

Effectiveness of Spiritual Emotional Freedom Technique (Seft) Murrotal Therapy On Blood Pressure of Hypertension Patients At Juwana Public Health Center

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Abstract

Hypertension is a chronic disease that always increases from year to year so that it can affect the normality of blood pressure. Blood pressure that is not maintained can cause complications and can even increase mortality. One action that can be taken to stabilize blood pressure is by doing SEFT - Murottal therapy. SEFT - Murottal is an independent self-care to maintain health. This study aims to analyze the effectiveness of SEFT - Murottal therapy on reducing blood pressure by measuring blood pressure in hypertensive patients at the Juwana Community Health Center. This type of research is experimental research. The population consisted of 23,385 hypertensive patients at the Juwana Community Health Center. Using the Lameshow formula, a sample of 62 respondents was obtained consisting of the intervention group and the control group taken using a purposive sampling technique. With the inclusion criteria of grade 2 hypertension patients and exclusion criteria for respondents not participating in the study and respondents with sudden illness. Blood pressure data were collected with observation sheets, while blood pressure measurements are necessary. Data on SEFT - Murottal with blood pressure were collected with observation sheets. The results of the study showed a significant effect of SEFT-Murottal therapy on blood pressure in the Juwana Community Health Center area. After 7 days of therapy with a maximum of 4 times a week, and the results of statistical analysis using the Mann-Whitney test obtained a significance value for systolic blood pressure of $p = 0.000$ and diastolic blood pressure of 0.014 . Both showed significant results ($p < 0.05$) which means there was a difference in blood pressure between the intervention group that received SEFT-Murottal therapy and the control group that did not receive treatment.

Keywords: SEFT; Murottal and Blood Pressure.

I. INTRODUCTION

Hypertension is a non-communicable disease that is a public health problem in various countries. Hypertension, or high blood pressure, is a condition in which systolic blood pressure exceeds normal limits (>140 mmHg) and diastolic blood pressure is also higher than 90 mmHg. (Apipin & Winarti, 2023) The World Health Organization (WHO) estimates that approximately 1.28 billion adults aged 30–79 years worldwide have hypertension, with the majority (two-thirds) living in low- and middle-income countries. Approximately 46% of adults with hypertension are unaware that they have this condition. Less than half (42%) are diagnosed and receiving treatment. Approximately 1 in 5 adults (21%) with hypertension have their blood pressure controlled. Hypertension is a leading cause of premature death worldwide. One of the global targets for non-communicable diseases is to reduce the prevalence of hypertension by 33% between 2010 and 2030. (WHO, 2023a) The prevalence of hypertension in Southeast Asia is in 3rd place with a prevalence of 25% of the total population. (WHO, 2023b). The 2023 Indonesian Health Survey (SKI) showed that the prevalence of hypertension in Indonesia among people aged 18 and over decreased in 2023. Previously, the Basic Health Research (RISKESDAS) reported that the prevalence in Indonesia reached 34.1% in 2018. Although the 2023 survey results showed a decrease, this figure remains relatively high at 30.8%. (Ministry of Health of the Republic of Indonesia, 2023) According to the Central Java Health Office, the estimated number of hypertension sufferers aged 15 years and over in 2023 was 8,554,672, or 38.2 percent of the total population aged 15 years and over.

Pati Regency was the regency with the 7th highest percentage of healthcare services for hypertension sufferers in Central Java. (Central Java Health Office, 2023). Based on data from the Pati Regency Health

Office in 2023, hypertension still accounts for the largest proportion of all reported non-communicable diseases. The estimated number of hypertension sufferers aged ≥ 15 years is 101,579, based on gender, with details in the male group being 46,680, lower than the female group at 54,899. The 2023 Pati Regency Health Profile also found data on the sub-district with the highest number of hypertension sufferers, namely the Juwana Community Health Center. The number of hypertension sufferers in the Juwana Community Health Center area aged > 15 years was 23,385.(Pati Regency Health Office, 2023).The target blood pressure for hypertension is $<140/90$ mmHg. The use of antihypertensive medications is considered effective if the patient experiences a reduction in blood pressure to the desired target blood pressure by the end of the patient's hospital stay, or if the patient achieves the therapeutic outcome upon discharge. However, some medications not only cause side effects but also fail to achieve the target blood pressure reduction. This is demonstrated in research.(Adistia et al., 2022), the use of antihypertensives in outpatients with hypertension at RSND Semarang, as many as 44.4% of patients were able to achieve their blood pressure targets and 55.6% of patients were unable to achieve their blood pressure targets.

The study(Tyashapsari & Zulkarnain, 2012), the results of the evaluation of the use of antihypertensive drugs showed that 50 patients were able to achieve target blood pressure or around 50%, while the other 50 patients, although they had experienced a decrease in blood pressure, had not been able to achieve target blood pressure (50%) with an average length of stay of 1 to 48 days.Pharmacological and non-pharmacological therapies have been used to manage hypertension. Patients are required to regularly take antihypertensive medications, which often causes fatigue and leads to non-compliance with treatment. The use of antihypertensive medications has many side effects that can be detrimental to the body, one of which is increased urine excretion. Hypertension therapy is not only carried out with pharmacological methods but can also be done non-pharmacologically. Non- pharmacological therapy for hypertension includes several simple habits that can be practiced daily: being active with light exercise such as brisk walking or morning exercise, eating healthy foods without excessive salt—more vegetables and fruit), quitting smoking to prevent blood vessel damage, and managing stress through relaxation or engaging in enjoyable hobbies. These methods help stabilize blood pressure, make treatment plans easier to follow, and reduce the risk of complications. Experts Rahmawati and Kristinawati define non-pharmacological therapy management as a complementary nursing concept to reduce blood pressure in hypertensive patients. Non- pharmacological therapy has no side effects in long-term use and is safer as a treatment for hypertension patients. Non-pharmacological therapy has the advantage that it does not require expensive costs and is easy for everyone to do.(Rahmawati & Kristinawati, 2023).

Meanwhile, according to(Intansari Atmaja et al., 2023)Studies have shown that non-pharmacological therapy strategies aim to encourage patients to engage in regular physical activity, improve their salt-free diet, quit smoking, and reduce psychological stress. Using non-pharmacological therapy has a significant impact on a patient's health, helping them succeed in their treatment plan, and can reduce or even prevent complications. One non-pharmacological therapy that can be used for hypertension patients is SEFT- Murottal therapy. Several studies mention non-pharmacological therapy that can be applied to hypertension therapy, namely Spiritual Emotional Freedom Technique (SEFT).(Sulistiawati & Kartinah, 2024);(Nissa et al., 2023)and Murrotal Al-Quran ((Putri et al., 2023)(Amelia et al., 2022)SEFT therapy is a form of mind-body treatment in complementary and alternative nursing therapies. SEFT combines the body's energy system (energy medicine) and spiritual therapy through tapping techniques on key points along the body's twelve energy pathways.(Arnata et al., 2018)The spiritual element in SEFT involves prayers recited by the patient from the beginning to the end of the therapy session.(Muslimin, 2024)The advantage of SEFT therapy is that it is a light tapping technique that can be done by anyone, is inexpensive, and is safe.(Sulistyowari & Rahmawati, 2023). Research conducted by Sukarmin on the effectiveness of SEFT- Murottal therapy on blood pressure was found in the intervention group, the results showed an average decrease in systolic blood pressure of 12.471 mmHg, while in the control group there was an increase of 0.35 mmHg, meaning there was a difference in blood pressure given treatment in the intervention group and without treatment in the control group.(Sukarmin et al., 2020).

Case study conducted by(Rachmanto & Pohan, 2021), showed a decrease in blood pressure after

SEFT therapy. SEFT therapy conducted over 3 sessions can reduce blood pressure in hypertensive subjects. There was a decrease in the average blood pressure of both study subjects. Case study subject 1 experienced a decrease in blood pressure with an average of 8.6/5.6 mmHg and case study subject 2 experienced a decrease in blood pressure with an average of 14.3/8.3 mmHg. Overall, both study subjects experienced an average decrease in blood pressure of 11.45/6.95 mmHg. SEFT therapy was also applied in the study (Kurnia et al., 2023), the results of the study showed that the average pretest systolic blood pressure was 141.32 mmHg and the diastolic was 93.42 mmHg and the average posttest systolic blood pressure was 136.58 mmHg and the diastolic was 88.58 mmHg. Thus, the Wilcoxon Test obtained statistical results obtained systolic p value = 0.003 and diastolic p value = 0.001, $\alpha = 0.05$ ($p < \alpha$), so there is an effect on reducing blood pressure in hypertension sufferers who have been given Spiritual Emotional Freedom Technique therapy. The mechanism of reciting the Qur'an in the body is able to reduce stress hormones, activate natural endorphin hormones, increase feelings of relaxation and divert attention from fear, anxiety and stress, improve the body's chemical system so that it lowers blood pressure and slows down breathing, heart rate, pulse and brain wave activity. (Patricia & Harmawati, 2020). Case studies conducted (Transyah, 2019) Blood pressure before Al-Quran recitation therapy averaged 150/90 mmHg and after therapy averaged 136/85 mmHg. Several studies have shown that Al-Quran recitation therapy has a significant effect on reducing blood pressure and anxiety levels in hypertensive patients. At the Lubuk Buaya Padang Community Health Center, this therapy reduced systolic ($p = 0.000$) and diastolic ($p = 0.015$) blood pressure. (Ayu, 2023) also showed a decrease in anxiety levels after Ar-Rahman surah therapy, with Mann Whitney test results ($p = 0.000$).

Meanwhile, Wahyuni et al. (2020) found a decrease in systolic blood pressure ($p = 0.000$) and diastolic blood pressure ($p = 0.001$) after murottal therapy. The conclusion shows a decrease in anxiety levels after Ar-Rahman surah therapy, with Mann Whitney test results ($p = 0.000$). Meanwhile, Wahyuni et al. (2020) found a decrease in systolic blood pressure ($p = 0.000$) and diastolic blood pressure ($p = 0.001$) after murottal therapy. In conclusion, Al-Qur'an murottal therapy is effective in reducing blood pressure and anxiety in hypertensive patients. Based on an initial survey conducted at the Juwana Community Health Center on December 12, 2024, data on the prevalence of hypertension was obtained as many as 23,385 in 2023. Of the 10 respondents with hypertension, blood pressure was checked, and an average of 162/98 mmHg was obtained. Interviews were conducted with 10 respondents by asking questions about the management of blood pressure carried out by each respondent independently. The results of actions taken to overcome hypertension were obtained by taking medication provided at the Posbindu service every month. The conclusion was that 5 out of 10 respondents stated that in the past week there was a lack of control over diet, physical exercise, blood pressure monitoring and use of drugs. It was found that 5 out of 10 people said they had resigned themselves to life because they had suffered from hypertension for a long time, according to them, their blood pressure remained high even though their blood pressure had been regulated, and 5 other people said they had just found out that they had hypertension since participating in Posbindu activities in the past 2 months. Based on the above explanation, the author is interested in conducting a study entitled "Effectiveness of Spiritual Emotional Freedom Technique (SEFT) Therapy - Murottal on Blood Pressure of Hypertension Patients at Juwana Health Center". This study aims to evaluate the effectiveness of SEFT and murottal therapy in reducing blood pressure in hypertension patients in the Juwana Health Center work area.

II. METHODS

The type of research used was quantitative research using experiments and a cross-sectional approach. The population consisted of patients with grade two hypertension in the Juwana Community Health Center's work area. The sample was 62 respondents, and sampling was carried out using purposive sampling. Data Analysis Methods: Univariate analysis, Bivariate analysis

III. RESULTS AND DISCUSSION

Respondent Characteristics

Based on the results of research conducted by researchers in June and July 2025, the following respondent characteristics were obtained:

Table 1. Frequency Distribution of Respondent Characteristics Based on Gender, Age, and Occupation in Hypertension Patients at Juwana Community Health Center (n=62)

Frequency (f)	Percentage (%)	
Gender		
Woman	46	74.2
Man	16	25.8
Age		
21-30	2	3.2
31-40	8	12.9
41-50	16	25.8
51-60	17	27.5
61-70	19	30.6
Work		
Laborer	5	8.1
housewife	33	53.2
Trader	11	17.7
Farmer	8	12.9
civil servant	5	8.1
Total	62	100

Based on Table 1, it can be seen that the total of 62 respondents, the majority of hypertension patients in the Juwana Community Health Center area are female, namely 46 (74.4%). Meanwhile, the majority of hypertension patients in the Juwana Community Health Center area are aged between 61-70 years, namely (30.6%) respondents. The majority of hypertension respondents in the Juwana Community Health Center area are housewives, namely (53.2%).

Blood Pressure Before And After SEFT-Murottal Al-Qur'an Therapy Table 2. Distribution of Blood Pressure Frequency Before and After SEFT-Murottal Al-Qur'an Therapy in the Intervention and Control Groups (n=62)

Intervention group	N	Mean	Median	Elementary School	Min	Max
Systolic Pre	31	170.16	170	8,315	160	180
Post Systolic	31	158.08	160	6,542	145	170
Pre Diastolic	31	104.03	105	9,951	90	120
Post Diastolic	31	97.42	100	7,945	80	110
Control Group						
Systolic Pre	31	171.45	170	7,659	160	180
Post Systolic	31	168.55	165	11,633	150	200
Pre Diastolic	31	107.58	110	8,838	90	120
Post Diastolic	31	104.35	100	10,062	90	125

Based on the table, in the intervention group before being given SEFT- Murottal Al-Qur'an therapy, the average blood pressure was 170.16/104.03 mmHg. Meanwhile, for the control group, the average blood pressure was 171.45/107.78 mmHg. In the intervention group, after being given SEFT- Murottal Al-Qur'an treatment, the average blood pressure was 158.08/97.42 mmHg. Meanwhile, for the control group, the average blood pressure was 168.55/104.35 mmHg.

Normality Test Of Intervention Group And Control Group**Table 3.** Normality Test Of Intervention Group And Control Group

Group	p-value	Results
Intervention Pre-test	0.009	Abnormal
	0.006	
Post test	0.001	
	0.008	
Control		
Pre-test	0.004	Abnormal
	0.026	
Post test	0.001	
	0.003	

Based on the results of the Kolmogorov-Smirnov normality test ($n > 50$), the pre-test intervention group obtained α (0.009 and 0.006) and post-test (0.001 and 0.006). While the pre-test control group was α (0.004 and 0.026) and post- test (0.001 and 0.003). Because the significance value is smaller than 0.05, it can be concluded that the data is not normally distributed, so the Normality Test in the analysis is not met.

Difference In Blood Pressure Between Before And After SEFT-Murottal Therapy In The Intervention Group And The Control Group.

Table 4. Difference in blood pressure between before and after SEFT- Murottal therapy in the intervention group and the control group

	Blood pressure	Median	P	Z_count
Intervention	Systolic Before	170	0.000	-4,742
	Systolic after	160		
	Diastolic before	105	0.000	-4,023
	Diastolic after	100		
Control	Systolic Before	170	0.098	-1.656
	Systolic after	165		
	Diastolic before	110	0.043	-2,024
	Diastolic after	100		

Based on the table above, the results of the bivariate test using the Wilcoxon test in the intervention group with a p value of 0.000 ($p < 0.005$) which indicates that there is a difference before and after being given SEFT-Murottal therapy and in the control group with a p value of 0.098 which indicates that there is no significant difference in pre-test and post-test systolic blood pressure, and 0.043 ($p < 0.05$) indicates that the control group has a difference in pre-test and post-test in the control group.

The Effect Of SEFT-Murottal Therapy On Blood Pressure In Hypertension Patients In The Intervention Group And Control Group

Table 5. The Effect Of SEFT-Murottal Therapy On Blood Pressure In Hypertension Patients In The Intervention Group And Control Group

Group	Median	P	Z_Count	Group
	Intervention	160	0.000	-3,856
Systolic Blood Pressure	Control	165		
Diastolic Blood Pressure	Intervention	100	0.014	-2,425
	Control	105		

Based on the Mann-Whitney test, the results obtained (Asymp. Sig.) were 0.000 for systolic blood pressure and 0.014 for diastolic blood pressure because the value was smaller than (< 0.05), so it can be concluded that there was a significant difference between the control and the SEFT-Murottal Al-Qur'an therapy.

Discussion

The results of the study showed that the administration of Spiritual Emotional Freedom Technique (SEFT) therapy and Quranic recitation significantly reduced respondents' blood pressure. The decrease in blood pressure in the intervention group can be explained by the physiological and psychological mechanisms that occur during the therapy. SEFT combines meridian point stimulation through tapping with spiritual affirmations that lead to self- acceptance and the strengthening of positive beliefs. The tapping process stimulates sensory nerves, which then modulate the activity of the limbic system in the brain. This is in line with Gundlach's research.(2024) Tapping movements not only involve the motor system but can also stimulate the nervous system more broadly through modulation of brain waves in the alpha band. Alpha band activity is known to play a crucial role in regulating neural processes between brain regions, which are related to various functions such as perception, cognition, and motor activity. SEFT stands for Spiritual Emotional Freedom Technique, which is a therapy method that combines spiritual dimensions, emotional management, emotional release, and structured technical steps. Spiritual element by dhikr of Allah done by remembering, mentioning, and glorifying the names and attributes of Allah SWT both verbally, in the heart, and in the heart providing a foundation of meaning and inner peace through prayer, intention, and self-acceptance.

These results align with research conducted by Zaenuddin(2022) Dhikr will suppress the work of the sympathetic nervous system and activate the work of the parasympathetic nervous system so that it will make a person feel calm. Emotional elements with Emotional acceptance to overcome inner wounds and negative emotions, awareness or experiences, whether fear, anger, sadness, trauma, or disappointment, are part of the life process that must be accepted sincerely. This is in line with research conducted by Yusmi(2025) SEFT therapy can help individuals overcome trauma and repair relationships, heal emotional wounds and past trauma. The element of freedom with emotional, mental, and spiritual freedom that provides the opportunity for a life of peace. This is in line with research conducted by Rachmawardany(2024) SEFT has been shown to have a positive impact on psychological well-being by freeing individuals from emotional distress such as stress, anxiety, and depression. Meanwhile, the technique element refers to steps that include setup, tuning in, tapping on meridian points, and re-evaluation. With how to stimulate energy points in the body to release trapped negative emotions. This technique involves stimulating the body's meridian points through "tapping," or lightly tapping with the fingers, while focusing the mind on the emotional issue at hand. This procedure can be done independently, so it can be applied by various groups without requiring special equipment. (Ayun, 2021). On the other hand, Quran recitation therapy provides a relaxing effect through psychophysiological mechanisms. The regular and harmonious rhythm of Quran recitation stimulates brain waves, reduces muscle tension, and slows the heart rate. (El-Saleh et al., 2021) In addition, murottal also has a spiritual dimension that provides inner peace, increases gratitude, and reduces anxiety, all of which contribute to lowering blood pressure.

(Fatmawati, 2022) The combination of SEFT and murottal produces a synergistic effect. SEFT focuses on releasing negative emotions and regulating physiological responses to stress, while murottal strengthens inner calm and spiritual concentration. Together, the two reduce the heart's workload, improve circulation, and stabilize the cardiovascular system. This study demonstrated that the median systolic blood pressure in the intervention group was 160 and in the control group 165. Meanwhile, the average diastolic blood pressure in the intervention group was 100 and in the control group 105. Hypertension, often referred to as the silent killer, is a medical condition characterized by elevated systolic blood pressure of ≥ 140 mmHg and diastolic blood pressure of ≥ 90 mmHg. Prior to therapeutic intervention, people with hypertension generally have high blood pressure. This finding is supported by research by Oktarosada and Pangestu. (2021) The average systolic blood pressure before SEFT therapy was 173.76 mmHg, and the average diastolic blood pressure was 96.41 mmHg. In addition, research by Wahid (2024) showed that before the Al-Qur'an murottal therapy and ergonomic gymnastics, the majority of respondents were in the stage 2 hypertension category, with an average systolic blood pressure of 166.55 mmHg and a diastolic of 99.91 mmHg. The results of this study showed that the median value of systolic blood pressure in the intervention group was 160 and in the control group was 165. Meanwhile, the median value of diastolic blood pressure in the intervention group was 100 and in the control group was 105. The results of this study are supported by previous research, namely research by Oktarosada and Pangestu (2021) The average systolic blood pressure before SEFT therapy was 173.76 mmHg, and the average diastolic blood pressure was 96.41 mmHg.

A significant decrease occurred after therapy, with systolic blood pressure dropping to 153.06 mmHg and diastolic blood pressure to 87.41 mmHg. In general, both systolic and diastolic blood pressure decreased after the SEFT-Murottal intervention. The results of the study showed a significant effect on blood pressure before and after SEFT-Murottal therapy in the Juwana Community Health Center area. After 7 days of therapy with a maximum of 4 times a week, and the results of statistical analysis using the Mann-Whitney Test obtained a significance value for systolic blood pressure of $p = 0.000$ and diastolic blood pressure of 0.014 . Both showed significant results ($p < 0.05$) which means there was a difference in blood pressure between the intervention group that received SEFT-Murottal therapy and the control group that did not receive treatment. The research is in line with research conducted by Sukarmin (2020) Regarding the effectiveness of SEFT-Murottal therapy, there was a significant difference in the pre-test and post-test of SEFT-Murottal combination therapy on blood pressure in the intervention group with ($p < 0.001$ for systolic and 0.001 for diastolic), while in the control group there was no significant difference between the pre-

test and post-test with ($p = 0.889$ for systolic and $p = 0.169$ for diastolic). Case study conducted by Rachmanto & Pohan(2021) showed a decrease in blood pressure after SEFT therapy. SEFT therapy conducted over 3 sessions can reduce blood pressure in hypertensive subjects. There was a decrease in the average blood pressure of both study subjects. Case study subject 1 experienced a decrease in blood pressure with an average of 8.6/5.6 mmHg and case study subject 2 experienced a decrease in blood pressure with an average of 14.3/8.3 mmHg.

Overall, both study subjects experienced an average decrease in blood pressure of 11.45/6.95 mmHg. SEFT therapy was also applied in Kurnia's research(2023), the results of the study showed that the average pretest systolic blood pressure was 141.32 mmHg and the diastolic was 93.42 mmHg and the average posttest systolic blood pressure was 136.58 mmHg and the diastolic was 88.58 mmHg. Thus, the Wilcoxon Test obtained statistical results obtained systolic p value = 0.003 and diastolic p value = 0.001, $\alpha = 0.05$ ($p < \alpha$), so there is an effect on reducing blood pressure in hypertension sufferers who have been given Spiritual Emotional Freedom Technique therapy. Case study conducted by Transyah(2019) Blood pressure before Al-Quran recitation therapy averaged 150/90 mmHg and after therapy averaged 136/85 mmHg. Several studies have shown that Al-Quran recitation therapy significantly reduces blood pressure and anxiety levels in hypertensive patients. At the Lubuk Buaya Padang Community Health Center, this therapy reduced systolic ($p = 0.000$) and diastolic ($p = 0.015$) blood pressure. Lowering blood pressure can occur because SEFT therapy helps reduce sympathetic nerve activity, resulting in decreased frequency, blood pressure, and heart rate. Tapping in SEFT therapy can respond to peripheral nerve tissue and central nervous system neurotransmitters. Manual stimulation of acupuncture points will control cortisol, relieve pain, lower heart rate, reduce anxiety, and regulate the autonomic nervous system, thus creating a sense of relaxation and calm. Decreased cardiac output will affect the heart's function, which provides a sense of calm and relaxation, thus decreasing cardiac output, thus having the effect of lowering blood pressure (Rachmanto & Pohan).(2021)

IV. CONCLUSION

1. The median blood pressure value in the intervention group of hypertensive respondents in the Juwana Community Health Center area before SEFT- Murottal therapy was 170/100 mmHg. Meanwhile, in the control group, the median blood pressure value in the Juwana Community Health Center area was 170/105 mmHg.
2. The median blood pressure in the intervention group at Juwana Community Health Center after SEFT-Murottal therapy was 160/100 mmHg. This represents a significant decrease compared to the control group. Meanwhile, the control group also experienced a slight decrease, with a median blood pressure of 165/100 mmHg at the post-test in Juwana Community Health Center. However, the change was not as significant as in the intervention group.
3. The results of the study showed a significant effect on blood pressure before and after SEFT-Murottal therapy in the Juwana Community Health Center area. After therapy for 7 days with a maximum of 4 times a week, and the results of statistical analysis using the Mann-Whitney Test obtained a significance value for systolic blood pressure of $p = 0.000$ and diastolic blood pressure of 0.014. Both showed significant results ($p < 0.05$) which means there was a difference in blood pressure between the intervention group that received SEFT-Murottal therapy and the control group that did not receive treatment.

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