

THE EFFECTIVENESS OF MUROTTAL THERAPY OF AL-QUR'AN SURAT AR-RAHMAN AND YASIN ON REDUCING THE BLOOD PRESSURE OF ELDERLY WITH HYPERTENSION IN PONDOK GEDE DISTRICT AREA BEKASI CITY

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ABSTRACT: *Hypertension is the most common disease in the elderly. This is the effect of degeneration that occurs with age. Hypertension is a major risk factor for stroke, myocardial infarction and chronic kidney disease. Non-pharmacological hypertension therapy, one of which is Murottal Al-Quran Therapy, is effective in lowering blood pressure and is free from chemical side effects of drugs. The aim of the study was to compare the effect of the effectiveness of Al-Quran murottal therapy in Surat Ar-Rahman and Yasin on reducing blood pressure. Methods The type of research is true experimental research, the design is two groups independent sample t test, 2 experimental groups and 2 controls. The sampling technique was simple random sampling of 60 respondents. The results of the univariate analysis showed a decrease in blood pressure (93%) after being given murottal Al-Qur'an therapy Surah Ar-Rahman and (87%) Surah Yasin. Bivariate analysis of Paired Sample T Test obtained the value of Sig. (2.tailed) < 0.05. The results of the independent T Test were 0.659 > 0.05, the mean systolic blood pressure was 142.87 for Murottal Surah Ar-Rahman and 144.87 Surrah Yasin. The conclusion is that there is a significant effect before and after being given Murottal Therapy of Surah Ar-Rahman and Yasin. There is no average difference between Surah Ar-Rahman and Yasin Murottal Therapy, both of which lower blood pressure. Suggestions are expected for the elderly with hypertension to apply Murottal Surah Ar-Rahman and Yasin therapy because they are both effective as non-pharmacological therapy in lowering blood pressure.*

Keywords: *Ar-Rahman, Effectiveness, Murottal, Therapy, Yasin*

INTRODUCTION

Health problems that occur in society are communicable and non-communicable diseases [9]. Non-communicable diseases contributed the most to the causes of death in Indonesia in 2016, a total of 1.5 million deaths with the most common cause of death being cardiovascular disease 36.9%, of a total of 1.7 million deaths in Indonesia, the risk factor that causes death is high blood pressure (hypertension) of 23.7%, Hyperglycemia 18.4%, smoking 12.7% and obesity 7.7% [10-11]. One of the non-communicable diseases contributing to the highest mortality rate is hypertension [12]. Hypertension is a condition in which a person

experiences an increase in blood pressure above normal which results in an increase in morbidity and mortality. Hypertension is referred to as the silent killer, because often people with hypertension for years without feeling any disturbance or symptoms, but suddenly the person dies[13].

Hypertension is a major risk factor for stroke, myocardial infarction and chronic kidney disease, the occurrence of hypertension increases with age [14]. Someone who is over 60 years old has 50-60% higher blood pressure [15]. This is a degenerative effect that occurs in people who get older. The most common disease in the elderly is hypertension, with a prevalence of 45.3% (44-54 years), 55.2% (56-74 years) and 69.5% (≥ 75 years)[14-15].

Hypertension therapy is divided into two, namely pharmacological and non-pharmacological therapy. Pharmacological therapy is given including drugs [4-5-16]. Hypertension sufferers are required to take hypertension drugs regularly to control blood pressure in the long term, causing problems that make sufferers worry about side effects, such as: coughing, fatigue, dizziness, frequent urination, fluid retention, sexual dysfunction, cardiac arrhythmias and allergic reactions. Meanwhile, non-pharmacological therapy is recommended for a healthy life, managing diet and controlling stress [4-5]. Stress management techniques can be done with relaxation techniques such as the meditation method which involves elements of belief or transcendental meditation, namely using religious phrases as a medium to focus the mind on religious concepts (spiritual meditation) used to reduce heart rate, blood pressure, metabolism, respiratory rate, increasing the stability of the autonomic system during stress and altering the endocrine response to stress [17-24].

Spiritual/religious meditation can be used to reduce heart rate, blood pressure, metabolism, respiratory rate, increase the stability of the autonomic system during stress and change the endocrine response to stress [25]. One form of spiritual meditation is Al-Quran Murottal Therapy[7]. Reading the Koran is a form of dhikr that is demanded by Islam for its people, then analogous to transcendence meditation in providing positive benefits for the body[18], then the word of Allah is true which reads[19]:

وَنَزَّلْنَا مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ

And we sent down from the Quran something that is antidote and mercy for those who believe (Qs. Al-isra: 82).

Murottal is a sound recording of the Koran sung by a qori'/reader of the Koran[20]. Murottal reading of the Qur'an has a constant, regular rhythm, and there are no sudden changes. The murottal tempo of the Qur'an is also between 60-70/minute, and the tone is low so that it has a relaxing effect and can reduce anxiety [21]. The Benefits of Al-Qur'an Therapy

(Murottal) as Medicine (Syifa') Al-Qur'an is the holy book of Islam, as a way of life for its people[20].

Murottal physically contains elements of the human voice which can stimulate to reduce stress hormones, activate endorphins naturally, increase feelings of relaxation, distract from fear, anxiety and tension improve the body's metabolism thereby lowering blood pressure and slowing breathing, pulse and heart rate. brain wave activity [6]. This is in line with Widyastuti's statement, Wahyu (2015) that the sound of the Qur'an (Murottal) is like sound waves that have certain beats and waves, spread in the body and then become vibrations that can affect the function of brain cell movement and create balance in it[18].]. This is also in line with the research of Syifa H, Nur A, (2021) that there is an effect of Al-Qur'an Surah Ar-rahman murottal therapy on reducing blood pressure in people with hypertension [22].

Previous research has been researched by the author in 2019 with the result that there is an effect of Murottal Al-Qur'an Surah Ar-Rahman on blood pressure in the elderly with hypertension. The research will continue in 2020 with the results of the research showing the effect of the Murottal Al-Qur'an Surah Yasin on blood pressure in the elderly with hypertension. Starting with the success of the two previous studies, the researchers were interested in further research to compare the power and effectiveness of the influence of Murottal Al-Quran Surah Ar-Rahman and Yasin on lowering blood pressure.

METHOD

This research is a true experimental research, with a research design of two groups independent sample t test, with two experimental groups and two control groups selected randomly. The study population was the elderly who suffered from hypertension. The sampling technique was simple random sampling of 60. Respondents were then given a pretest to find out whether there was a difference between the experimental group and the control group. re-measurement of blood pressure. The form of intervention carried out in the initial measurement was measuring blood pressure in the experimental and control groups, listening to the murotal Al Qur'an Surah Ar-Rahman and Surah Yasin each for 11 minutes in the experimental group, while in the control group no intervention was given, then blood pressure measurement again. The study was conducted on 60 elderly divided into two groups, namely 30 elderly for the experimental group, 15 elderly given the intervention of Surah Ar-Rahman and 15 elderly Surah Yasin, 30 respondents for the control group. The analysis used univariate and bivariate begins with the normality test, Paired T Test, homogeneity test and independent sample t test. Univariate analysis shows the frequency distribution of pretest and posttest scores. Bivariate analysis using independent sample t test to test the hypothesis.

This research was conducted on the elderly in Pondok Gede District. The research will be conducted for 12 months, starting from preparation, data collection, data processing,

report writing and publication. The independent variables in this study were murottal Al-Qur'an Surah Ar-Rahman and Yasin therapy in elderly hypertensive and the dependent variable blood pressure in elderly hypertensive. The hypothesis in this study is that the effect of murottal Al-Qur'an Surah Ar-Rahman therapy is greater or the same as Surah Yasin on reducing blood pressure in the elderly and the effect of murottal therapy Al-Qur'an Surah Ar-Rahman is lower than Surah Yasin on reducing blood pressure in the elderly in Pondok Gede District.

Scheme 1. Research design two groups independent sample t test

	Pretest	Dependent Variable	Posttest
<i>R</i>	O_1	X	O_2
<i>R</i>	O_3	-	O_4

Information:

R : Groups are chosen randomly

O_1 : Pretest in the experimental group

O_2 : Posttest in the experimental group

O_3 : Pretest in the control group

O_4 : Posttest in the control group

X : The treatment of listening to murottal Al-Qur'an Surah Ar-rahman and Yasin

RESULT

1. Univariate analysis

a. Description of Decreased Blood Pressure Respondents

Table 1 Description of Respondents' Blood Pressure Reduction

Num	Decreased Blood Pressure	Decrease d	Not Decreased
<i>1</i>	<i>Group 1 Surah Ar-Rahman murottal experiment</i>	14	<i>1</i>
		93%	<i>7%</i>
<i>2</i>	<i>Group 2 Control of murottal Surah Ar-Rahman</i>	<i>0</i>	15
		<i>0%</i>	100%
<i>3</i>	<i>Group 3 The Surah Yasin murottal experiment</i>	13	<i>2</i>
		87%	<i>13%</i>
<i>4</i>	<i>Group 4 Control of Surah Yasin murottal</i>	<i>1</i>	13
		<i>7%</i>	93%

Based on the results of table 1 above after being given murottal therapy of the Qur'an Surah Ar-Rahman and Yasin in the experimental group and not being given murottal therapy in the control group for 7 (seven) consecutive days, it can be seen as follows:

- 1) There was a decrease in blood pressure in the experimental group 1 by 93% after being given murottal Al-Qur'an Surah Ar-Rahman therapy*
- 2) There was a decrease in blood pressure in the experimental group 2 by 87% after being given murottal Alqur'an Surah Yasin therapy*
- 3) There was a decrease in blood pressure in the control group 3 by 0%*
- 4) There was a decrease in blood pressure in the control group 4 by 7%*

The conclusion is that the majority decreased blood pressure after the respondents were given murottal therapy with Surah Ar-Rahman and Yasin in the two experimental groups and there was no decrease in blood pressure in the control group for 7 consecutive days.

2. Bivariate analysis

a. Data Normality Test

Based on the normality test results for all data on systolic and diastolic blood pressure values before and after in the Murottal Surah Ar-Rahman and Yasin therapy group, it shows that the sig. Kolmogorov Smirnov and Shapiro Wilk > 0.05 , so the conclusion from this distribution is that it is normal. Because the research data is normally distributed, the research can be continued using parametric statistics, namely the Paired Sample T Test, Homogeneity Test and Independent Sample T Test.

b. Paired T Test

The paired t test or also called the two sample paired test, to find out whether there is a difference in the mean (mean) of the two paired samples. The use of the paired t test to answer the first and second hypotheses is "is there a significant effect between the experimental and control groups in giving Surah Ar-Rahman murottal therapy" and "is there a significant effect between the experimental and control groups in giving Surah Yasin murottal therapy".

The paired t test was carried out on 2 groups of data as follows:

- 1) Data before the experimental group was paired with after the experiment of giving Surah Ar-Rahman murottal*
- 2) The data before the control group is paired with after the control is given murottal Surah Ar-Rahman*
- 3) Data before the experimental group was paired with after the experiment of*

giving Surah Yasin murottal

- 4) *Data before the control group is paired with after the control given the Surah Yasin murottal*

Table. 2 Paired Sample T Test Blood Pressure Systolic Value
Paired Samples Test

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pair 1 Systole Before - After Experiment Arrahman	16.067	6.419	1.657	12.512	19.622	9.693	14	.000
Pair 2 Systoles Before - After Control Arrahman	-2.000	1.732	.447	-2.959	-1.041	-4.472	14	.001
Pair 3 Systole Before - After Yasin's Experiment	12.867	8.692	2.244	8.053	17.680	5.733	14	.000
Pair 4 Systole Before - After Control Yasin	-2.200	2.651	.685	-3.668	-.732	-3.214	14	.006

Based on the table above it can be concluded that:

- 1) *The mean systolic value in the Arrahman Experimental group was 16,067, meaning that there was an average decrease in systolic blood pressure of 16 points after being given Arrahman murottal surah therapy. Whereas in the control group there was no decrease.*
- 2) *The mean systolic value in the Yasin Experiment group was 12,867, meaning that there was a decrease in systolic blood pressure by an average of 12 points after being given Yasin murottal therapy, while in the control group there was no decrease.*

Based on the output values of Pairs 1, 2, 3, 4, the value of Sig. (2.tailed) < 0.05, it can be concluded that there is a difference in the mean systolic values for before and after in the experimental group and the control group in the administration of Surah Ar-Rahman and Yasin murottal therapy.

The conclusion is based on the output values of Pairs 1, 2, 3, 4 that there is an effect of decreasing blood pressure systolic values on the administration of murottal Surah Ar-Rahman and Yasin therapy in the experimental and control groups.

Table. 2 Paired Sample T Test Blood Pressure Diastolic Value
Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
			Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Diastole Before - After Experiment Arrahman	9.533	5.317	1.373	6.589	12.478	6.945	14	.000
Pair 2	Diastoles Before - After Control Arrahman	1.067	1.438	.371	-1.863	-.271	2.874	14	.012
Pair 3	Diastole Before - After Yasin's Experiment	7.467	3.962	1.023	5.273	9.661	7.299	14	.000
Pair 4	Diastole Before - After Control Yasin	-.067	1.580	.408	-.941	.808	-.163	14	.872

- 1) The mean diastolic value in the Arrahman Experimental group was 9,533, meaning that there was an average decrease in diastolic blood pressure of 9.5 points after being given Arrahman murottal surah therapy. Whereas in the control group there was no decrease.
- 2) The mean diastolic value in the Yasin Experiment group was 7,467, meaning that there was an average decrease in diastolic blood pressure of 7.4 points after being given Yasin murottal therapy, while in the control group there was no decrease.

Based on the output values of Pairs 1, 2, 3, the Sig. (2. tailed) < 0.05, it can be concluded that there is a difference in the average diastolic values before and after in the experimental group and the control group on the administration of Surah Ar-Rahman and Yasin murottal therapy. For Pair 4, the value of Sig. (2.tailed) > 0.05, it can be concluded that there is no difference in the average diastolic value before and after the control group receiving Surah Yasin murottal therapy.

The conclusion based on the output value of Pair Pair 1, 2, 3, that there is an

effect of decreasing blood pressure diastolic values on the administration of murottal Surah Ar-Rahman and Yasin therapy, except in group 4 the control group of Surah Yasin murottal therapy.

c. *Data Homogeneity Test*

Based on the statistical results, the value of Sig. (2. tailed) > 0.05, it can be concluded that all data from before and after in the experimental group and the control group on the administration of murottal therapy Surah Ar-Rahman and Yasin are homogeneous. Then it meets the requirements to do the Independent T Test.

d. *Independent T Test Test*

The Independent T Test was used to determine the final hypothesis to analyze the comparative effectiveness of the effect of murottal Al-Qur'an Surah Ar-Rahman and Yasin therapy on reducing blood pressure in hypertensive elderly. See how far the effectiveness of these two therapies.

Table. 3 Independent T Test

Group Statistics					
	<i>KELOMPOK</i>	<i>N</i>	<i>Mean</i>	<i>Std. Dev</i>	<i>Std. Error Mean</i>
<i>MUROTAL SISTOL VALUES OF SURAH AR-RAHMAN AND YASIN</i>	1	15	142.87	12.783	3.301
	2	15	144.87	11.777	3.041
<i>MUROTAL DIASTOL VALUES OF SURAH AR-RAHMAN AND YASIN</i>	1	15	80.13	6.749	1.743
	2	15	83.33	4.761	1.229

Independent Samples Test

	<i>Levene's Test for Equality of Variances</i>	<i>t-test for Equality of Means</i>
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									95% Confidence Interval of the Difference	
		<i>F</i>	<i>Sig.</i>	<i>t</i>	<i>df</i>	<i>Sig.</i> (2- tailed)	<i>Mean</i> <i>Differ</i> <i>ence</i>	<i>Std.</i> <i>Error</i> <i>Differ</i> <i>ence</i>	<i>Lower</i>	<i>Upper</i>
<i>Murottal</i> <i>Systole Value</i> <i>of Surah Ar-</i> <i>Rahman and</i> <i>Yasin</i>	<i>Equal</i> <i>variances</i> <i>assumed</i>	.335	.567	- .446	28	.659	- 2.000	4.488	- 11.193	7.193
	<i>Equal</i> <i>variances</i> <i>not assumed</i>			- .446	27.814	.659	- 2.000	4.488	- 11.196	7.196
<i>Murottal</i> <i>Diastolic</i> <i>Value of</i> <i>Surah Ar-</i> <i>Rahman and</i> <i>Yasin</i>	<i>Equal</i> <i>variances</i> <i>assumed</i>	.259	.615	- 1.501	28	.145	- 3.200	2.133	- 7.568	1.168
	<i>Equal</i> <i>variances</i> <i>not assumed</i>			- 1.501	25.168	.146	- 3.200	2.133	- 7.591	1.191

Based on the data above, it can be seen that the value of *Sig. (2. tailed)* > 0.05, meaning that there is no significant difference in effectiveness between Al-Quran Surah Ar-Rahman murottal therapy compared to Al-Quran Surah Yasin therapy in reducing blood pressure. because the mean systolic and diastolic values are almost the same, the systolic value is 142.87 - 144.87, only a difference of 2 points and the diastolic value is 80.13 - 83.33, a difference of 3 points.

The conclusion is that the murottal therapy of the Al-Quran Surah Ar-Rahman and Yasin is equally effective in reducing blood pressure both systolic and diastolic because the point value that drops is almost the same with a very small difference in numbers after being treated for 7 consecutive days.

DISCUSSION

The results of the research that has been done show that the respondents after being given murottal therapy of Al-Quran Surah Ar-Rahman and Yasin in the experimental group and not given murottal therapy in the control group for 7 (seven) consecutive days, it can be seen that there is a decrease in blood pressure after being given Al-Qur'an Surah Ar-Rahman murottal therapy in the experimental group 1 was 14 respondents (93%) and after being given Al-Qur'an Surah Yasin murottal therapy in the experimental group 2 there were 13

respondents (87%). Whereas in the control group no therapy was given, in control group 3 there was no decrease in blood pressure (0%), in group 4 it only decreased by 1 respondent (7%).

Based on the value of the Paired Sample T Test Systolic and Diastolic Blood Pressure values, the Sig. (2.tailed) < 0.05, it can be concluded that there is a difference in the average systolic values for before and after in the experimental group and the control group in the administration of Surah Ar-Rahman and Yasin murottal therapy

Murottal reading of the Qur'an has a constant, regular rhythm, and there are no sudden changes. The murottal tempo of the Qur'an is also between 60-70/minute, and the tone is low so that it has a relaxing effect and can reduce anxiety [21]. The Benefits of Al-Qur'an Therapy (Murottal) as Medicine (Syifa') Al-Qur'an is the holy book of Islam, as a way of life for its people[20].

Murottal therapy is used as a reference in terms of reducing stress and anxiety because it can affect both physically and psychologically [21]. In the XVIIth annual conference of the American Medical Association, US region, Ahmad Al-Khadi made a presentation on the results of his research with the theme of the influence of the Qur'an on humans in a physiological and psychological perspective [22]. The results of this study showed positive results that listening to the verses of the Koran had a significant effect on reducing reflective nerve tension and these results were recorded and measured quantitatively by a computer-based tool [22].

Murottal al-Quran is a religious music therapy that has a therapeutic and distraction effect when someone listens to it in order to increase the formation of endorphins [20]. Murottal therapy is a complementary treatment option without side effects that is safe and easy to do for the elderly which is useful for lowering blood pressure and can be used as independent therapy at home [21]. The Qur'an's method of healing is to listen to the chanting of the Al-Qur'an letter Ar-rahman which has the meaning of the most gracious, which is the 55th letter in the Koran consisting of 78 verses and sura Yasin 83 verses. Many argue that the letter ar- Rahman is affection and has a comfortable nature to be heard by anyone and creates a relaxing effect [21]. The theme of this Ar-Rahman letter is about the pleasures of Allah SWT which has been given to all of His creation. Surah Yasin also has many virtues, one of which is to treat illness and give peace to one's soul[7].

Murottal physically contains elements of the human voice which can stimulate to reduce stress hormones, activate endorphins naturally, increase feelings of relaxation, distract from fear, anxiety and tension improve the body's metabolism thereby lowering blood pressure and slowing breathing, pulse and heart rate. brain wave activity [6]. This is in line with Widyastuti's statement, Wahyu (2015) that the sound of the Qur'an (Murottal) is like sound waves that have certain beats and waves, spread in the body and then become vibrations that can affect the function of brain cell movement and create balance in it[18].]. This is also in line with the research of Syifa H, Nur A, (2021) that there is an effect of Al-

Qur'an Surah Ar-rahman murottal therapy on reducing blood pressure in people with hypertension [22].

Based on the research results from the Independent T Test table data, it can be seen that the Sig. (2. tailed) > 0.05, meaning that there is no significant difference in effectiveness between murottal Al-Quran Surah Ar-Rahman therapy compared to murottal Al-Quran Surah Yasin therapy in reducing blood pressure. because the mean systolic and diastolic values are almost the same, the systolic value is 142.87 - 144.87, only a difference of 2 points and the diastolic value is 80.13 - 83.33, a difference of 3 points. The conclusion is that the murottal therapy of the Al-Quran Surah Ar-Rahman and Yasin is equally effective in reducing blood pressure both systolic and diastolic because the point value that drops is almost the same with a very small difference in numbers after being treated for 7 consecutive days.

This is in line with previous studies that have been examined by the authors with the results that there is an effect of Murottal Al-Qur'an Surah Ar-Rahman Therapy on reducing blood pressure in the elderly with hypertension [28]. The research continues with the result that there is an effect of Murottal Al-Qur'an Surat Yasin Therapy on reducing blood pressure in the elderly with hypertension [29].

Various tempos of music have physiological effects on the body, one of the effects is to affect heart rate and blood pressure according to frequency, tempo and volume. The heart tends to follow and try to match the tempo of a sound[23-26]. Surah Ar-Rahman and Yasin have a duration of 11 minutes with a tempo of 79.8 beats per minute (bpm). Tempo 79.8 bpm is a slow tempo. Slow tempos range from 60 to 120 bpm. The slow tempo itself is a tempo that is in line with the human heart rate, so the heart will synchronize its beat according to the tempo of the sound[22]. The effect of fast and slow music tempos on blood pressure and heart rate, the results show that fast tempos can increase blood pressure and heart rate frequency, while slow music tempos have the opposite effect, which can reduce blood pressure and heart rate frequency [17].

CONCLUSION

After being given murottal Al-Quran Surah Ar-Rahman and Yasin therapy to the respondents for 7 (seven) consecutive days, there was a decrease in blood pressure in group 1 experiment by 14 respondents (93%) and group 2 experiment by 13 respondents (87%)). Whereas in the control group no therapy was given, in control group 3 there was no decrease in blood pressure (0%), in group 4 it only decreased by 1 respondent (7%).

Based on the value of the Paired Sample T Test Systolic and Diastolic Blood Pressure values, the Sig. (2.tailed) < 0.05, it can be concluded that there is a difference in the mean systolic values for before and after in the experimental group and the control group in the administration of Surah Ar-Rahman and Yasin murottal therapy. There was a significant effect before and after being given Murottal Therapy surah Ar-Rahman and Yasin.

Based on the results of the Independent T Test, the value of Sig. (2. tailed) > 0.05, meaning that there is no significant difference in effectiveness between murottal Al-Quran Surah Ar-Rahman therapy compared to murottal Al-Quran Surah Yasin therapy in reducing blood pressure. because the mean systolic and diastolic values are almost the same, the systolic value is 142.87 - 144.87, only a difference of 2 points and the diastolic value is 80.13 - 83.33, a difference of 3 points. The conclusion is that the murottal therapy of Al-Quran Surah Ar-Rahman and Yasin is equally effective in reducing systolic and diastolic blood pressure because the point value that drops is almost the same with a very small difference.

SUGGESTIONS & IMPLICATIONS

It is hoped that elderly people with hypertension, in addition to using pharmacological therapy, can apply non-pharmacological therapy Murottal Surah Ar-Rahman and Yasin as a complementary therapy that can be used as a daily routine as a form of effort in preventing increases in blood pressure and complications from hypertension, because this mrottal therapy is the same as - equally effective in lowering blood pressure and minimizing side effects from drugs

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