

PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN
UNIVERSITAS MUHAMMADIYAH SEMARANG

Skripsi, Agustus 2018
Linda Rahma Fitria

Pengaruh murottal Al-Qur'an Surah Ar-Rahman terhadap penurunan tekanan darah pada pasien hipertensi intradialisis

xiv + 66 Halaman + 10 Tabel + 8 Lampiran + 3 Skema + 1 Gambar

Abstrak

Hipertensi intradialisis merupakan terjadinya peningkatan tekanan darah 15 mmHg atau rata-rata (*Mean Blood Pressure / MBP*) selama hemodialisis ≥ 107 mmHg *Chronic Kidney Disease* (CKD). Perawat perlu melakukan upaya untuk mengatasi hipertensi intradialisis dengan terapi non farmakologi antara lain dengan cara menggunakan terapi relaksasi salah satunya adalah murottal. Tujuan penelitian ini yaitu mengetahui pengaruh murottal Al-Qur'an Surah Ar-Rahman terhadap penurunan tekanan darah pada pasien hipertensi intradialisis. Rancangan penelitian *Quasy Eksperiment one group pretest-posttest design*. Penelitian dilakukan 23 Juli-1 Agustus 2018 di Unit Hemodialisa RS Roemani Muhammadiyah Semarang dengan jumlah sampel 18 responden. Hasil uji beda tekanan darah sistolik menggunakan uji *paired sample T-test* didapatkan *p-value 0,000* ($p\text{-value} \leq 0,05$), tekanan darah diastolik dan MAP menggunakan uji *Wilcoxon* didapatkan *p-value 0,001* ($p\text{-value} \leq 0,05$) artinya ada pengaruh murottal Al-Qur'an Surah Ar-Rahman terhadap penurunan tekanan darah pada pasien hipertensi intradialisis di Unit Hemodialisa RS Roemani Muhammadiyah Semarang. Rekomendasi dari penelitian ini agar perawat dapat mandiri untuk memberikan intervensi pada pasien hipertensi intradialisis.

Kata Kunci : Murottal, Ar-Rahman, Tekanan darah, hipertensi intradialisis.
Pustaka : 47 (1980-2018)

**UNDERGRADUATE NURSING STUDY PROGRAM
FACULTY OF NURSING AND HEALTH SCIENCES
UNIVERSITY MUHAMMADIYAH SEMARANG**

Mini Thesis, Agust 2018
Linda Rahma Fitria

Effect of Murottal Al-Qur'an Surah Ar-Rahman to reduce tension on hypertension intradialysis patients.

xiv + 66 page + 10 Table + 8 Attachment + 3 Scheme + 1 Picture

Abstract

Intradialysis Hypertension is a condition when the tension 15 mmHg raised up to the average (*Mean Blood Pressure*) during hemodialysis ≥ 107 mmHg *Chronic Kidney Disease* (CKD). Nurses need to make effort to decrease intradialysis hipertension by during non-pharmacological therapy, such us relaxation therapy one of them is Murottal. The research foccuses on the influence of murottal Al-Qur'an Surah Ar-Rahman to decrease intradialysis hypertension patients. This research used *Quasy Experiment one group pretest-postest design*. The research was conducted on 23 July to 01 Agust in the Hemodialisis Unit RS Roemani Muhammadiyah Semarang on 18 sample or respondents. The results of differences systolyc tension used T-test paired sample that obtained from *p-value* 0,000 ($p\text{-value} \leq 0,05$), diastolic tension and MAP used *Wilcoxon* test that obtained from *p-value* 0,001 ($p\text{-value} \leq 0,05$) it means that there was an influence of Murottal Surah Ar-Rahman to decrease intradialysis hypertension patients at Hemodialisis Unit RS Roemani Muhammadiyah Semarang. Recommendation from research that nurses to be independent action in providing intervention on Intradialysis Hypertension patients.

Keywords : Murottal, Ar-Rahman, blood pressure, intradialysis hypertension
Reference : 47 (1980-2018)