering blood pressure. (Harmawati & Helena Patricia, 2020). The mechanism of murottal Al-Quran in the body is that it will activate positive waves as relaxation therapy, this will stimulate relaxation produced by murottal Al-Quran. When the brain is given a stimulus in the form of sound, and the sound is directly proportional to the natural frequency of the cells, the cells will resonate and then be active and provide signals to the glands. Next, the body will release the hormone endorphin, this condition will relax the body, resulting in a decrease in epinephrine and blood pressure. (Harmawati & Helena Patricia, 2020).

Surah Asy-Syu'ara, verse 80, translates to "When I am ill, it is He who cures me." Having faith in recovery plays a significant role in the healing process. Engaging in listening to the Quranic recitation serves as a form of spiritual relaxation, which can lead to beneficial effects on mental health. (Susilawati et al., 2019). Chanting holy verses with a duration of 15 minutes and at a slow tempo can increase endorphin hormones and make you relax (Lasalo, 2019).

METHODS

This research utilizes a one-group pre-post test design to explore cause-and-effect relationships by engaging a single group of subjects. Initially, observations are made on the subject group before any interventions are applied, followed by subsequent observations after the intervention has taken place.

The study's target population consists of individuals (such as humans or clients) who fulfill specific predetermined criteria (Nursalam, 2020). Specifically, this research focused on 46 hypertensive patients registered at the Banyuwanyar Community Health Center in the final month of 2022. For the purposes of sampling, 41 patients were selected based on a formula used to calculate sample sizes.

The aim of the bivariate analysis conducted in this study is to investigate the influence of Al-Quran murottal therapy on reducing hypertension among patients within the operational jurisdiction of the Banyuwanyar health center. The Wilcoxon statistical test, with a significance threshold set at $p=0.05$, was employed to assess the effectiveness of Al-Quran murottal therapy in hypertensive patients, comparing conditions before and after the therapy was administered.

RESULTS

General data displays demographic data and distribution of hypertensive patients in tabular form which includes age, gender, highest level of education, occupation, sufferers of mild, moderate and severe hypertension.

Table 1 Distribution of Hypertension Patients Based on Age in the Banyuanyar Sampang Health Center Working Area.

Age	Total	Percentage
Seniors (60 - 74)	22	53.7%
Seniors (75-90)	19	46.3%
Total	41	100%

Based on table 1 We can see that the majority of hypertensive patients in this study were elderly (60-74) with 22 patients (53.7%), and elderly hypertensive patients (75-90) with 19 patients (46.3%).

Table 2 Distribution of Hypertension Patients Based on Gender in the Working Area of the Banyuanyar Sampang Community Health Center

Gender	Total	Percentage
Male	20	48,8%
Female	21	51,2%
Total	41	100%

Based on table 2 The distribution of hypertensive patients according to gender characteristics, hypertensive patients at the Banyuanyar Community Health Center, shows that the majority of hypertensive patients are male, 20 patients (48.8%), and 21 patients with hypertension are female (51.2%).

Table 3 Distribution of Hypertension Patients Based on Occupation in the Banyuanyar Sampang Community Health Center Work Area

Work	Total	Percentage
Farmer	17	41,5%
Retirement	17	41,5%
Doesn't work	7	17,1%
Total	41	100%

Based on table 3, Shows that almost half of hypertensive patients are farmers, 17 patients (41.5%), and pensioners, 17 patients (41.5%), not working, 7 patients (17.1%).

Table 4 Distribution of Hypertension Patients Based on Education in the Working Area of the Banyuanyar Sampang Community Health Center

Education	Total	Percentage
Elementary School	19	46,3%
Junior High School	4	9,8%
Senior High School	4	9,8%
Bachelor	14	34,1%
Total	41	100%

Based on table 4, Shows that almost half of hypertensive patients had elementary school education, 19 patients (46.3%), 14 patients had a bachelor's degree (34.1%), 4 patients had a high school education (9.8%), 4 patients had a junior high school (9.8%).

Table 5 Results of the *Wilcoxon Signed rank test*

Blood pressure	Blood pressure after intervention							
	Light	%	Curr ently	%	Curr ently	%	Tot al	%

before intervention		Light	0	0	0	0	2	4,9	2	4,9
	Currently	11	26,8	7	17,1	4	9,8	22	53,7	
	Currently	5	12,2	11	26,8	1	2,4	17	41,5	
Total		16	39,0	18	43,9	7	17,1	41	100	
Uji Wilcoxon										
P value : 0,002										
α : 0,05										

Based on table 5 from the results of the Wilcoxon Signed Rank Test using SPSS for Windows, among hypertensive patients at the Banyuanyar health center, there were 41 hypertensive patients, blood pressure before being given light intervention was 2 patients (4.9%), blood pressure after being given intervention was declared severe in 2 patients (4.9%). Blood pressure before the intervention was given was moderate in 22 patients (53.7%), blood pressure after being given the intervention was stated as mild in 11 patients (26.8%), stated as moderate in 7 patients (17.1%), and stated as severe in 4 patients (9.8%). Blood pressure before the intervention was given was severe in 17 patients (41.5%), blood pressure after being given the intervention was stated as mild in 5 patients (12.2%), stated as moderate in 11 patients (26.8%), and stated as severe in 1 patients (2.4%).

DISCUSSION

Blood pressure before intervention, results of the frequency of blood pressure in hypertensive patients at the Banyuanyar health center, almost half of all hypertensive patients with blood pressure before intervention were moderate, 22 patients (53.7%), 17 patients (41.5%), severe, and 2 patients mild. (4.9%) as many as 41 people (100%).

The effect of listening to murottal Al-Qur'an is that it provides a feeling of comfort when it is chanted in a room where there is no outside noise, so it has the effect of reducing stress and automatically a person's blood pressure will decrease (Fernalia, 2020).

The results of this investigation align with Transyah's (2018) study, suggesting that before treatment, the participants' blood pressure averaged at 150/90 mmHg, ranging from a minimum of 140/90 mmHg to a maximum of 190/110 mmHg. The standard deviation was 15 for systolic and 10 for diastolic at the Lubuk Buaya Padang Community Health Center.

Based on the research findings above, it is shown that from the age of 60 years and above, the body's organ functions generally weaken, making it easier to contract diseases. This is further exacerbated by poor eating habits, a lack of exercise, and dietary patterns that can also trigger the occurrence of hypertension.

Blood pressure after intervention, results of the frequency of blood pressure in hypertensive patients at the Banyuanyar health center, almost half of all hypertensive patients with blood pressure after intervention were moderate, 18 patients (43.9%), 16 patients mild (39.0%), and 7 patients severe. patients (17.1%) were 41 people (100%).

The results of this study are in line with research conducted by Transyah (2018), that the blood pressure of respondents after therapy was an average of 136/85 mmHg with a minimum value of 120/70 mmHg and a maximum value of 150/100 mmHg with a standard deviation of 9 for systolic and 10 for diastolic at the Lubuk crocodile Health Center in Padang..

Reciting the Al-Qur'an involves the use of the human voice, which is a remarkable instrument for healing and the most readily available one. The sound can lower stress hormones, trigger the release of natural endorphins, enhance relaxation, and shift focus away from fear, anxiety, and tension. It positively influences the body's chemistry, reducing blood pressure and decreasing the rate of breathing, heart rate, pulse, and brain wave activity. Adopting a slower or deeper breathing pattern is beneficial for fostering calmness, emotional regulation, more profound thought processes, and improved metabolic functions. (Siswantinah 2018). Listening to the recitation of verses from the Koran with tartil will give you peace of mind (Siswantinah, 2018). Murottal Al-Qur'an works on the brain, when it receives external stimulation, the brain produces 52 neuropeptides which transport receptors in the body, making you feel comfortable (Saleh, 2018). This is in line with the statement (Raharjo, n.d.) that the sound of the mutual Al-Qur'an is like a sound wave that has certain beats and waves, spreads in the

body, and then becomes a vibration that can influence the function of brain cell movement and create balance in it.

According to the aforementioned research findings, the measurements were conducted three times over three consecutive days. Participants listened to murottal recordings using a research cellphone for approximately 15 minutes each session. The therapeutic effect of Al-Quran reading is evidenced by alterations in electrical currents within the muscles, enhancements in blood circulation, fluctuations in heart rate, and variations in skin blood levels. These alterations suggest a state of relaxation or reduced tension in the reflexive nerves, leading to arterial dilation and heightened blood levels in the skin, coupled with a decrease in heart rate.

Analysis of the Effect of Murottal Therapy in the Al-Quran Surah Asy-Syu'ara on Pressure, the results of data analysis show that, giving Murottal Al Qur'an surah Asy-syu'ara verses 1-97 for 15 minutes for 3 consecutive days. The results of the Wilcoxon test between blood pressure before the intervention and after the intervention in the Banyuanyar community health center work area were obtained = 0.002 with a significant value = 0.05 as a comparison. Statistically = $0.002 < 0.05$ shows that there is an influence of Murottal Al-Quran Surah Asy-Syu'ara Therapy on Blood Pressure in Hypertension Patients at the Elderly Posyandu in the Banyuanyar Community Health Center Working Area.

This research is in accordance with research conducted by (Nur Khumaedah, 2020) with the title "The Effect of Al-Qur'an Murottal Intervention (Surat Asy-Syu'ara) on Blood Pressure in Patients with Stage 1 Hypertension in the Wanadadi 1 Community Health Center Work Area." The results of the Wilcoxon Signed Ranks Test in the intervention group for systolic and diastolic blood pressure obtained a Sig (2-tailed) value of $0.000 - 0.05$ and a diastolic value of $0.037 < 0.05$.

This research is in accordance with research conducted by (Susilawati, 2019) with the title "The Effect of Murottal Al-Qur'an Surah Arrahman Therapy on Reducing Blood Pressure in Elderly People Suffering from Hypertension at PSTW Budi Luhur Ambi City" the results showed that there was a decrease in blood pressure in the elderly hypertension sufferers at PSTW Budi Luhur, Jambi City with $p\text{-value} = (0.000) < (0.05)$. There are several factors that cause high blood pressure in the elderly to not be reduced due to irregular eating patterns and environmental conditions that make them angry.

This study corresponds with Fitriyadi's (2021) findings, which define Al-Quran murottal therapy as a religious practice involving the recitation of Quranic verses for several minutes or hours, aiming to positively influence the individual's physical well-being. Similarly, it aligns with Yanto's (2020) research, which characterizes Al-Quran murottal therapy as a religious practice involving the recitation of Quranic verses for a duration, with the aim of yielding favorable effects on the body. The effects of Al-Quran recitation therapy manifest as changes in muscle electrical activity, enhanced blood flow, heart rate variability, and adjustments in the blood supply to the skin. These changes are indicative of a relaxation response or a decrease in nerve tension, which in turn causes the arteries to expand, increases blood flow to the skin, and lowers the heart rate. Furthermore, murottal therapy affects the brain by prompting the release of neuropeptides in response to external stimuli (Al-Quran recitation therapy). These chemicals attach to specific receptors throughout the body, inducing feelings of well-being and comfort. The empathetic support provided by nurses is also a vital component in augmenting patient satisfaction, reinforcing the conclusions of previous studies (Erlina, 2019).

The study findings indicated a significant difference in systolic blood pressure changes before and after the administration of Murottal Surah Ar-Rahman therapy in hypertensive patients ($p\text{-value} = 0.000$). Additionally, there was a notable difference in diastolic blood pressure changes before and after the therapy among hypertensive patients ($p\text{-value} = 0.019$). It is emphasized that nurses play a crucial role in evaluating and monitoring the implementation of this therapy to observe its impact on reducing blood pressure through Quranic reading and listening.

It is hoped that the provision of the Murottal Al-Quran Surat Asy-Syu'ara intervention can be used as a non-pharmacological treatment in the management of hypertension in posyandu for the elderly in the working area of the Banyuanyar Sampang Community Health Center. Researchers assume that listening to the Murottal Al-Qur'an Surah Asy-Syu'ara verses 1-97 for 15 minutes on 3 consecutive days can create a feeling of calm and relaxation and can bring oneself closer to its creator. Feeling calm and relaxed will reduce stress hormones and increase natural endorphins which can create a feeling of comfort and can lower blood pressure.

CONCLUSION

The findings of the conducted research suggest that the murottal intervention of Al-Quran Surah Asy-Syu'ara has an impact on the blood pressure of hypertensive patients in the Banyuanyar Sampang Community Health Center area.

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