

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
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ABSTRAK

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**EFEKTIVITAS FREKUENSI BIMBINGAN DZIKIR TERHADAP
PENURUNAN TEKANAN DARAH SISTOL DAN DIASTOL PADA
PASIEN HIPERTENSI DI RSI SULTAN AGUNG SEMARANG**

81 hal + 9 tabel + xii

Latar Belakang : Hipertensi merupakan tekanan darah persisten dimana tekanan sistoliknyanya diatas 140 mmHg dan tekanan diastoliknyanya di atas 90 mmHg. Hipertensi adalah kondisi medis dimana terjadi peningkatan tekanan darah secara kronis (dalam jangka waktu lama). Hipertensi merupakan pembunuh tersembunyi (*silent killer*) dan perannya terhadap gangguan jantung dan otak tidak diragukan lagi. Di Amerika sendiri prevalensi penderita hipertensi menunjukkan sekitar 50 juta atau satu dari 4 organ dewasa menderita tekanan darah tinggi. Pengobatan hipertensi merupakan pengobatan seumur hidup oleh sebab itu terapi ritual dzikir yang telah dijelaskan dalam Al-Qur'an mengandung doa dan wirid yang berulang-ulang, kontinyu, dan bertahap. Tujuan penelitian ini adalah untuk mengetahui perbedaan tekanan darah sesudah dilakukan bimbingan dzikir 1 kali dengan tekanan darah sesudah dilakukan bimbingan dzikir 2 kali pada pasien hipertensi di RSI Sultan Agung Semarang.

Metode : Penelitian ini merupakan penelitian analitik yang yang dilakukan secara eksperimental dengan jenis penelitian *One-Group Pretest-Posttest Design*. Jumlah sampel dalam penelitian ini sebanyak 58 responden dengan menggunakan teknik *Sampling Insidental*. Data yang diperoleh diolah secara statistic dengan menggunakan SPSS 16.0 dengan menggunakan uji statistik *paired sample t-test* dan *independen sample t-test*.

Hasil : Berdasarkan hasil analisa diperoleh bahwa dari 58 responden dengan jenis kelamin laki-laki sebanyak 32 orang (55,2%), usia 36-60 tahun sebanyak 28 orang (48,3%), stadium hipertensi grade 1 sebanyak 40 orang (69%), dan responden dengan hipertensi primer sebanyak 36 orang (62,1%). Hasil uji *paired sample t-test* yaitu sistol dan diastole baik sebelum dan sesudah dzikir 1 kali ($p\ value = 0,000$) dan sistoldan diastole baik sebelum dan sesudah dzikir 2 kali ($p\ value = 0,000$), sedangkan uji *independen sample t-test* yaitu sistol sesudah dzikir 1 kali dengan 2 kali ($p\ value = 0,144$) sedangkan diastole sesudah dzikir 1 kali dengan 2 kali ($p\ value = 0,024$).

Simpulan : Hasil penelitian menunjukan bahwa tidak ada hubungan antara tekanan darah sistol sesudah bimbingan dzikir 1 kali dengan 2 kali ($p\ value > 0,05$). Sedangkan tekanan darah diastol ada hubungan antara diastol sesudah bimbingan dzikir 1 kali dengan 2 kali ($p\ value < 0,05$).

Kata kunci : Tekanan darah, frekuensi dzikir, hipertensi.

Daftar Pustaka : 29 (1997-2011)

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ABSTRACT

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**THE EFFECTIVENESS OF DZIKR GUIDANCE FREQUENCY ABOUT
DEPRESSION OF BLOOD PRESSURE SISTOLE AND DIASTOLE ON
HYPERTENSION PATIENT AT RSI SULTAN AGUNG SEMARANG**

81 pages + 9 tables + xiii

Background: Hypertension is a persistent blood pressure which its systolic pressure is more than 140 while its diastolic pressure is above 90 mmHg. Hypertension is a medical condition which is characterized by the increasing of blood pressure chronically (for a long time). Hypertension is a silent killer which has contribution toward heart attract and brain trouble. In the united state of America, the prevalence of hypertensive patients showed about 50 million people or it can be said that a quarter of adults have high blood pressure. Treatment of hypertension is a lifelong treatment. Therefore, *dzikr* therapy which has been described in the Qur'an contains prayers and *wirid* repetedly, continuously and gradually. The purpose of this study was to determine the blood pressure differences of the hypertensive patients in the RSI Sultan Agung Semarang between after first time *dzikr* guidance with blood pressure and after second times *dzikr* guidance.

Methods: This study is an analytical study which was carried out experimentally by using One-Group Pretest-posttest design. Number of the samples was 58 respondents which were got by using incidental sampling technique. The obtained data were processed statistically by using tests paired sample t-test and independent sample t-test in SPSS 16.

Results: Based on the analysis results showed that from 58 respondents, 32 respondent were male (55.2%), whose age 36-60 years were 28 people (48.3%), the respondent who are categorized in stage 1 hypertension grade as were 40 (69%), and respondents who have primary hypertension were 36 men (62.1%). While, the results of paired sample t-test tests the systole and diastole both before and after the *dzikr* 1 time (p value = 0.000) and diastole systole and both before and after the *dzikr* 2 times (p value = 0.000), while the independent test sample t-test of systole *dzikr* after 1 time by 2 times (p value = 0.144) while the diastole after the *dzikr* 1 time by 2 times (p value = 0.024).

Conclusion: The results showed that there was no correlation between systolic blood pressure after the guidance of *dzikr* 1 time by 2 times (p value > 0.05). Whereas diastolic blood pressure there is a relationship between diastole after guidance *dzikr* 1 time by 2 times (p value < 0.05).

Key words: Blood pressure, *dzikr* frequency, hypertension.

Bibliography: 29 (1997-2011)