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The Effect Of Asmaul Husna Dhikr On Blood Pressure In Hypertension Patients Pre-Anesthesia At Yogyakarta Islamic Hospital PDHI

Hana Az Zahra[1], Aisyah Nur Azizah[2], Istiqomah Rosidah[3]
Universitas 'Aisyiyah Yogyakarta
hanaazzahra0903@gmail.com

ABSTRACT

Increased blood pressure during pre-anesthesia if not treated will cause bleeding both intra and post-operatively.Furthermore, it also increases the anesthetic dose, which prolongs the patient's recovery period after anesthesia. One therapy that can lower blood pressure is the recitation of the Asmaul Husana (Asmaul Husana) because it has a relaxing effect on the body.This study aims to determine the effect of dhikr Asmaul Husana on blood pressure in pre-anesthesia hypertension patients at the Yogyakarta Islamic Hospital PDHI..This research method used a pre-experimental design with a one-group pretest-posttest design with the Wilcoxon test. The sample in this study were 54 pre-anesthesia patients with accidental sampling. The results of data processing using the Wilcoxon test obtained a p-value of 0.000 ($p < 0.05$), which means Ha is accepted. These results indicate that there is an effect of dhikr Asmaul Husana on blood pressure in pre-anesthesia hypertensive patients at the Yogyakarta Islamic Hospital PDHI.

Keywords: Dhikr Asmaul Husana, Blood Pressure, Pre-Anesthesia

INTRODUCTION

In every surgery, anesthetic preparation is required, either general anesthesia or regional anesthesia, which aims to ensure that the patient does not feel pain and is comfortable during the operation. (Sakila et al., 2024) During the process, the anesthesiologist has duties within the anesthesia scope, which are divided into pre-anesthesia, intra-anesthesia, and post-anesthesia. Pre-anesthesia involves assessing the patient's condition before anesthesia is performed. One of the assessments performed during pre-anesthesia is blood pressure assessment.(Sihombing et al., 2024). According to WHO in 2013, blood pressure is the pressure that comes from the artery walls when the heart pumps blood throughout the human body.

Hypertension is a situation where blood pressure in the body is high, apart from that, hypertension is also considered a silent killer because it does not have specific symptoms.(Wahyudi et al., 2021).In pre-anesthesia, untreated high blood pressure can lead to

somatic reactions that can cause an abnormal heartbeat and disrupt the circulatory system, leading to bleeding both during and after surgery. High blood pressure before anesthesia requires higher doses of anesthetics to lower blood pressure, which can prolong the patient's recovery time after anesthesia.(Saputra et al., 2024).

Based on the Basic Health Research in 2023, it was found that the prevalence of hypertension in the Indonesian population >18 years who experienced hypertension reached 30.8%.(Ministry of Health of the Republic of Indonesia, 2018)According to the 2023 Basic Health Research (Rikesdas) data, the prevalence of hypertension in Yogyakarta reached 13.0%. This makes Yogyakarta the province with the fourth highest number of hypertension cases in Indonesia.

One way to treat hypertension is through non-pharmacological therapy, such as relaxation therapy and reciting the Asmaul Husana (the Beautiful Names of Allah). Reciting the Asmaul Husana (the Beautiful Names of Allah) is believed to have a calming effect on the body.(Lestanti & Rejeki, 2023).Audio therapy for reciting the Asmaul Husana (Asmaul Husana) can lower heart rate and contraction force, as well as reduce stress levels. This Asmaul Husana (Asmaul Husana) audio therapy is one intervention to maintain good health by reducing stress and high blood pressure. Physiologically, when someone listens to and follows the audio of dhikr, their brain will work. When the brain releases neuropeptides, these substances will bind to and be absorbed by the body. The body then provides feedback in the form of comfort and pleasure.(Apriyati et al., 2023).

The author conducted a preliminary study and found that, based on an interview with an anesthesiologist regarding pre-anesthesia hypertension at the Yogyakarta Islamic Hospital PDHI, the most common hypertension was stage one and stage two, with a percentage of 60% of the total pre-anesthesia patients. Furthermore, there was no hospital chaplain in the handover room to provide spiritual support before surgery.

METHODS

This research is a quantitative study with a pre-experimental design with a one-group pretest-posttest design. The population in this study were 314 pre-operative patients in October 2024. The sampling technique used in this study was a non-probability sampling technique with an accidental sampling type and a sample size of 54 respondents taken after using the Lameshow formula and calculating the probability of a 10% dropout. The type of data in this study is primary data. Primary data is data obtained directly by the researcher from the respondents.

Data collection tools in this study used a blood pressure observation sheet, bedside monitor, headphones, and audio dhikr Asmaul Husna. Respondents were identified according to inclusion and exclusion criteria and recorded their blood pressure before the intervention. Respondents were given an explanation of the direction and purpose of the study. If the respondent was willing, the respondent was asked to sign an informed consent and adjust the respondent's position comfortably. After that, the audio Asmaul Husna was listened to and the respondent was asked to concentrate and repeat what they had heard. Researchers measured and recorded respondents' blood pressure 2 minutes after reciting the Asmaul Husana. The research data obtained was then analyzed using the Wilcoxon non-parametric statistical test and presented in tabular form.

RESULTS

Table 1. Frequency Distribution of Respondent Characteristics

No	Characteristics	Frequency	Percentage (%)
1.	Age		
	a. 19-59 years	27	50%
	b. >60 years	27	50%
2.	Gender		
	a. Man	29	53.7%
	b. Woman	25	46.3%
3.	Worried		
	a. Yes	33	61.1%
	b. No	21	38.9%
4.	Genetics		
	a. There is	25	46.3%
	b. There isn't any	29	53.7%
5.	Obesity rate		
	a. Normal	25	46.3%
	b. Obesity 1	20	37.0%
	c. Obesity 2	9	16.7%
	Total	54	100%

Source: Primary Data, 2025

In table 1. characteristics of respondents based on their age, namely from 54 respondents in the age category of 19-59 years, there are 27 respondents (50%), and respondents aged >60 years are 27 respondents (50%). Characteristics of respondents based on gender of the 54 respondents are mostly male, namely 29 respondents (53.7%). Characteristics of respondents based on anxiety are found that from 54 respondents, the majority of respondents have anxiety, namely 33 respondents (61.1%). Characteristics of respondents according to their genetics, that from 54 respondents, there are respondents who do not have genetics, namely 29 respondents (53.7%). Characteristics of respondents according to BMI show that from 54 respondents, the majority of respondents are in the normal category, namely 25 respondents (46.3%).

Table 2. Blood Pressure Characteristics Before Asmaul Husana Dhikr Therapy

Respondent Characteristics	Frequency	Percentage (%)
Hypotension	0	0%
Normal	0	0%
Pre-hypertension	0	0%
Stage 1 hypertension	26	48.1%
Stage 2 hypertension	19	35.2%
Isolated systolic hypertension	9	16.7%
Total	54	100%

Source: Primary Data, 2025

Table 2 shows the results of 54 respondents before the Asmaul Husana dhikr therapy, 26 respondents (48.1%) were in stage 1 hypertension category, 19 respondents (35.2%) were in stage 2 hypertension category, and 9 respondents (16.7%) were in isolated systolic hypertension category.

Table 3. Blood Pressure Characteristics After Asmaul Husana Dhikr Therapy

Respondent Characteristics	Frequency	Percentage (%)
Hypotension	0	0%
Normal	9	16.7%

Pre-hypertension	22	40.7%
Stage 1 hypertension	19	35.2%
Stage 2 hypertension	2	3.7%
Isolated systolic hypertension	2	3.7%
Total	54	100%

Source: Primary Data, 2025

Table 3 shows that 54 respondents after undergoing Asmaul Husana dhikr therapy had a normal category of 9 respondents (16.7%), a pre-hypertension category of 22 respondents (40.7%), a stage 1 hypertension category of 19 respondents (35.2%), a stage 2 hypertension category of 2 respondents (3.7%), and an isolated systolic hypertension category of 2 respondents (3.7%).

Table 4. The Effect of Dhikr Asmaul Husana on Blood Pressure in Pre-Anesthesia Hypertension Patients at the Yogyakarta Islamic Hospital PDHI

No	**Category**	***f***	**Percentage (%)**	***Sum Of Ranks***		***Sig.***
				Negative	Positive	
1	Post test < Pre test	48	88.89%			
	Post test > Pre test	0	0%	1176.00	0.00	0.000
	Post test = pre test	6	11.11%			

Source: Primary Data, 2025

In table 4. above, we can see that the p-value is 0.000 < 0.05, so it can be concluded that in this study Ha can be accepted and Ho is rejected, so it can be interpreted that there is an influence of dhikr Asmaul Husana on reducing blood pressure in pre-anesthesia hypertension patients at RSIY PDHI.

DISCUSSION

Blood pressure is a crucial component of the body's hemodynamics. High blood pressure can interfere with surgical procedures. Blood pressure is the pressure exerted on the artery walls as the heart pumps blood throughout the body. Blood pressure is divided into systolic and diastolic blood pressure. Blood pressure varies from person to person (Amiruddin et al., 2015;

Wulandari & Samara, 2023). High blood pressure, or hypertension, is caused by several factors, including age, anxiety, genetics, and obesity. This study identified several levels of blood pressure: hypotension, normal, pre-hypertension, stage 1 hypertension, stage 2 hypertension, and isolated systolic hypertension.

Based on the results of blood pressure before the administration of dhikr Asmaul Husana in pre-anesthesia in table 2, it was found that the majority of respondents were in stage 1 hypertension, amounting to 26 respondents (48.1%). According to research conducted by Saputra (2024), the mean systolic blood pressure of patients before surgery was recorded at 143.28 mmHg, while the mean diastolic blood pressure was 88.59 mmHg. From these results, it can be seen that the mean blood pressure of patients in this finding is included in the stage 1 hypertension section. Psychological factors are one of the factors that cause blood pressure to increase before patients are operated on.

Based on the results of blood pressure after giving the Asmaul Husana dhikr in pre-anesthesia in table 3, the results showed that the majority of respondents had pre-hypertension, namely 22 respondents (40.7%). According toRifki (2019) Dhikr therapy helps create peace of mind and body, thus promoting optimal harmony and contributing to improved psychological, social, mental, and physical health. According to research,Aini & Astuti (2020)Regarding "The Effect of Dhikr Therapy on Reducing Blood Pressure in Hypertension Patients," this finding shows that there is a significant difference in blood pressure before and after dhikr therapy is given.

Based on table 4. in the research that has been conducted, it was found that the results of Asymp. Sig. (2-tailed) 0.000 (<0.05) which means that there is an effect of dhikr Asmaul Husna on reducing blood pressure in pre-anesthesia patients at the Yogyakarta Islamic Hospital PDHI. Therefore, the results showed that the respondents' blood pressure decreased after the intervention of dhikr Asmaul Husna was given in pre-anesthesia. Based on the data above, it was found that there are several factors that influence blood pressure to decrease, namely the success of the dhikr Asmaul Husna therapy that has been carried out and the psychology of the respondents.

The above statement is in line with researchApriyati et al (2023)Physiologically, dhikr therapy stimulates the brain's nerves. When the brain produces neuropeptides, the body absorbs them. After absorbing these substances, the body reacts with feelings of pleasure and comfort.

Neuropeptides act as neurotransmitters that help regulate nervous system activity. These substances, like endorphins and oxytocin, can suppress the activity of the sympathetic nervous system, which typically triggers increased blood pressure. The calming effects of neuropeptides

can also reduce stress and anxiety, ultimately helping lower blood pressure and maintain cardiovascular stability.(Kuhlmann et al., 2019).

According toYulafni (2021)Listening to the Asmaul Husana can help relieve stress, frustration, and anxiety associated with various illnesses. Practically, listening to and seeing the Asmaul Husana is very easy to do, non-invasive for the listener, and quick to implement.

This research is in line with research findingsTumanggor & Dearst (2021)which revealed that after the audio dhikr of Asmaul Husna was given, blood pressure decreased by an average of 136.39/85.83 mmHg. Of the 10 respondents who had been interviewed in the treatment group after the deep breathing relaxation intervention combined with the dhikr of Asmaul Husna, it was found that 10 respondents stated that they felt very relaxed when doing deep breathing relaxation therapy followed by listening to the audio of Asmaul Husna.

CONCLUSION

The provision of dhikr Asmaul Husna on blood pressure in hypertensive patients in pre-anesthesia Yogyakarta Islamic Hospital PDHI especially in the Central Surgical Installation obtained the results of the Wilcoxon test with a p-value of 0.000 <0.05. So it is said that there is a significant effect of dhikr Asmaul Husna on blood pressure in pre-anesthesia hypertensive patients at Yogyakarta Islamic Hospital PDHI.

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