

INTISARI

Latar Belakang: Prevalensi hipertensi pada lansia di Indonesia meningkat dan berisiko menimbulkan komplikasi kardiovaskular. Penanganan efektif diperlukan melalui terapi farmakologis dan non-farmakologis yang aman. Kombinasi terapi Murottal Al-Qur'an dan *Slow Stroke Back Massage* (SSBM) menjadi alternatif potensial untuk menurunkan tekanan darah melalui mekanisme psikologis dan fisiologis. Namun penelitian terkait hal ini masih jarang dilakukan. **Tujuan:** Mengevaluasi efektivitas kombinasi terapi Murottal Al-Qur'an dan SSBM dalam menurunkan tekanan darah pada lansia hipertensi serta keberlangsungan efeknya. **Metode:** Penelitian menggunakan desain *quasi-experimental* dengan pendekatan *pretest--posttest* control group pada 48 responden, terbagi menjadi kelompok intervensi (n=24) dan kontrol (n=24). Intervensi diberikan sebanyak 1 sesi perhari selama tiga hari berturut-turut dengan durasi selama 15 menit per sesi. Tekanan darah diukur setiap hari, termasuk *follow-up* hingga hari ketujuh. Analisis data menggunakan *Mann-Whitney*, *Independent t-test*, serta *General Linear Model*. **Hasil:** Kombinasi terapi secara signifikan menurunkan tekanan darah sistolik dan diastolik ($p < 0,001$) dengan nilai *effect size* antara 0,59–0,78 yang termasuk kategori pengaruh sedang (*medium effect*), setelah pemberian intervensi selama tiga hari berturut-turut. Penurunan terbesar dicapai setelah tiga hari pemberian terapi dengan nilai median penurunan sistolik sebesar 22,5 mmHg dan diastolik 18,5 mmHg pada kelompok intervensi. Efek terapi bertahan hingga hari kelima dan keenam, tetapi efek terapi menurun pada hari ketujuh pada kelompok intervensi. **Kesimpulan:** Kombinasi terapi Murottal Al-Qur'an dan SSBM efektif menurunkan tekanan darah lansia hipertensi. Pemberian terapi setiap lima hari sekali direkomendasikan sebagai strategi non-farmakologis yang aman dan efektif.

Kata Kunci:

Hipertensi; Lansia; Murottal Al-Qur'an; *Slow Stroke Back Massage*; terapi komplementer

ABSTRACT

Background: Hypertension among older adults in Indonesia is increasing and poses serious cardiovascular risks. Alongside pharmacological treatment, safe non-pharmacological interventions are needed. The combination of Murottal Al-Qur'an therapy and Slow Stroke Back Massage (SSBM) offers a potential alternative to lower blood pressure through psychological and physiological mechanisms, although studies on their combined use remain limited. **Objective:** This study aimed to evaluate the effectiveness of combining Murottal Al-Qur'an and SSBM therapy in reducing blood pressure among older adults with hypertension, as well as to assess the persistence of its effects. **Methods:** A quasi-experimental design with a pretest–posttest control group approach was employed, involving 48 older adults divided into intervention ($n=24$) and control ($n=24$) groups. The intervention was provided once daily for three consecutive days, lasting 15 minutes per session. Blood pressure was measured daily and followed up until the seventh day. Data were analyzed using the Mann–Whitney test, Independent t -test, and General Linear Model (GLM). **Results:** The combined therapy significantly reduced systolic and diastolic blood pressure ($p<0.001$), with effect sizes ranging from 0.59 to 0.78, indicating a medium effect. The greatest decrease occurred after three consecutive sessions, with an average reduction of 22.5 mmHg (systolic) and 18.5 mmHg (diastolic). The therapeutic effect persisted until days five and six but declined on day seven. **Conclusion:** The combination of Murottal Al-Qur'an and SSBM therapy effectively reduces blood pressure in older adults with hypertension and can be recommended as a safe, practical, and sustainable non-pharmacological intervention.

Keywords: hypertension, elderly, Qur'anic murottal, slow stroke back massage, Complementary therapy