

CHAPTER I

INTRODUCTION

1.1 Research Background

WHO (World Health Organization) stated that in 2015 approximately 1.13 billion people in the world suffering from hypertension, which means that 1 in 3 people in the world is diagnosed with hypertension.¹ The WHO also indicated that Southeast Asia has 36% of hypertension cases among adults.² The prevalence of hypertension in Indonesia according to the results of Riskesdas in 2018 was 34.1%.³ Hypertension has become a global issue and a triggering factor for non-communicable diseases such as heart disease, stroke and others which are currently the leading cause of death in the world.⁴

Hypertension has the nickname silent killer because patients do not check their blood pressure so patients unaware that they suffering from hypertension.⁵ Hypertension is defined as a systolic blood pressure over 140 mmHg and diastolic blood pressure over 90 mmHg when measured twice at 5-minute intervals at rest.⁶ Hypertension occurs due to the narrowing of blood vessels which forces the heart to work harder in pumping blood.⁷ High blood pressure increases the risk of

¹ Dimas Utomo Hanggoro Putro, Wati Jumaiyah, and Masmun Zuryati, "Teknik Relaksasi Napas Dalam dengan Kombinasi Dzikir Asmaul Husna terhadap Tekanan Darah pada Pasien Hipertensi," *Jurnal Keperawatan Silampari* 6, no. 2 (June 30, 2023): 1951–64.

² Rastia Irmachatshalihah and Yunie Armiyati, "Murottal Therapy Lowers Blood Pressure in Hypertensive Patients," *Media Keperawatan Indonesia* 2, no. 3 (October 4, 2019): 97.

³ Hafizh Qalbi and Madyo Maryoto, "Efektifitas Pemberian Foot Massage Dan Murotal Al-Quran Pada Pasien Lansia Dengan Hipertensi," *Jurnal Inovasi Penelitian* 4, no. 5 (2023).

⁴ Ikit Netra Wirakhmi, Tin Utami, and Iwan Purnawan, "Comparison of Listening Mozart Music With Murotal Al Quran on the Pain of Hypertension Patients," *Jurnal Keperawatan Soedirman* 13, no. 3 (December 26, 2018): 100.

⁵ Rika Lisiswanti and Dea Nur Aulia Dananda, "Upaya Pencegahan Hipertensi," *Majority* 5, no. 3 (2016).

⁶ Adivtian Ragayasa, Sylvina Rahmawati, and Emdat Suprayitno, "The Effect of Psychoreligy Dzikir Intervention on Self Efficacy and Blood Pressure on Hypertension," *Journal Of Nursing Practice* 5, no. 2 (April 29, 2022): 248–54.

⁷ Pipin Nurhayati, "Manfaat Terapi Murottal Al – Qur'an Untuk Menurunkan Hipertensi Pada Lansia Di Posyandu Lansia Melati Tegal Senggotan Tirtonirmolo Kasihan Bantul Yogyakarta," *Jurnal Pengabdian Masyarakat* 1, no. 2 (2023).

complications and can lead to stroke, myocardial infarction, heart failure, kidney failure and blindness.⁸

Hypertension that is not accompanied by therapeutic measures will affect the function of other organ systems potentially shortening life expectancy by 10-20 years.⁹ The management of hypertension can be divided into two, namely pharmacological therapy and non-pharmacological therapy. The application of pharmacological therapy the use of antihypertensive medications to lower blood pressure. Therapy with antihypertensive medications is considered in long-term therapy so it incurring higher costs.¹⁰ Commonly used antihypertensive medications include diuretics, β -blockers, ACEI (Angiotensin Converting Enzyme), ARB (Angiotensin Receptor Bloker), and CCB (Calcium Chanel Bloker).¹¹ The management of hypertension will gradually affect the patient's quality of life.

Signs and symptoms of the disease can lead to a decrease in the quality of life of the sufferer, namely disturbances in the patient's physical, psychological, social, and environmental health functions.¹² Several studies have indicated that hypertension has a significant impact on reducing the quality of life of patients, especially on pharmacological treatment factors. Data shows that the effectiveness of antihypertensive therapy is only about 15-20%, and remains relatively low in controlling blood pressure. Only 10% of patients reported benefits in lowering

⁸ Agustina Boru Gultom, Abdul Hanif Siregar, and Syarif Zen Yahya, "Korelasi Stress dan Kualitas Hidup Pasien Hipertensi," *Jurnal Kesehatan Vokasional* 3, no. 2 (November 1, 2018): 90.

⁹ Ega Apriliani, Burhanuddin Basri, and Egi Mulyadi, "Aplikasi Terapi Murottal Al-Quran Terhadap Tekanan Darah Pada Penderita Hipertensi Di Wilayah Kerja Puskesmas Nagrak Cianjur," *Jurnal Lentera* 4, no. 1 (July 31, 2021): 17–27.

¹⁰ Della R. Stiadi, Retnosari Andrajati, and Yulia Trisna, "Analisis Efektivitas Biaya Terapi Kombinasi Amlodipin-Kandesartan dan Amlodipin-Ramipril pada Pasien Hipertensi dengan Komplikasi Diabetes Melitus Tipe 2 Rawat Jalan di RSUPN Dr. Cipto Mangunkusumo," *Indonesian Journal of Clinical Pharmacy* 9, no. 4 (December 10, 2020): 271.

¹¹ Budi Supraptia, "Permasalahan Terkait Obat Antihipertensi Pada Pasien Usia Lanjut Di Poli Geriatri RSUD Dr.Soetomo, Surabaya," *Jurnal Farmasi Dan Ilmu Kefarmasian Indonesia* 1, no. 2 (2014).

¹² Ferdy Lainsamputty et al., "Aktivitas Fisik Dan Korelasinya Dengan Kualitas Hidup Pada Pasien Hipertensi: Physical Activity And Its Correlation With Quality Of Life Among Patients With Hypertension," *Jurnal Ilmiah Keperawatan (Scientific Journal of Nursing)* 8, no. 4 (October 31, 2022): 584–91.

blood pressure after taking medication.¹³ Therefore, the use of alternative methods is necessary to reduce the issues of hypertensive patients.

One alternative non-pharmacological therapy that can accelerate the healing process of hypertension is taking a spiritual approach such as listening to the Qur'an. As mentioned in the Qur'an Surah Al-Isra verse 82 which reads:

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا

" We have sent down from the Qur'an a remedy and a mercy for those who believe, and the Qur'an does not add to the wrongdoers anything but evil".¹⁴

Listening to the Qur'an has a positive impact on overcoming stress or anxiety in hypertensive patients. Listening to the Qur'an is a therapy that is very easy to do and affordable, but can affect tension or relaxed conditions in a person. The sound produced will be due to the activation of the endorphin hormone so that it can feel more relaxed in the body of someone who is experiencing stress or anxiety.¹⁵

The sound that comes from listening to the Qur'an naturally lowers adrenaline and activates endorphins. This can increase feelings of relaxation and divert attention from anxiety, tension and can reduce blood pressure, thereby accelerating the healing process of the disease and improving the quality of life of hypertensive patients.¹⁶ Based on the description above, researcher is interested in examining the factors associated with the incidence of hypertension at the Jogorogo Health Center, Jogorogo Village, Jogorogo District, Ngawi Regency, East Java.

¹³ Dewi Kurniawati and Pera Putra Bungsu, "The Effect of Progressive Muscle Relaxation and Hearing Holy Quran Sound on The Quality of Life Among Elderly with Hypertension," *International Journal of Health and Medical Sciences* 7 (March 24, 2021).

¹⁴ *Al-Quran Karim, Surat Al-Isra Ayat 82*, n.d.

¹⁵ Violita Siska Mutiara, Vivian Nanny Lia Dewi, and Fitri Hidayati, "Efektivitas Terapi Murottal Al Quran Untuk Menurunkan Tingkat Kecemasan Ibu Hamil Trimester Iii : Literature Review," *Jurnal Bidan Mandira Cendikia* 2, no. 1 (2023).

¹⁶ Friska Ambarwati, "Intervensi Kombinasi Pemberian Swedish Back Massage Technique Dan Murottal Al-Qur'an Surah Ar-Rahman Di Desa Kemutug Kidul Kecamatan Baturraden Kabupaten Banyumas," *Jurnal Inovasi Penelitian* 3, no. 4 (2022).

1.2 Research Problems

The formulation of the problem in this research is :

1. What is the effect of listening to the Qur'an combined with antihypertensive therapy on lowering blood pressure in hypertensive patients?
2. What is the effect of listening to the Qur'an combined with antihypertensive therapy on improving the quality of life in hypertensive patients?

1.3 Research Objectives

The objectives of this research are:

1. Knowing the effect of listening to the Qur'an with antihypertensive therapy in lowering blood pressure and improving the quality of life of hypertensive patients.
2. Knowing the significant effect of listening to the Qur'an with antihypertensive therapy in reducing blood pressure and improving the quality of life of hypertensive patients.

1.4 Research Benefits

1. Theoretical Benefits

The results of this study can be used as reference material for further research on the effect of listening to the Qur'an in lowering blood pressure and improving the quality of life of hypertensive patients from medical and spiritual aspects.

2. Practical Benefits

The results of this study are expected to add to the repertoire of science and add insight to readers, especially the listeners of the Qur'an about the effect of listening to the Qur'an as a safe and effective alternative therapy to reduce blood pressure and improve the quality of life of hypertensive patients.

1.5 Authenticity of Research

Research on the effect of listening to the Qur'an with antihypertensive therapy in reducing blood pressure in patients with hypertension has been conducted by several researchers as shown in table 1 below.

Table 1 Authenticity of Research

Research Title	Research Methods	Variable	Result	Research Differences
Influence Listen Al- Recitation The Qur'an On Muslim Patients Hypertension What is not Controlled Present Clinic Therapy First di Kelantan Malaysia: Random Trial Control ¹⁷	Experimental	Depend on: Decline blood pressure Independent: Listen The Qur'an	In the intervention group, Average change systolic blood pressure and diastolic are -5.9 and -3.8mmHg As for the beat, The heart is -4.06 bpm. In the control group, Average change systolic blood pressure and diastolic is -1.68 and -1.84 each mmHg while the beat heart -1.39 bpm. The results showed statistically significant (P value = 0.001).	Depend on: Decline blood pressure and improve quality of life
The Effect of Qur'anic Murrotal Therapy on Stress Hypertensive Patients in the Internal Medicine Room of Wales Hospital Cirebon ¹⁸	quasi-experiment	Dependent : Reducing Stress of Hypertensive Patients Independent : Listening to the Qur'an	The average before being given the Qur'anic murrotal was 21.18. Average respondents' stress levels The intervention group after being given audio the murrotal of the Qur'an is 16.23. Average stress levels of group respondents The control on the first day was 20.23. There is a significant difference in the average Stress levels of hypertension patients in the group intervention and control.	Depend on: Decline blood pressure and improve quality of life Independent: Listening therapy The Qur'an

¹⁷ Daud Norwati, "The Effect of Listening to Al-Quran Recitation among Uncontrolled Hypertensive Muslim Patients Attending Primary Care Clinic in Kelantan, Malaysia: A Randomised Control Trial," *Journal IMJM* 22, no. 1 (2023).

¹⁸ Sri Susilawati, Sri Nurcahyati, and Ahmad Syaripudin, "Effects Of Murottal Al-Quran Audio Therapy In Stress Of Hypertension Patients In Waled General Hospital," *Jurnal Kesehatan Mahardika* 6, no. 1 (February 1, 2019): 32–36.