

Abstrak

PENGARUH MENDENGARKAN *MUROTTAL* IRAMA BAYATI DAN JIHARKAH TERHADAP TEKANAN DARAH PENDERITA HIPERTENSI

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Latar Belakang: Hipertensi yang dibiarkan tanpa diberikan pengobatan akan menimbulkan komplikasi. Terapi *murottal* telah banyak digunakan diberbagai penyakit salah satunya hipertensi. Penelitian ini bertujuan untuk mengetahui perbedaan pengaruh mendengarkan *murottal* irama bayati dan jiharkah terhadap tekanan darah penderita hipertensi

Metodologi: Rancangan penelitian *Quasi Experiment* dengan *pre and post test control two group design*. Pengambilan sampel dengan metode *simple random sampling*. Jumlah responden 24 orang yang dibagi menjadi dua kelompok, yaitu kelompok eksperimen dan kelompok kontrol. Pengukuran tekanan darah dilakukan tiga kali, yaitu satu kali dilakukan sebelum mendengarkan *murottal* dan dua kali dilakukan setelah mendengarkan *murottal*. *Paired t-test* digunakan untuk melihat perbedaan tekanan darah sebelum dan setelah diperdengarkan *murottal* dengan irama bayati dan jiharkah dan *independent t-test* untuk mengetahui perbedaan penurunan tekanan darah antara kedua kelompok.

Hasil Penelitian: Terdapat perbedaan tekanan darah sebelum dan sesudah intervensi nilai *p value* tekanan darah sistol pada kelompok irama bayati $p=0,014$ dan kelompok irama jiharkah $p=0,005$, akan tetapi pada tekanan darah diastol kedua kelompok didapatkan $p>0,05$. Pengukuran tekanan darah kedua dalam selang waktu 10 menit setelah intervensi diperoleh hanya kelompok irama jiharkah saja yang mengalami penurunan tekanan darah sistol dengan nilai $p=0,000$.

Kesimpulan: Terapi *murottal* irama bayati dan jiharkah hanya berpengaruh menurunkan tekanan darah sistol pada penderita hipertensi dan hanya irama jiharkah yang mampu menurunkan tekanan darah sistol pada pengukuran tekanan darah kedua setelah 10 menit diperdengarkan *murottal*.

Kata Kunci: hipertensi, irama, dan *murottal*

THE EFFECT OF LISTENING TO *MUROTTAL* RHYTHM BAYATI AND JIHARKAH ON BLOOD PRESSURE IN HYPERTENSIVE PATIENTS

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ABSTRACT

Background: Untreated hypertention will cause complications. *Murottal* therapy has been used in various diseases, one of which is hypertension. This study aims to determine the difference in the effect of listening to *murottal* rhythm of bayati and jiharkah on patient's blood pressure with hypertension.

Method: *Quasi Experiment* research design with *pre and post test control two group design*. Sampling with *simple random sampling* method. The number of respondents was 24 people who were divided into two groups, namely the experimental group and the control group. Measurements of blood pressure were carried out three times, once before listening to the *murottal* and twice after listening to the *murottal*. Paired t-test was used to see differences in blood pressure before and after being played *murottal* with bayati and jiharkah's rhythm and independent t-test to determine the difference in reduction of blood pressure between the two groups.

Results: There was a difference in blood pressure before and after the intervention, the *p value* of systolic blood pressure in the bayati's rhythm group was $p=0,014$ and the jiharkah's rhythm group was $p=0,005$, but the diastolic blood pressure of the two groups was $p>0.05$. The second blood pressure measurement at an interval of 10 minutes after the intervention showed that only the jiharkah's rhythm group experienced a reduction in systolic blood pressure with a value of $p=0,000$.

Conclusion: Bayati and jiharkah's rhythm of *murottal* therapy only has an effect on systolic blood pressure reduction in patients with hypertension and only jiharkah's rhythm can reduce systolic blood pressure on the second blood pressure measurement after 10 minutes of playing *murottal*.

Keywords: hypertension, rhythm, and *murottal*