

POLITEKNIK KESEHATAN KEMENTERIAN KESEHATAN
TANJUNG KARANG JURUSAN KEPERAWATAN
PROGRAM STUDI DIII KEPERAWATAN KOTABUMI

Karya Tulis Ilmiah, Mei 2025
Seftiyani

PENERAPAN TERAPI AUDIO MUROTTAL AL-QUR'AN PADA LANSIA
HIPERTENSI YANG MENGALAMI MASALAH KEPERAWATAN
GANGGUAN POLA TIDUR DI WILAYAH KERJA PUSKESMAS KOTABUMI
1 KABUPATEN LAMPUNG UTARA

xviii + 43 halaman + 2 tabel + 1 gambar + 10 lampiran

ABSTRAK

Penyakit degeneratif yang sering terjadi pada lansia adalah hipertensi. Lansia dengan hipertensi dapat mengalami gangguan pola tidur, sementara kualitas tidur yang buruk bagi lansia akan menyebabkan komplikasi. Tujuan penelitian memperoleh gambaran umum dalam melakukan penerapan terapi audio murottal Al-Qur'an pada lansia dengan hipertensi yang mengalami masalah keperawatan gangguan pola tidur di Puskesmas Kotabumi 1. Metode dalam penelitian menggunakan intervensi pendukung yaitu terapi musik berupa konten audio murottal surah Ar-Rahman ayat 1-78 untuk mengatasi diagnosa keperawatan gangguan pola tidur di Puskesmas Kotabumi 1 Lampung Utara yang dilaporkan dalam bentuk studi kasus. Data dikumpulkan melalui wawancara, pemeriksaan fisik, dan observasi. Implementasi dilaksanakan selama 6 hari. Hasil penelitian menunjukkan bahwa setelah diberikan tindakan keperawatan pada subjek, terjadi penurunan: keluhan sulit tidur, keluhan sering terjaga, keluhan tidak puas tidur, keluhan istirahat tidak cukup, dan tekanan darah normal. Kesimpulan Terapi audio murottal Al-Qur'an surah Ar-Rahman berhasil meningkatkan kualitas tidur dan menurunkan tekanan darah. Disarankan kepada peneliti selanjutnya menggunakan *headset* untuk meningkatkan fokus pada subjek.

Kata kunci: Hipertensi, Gangguan Pola Tidur, Lansia, Terapi Audio Murottal
Daftar bacaan: 34 (2016-2024)

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Scientific Writing, Mei 2025
Seftiyani

*THE IMPLEMENTATION THERAPY OF QUR'ANIC MUROTTAL AUDIO FOR
HYPERTENSIVE ELDERLY EXPERIENCEING NURSING PROBLEMS OF
SLEEP PATTERN DISORDERS IN THE WORK AREA OF PUSKESMAS
KOTABUMI 1, NORTH LAMPUNG REGENCY*

xvii +43 pages + 2 tables + 1 figures + 10 appendices

ABSTRACT

A degenerative disease that commonly occurs in the elderly is hypertension. Elderly individuals with hypertension may experience sleep pattern disturbances, meanwhile poor sleep quality in the elderly can lead to complications. The purpose of this study is to obtain a general overview of the application of Qur'anic murottal audio therapy in elderly patients with hypertension who are experiencing nursing problems related to sleep pattern disturbances at Kotabumi 1 Public Health Center. The method of study was delivering a supportive intervention with music therapy, using Qur'anic murottal audio content from Surah Ar-Rahman verses 1–78, to address the nursing diagnosis of sleep pattern disturbances at Kotabumi 1 Public Health Center in North Lampung. reported as a case study. Data were collected through interviews, physical examinations, and observations. The results showed that after the nursing intervention of Qur'anic murottal audio therapy of Surah Ar-Rahman, the complaints of sleep pattern disturbances was reduced and blood pressure was decreased. This implementation was carried out over a period of 6 days. The evaluation included reduced complaints of difficulty sleeping, frequent awakenings, dissatisfaction with sleep, inadequate rest, and blood pressure approaching normal levels. In conclusion, the Qur'anic murottal audio therapy of Surah Ar-Rahman was effective in improving sleep quality and lowering blood pressure. It is recommended that future researchers use headsets to increase focus of the subject.

Keywords: Hypertension, Sleep Pattern Disturbance, Elderly, Murottal Audio Therapy

Reference: 34 (2016-2024)