

## INTISARI

**Latar belakang:** Hipertensi adalah kondisi dimana pembuluh darah mengalami peningkatan secara konstan. Penatalaksanaan hipertensi dapat dilakukan dengan terapi nonfarmakologi untuk menjaga kestabilan hipertensi. Kondisi spiritual individu dengan hipertensi mampu memberikan hubungan yang signifikan terhadap kondisi hipertensinya.

**Tujuan:** Mengetahui pengaruh murottal Al-Qur'an dengan kombinasi dzikir asmaul husna terhadap tekanan darah dan kesejahteraan spiritual lansia dengan hipertensi.

**Metode:** *Quasi-experimental with a non-equivalent pre-test and post-test control group design.* Tujuh puluh empat responden diambil secara acak dari panti sosial Tresna Werdha Budi Mulia 2, 3, dan 4 Jakarta. Terapi diberikan selama 20 menit dan diberikan 1x/hari selama 3 hari. Kelompok perlakuan yang terdiri dari 37 responden diberikan intervensi terapi murottal Al-Qur'an dengan kombinasi dzikir asmaul husna, sedangkan kelompok kontrol yang terdiri dari 37 responden hanya diobservasi minum obat hipertensi. Pengumpulan data dari Desember 2022 hingga Januari 2023 menggunakan kuesioner demografi, kuesioner SWBS, dan *sphygmomanometer* digital. Data dianalisis menggunakan uji wilcoxon, uji mann-whitney, dan uji regresi logistik berganda.

**Hasil:** Besarnya pengaruh pemberian terapi murottal Al-Qur'an dengan kombinasi dzikir asmaul husna terhadap tekanan darah berpengaruh kuat, sedangkan besarnya pengaruh terhadap kesejahteraan spiritual berpengaruh sedang pada kelompok perlakuan.

**Kesimpulan:** Terdapat pengaruh terapi murottal Al-Qur'an dengan kombinasi dzikir asmaul husna terhadap penurunan tekanan darah dan peningkatan kesejahteraan spiritual lansia dengan hipertensi

**Kata kunci:** lansia, hipertensi, tekanan darah

## ABSTRACT

**Background:** Hypertension is a condition in which the blood vessels experience a constant increase. Management of hypertension can be done with non-pharmacological therapy to maintain the stability of hypertension. The spiritual condition of individuals with hypertension is able to provide a significant relationship to their hypertension condition.

**Objective:** Identify the effect of murottal Qur'an with a combination of dhikr Asmaul Husna on blood pressure and spiritual well-being of elderly with hypertension.

**Method:** Quasi-experimental with a non-equivalent pre-test and post-test control group design. Seventy-four participants were randomly selected from three nursing homes for elderly in Jakarta. Therapy is given for 20 minutes and is given 1x/day for 3 days. The treatment group consisting of 37 respondents were given murottal Qur'an with a combination of dhikr Asmaul Husna, while the control group consisting of 37 respondents were only observed to take hypertension medication. Data were collected from December 2022 to January 2023 using the demographic data form, SWBS questionnaire, and digital sphygmomanometer. The data were analyzed using the wilcoxon test, mann-whitney test, and multiple logistic regression test.

**Result:** The magnitude of the effect of giving murottal Qur'an therapy with a combination of dhikr asmaul husna on blood pressure has a strong effect, while the magnitude of the effect on spiritual well-being has a moderate effect in the treatment group.

**Conclusion:** There is an effect of murottal Qur'an with a combination of dhikr asmaul husna on reducing blood pressure and increasing spiritual well-being of elderly with hypertension

**Keywords:** blood pressure, elderly, hypertension