

RELAKSASI NAPAS DALAM KOMBINASI MUROTTAL ALQURAN MENURUNKAN TEKANAN DARAH IBU HAMIL

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Article Info	ABSTRAK
Article History: Received 21/08/2026 Revised - Accepted 02/09/2026 Keywords: <i>Pregnancy Hypertensi</i> <i>Deep Breathing Relaxation</i> <i>Qur'anic Murottal</i> <i>Blood Pressure</i> <i>Pregnant Women</i>	Hipertensi merupakan salah satu penyebab meningkatnya angka kesakitan dan kematian pada ibu. Dampak hipertensi tidak hanya pada ibu hamil tetapi juga dapat berdampak pada kesehatan dan keselamatan janin dalam kandungan. Hipertensi pada kehamilan dapat dicegah. Salah satu intervensi yang digunakan adalah intervensi nonfarmakologi. Relaksasi napas dalam efektif menurunkan tingkat stress dan kecemasan pada ibu hamil. Intervensi tersebut akan lebih efektif jika digabungkan dengan intervensi murottal Al Quran. Kedua intervensi tersebut jika digabungkan akan memberi respon kenyamanan dan meningkatkan endorfin sehingga ibu hamil akan merasa rileks dan tekanan darah menjadi stabil. Tujuan penelitian ini adalah untuk mengetahui efektifitas terapi relaksasi napas dalam dengan murottal Al-Qur'an terhadap tekanan darah pada ibu hamil dengan hipertensi di Puskesmas Pattallassang. Penelitian ini menggunakan pendekatan pre eksprimen dengan one group pre dan post test. Sampel sebanyak 18 ibu hamil dengan kriteria inklusi tekanan darah di atas 120 mmHg. Tekanan darah diukur sebelum intervensi kemudian dilakukan intervensi relaksasi napas dalam dan Murottal Al Quran surah Ar Rahman selama 15 menit setiap hari selama tujuh hari. Setelah intervensi dilakukan post test pengukuran tekanan darah. Data dianalisis menggunakan uji Wilcoxon Signed Rank Test. Rerata tekanan darah sistolik pre test sebesar 149,78 mmHg dan diastolik sebesar 95,50 mmHg. Rerata post test tekanan darah sistolik mengalami perubahan menjadi 143,72 mmHg dan tekanan darah diastolik menurun menjadi 89,00 mmHg. Hasil uji Wilcoxon menunjukkan nilai signifikansi $p < 0,001$ pada tekanan darah sistolik dan diastolik ($p < 0,05$). Dari 18 sampel dimana 17 sampel mengalami penurunan tekanan darah dan 1 sampel tetap mengalami peningkatan tekanan darah. Terapi relaksasi napas dalam dengan murottal Al-Qur'an signifikans menurunkan tekanan darah pada ibu hamil dengan hipertensi di Puskesmas Pattallassang.
	ABSTRACT <i>Hypertension is one of the major causes of increased morbidity and mortality among pregnant women. The effects of hypertension are not limited to the mother but may also affect the health and safety of the fetus. Hypertension during pregnancy can be prevented through various interventions, including non-pharmacological interventions. Deep breathing relaxation has been shown to be effective in reducing stress and anxiety levels in pregnant women. This intervention may be more effective when combined with Qur'anic recitation (murottal). The combination of these two interventions may promote comfort, increase endorphin levels, induce relaxation, and thereby help stabilize blood pressure</i>

in pregnant women. The aim of this study was to determine the effectiveness of deep breathing relaxation therapy combined with Qur'anic recitation on blood pressure in pregnant women with hypertension at Pattallassang Public Health Center. This study employed a pre-experimental design using a one-group pre-test and post-test approach. The sample consisted of 18 pregnant women who met the inclusion criteria, namely having a systolic blood pressure above 120 mmHg. Blood pressure was measured before the intervention. The participants then received deep breathing relaxation therapy combined with Qur'anic recitation of Surah Ar-Rahman for 15 minutes once daily for seven consecutive days. After the intervention, blood pressure was measured again as the post-test. The data were analyzed using the Wilcoxon Signed-Rank Test. The mean pre-test systolic blood pressure was 149.78 mmHg, while the mean diastolic blood pressure was 95.50 mmHg. Following the intervention, the mean systolic blood pressure decreased to 143.72 mmHg, and the mean diastolic blood pressure decreased to 89.00 mmHg. The Wilcoxon Signed-Rank Test showed a significance value of $p < 0.001$ for both systolic and diastolic blood pressure ($p < 0.05$). Of the 18 participants, 17 experienced a decrease in blood pressure, while 1 participant experienced an increase in blood pressure. Deep breathing relaxation therapy combined with Qur'anic recitation significantly reduced blood pressure in pregnant women with hypertension at Pattallassang Public Health Center.

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