

## The Effectiveness of Murottal Therapy of Surah Al Mulk on Blood Pressure in Elderly People with Isolated Systolic Hypertension

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### ABSTRACT

**Introduction:** Hypertension is a common health problem in the elderly and can increase the risk of cardiovascular complications. One non-pharmacological therapy that is believed to be effective is the murottal therapy of Surah Al-Mulk which provides a spiritual relaxation effect and can help lower blood pressure. This study aims to determine the effectiveness of murottal therapy of Surah Al-Mulk on blood pressure in elderly people with hypertension at the Elderly Posyandu Lansia (Elderly Health Post) in Kebonsari Village

**Methods:** The research design used a quantitative descriptive approach with a one-group pre- and post-test design. The sample of this study was 52 elderly people selected using a purposive sampling technique. Data collection was carried out through blood pressure observations before and after the administration of murottal therapy of Surah Al-Mulk.

**Results:** The results of the Wilcoxon test showed a significant difference in blood pressure before and after murottal therapy ( $p = 0.034 < 0.05$ ), with an average decrease in systolic blood pressure from 153.46 mmHg to 144.69 mmHg.

**Conclusion:** These results indicate that Surah Al-Mulk recitation therapy is effective in lowering blood pressure in elderly people with hypertension. This therapy can be used as a non-pharmacological intervention that is practical and easy to implement.

**Keywords:** Hypertension, Elderly, Blood Pressure, Murottal Therapy, Surah Al-Mulk

### Introduction

Hypertension is one of the most common health issues among the elderly. This condition significantly increases the risk of cardiovascular complications such as heart attack, kidney failure, and stroke, all of which can significantly reduce the quality of life of older adults (Suciana et al., 2020). Global statistics show that the incidence of hypertension continues to increase with age. In Southeast Asia, the hypertension rate reaches 36%, while in East Java Province, the figure is 19.96%. In Jember Regency,

specifically at the Elderly Posyandu (Health Post for Elderly) in Kebonsari Village, 60 of the 160 registered elderly individuals have hypertension. This data indicates the need for efficient and socially acceptable solutions to address hypertension in the elderly (International and Hypertension, 2021; Al Fariqi, 2021).

Blood pressure is a crucial measure for evaluating heart and blood vessel health. Hypertension, or high blood pressure, is characterized by an increase in systolic blood pressure of 140 mmHg or more, or a diastolic pressure of 90 mmHg or more. Often, this condition shows no obvious signs, making it known as the "silent killer." Hypertension is not only a physical problem but also increases the risk of serious complications, such as stroke, heart disease, and kidney damage, which can negatively impact a sufferer's quality of life (Aminuddin et al., 2020). Several factors that can increase the risk of hypertension include age, an unhealthy lifestyle, obesity, emotional stress, and heredity. In older adults, this risk is even higher due to reduced elasticity in blood vessels and high peripheral resistance. Although medical treatments are widely used, their effectiveness is often affected by side effects and low patient compliance, necessitating alternative treatment approaches that are safe, effective, and easy to implement (Riyada et al., 2024).

A commonly applied solution is non-drug therapy, utilizing a spiritual approach, for example, Quranic recitation therapy. This therapy process involves reciting Quranic verses with appropriate emphasis. A study by Sri Nur Hartiningsih and colleagues (2022) showed that Quranic recitation therapy provides a relaxing effect, reduces blood pressure, and improves autonomic nervous system function by lowering levels of stress hormones such as epinephrine and norepinephrine. Surah Al-Mulk, a surah with rich spiritual meaning, is believed to provide emotional and physiological calm. Several studies, such as those conducted by Hasniati (2022) and Rachmawati and Baehaki (2021), show that this therapy is effective in significantly lowering blood pressure in elderly individuals with hypertension.

Murottal therapy not only functions to lower blood pressure, but also plays a role in strengthening the patient's spiritual dimension, increasing adherence to treatment, and reducing medical costs due to its easy and simple implementation. The effectiveness of this therapy can be increased by using a planned approach that involves regular listening sessions. Considering this, and the high prevalence of hypertension in

the Elderly Posyandu (Integrated Health Post) in Kebonsari Village, researchers are interested in conducting research on the effect of Murottal Surah Al-Mulk therapy on blood pressure in elderly people with hypertension, to contribute to the development of practical and appropriate spiritual-based care interventions for the elderly.

In nursing, a holistic approach involving physical, mental, social, and spiritual aspects is crucial in caring for the elderly. Elderly individuals with hypertension often experience anxiety, worry about potential complications, and a sense of helplessness. despair, which in turn impacts their blood pressure. Methods that calm the mind and provide peace of mind are thought to improve their physical condition; one such method is Murottal therapy. This strategy offers additional benefits because it not only has preventative and curative effects but also improves the mental and emotional health of the elderly.

Furthermore, as a non-drug treatment, Murottal plays a significant role in various aspects of Indonesian culture and beliefs, the majority of whom are Muslim. Listening to Quranic recitations has a similar effect to music therapy, but with deeper spiritual values. Murottal can help older adults feel more at peace and closer to the Creator, which can increase their sincerity and acceptance of their health conditions. With its simple approach, no special equipment required, and the ability to be performed independently, Murottal therapy has the potential to become an accessible and acceptable alternative for many.

Therefore, this study is crucial to scientifically demonstrate the effectiveness of Murottal Surah Al-Mulk therapy in lowering blood pressure in elderly individuals with hypertension. Based on the available evidence, it is hoped that this therapy can be implemented as a standard non- pharmacological intervention method in healthcare services for the elderly, particularly in Posyandu Lansia (Lansia Integrated Health Posts). In addition to its clinical impact, this therapy also has the potential to strengthen the role of nurses in providing services that focus not only on physical healing but also encompass spiritual aspects as part of efforts to improve the overall quality of life for the elderly.

Isolated Systolic Hypertension (ISH) is a form of hypertension characterized by elevated systolic pressure ( $\geq 140$  mmHg) while diastolic pressure remains normal ( $< 90$  mmHg). This condition is most common in the elderly population and is caused by

decreased elasticity of large arteries due to the aging process. As a result, systolic pressure increases in response to the reduced ability of blood vessels to respond to changes in blood volume during systole. ISH is closely associated with an increased risk of cardiovascular events, including stroke and coronary heart disease, even greater than typical hypertension accompanied by elevated diastolic pressure (Aminuddin et al., 2020).

Treatment of ISH in the elderly requires a holistic approach, relying not only on pharmacological therapy but also on non-pharmacological interventions such as lifestyle changes. A low-salt diet, weight control, light exercise such as walking, and stress management are important components of intervention. However, in many cases, adherence to lifestyle therapy and medication use in the elderly tends to be low. Therefore, approaches that are more easily accepted and implemented independently by the elderly are needed, such as spiritual-based therapies that provide a calming effect, such as Al-Quran recitation therapy (Riyada et al., 2024).

Murottal therapy is believed to have a calming effect on the autonomic nervous system, reduce sympathetic nervous system activity, and lower heart rate and systolic blood pressure. Several studies have shown that listening to the Quran can have beneficial physiological effects, including reducing blood pressure in patients with ISH. Surah Al-Mulk, with its profound meaning, is believed to provide spiritual peace, which in turn can significantly lower systolic blood pressure. This makes murottal therapy a promising non-pharmacological intervention option in the treatment of ISH in the elderly.

## Method

Murottal therapy was conducted in four sessions over a month, each lasting 15 minutes. The recitation of Surah Al-Mulk was played via audio, with the sound level adjusted to be comfortable for the elderly. Data were processed using a statistical method (paired t-test) to evaluate significant differences between blood pressure before and after the intervention. This method was chosen because it can measure the effectiveness of therapy in the same group.

## Results

### 1. Table 1. Characteristics of Respondents

Gender	Amount	Presentation (%)
<b>Age:</b>		
Early elderly (65-74)	45	86.54%
Late elderly (74-84)	7	13.46%
<b>Exercise habits:</b>		
Routine	7	13,46%
Irregular	45	86,54%
<b>Religious Practices:</b>		
Routine	47	90,3%
Irregular	5	9,62%
<b>Al Mulk's understanding</b>		
Understand	12	23,08%
Not understand	40	76,92%
<b>Diet</b>		
Controlled	17	32,7%
Uncontrolled	35	67,3%
<b>Habit Of Smoking</b>		
Smoking	10	19,2%
Non-Smoking	42	80,8%

Table 1 shows the characteristics of the respondents in this study, consisting of 52 elderly people with hypertension at the Elderly Health Post (Posyandu Lansia) in Kebonsari Village. Based on gender data, the majority of respondents were female, which is in line with the demographic trend that women more frequently attend elderly health services at the Posyandu. In terms of age, 86.54% of respondents were in the early elderly category (65–74 years), while the remaining 13.46% were in the late elderly category (74–84 years). This indicates that the majority of participants were still in the relatively functionally active elderly phase.

In terms of lifestyle habits, only 13.46% of respondents exercise regularly, while the majority (86.54%) do not have a regular exercise habit. As many as 90.3% of respondents perform the five daily prayers regularly, indicating a fairly high level of religiosity. However, only 23.08% of respondents understand the contents of Surah Al-Mulk, while the rest do not understand it in depth. Regarding diet management, 67.3% of respondents do not control their eating patterns well, which contributes to high blood pressure. Finally, as many as 19.2% of respondents still have a smoking habit, while the majority (80.8%) do not smoke. These data indicate

that several lifestyle factors such as exercise, diet, and smoking remain challenges in managing hypertension in the elderly, as well as the importance of intervention approaches that are easily accepted and applied by this group, such as murottal therapy.

**2. Tabel 2. Effectiveness of Murottal Therapy of Surah Al Mulk on Blood Pressure in Elderly People with Isolated Systolic Hypertension**

Pressure Blood	Mean	Minimum	Maximum	PStd.Deviation
Pre sistol	153,46	170	170	7,245
Pre diastol	90,67	90	95	1,723
Post sistol	52	144,69	140	155
Post diastol	52	90,00	90	,000
Skor	P value = 0,034 < $\alpha$ 0,05			

Murottal therapy was conducted in four sessions over a month, each lasting 15 minutes. Surah Al-Mulk was played using audio media, with a comfortable volume setting for the elderly. Data analysis was conducted using a statistical test (paired t-test) to determine any significant differences between blood pressure before and after the intervention. This test was chosen because it can evaluate the effectiveness of therapy in the same group. The results of the data analysis aimed to determine whether murottal therapy contributed to lowering blood pressure in the elderly, by setting a significance level of  $\alpha = 0.05$ .

## Discussion

### **Blood Pressure in the Elderly Before Being Given Surah Al-Mulk Recitation Therapy**

Before Murottal therapy was administered, the average blood pressure of the elderly at the Kebonsari Village Elderly Health Post (Posyandu Lansia) was recorded at 153.46 mmHg systolic and 87.31 mmHg diastolic. These figures indicate that the majority of elderly people fall into the category of stage one to two hypertension. This situation indicates significant physical stress, which can increase the risk of cardiovascular complications such as stroke and heart disease. In addition to age, this

increase in blood pressure is also associated with a sedentary lifestyle, a sodium-rich diet, and mental health issues such as untreated anxiety.

The elderly are a highly susceptible age group to high blood pressure due to decreased blood vessel elasticity with aging. Poor adherence to treatment and limited access to health information contribute to the high prevalence of hypertension in this group. Therefore, it is crucial to find interventions that focus not only on medical treatment but also on psychological and spiritual aspects, such as murottal therapy. This approach is believed to increase awareness and comfort in older adults, enabling them to engage in more holistic care.

### **Blood Pressure in the Elderly After Recitation of Surah Al-Mulk Therapy**

After four monthly interventions, the average blood pressure of the elderly decreased. Systolic blood pressure decreased to 144.62 mmHg, while diastolic blood pressure decreased to 83.27 mmHg. This decrease reflects positive physical changes after listening to the recitation of Surah Al-Mulk. Reciting verses from the Quran at a gentle and regular rhythm can provide relaxation benefits, relieves muscle tension, slows the heart rate, and contributes to reducing the activity of the sympathetic nervous system which has an impact on increasing blood pressure.

The effects of this therapy are not only physiological, but also emotional and spiritual. Elderly people who regularly listen to murottal tend to feel calmer, more focused in their worship, and better able to control their emotions. This has direct implications for lowering blood pressure through psychoneuroimmunological pathways. In other words, murottal therapy has a systemic effect that strengthens the harmony between body and soul, making it a safe and easy-to- implement alternative for managing hypertension in the elderly.

### **The Effectiveness of Murottal Therapy on Blood Pressure in the Elderly**

The results of the paired t-test showed a p-value of 0.034 ( $p < 0.05$ ), which means there was a significant difference between blood pressure before and after receiving Surah Al-Mulk murottal therapy. This finding proves that murottal therapy is effective in lowering blood pressure in elderly people with hypertension. This effectiveness is due to the relaxation mechanism generated by murottal recitation, which works to reduce stress hormones such as cortisol and adrenaline. Consequently, blood pressure

decreases because the parasympathetic nervous system is more dominant in regulating the body's response to stressors.

This research aligns with previous studies by Hartiningsih (2022), Hasniati (2022), and Rachmawati and Baehaki (2021), which showed that Murottal therapy can be used as an efficient and affordable non-medical method. This method not only provides physical benefits but also enhances the patient's spiritual aspect, which is particularly important for the elderly. With a holistic approach that encompasses body, mind, and spirituality, Murottal therapy can be implemented as a comprehensive treatment to lower blood pressure and improve the quality of life for the elderly.

## Conclusion

Murottal therapy, as a non-pharmacological intervention, can be a practical, affordable alternative approach that aligns with the spiritual values of older adults, particularly within the context of Indonesian culture. In addition to lowering blood pressure, this therapy also contributes to strengthening inner peace, increasing therapy adherence, and holistically improving the quality of life for older adults. Therefore, this intervention is recommended for routine implementation in community health services, particularly at senior health posts (Posyandu Lansia) for the elderly.

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