

ABSTRAK

PENGARUH MUROTTAL AL-QUR'AN TERHADAP PENGENDALIAN EMOSI (*ANGER MANAGEMENT*) DAN TEKANAN DARAH PADA PENDERITA HIPERTENSI

Choirina Nur Aziza

Fakultas Keperawatan Universitas Airlangga

choirinana@gmail.com

Pendahuluan: Murottal Al-Qur'an merupakan salah satu intervensi non konvensional dalam mengendalikan emosi seseorang yang mempengaruhi tekanan darah pada penderita hipertensi karena dengan mendengarkan murottal Al-Qur'an selama beberapa menit atau jam dapat memberikan dampak positif bagi tubuh seseorang. Tujuan penelitian ini adalah untuk mengetahui pengaruh murottal Al-Qur'an terhadap pengendalian emosi (*Anger Management*) dan tekanan darah pada penderita hipertensi. **Metode:** Penelitian ini menggunakan *quasi-experimental pretest-posttest with two group design*. Total sampel dalam penelitian ini adalah sebanyak 44 responden penderita hipertensi yang ditentukan berdasarkan kriteria inklusi. Analisis ini menggunakan uji *Wilcoxon Signed Ranks Test* dan *Mann-Whitney U Test*. Variabel independen dalam penelitian ini adalah murottal Al-Qur'an dan variabel dependen adalah pengendalian emosi (*Anger Management*) dan tekanan darah. **Hasil:** Hasil penelitian ini menunjukkan perbedaan tingkat pengendalian emosi dengan cara mengatasi emosi negative, mampu menenangkan diri, dapat mengontrol emosi dan dapat menunjukkan respon emosi yang tepat. Pengendalian emosi kelompok perlakuan ($p=0,000$) dan kelompok kontrol ($p=0,001$), pada tekanan darah (sistol $p=0,000$), (diastol $p=0,001$) dan tidak terdapat perbedaan tekanan darah pada kelompok kontrol (sistol $p=0,317$ dan diastole $p=0,705$). Pada Uji *Mann-whitney* pada pengendalian emosi ($p=0,000$), tekanan darah sistol ($p=0,004$) dan tekanan darah diastol ($p=0,064$). **Diskusi:** Mendengarkan murottal Al-Qur'an dapat memberikan dampak positif, karena dapat memberikan ketenangan dan perasaan nyaman yang dapat mengendalikan emosi marah dan tekan darah. Perawat dapat memberikan intervensi mendengarkan murottal Al-Qur'an pada penderita hipertensi untuk mengendalikan emosi marah dan tekanan darah.

Kata Kunci: Murottal Al-Qur'an, Pengendalian Emosi, *Anger Management*, Tekanan Darah, Hipertensi

ABSTRACT

THE EFFECT OF AL-QUR'AN MUROTTAL ON ANGER MANAGEMENT AND BLOOD PRESSURE IN PATIENTS WITH HYPERTENSION

Choirina Nur Aziza

Faculty of Nursing Universitas Airlangga

choirinana@gmail.com

Introduction: Al-Qur'an Murottal is one of the nonconventional interventions in controlling human emotions and influencing blood pressure in patients with hypertension because listening to Al-Qur'an Murottal for several minutes or hours can have a positive impact on one's body. The purpose of this study was to determine the effect of Al-Qur'an Murottal on emotional control (Anger Management) and blood pressure in patients with hypertension. **Methods:** This study used quasi-experimental pretest-posttest with two group designs. The total samples in this study were 44 respondents with hypertension who were determined based on inclusion criteria. Because the normality of data were not normally distributed after being tested, Wilcoxon Signed Ranks Test and the Mann-Whitney U Test were used to analyse this study. The independent variable was Al-Qur'an Murottal and the dependent variables were emotional control (Anger Management) and blood pressure. **Results:** The Wilcoxon Signed Ranks Test showed differences in the level of emotional control in the treatment group ($p = 0,000$) and the control group ($p = 0,001$), blood pressure was different in the treatment group (systolic blood pressure $p = 0,000$ and diastolic blood pressure $p = 0,001$) and there was no difference in blood pressure in the control group (systolic blood pressure $p = 0.317$ and diastolic blood pressure $p = 0.705$). The Mann-Whitney U Test showed differences in the level of emotional control in the treatment group and the control group ($p = 0,000$) and there were differences in blood pressure between the treatment group and the control group (systolic blood pressure $p = 0.004$ and diastolic blood pressure $p = 0.064$). **Discussion:** Listening to Al-Qur'an Murottal can have a positive impact because it can provide calm and a comfortable feeling that can control anger and suppress emotions. So Nurses can provide Al-Qur'an Murottal listening interventions for patients with hypertension that control patients's anger and suppress blood emotions.

Keywords: Al-Qur'an Murottal, Emotion Control, Anger Management, Blood Pressure, Hypertension