

EFEKTIFITAS TERAPI MUROTTAL AL-QUR'AN DALAM MENURUNKAN REAKTIVITAS KARDIOVASKULAR TERHADAP HANDGRIP PADA SUBYEK PRALANSIA HIPERTENSI

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INTISARI

Latar Belakang: Reaktivitas kardiovaskular merupakan respon sistem kardiovaskular saat bereaksi terhadap stres fisik ataupun stres psikologis yang dapat mempengaruhi hemodinamik. Terapi murottal sebagai salah pengobatan secara komplementer untuk menurunkan tekanan darah tinggi dan terapi yang efisien, dan mudah diterapkan oleh setiap individu.

Tujuan: Untuk mengetahui efektifitas terapi murottal Al-Qur'an dalam menurunkan reaktivitas kardiovaskular terhadap *handgrip* pada pralansia hipertensi.

Metode Penelitian: Desain penelitian *quasy experiment pretest-postest non equivalent control group*. Teknik sampling yaitu *non probability sampling (nonrandom)* dengan teknik *quota sampling* sebanyak 60 pralansia hipertensi dikelompokkan secara *nonrandom* (n=30) kelompok intervensi (nomor ganjil), dan (n=30) kelompok kontrol. Subyek penelitian diberikan tes *isometric handgrip* selama 3 menit dan diukur setelah periode istirahat selama 5 menit, kemudian diberikan terapi murottal Al-Qur'an surat Ar- Rahman selama 15 menit selama 3 hari berturut-turut dan dievaluasi di hari ke-3 pada variabel TD, nadi, dan MAP dengan tensimeter digital. Data di analisa dengan uji *Independent T-Test*

Hasil: Kedua kelompok tidak berbeda bermakna dalam karakteristik. Respon meningkatnya tekanan darah sistolik lebih tinggi secara bermakna terhadap reaktivitas kardiovaskular (*p-value < 0,05*). Kelompok yang diberikan terapi murottal Al-Qur'an menunjukkan secara bermakna adanya respon positif terhadap penurunan tekanan darah sistolik (delta $-12,97 \pm 8,34$ mm Hg vs delta $3,50 \pm 9,96$ mm Hg; *p-value = 0,000*), tekanan darah diastolik (delta $-7,07 \pm 6,85$ mm Hg vs delta $0,30 \pm 7,56$ mm Hg; *p-value = 0,000*), dan MAP (delta $-9,26 \pm 5,81$ vs delta $1,25 \pm 6,88$ mm Hg; *p-value=0,000*) terhadap reaktivitas kardiovaskular namun tidak pada nadi (*p-value > 0,05*).

Kesimpulan: Pemberian terapi murottal Al-Qur'an dapat menurunkan tekanan darah sistolik, tekanan darah diastolik, dan MAP terhadap reaktivitas kardiovaskular terhadap *handgrip* pada subyek pralansia hipertensi.

Kata Kunci: Terapi murottal, pralansia hipertensi, reaktivitas kardiovaskular, *handgrip*

EFFECTIVENESS OF AL-QUR MUROTTAL THERAPY IN REDUCING CARDIOVASCULAR REACTIVITY ON HANDGRIP IN PRE-ELDERLY HYPERTENSION

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ABSTRACT

Background: Cardiovascular reactivity is the response of the cardiovascular system when reacting to physical stress or psychological stress that can affect hemodynamics. Murottal therapy as a complementary treatment to reduce high blood pressure and efficient therapy, and easily applied by each individual.

Purpose: To determine the effectiveness of Al-Qur'an murottal therapy in reducing cardiovascular reactivity on handgrip in pre-elderly hypertension.

Method: The design of this research is quasy experiment pretest-posttest non equivalent control group. The sampling technique is non probability sampling (nonrandom) with a quota sampling technique of 60 hypertensive pralansia grouped in a nonrandom (n = 30) intervention group (odd number) and (n = 30) control group. The study subjects were given isometric handgrip test for 3 minutes and measured after a rest period of 5 minutes from the test, then given murottal Al-Qur'an letter Ar-Rahman letter for 15 minutes for 3 consecutive days and evaluated on blood pressure variables, pulse, and MAP with digital tensimeter. Data were analyzed by Independent T-Test.

Result: The two groups did not differ significantly in characteristics. The response to increased systolic blood pressure was significantly higher for cardiovascular reactivity to the handgrip with a p-value <0.05. The group given murottal Al-Qur'an therapy showed a significant positive response to a decrease in systolic blood pressure (delta $2,97 \pm 8,34$ mm Hg vs delta $3,50 \pm 9,96$ mm Hg; p-value = 0,000), diastolic blood pressure (delta $-7,07 \pm 6,85$ mm Hg vs delta $0,30 \pm 7,56$ mm Hg; p-value = 0,000), and MAP (delta $-9,26 \pm 5,81$ vs delta $1,25 \pm 6,88$ mm Hg; p-value=0,000) to cardiovascular reactivity but not to the pulse (p -value> 0.05).

Conclusion: Murottal Al-Qur'an therapy can reduce systolic blood pressure, diastolic blood pressure, and MAP on cardiovascular reactivity on handgrip in pre-elderly hypertension.

Keyword: Murottal therapy, pre-elderly hypertension, cardiovascular reactivity, *handgrip*