



## Effectiveness of Murottal Therapy on Blood Pressure Reduction in Hypertensive Patients: A Systematic Review

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### Article Information

Revised: March 2025

Available online: April 2025

### Keywords

Blood Pressure, Murottal Therapy, Non Pharmacologic Therapy, Hypertension

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### ABSTRACT

Hypertension is a non-communicable disease with the highest incidence and mortality rate in the world. This study aims to evaluate the effectiveness of murottal therapy on reducing blood pressure in hypertensive patients. This research method uses a systematic review method, with data sources coming from Google Scholar and Garuda Portal. Articles were taken according to the inclusion criteria, namely Quasy-experiment design research, involving hypertensive patients, and full-text articles published in the period 2020-2024. Exclusion criteria included articles that did not meet the full research structure, review-based articles, or articles with content that was not relevant to the topic. From the search results there were 1,414 articles, then there were articles that were in accordance with the research topic and the final analysis results were six relevant articles analyzed using the PRISMA framework. The results of the review showed that murottal therapy was effective in reducing blood pressure, accompanied by significant statistical test results on upper (systole) and lower (diastole) pressure. This therapeutic effect is thought to be related to the ability of murottal to provide relaxation, reduce anxiety, and stabilize hormones that affect blood pressure. This study recommends murottal therapy as a non-pharmacological approach to help manage hypertension.

## INTRODUCTION

Hypertension is a condition known when an individual's blood pressure rises beyond normal levels, which can be painful and even fatal. When blood pressure rises above 140/90 mmHg, which is the normal limit, they are considered hypertensive. When systole increases, blood pressure also increases. The height of systole varies from person to person and fluctuates within a certain range according to age, and stress levels (Fauziah et al., 2021).

The WHO lists hypertension as the leading cause of early death globally, affecting an estimated 1.28 M individuals aged 30 to 79 years, with 2/3 of those people living in low- and moderate-income countries. An estimated forty-six (46) percent of people with hypertension are unaware of having the condition. 42 percent of individuals. Hypertensive patients are diagnosed and medicated in less than half of the population. One in five people with hypertension (21%) are able to manage it (WHO, 2023)

The incidence of hypertension is high in Indonesia, with an estimated 63,309,620 incidences of hypertension in Indonesia, with 427,218 deaths due to the condition. according to research, hypertension is more common among the elderly; those aged 31 to 44 years have a prevalence of 31.6%, while in the age range of 45 to 54 years the prevalence increases to 45.3%. The figure continues to grow until it reaches 55.2% in the 55 to 64 age group (Astutik & Mariyam, 2021). It is estimated that 8.8 percent of people with hypertension, with an incidence rate of 34.1 percent, do not take medication as recommended by the doctor. and 32.3 percent do not take medication as recommended (Lukitaningtyas & Cahyono, 2023). According to the data, there were 107,825 women and 107,936 men aged > 15 years in Tasikmalaya City who had hypertension in 2021. Of these, approximately 215,761 residents who have a history of hypertension have received

health services, including 110,862 people (Dinas Kesehatan Kota Tasikmalaya, 2021).

The force that blood delivers to each arterial surface is known as blood pressure. Blood pressure is affected by both the blood artery wall's flexibility, or ability to stretch, and the amount of blood in it. Many factors, such as genetics, age, gender, race or ethnicity, physical activity, nutrition, salt consumption, obesity, alcohol use, and smoking, can contribute to differences in blood pressure in each person. Adult blood pressure is usually 120/80 mmHg. Normal blood pressure of advanced adults ranges from 95 to 145/60 to 90 mmHg (Dumalang et al., 2022)

There are aspects of risk that can be controlled and aspects that are fixed. Hypertension risk factors that cannot be modified include gender identity, LBW, and having hypertension in the family. In contrast, modifiable risk factors include obesity, smoking, not exercising, consuming excessive amounts of sodium (salt) and alcohol, as well as psychological problems, sleep, and stress (Mardianti et al., 2022).

High blood pressure can have a wide range of symptoms, ranging from mild headaches, no symptoms at all, to other symptoms that are very identical to symptoms of other diseases (Maulana, 2022). Additional symptoms when hypertension has been present for many years include headaches, which can accompany nausea and vomiting due to increased cerebral blood pressure (Ekasari et al., 2021).

The prevalence of hypertension is still quite high due to lifestyle choices that the general public does not realize put them at risk and a lack of understanding of the importance of regular blood pressure checks (Maulana, 2022). As lifestyle and hypertension are closely related, the management of hypertension requires ongoing therapy and regular lifestyle modification. Blood

pressure can be managed in several ways, including by using medications, angiotensin-converting enzyme inhibitors are used in pharmacological therapy (ACE inhibitors) (Herawati et al., 2021).

Pharmacological therapy is more likely to lower their blood pressure more quickly and there is less concern for the negative consequences of pharmaceutical therapy (drugs) on the body. The public needs to be involved in drug-free (complementary) therapies. Blood pressure within the normal range in hypertensive patients in Indonesia is the goal of alternative therapies. Clients with hypertension can benefit from various therapies that do not use drugs to lower their blood pressure (Putri & Mazarina, 2022).

Patients with hypertension can be treated non-pharmacologically with techniques such as progressive relaxation, meditation, aromatherapy, music therapy, high potassium diet, and murottal therapy. (Firdausy et al., 2024). Among the many therapies, murottal therapy is a type of complementary therapy that can help adults or older with hypertension to recover faster and have lower blood pressure. Murottal, which involves reciting the Qur'an with an emphasis on accuracy, is a non-pharmacological therapy that can reduce tension and anxiety while increasing happiness and calming the psyche (Sri Nur Hartiningsih et al, 2022).

The audio sound of the Qur'an being recited by a reciter is known as murottal therapy. Murottal has a steady pace and regular rhythm (Septadina et al., 2021). A person will have a good impression after listening to murottal. which causes the hypothalamus to release the hormone endorphin, which will make him feel happy. Blood pressure can be lowered by regulating the hormones norepinephrine and adrenaline, which will prevent the production of angiotensin (Arum & Imamah, 2023).

Research Safitri et al., (2024) stated that there was a difference in blood pressure in

hypertensive patients using murottal administration, accompanied by calculations obtained using the Wilxon test which showed a significant difference in the average difference in blood pressure (figure  $0.000 = p < 0.05$ ) before being done with after completion of murottal therapy, and it was proven that murottal therapy really helped improve BP (Blood Pressure) in the workplace of the Wua Wua Health Center for hypertensive patients.

Based on the previous description, among other therapies, murottal therapy is a non-pharmacological way to monitor blood pressure in hypertensive patients so that there is shrinkage. The practice of this therapy includes deepening the sound of the words of Allah SWT in the book of Al Qur'anul Karim, which is said to have a calming response, calming the mind, and stabilizing the patient's emotional condition. It is hoped that these benefits can reduce psychological stress, which leads to higher blood pressure.

Previous studies have shown that murottal therapy, both as a primary therapy and as an adjunctive therapy to medical treatment, is useful in stabilizing blood pressure in hypertensive clients. Many papers have explained the mechanism of action of murottal on the autonomic nervous system. This directly lowers blood pressure.

Therefore, this study aims to conduct a literature review by examining in depth scientific journals related to the effectiveness of murottal therapy in reducing blood pressure in patients with hypertension.

## **METHOD**

### **Data Source**

Google Scholar and Garuda Portal were the databases used to find data sources for this literature review research study. The Preferred Reporting Items for Systematic Review and Meta Analysis (PRISMA)

framework was used to critically evaluate each article after it was selected based on the inclusion criteria.

### Search Strategy

Search for articles by utilizing two databases, namely Google Scholar and Garuda Portal. Electronic-based data searches were conducted on December 15, 2024. The keywords used in the search are Murottal, Blood Pressure, Hypertension, articles studied with the publication year 2020-2024, with full text in accordance with the criteria obtained 6 articles. The authors selected articles that were in accordance with the effectiveness of murottal therapy on reducing blood pressure in patients with hypertension and then reviewed the articles obtained.

In the search process to get relevant articles, a filter with the last 5 years with the period of 2020-2024 is carried out. The PICO structure, consisting of P (Participant), I (Intervention), C (Comparison), and O (Outcomes), should be used to guide the search approach with clinical questions. The clinical question developed was “Effectiveness of Murottal Therapy on Blood Pressure Reduction in Patients with Hypertension”.

**Table 1 Research Question (PICO Framework)**

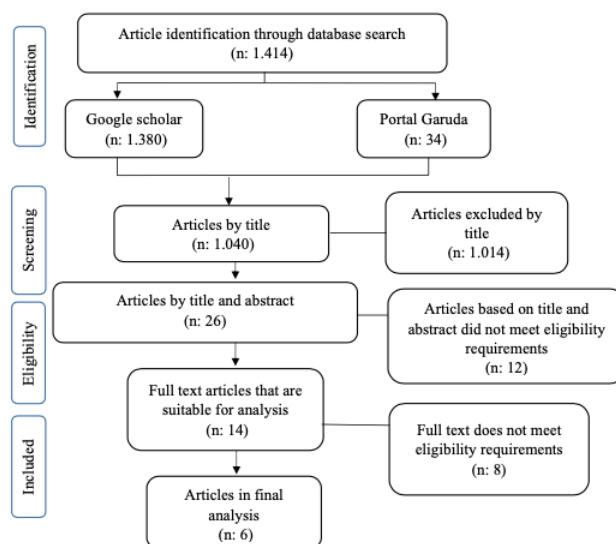
Elements	Description	Term
Population	Hypertension Patients	Hypertension
Intervention	Murottal Therapy	Nursing Intervention
Comparison	No Intervention	-
Outcomes	Effectiveness of Murottal Therapy on Blood Pressure Reduction	Blood Pressure Drop

### Selection Criteria

Studies that met the following requirements were accepted: (a) full-text articles; (b) patients with hypertension; and (c) Quasi-Experiment design. The following criteria were used to exclude articles: (a) articles that did not fit the requirements or had inadequate abstract, introduction, methods, findings, discussion, implications, and references; (b) reviews; and (c) papers whose material did not fit the topic.

### RESULTS AND DISCUSSION

Based on the search results, 6 articles with a quantitative method of quasy-experiment design were selected from 2 databases regarding articles related to the ability of murottal therapy to help reduce blood pressure in individuals with hypertension. Data extraction was performed by grouping key information from the selected publications and analyzing the data according to author name, title, purpose, study methodology, and findings. Table 2 displays the results of data extraction.



**Chart 1 PRISMA Diagram**

**Table 2 Data Extraction Results Tabel**

No	Author, Year	Place	Research Design	Purpose	Sample Size	Research instruments	Intervention	Finding
1.	Susilawati, 2020	BPSTW Ciparay Provinsi Jawa Barat	<i>Quasi-Experiment</i>	Realizing the variation in blood pressure during music therapy & murottal treatment in elderly with hypertension.	30	<i>Non Equivalent Control Group</i>	Murottal Therapy	In terms of lowering blood pressure, murottal therapy was significantly different (p value systole 0.048 and diastole 0.047).
2.	Wahyuni, 2020	Puskesmas Bendosari	<i>Quasi-Experiment</i>	Knowing the effect of murottal therapy on blood pressure levels in hypertensive clients	20	<i>One group pre and post test</i>	Murottal Therapy	This finding provides evidence that murottal therapy has an impact on reducing blood pressure in people with hypertension. The systole and diastole blood pressure dropped by around 6.90 and 3.27 mmHg respectively.
3.	Nur Fitriah Jumatrin, 2022	PSTW Kendari	<i>Quasi-Experiment</i>	Researching how Al-murottal therapy affects blood pressure reduction in elderly people with hypertension.	24	<i>Control group pretest-posttest design</i>	Murottal Therapy	Diastole and systole blood pressure in the intervention group decreased drastically (p systole = 0.002, p diastole = 0.002), but the control group's blood pressure increased significantly (p systole = 0.317, p diastole = 1.000). So the application of therapy is effective because there is a decrease in blood pressure after giving Murottal Al-Qur'an therapy through audio visual media.

No	Author, Year	Place	Research Design	Purpose	Sample Size	Research instruments	Intervention	Finding
4.	Sherly Amalia, 2022	Wilayah Kerja Puskesmas Air Dingin Kecamatan Koto Tangah Padang	<i>Quasi-Experiment</i>	Analyzing the effectiveness of Murottal Al-Quran and classical music therapy to reduce blood pressure	32	<i>Two group pre test post test design approach</i>	Murottal Therapy	Blood pressure decreased after classical music therapy sessions (p-value = 0.033 for diastolic pressure and p-value 0.014 for systolic pressure). Murottal therapy decreased diastolic and systolic blood pressure indicating its effectiveness.
5.	Megasari, 2023	Wilayah Licin, Cimalaka	<i>Quasi-Experiment</i>	Realizing how deep breathing exercises and Qur'anic meditation lower blood pressure in elderly people with diagnosed hypertension.	37	<i>One group pre-post test</i>	Murottal Therapy	After the intervention, diastolic blood pressure reduced from 95.81 mmHg to 84.73 mmHg and systolic blood pressure changed from 168.24 mmHg to 153.92 mmHg (p value = 0.000).
6.	Ramdani Safitri, 2024	Puskesmas Wua-Wua	<i>Quasi-Experiment</i>	Realizing how Qur'anic murottal therapy can help people with hypertension lower their blood pressure	30	<i>Nonequivalent Control Group Design</i>	Murottal Therapy	The conclusion is that murottal al-qur'an therapy is able to reduce blood pressure because systole blood pressure has a number (p = 0.000 p < 0.05) and diastole blood pressure at a number (p = 0.000 p < 0.05) before and after murottal therapy treatment.

Based on the results of the analysis of the 6 articles above, the application of murottal therapy in hypertensive patients has proven to be a successful intervention to reduce blood pressure.

Often called high blood pressure, hypertension is a prolonged situation where there is an increase in blood pressure on the surface of the large blood vessels. This condition makes it more difficult for the heart to pump blood to the body thoroughly through the arteries. Because it can affect anyone and without having visible symptoms, hypertension is called the silent killer because it can trigger degenerative diseases and even death (Azizah et al., 2022).

Unhealthy lifestyle choices, such as excessive consumption of instant foods that are high in oil and salt, are among the causes of hypertension. In addition, obesity, stress, smoking, and alcohol use can also lead to hypertension (Suciati & Rustiana, 2021). One of the major risk factors for cerebrovascular diseases, including stroke and transient cerebral circulation disorders, is hypertension. In addition, complications of coronary artery disease including angina or myocardial infarction, renal failure, dementia, or atrial fibrillation may be aggravated by hypertension (Zaim Anshari, 2020). One way of periodic blood pressure monitoring is necessary to avoid the consequences and complications of hypertension. (Suciati & Rustiana, 2021). Routinely measuring blood pressure will provide the following benefits: 1) Help identify possible dangers of hypertension, 2) Distinguish between a person's emotional or mental condition or hypertension and white coat syndrome. 3) Recognize appropriate actions or precautions if blood pressure increases (Elvira et al., 2024).

Blood pressure is the energy needed for blood to circulate through the arteries and

reach all the body tissues. As a conduit to carry oxygen necessary for the survival of the body's cells, blood flows easily throughout the body (Alifariki, 2019). How to reduce blood pressure according to Santoso et al., (2022) by losing weight, maintaining a nutritious diet, avoiding sodium, exercising frequently, managing stress, quitting alcohol and tobacco, and taking prescribed antihypertensive medications.

Hypertension has physical, social, and economic impacts. The physical impact of hypertension includes the onset of problems and its social impact, such as the patient's reluctance to interact with others due to discomfort, which may lead to decreased interpersonal or social interactions. However, the financial pressure on the family may worsen as a result of high medical expenses (Yudistya et al., 2023)

Treatment options for hypertension include pharmacological and non-pharmacological approaches. In treatment, the antihypertensive drugs used provide a number of side effects. Quranic murottal therapy, which involves listening to and studying the words of Allah SWT and then chanting them, is one of the non-pharmacological treatments that can be used (Yana et al., 2024). Reading the Qur'an will increase activity in the brain, especially in the pre-frontal (meaning of events), hippocampus (emotional memory reaction), and amygdala (emotional response). Understanding the meaning of the verse can have a great effect on one's psychological and spiritual health (Melati et al., 2021).

Murottal therapy has been shown to be able to be used in two ways to reduce hypertension either directly through reading or listening, or through audio recordings. The recitation has an impact on the body's cellular repair, which in turn has an impact on cellular relaxation and repair. One's intelligence can be enhanced by

listening to murottal recitations with attention and appreciation. Murottal recitation is successful in providing a reduction in blood pressure because listening to the Qur'an recited in tartil can relax the body and soul (Nurhayati et al., 2023)

Based on research results (Susilawati, 2020; Wahyuni et al., 2021) that there is a difference in murottal therapy on the decrease in blood pressure who have hypertension. Based on statistical tests, there is a range of blood pressure reduction for music therapy is 6.733/9.133 mmHg, while the range for murottal therapy is 12.133/9.667 mmHg. This difference was significant. The p value for diastolic and systolic blood pressure is  $0.047 < \alpha = 0.05$  and  $0.048 < \alpha = 0.05$ , respectively. So it is concluded that the elderly at BPSTW Ciparay, West Java Province, have high blood pressure, the impact of Al-Qur'anul Karim murottal therapy is greater in reducing blood pressure compared to music as therapy. Other research conducted by Amelia et al., (2022); Jumatrin et al., (2022) After 15 days, Al-Qur'anul Karim sound therapy provides a decrease in blood pressure in those with hypertension in advanced adulthood (elderly). With a rating of  $\pm 7.5$  and a p value of 0.001, the results of the study mentioned systolic blood pressure, each respondent was different before the treatment was given and after the intervention treatment; more participants found a decrease in upper blood pressure and superficial pressure, with a value of ( $P < 0.05$ ) and ( $P > 0.05$ ).

The results of the research conducted by Megasari et al., (2023); Safitri et al., (2024) There were changes before and after breath relaxation and the rhythm of the verses of the Qur'an nahawand (p value = 0.000 < 0.05). Systolic and diastolic blood pressure decreased significantly from the first day to the last day of the study, as shown in graphs 1 and 2. After the intervention on the first day of the trial,

systolic blood pressure dropped changed on the third day, blood pressure dropped from 168.24 mmHg to 153.92 mmHg. There was a significant decrease in blood pressure before and after the provision of Al-Qur'anul Karim sound therapy ( $p = 0.000$ ;  $p < 0.05$ ), which identified that Al-Qur'an murottal therapy was a significant factor in reducing blood pressure in hypertensive patients in the workplace of puskesmas wua wua.

Thus, based on various studies that have been conducted, the provision of murottal therapy has proven to be very helpful in the process of lowering blood pressure, a decrease in blood pressure between the upper and lower parts, in addition to minimizing high salt foods, and changing lifestyles, accompanied by periodic checks of murottal therapy as well as therapy that helps in lowering blood pressure, the application of murottal therapy interventions in hypertensive patients is an effective complementary therapy and in lowering the blood pressure of hypertensive patients. This murottal therapy intervention not only helps in lowering blood pressure, but helps calm the soul when anxious, helps in improving sleep quality, helps reduce pain, can also increase intelligence.

## **CONCLUSIONS AND RECOMMENDATIONS**

### **Conclusions**

Hypertension is one of the leading causes of chronic diseases with a high incidence in Indonesia. Qur'anic murottal therapy, which offers a non-pharmacological approach, has been shown to significantly lower blood pressure through the effects of relaxation and stabilization of stress hormones. Based on the results of the literature analysis, this therapy is effectively applied to hypertensive patients, both as a complement to medical therapy and as an alternative for those who want to reduce dependence on pharmaceutical drugs.



## Recommendations

Qur'anic murottal therapy should be widely utilized in healthcare facilities, both for patient education and clinical application. In addition, patients should be given guidance to utilize this therapy independently at home as part of ongoing hypertension management. On the other hand, further research with broader understanding and design variations can be conducted to strengthen the existing empirical evidence. The utilization of technology to develop application-based murottal therapy media can also be a practical solution that supports the implementation of this therapy.

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