

## ABSTRACT

*Agus Rahmad Fadillah (2023). Implementation of Murottal Surah Ar-Rahman Therapy for Elderly with Hypertension in the Rumbai Health Center Working Area. Case Study Scientific Work, DIII Nursing Study Program Pekanbaru, Department of Nursing, Riau Health Ministry Polytechnic. Supervisor (I) Idayanti, S.Pd., S.Kep., M.Kes, (II) Ns. Wiwiek Delvira, S.Kep., M.Kep.*

*Hypertension is a problem that cannot be ignored, in everyday life as if it is considered to be no more dangerous than other diseases, but in fact hypertension is one of the non-communicable diseases with the number 3 position in BPJS Health outpatient participants in 2020. The age factor is one of the causes of frequent hypertension in the elderly, supported by a poor lifestyle and ignorance about the disease causing worsening of the health conditions of the elderly diagnosed with hypertension. The purpose of this study is to apply murottal therapy of surah Ar-Rahman to the elderly with hypertension. Case study research will be carried out descriptively with 2 subjects in the working area of the Rumbai Health Center for 7 consecutive days in the morning and evening and will be carried out in April-May 2023. The results of this case study indicate that there has been a decrease in blood pressure in subject 1 on the first day 160/100 mmHg to 150/80 mmHg, subject 2 also decreased from 150/90 mmHg to 140/80 mmHg. Murottal therapy of Surah Ar-Rahman can routinely reduce blood pressure because endorphin homons will naturally be active, increase feelings of comfort and as a distraction from anxiety.*

*Keywords: Elderly, Hypertension and Murottal Therapy*