



THE EFFECT OF PROGRESSIVE MUSCLE RELAXATION AND QUR'AN MUROTTAL TO OLDER PEOPLE HYPERTENSION

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Abstract

Objective: The study was to determine the effect of progressive muscle relaxation and the Qur'an-Murottal on blood pressure in Older People hypertensive. Progressive muscle relaxation is stretching certain muscles and subsequently relaxing them. Qur'an-Murottal is the activity of listening to the Koran via MP3 and following it in your heart. **Method:** This research is a quasi experiment. The sampling method used was purposive sampling. The sample consisted of two groups of elderly people with hypertension. 15 people in the intervention group were given progressive muscle relaxation treatment and Koran-Murottal medication for 3 consecutive days and 23 people in the control group only had blood pressure checks for 3 consecutive days. Data processing using Mann Whitney. **Result:** The result *P value* for systolic blood pressure was 0.007 and the diastolic *P value* was 0.03, which means that there is an effect of the implementation of progressive muscle relaxation and the Qur'an-Murottal on blood pressure in Older People hypertension. **Conclusion:** Progressive muscle relaxation and Qur'an-Murottal can lower blood pressure and it is highly recommended for health practitioners who care for the Older People carry out these activities as a companion in lowering blood pressure in hypertensive older people.

Keyword : Older People;Hypertension;Progressive muscle, Relaxation;Qur'an Murottal

Introduction

Hypertension is a health problem that is often found in the older people, as evidenced by 10 older people people, 8 people experience hypertension health problems¹. Older people with hypertension problem certainly really need proper care so that they can improve their health optimally².

Hypertension health problems at this time are caused by psychological factors called *Somatopsychics*, physical illnesses caused by psychics such as anxiety, depression and other psychological illnesses³. Nurses as health service providers to the community certainly provide a role to help hypertensive older people.so that skills are needed to deal with their health problems, one of the interventions that can be given is relaxation⁴.

One of the relaxation that is given is progressive muscle relaxation and Qur'an-Murottal. A research suggested a progressive

muscle relaxation effect on blood pressure in the older people with *P Value* 0.001 in systolic blood pressure and a *P value* of in hypertensive older people with a *P value* of 0.07 for systole and 0.05 on diastolic *P value*⁵.

Research on the murotal Qur'an in hypertensive clients showed that Qur'an-Murottal obtained a *P Value* of 0.000 for systolic blood pressure and for diastolic blood pressure, the *P value* was 0.005.This means that the murotal Qur'an can affect a decrease in blood pressure in clients with hypertension, further research was conducted⁶.

From this background, the researchers will carry out a combination of the implementation of progressive auto relaxation and Murotal Qur'an in the older people with hypertensive health problems and see if there is an effect on blood pressure in hypertensive older people 0.005 in diastolic blood pressure. A research states that there is an effect of progressive



muscle relaxation⁷

Method

This study used a quasi-experimental design which was carried out in the working area of Puskesmas Guguk Panjang, Bukittiggi City. The method of sampling using Purpesive. The research sample consisted of 15 people as the intervention group and 23 people as the control group. The implementation of progressive muscle relaxation and Qur'an-Murrotal was carried out in the intervention group for 3 days with the initial implementation of progressive muscle relaxation then carried out by the Qur'an-Murottal. Blood pressure was measured before the implementation of progressive muscle relaxation and the Koran-Murottal and after the implementation of progressive muscle relaxation of the Qur'an-Murottal. And the control group only had blood pressure checks for 3 consecutive days. Furthermore, the data were processed using Mann Whitney.

Results

In this study, the distribution of data is not normal and using Mann Whitney data processing, the results of this study can be seen as follows

Table 1.
Demographics of Respondents

Respondent Characteristics	Interven tion Group (n=15)	%	Control Group (n=23)	%
Age	70.33 ± 128		69.13 ± 7.097	
Gender				
Man	2	13,3	8	34.8
Woman	13	86,7	15	65.2
Education				
Primary School	5	33.3	6	26.1
Junior High School	3	20	4	17.4
Senior High School	3	20	10	43.5
Collage	4	26.7	3	13

Marital status				
Married	6	40	16	69.6
Widower/wido w	9	60	7	30.4

Table 2
Blood Pressure of Hypertensive older People Pre and Post Progressive Muscle Relaxation Interventions and Qur'an-Murotal

Average Systolic Blood Pressure	Mean	SD	P Value
Intervention Group	140.32	±14.61	0.007
Control Goup	141.96	±10.28	
Average diastole Blood Pressure Pre	Mean	SD	P Value
Intervention Group	132.8	±13.036	0.003
Control Goup	141.3	±11.146	
Average diastole Blood Pressure pre	Mean	SD	P Value
Intervention Group	84.58	± 5.856	0.003
Control Group	85.65	±5.359	
Average diastole Blood Pressure pre	Mean	SD	P Value
Intervention Group	81.13	±5.939	0.003
Control Group	83.41	±5.584	

Discussion

From the results of the study of progressive muscle relaxation and Qur'an-Murotal which was carried out for 3 days with a total sample of 15 intervention participants and 23 control participants. get the *P value* in the intervention group 0.007 at systolic pressure and diastole in the intervention group with a *P value* of 0.003.



2. Di larang mengumunkan dan memperbanyak sebagian atau seluruh karya tulis ini dalam bentuk apapun tanpa izin Universitas Riau.

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From these results it can be interpreted that there is the effect of deep breath relaxation on the blood pressure of the older people with hypertension problems. The results of this study are in line with research conducted which states that there is an effect of progressive muscle relaxation with a *P value* in the intervention group of 0.001 on systolic blood pressure and a *P value* of 0.005 in the intervention group on diastolic blood pressure in the intervention group⁵. Further supporting research stated the effect of progressive muscle relaxation on blood pressure in the older people with intervention health problems as evidenced by a *P value* of 0.017 in the intervention group⁷. Next Research States that there is a decrease in blood pressure after progressive muscle relaxation in clients with hypertension with a *P value* of 0.000 in the intervention respondent and 0.005 in the intervention group⁸.

The next research conducted stated in his research that respondents who carried out the implementation of the Qur'an-Murrotal obtained a *P value* of 0.0000 for systolic blood pressure in the intervention group and 0.005 for the diastolic blood pressure in the intervention group⁶. Next research explaining the effect of the Qur'an-Murrotal on blood pressure, the was 0.000 on systolic blood pressure in the intervention group and on diastolic blood pressure was obtained at 0.001 in the intervention group⁹. Further research stated the same thing with previous studies with *P value* on blood pressure in the intervention group with *P Value* 0.006 in the intervention group¹⁰. From the description of the results of the research that has been carried out and the supporting research described, it can be concluded that there is an effect of progressive muscle relaxation and Qur'an- Murotal on blood pressure, especially in Older People hypertensive. Implementation of progressive muscle relaxation and Qur'an-Murotal are interventions given to the relaxation process for clients^{10, 8, 11, 12, 6}.

The health problem of hypertension is closely related to this psychological problem³.

Hypertension health problems at this time are more influenced by psychological health, this means that people who experience psychological problems will increase their blood pressure and we realize that the older people are very vulnerable to the occurrence of psychological problems, are more prone to stress and this is a factor that causes their blood pressure to increase.

Furthermore, the process of this research is very liked by the elderly because basically the movements carried out are not so draining and the existence of the Qur'an – Murotal becomes an attraction for the elderly to do this. Exercise and movements that do not drain energy during the implementation of progressive muscle relaxation, it is supported by changes in the spiritual process in the older people.

Next a study explains the effect of reading and listening to the Al- Qur'an, there is a change in the reaction to reduce nervous tension, resulting in loosening of the arteries and increasing blood levels in the skin and reducing heart rate, then this therapy works on the brain which will stimulate neuropeptide chemicals in brain that will be involved in the receptors so as to increase the comfort of the Clint⁶. Next in the manual for progressive muscle relaxation states that progressive muscle relaxation removes tension in the muscles so that the muscles relax¹¹. As previously blood pressure is caused by stress, so the progressive muscle relaxation process and the Qur'an-Murrotal are indispensable for lowering blood pressure³.

Conclusion

Progressive Muscle Relaxation and Murotal Qur'an are nursing interventions that can be given by nurses to the elderly with hypertensive health problems. The elderly and nurses can easily use this therapy and do not take a long time.

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