

THE EFFECT OF MUROTTAL AL-QUR'AN THERAPY ON CHANGES IN ANXIETY IN THE ELDERLY WITH HYPERTENSION IN THE KALIKOTES HEALTH CENTER WORK AREA

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Abstract

Hypertension has become a global health problem as well as one of the leading causes of death that occurred suddenly so often called "the silent killer", causing increased morbidity including in Indonesia. The prevalence of hypertension in Indonesia indicates a measurement of 34.1% of the population, with the majority of those suffering from such high blood pressure being in the elderly. This real high blood pressure can cause an elderly person to have an anxiety disorder because of his health. Anxiety disorders can affect or worsen the patient's health, and anxiety can stimulate the heart rate and blood pressure. Uncontrolled blood pressure can cause symptoms to progress to organs such as the brain as strokes, as well as coronary heart disease and hypertrophy. The purpose of study: To determine the effect of murottal Al-Qur'an therapy on changes in anxiety in elderly people with hypertension in the Kalikotes Health Center working area. Research methods: The type of research used in this research is quantitative pre-experimental design research with the one group pretest-posttest design method. The sample for this study was elderly people with hypertension with a total sample of 43 respondents. The sampling technique uses purposive sampling. The instrument used was the Zung Self Rating Anxiety (ZRAS) questionnaire. Data analysis using Paired T-Test. Research results: The results of the data normality test, the data distribution in this study is normally distributed, so the correlation test used is the Paired T-Test with ap value of 0.000 ($p < 0.05$). This means that there is a significant reduction in respondents' anxiety scores. Conclusion: There is a strong influence between the implementation of murottal Al-Qur'an therapy on anxiety in elderly people with hypertension in the Kalikotes Health Center working area.

Keywords: *Murottal Al-Qur'an Therapy, Hypertension, Anxiety, Elderly*

INTRODUCTION

Hypertension is a global health problem and one of the main causes of sudden death, so it is often called "the silent killer", causing increased morbidity, disability and high medical costs, including in Indonesia.(Flute, 2018). Hypertension is a condition where the systolic blood pressure in a person's body is more than or equal to 140 mmHg and/or the diastolic blood pressure is more than or equal to 90 mmHg.(Ministry of Health of the Republic of Indonesia, 2023). This condition occurs when the pressure of blood against the artery walls is consistently too high, causing damage to the arteries and increasing the risk of heart disease, stroke, kidney disease, blood vessel disease, and other health problems. According to the World Health Organization (WHO), the incidence of hypertension in the elderly throughout the world, around 972 million people or 26.4% of the world's population suffer from hypertension, it is possible that this figure will increase to 29.2% in 2025.(Hasnawati, 2021). The prevalence of hypertension in Indonesia states that the prevalence of hypertension based on the results of measurements in the population is 34.1%, where the majority of people with hypertension are elderly.(Riskasdas, 2018). The estimated number of hypertension cases in Indonesia is 63,309,620 people, while the death toll in Indonesia due to hypertension is 427,218 deaths. Based on the data, it can be seen that the elderly group aged 55-64 years has the highest prevalence(P2PTM Ministry of Health of the Republic of Indonesia, 2019). Based on the results of Riskasdas (2018), it shows that the prevalence of hypertension in the population aged 55-64 years (54.60%), 65-74 years (64.42%), > 75 years (71.31%). In Central Java Province, hypertension still occupies the largest proportion, which is 76.5%.(Health Profile of Central Java Province, 2021). Klaten Regency itself is one

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of the regencies in Central Java that has a burden of non-communicable diseases including hypertension. The average number of hypertension cases in Klaten Regency in 2022 was recorded at 11,206 cases and then increased to 12,227 cases in 2023. This figure is included in the five diseases that are the main health problems in Klaten Regency. Research conducted by Uswandari in 2017 proved that the blood pressure of people with anxiety was relatively higher than those who were not anxious.(Nabilla et al., 2021). Anxiety disorders in the elderly are characterized by difficulty sleeping, restlessness, frequent shaking, worry, disappointment, often being alone. Anxiety problems experienced can affect or worsen the patient's health, and anxiety can stimulate heart rate and blood pressure. Sukma's 2018 study found that people with hypertension felt mild anxiety around 75%. The Geriatric Mental Health Foundation found anxiety as the most common mental health problem in the elderly(Sonza et al., 2020). The higher the anxiety, the lower the activities of daily living in the elderly.

Excessive anxiety disorders can cause uncontrolled blood pressure increases that cause further symptoms to organs such as the brain in the form of stroke, and the heart in the form of coronary heart disease and hypertrophy. Specifically, psychosocial stressors associated with anxiety disorders increase catecholamine circulation. Increased risk of hypertension and pro-inflammatory states can develop into coronary heart disease (CHD). The patient's anxiety can be overcome in various ways, both pharmacologically and non-pharmacologically (Novitasari & Fitriana, 2020). Pharmacological treatment is in the form of administering drugs, such as anti-anxiety drugs (benzodiazepine and buspirone groups) and antidepressants. Non-pharmacological treatment can be in the form of lifestyle modifications in the form of stress management, anxiety and reducing salt as well as aerobic exercise and yoga, diet therapy, music therapy by listening to the recitation of the Al-Qur'an and progressive relaxation therapy.

Al-Quran murottal therapy is a recording of the voice of the Qur'an sung by a qori'. When the Qur'an murottal is played, the ear will receive it in the form of audio vibrating the eardrum and shaking the ear fluid. In the Qur'an, there are verses related to medical science to provide healing therapy for physical illnesses and psychological illnesses in the form of heart and soul diseases including anxiety, sadness, and an uneasy heart. By listening to Al-Qur'an murottal therapy, it will provide a calming effect on the body because there is a decrease in the hormones epinephrine, dopamine, and cortisol. This decrease occurs because the recitation of the Qur'an stimulates the hypothalamus of the brain to produce neuropeptides that stimulate receptors in the body and will provide feedback in the form of pleasure and comfort so as to reduce high blood pressure.(Mulianda & Umah, 2021b). Based on the data and explanation above, the researcher is interested in conducting a study on "The Effect of Murottal Al-Qur'an Therapy on Anxiety in the Elderly with Hypertension" in 2024.

METHOD

The type of research used in this study is a quantitative pre-experimental design study with a one group pretest-posttest design approach method. This research was conducted in the work area of the Kalikotes Health Center, Kalikotes District, Klaten Regency, Central Java, conducted in December 2023-March 2024. The population studied was the elderly with hypertension in the work area of the Kalikotes Health Center as many as 55 respondents. The sample studied was the elderly with hypertension in the work area of the Kalikotes Health Center as many as 48 respondents. Sampling used a purposive sampling technique.

RESULTS AND DISCUSSION

Table 1 Frequency Distribution of Respondent Characteristics Based on Age, Gender, Education, and

Table 1: Frequency Distribution of Responses by Characteristics Based on Age, Gender, Education, and Occupation		
Characteristics	Frequency	Percentage (%)
Age		
60-69	24	55.8%
70-79	15	34.9%
>80	4	9.3%
Total	43	100%
Gender		
Man	9	20.9%
Woman	34	79.1%
Total	43	100%
Education		
SD	32	74.4%

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JUNIOR HIGH SCHOOL	7	16.3%
SENIOR HIGH SCHOOL	3	7%
COLLEGE	1	2.3%
Total	43	100%
Work		
Work	32	74.4%
Doesn't work	11	25.6%
Total	43	100%

Source: Primary Data, 2024

Based on the results of the study on the age of the respondents, it was found that out of 43 respondents, all of them were elderly people who experienced hypertension with the largest number of respondents in the age range of 60-69 years, namely 24 respondents (55.8%). The results of this study are in line with research conducted by Syarif Hidayatullah in 2018, the results of the study showed that the variable of anxiety level has a relationship with the age of the elderly with hypertension, meaning that the older the age of the elderly with hypertension, the greater the influence on the level of anxiety of the elderly with hypertension.(Hidayatullah, 2018). Based on the results of the study that has been conducted in the Kalikotes Health Center Work Area on 43 respondents, 34 respondents (79.1%) of whom were women, while the remaining 9 respondents (20.9%) were men. The results of this study are in line with the research conducted byAmelia et al., (2024) Amelia et al., (2024)which explains that gender factors can significantly influence anxiety levels in the elderly. The study also found that women have a higher risk of anxiety than men.(Amelia et al., 2024).

Based on the results of the research that has been conducted in the Kalikotes Health Center Work Area on 43 respondents, the majority of respondents have education up to elementary school (SD) as many as 32 respondents (74.4%). The results of this study are in line with the theoryNotoatmodjo, (2015)which states that the higher the level of education, the easier it will be for someone to accept things and adapt more easily.(Notoatmodjo, 2015). Education affects the learning process, so the higher a person's education, the easier it is for that person to receive information. A person with a higher education will tend to easily accept the stimulus of listening to murottal given by the researcher. The more information that comes in, the more knowledge is gained about adaptive coping in dealing with anxiety. Based onThe results of the study that has been carried out in the Kalikotes Health Center Work Area on 43 respondents, 32 respondents (74.4%) of whom are still working. The results of this study are in line with the research carried out by(2020)which explains that work can affect the level of anxiety in the elderly, this can be seen from the amount of income, type of work, number of working hours, and work relations. The type of work is a factor causing the amount of income that is lacking or sufficient. Elderly people who have a low income can trigger anxiety.

Table2Anxiety Levels in Elderly with Hypertension

Category	<i>Pre Test</i>		<i>Post Test</i>	
	Frequency	Percentage	Frequency	Percentage
Mild anxiety	12	27.9%	37	86%
Moderate anxiety	22	51.2%	6	14%
Severe anxiety	9	20.9%	-	-
Total	43	100%	43	100%

Source: Primary Data, 2024

From the results of the research that has been conducted in the Kalikotes Health Center Work Area, it was found that from a total of 43 respondents, for the level of anxiety before being given murottal Al-Qur'an therapy, 12 respondents were included in the mild anxiety category (27.9%), 22 respondents in the moderate anxiety category (51.2%), and 9 other respondents were included in the severe anxiety category (20.9%). While for the level of anxiety of respondents after being given murottal Al-Qur'an therapy, 37 respondents were in the mild anxiety category (86%) and 6 respondents were in the moderate anxiety category (14%).

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Table 3 Influence Recitation of the Qur'an Therapy

Pretest-Post Test	Results
Mean	12,3488
Std. Deviation	4,11087
Sig. (2-tailed)	0,000

Source: Primary Data, 2024

Based on the results of the data analysis conducted, from a total of 43 respondents before listening to the Al-Qur'an therapy murottal, they had an average anxiety score of 50.0465, where the score is categorized as being in the moderate anxiety category. The results of the study are in line with research conducted by Hajiri et al., (2019), showed that the pretest results showed that 53.3% experienced severe anxiety with an average value of 3.2 ± 0.676 . There was a decrease in anxiety after murottal was carried out. In the post-test measurement, it was found that most respondents experienced severe anxiety as much as 40.0% with an average value of 2.4 ± 0.507 .

CONCLUSION

From the results of the study and data analysis, it can be concluded that based on the results of the study, the effect of murottal Al-Qur'an therapy on anxiety in the elderly with hypertension in the work area of the Kalikotes Health Center, seen from the results of the p-value of 0.000 which means p-value <0.05 , meaning that there is an effect of murottal Al-Qur'an therapy on anxiety in the elderly with hypertension in the work area of the Kalikotes Health Center. The results of this study prove that there is a significant effect between murottal Al-Qur'an therapy on changes in anxiety in the elderly with hypertension, so it is hoped that the elderly who have anxiety can make murottal Al-Qur'an therapy a non-pharmacological therapy option that does not cause side effects in overcoming anxiety.

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