

Section: Community Nursing

Quran recitation as a therapeutic intervention for sleep disorders in elderly living in the community

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Abstract

Hypertension is a significant health concern among the elderly, as it can lead to cardiovascular complications and impact overall quality of life. In addition to pharmacological interventions, complementary therapies can play a crucial role in managing hypertension and related symptoms, such as sleep pattern disorders. Therefore, it is essential to explore effective nursing care strategies that address both hypertension and sleep pattern disorders in this population. A descriptive case study was conducted to investigate the implementation of nursing care for elderly hypertensive patients with sleep pattern disorders who received complementary therapy in the form of Al-Quran recitation audio. The patient received murottal Al-Quran recitation therapy, specifically Surah Ar-Rahman, which is known for its calming and soothing effects. The therapy was administered to help improve the patient's sleep quality, and the effectiveness was measured using the Pittsburgh Sleep Quality Index (PSQI). Prior to the therapy, the patient's PSQI score was 16, indicating poor sleep quality. However, after receiving the Al-Quran recitation therapy, the patient's PSQI score decreased to 4, indicating a significant improvement in sleep quality. The results of this study demonstrate the potential benefits of using Al-Quran recitation as a complementary therapy to improve sleep quality in elderly hypertensive patients.

Keywords: Community nursing, complementary therapy, hypertension, quality of life, Quran recitation

Introduction

Elderly individuals are individuals over 60 years of age who exhibit signs of a natural, continuous decline in biological, psychological, social, and economic function. Many elderly individuals experience multiple diseases or numerous illnesses as their body functions decline (Fung, 2019). Changes in the elderly include the cardiovascular system, which can lead to various diseases such as heart disease, stroke, and hypertension (Zhou et al., 2022). Hypertension, often referred to as the silent killer, is an asymptomatic disease or silent killer that contributes to the death rate from non-communicable diseases (Moussouni et al., 2022). Symptoms experienced by hypertension sufferers include headaches, blurred vision, irritability, chest pain, and a strong and rapid heartbeat (Kidwai et al., 2024). These signs and symptoms can cause physical, psychological, and mental-social changes in the elderly and lead to sleep disturbances. Elderly individuals with hypertension also experience nursing problems such as chronic pain, decreased cardiac output, and activity intolerance. In Central Java, the population aged 60 years and over has been steadily increasing. In 2020, this demographic made up 12.22% of the province's population. By 2021, the number of elderly individuals reached approximately 4.65 million people, accounting for 12.64% of the total population. This upward trend continued in 2022, with the elderly population growing to around 4.86 million people, or 13.07% of the total population in Central Java. In Indonesia, the prevalence of hypertension also shows a worrying trend. Based on data from the 2018 Basic Health Research, the prevalence of hypertension in the population aged >18 years reached 34.1% with central Java Province recorded a significant number of hypertension cases (Riskseddas, 2018). The prevalence of hypertension in the province was 37.5%. This data highlights that hypertension remains a significant health concern in Central Java, emphasizing the need for continued efforts to prevent, detect, and manage the condition effectively.

Good quality sleep is essential for seniors to improve their health and recover from illness (Scott et al., 2021; Ramar et al., 2021). Poor sleep quality can lead to various disorders, including increased susceptibility to illness, forgetfulness, and decreased ability to concentrate and make decisions. Furthermore, it can also reduce the independence of seniors, as indicated by decreased participation in daily activities. Complementary therapy, such as audio therapy using Murottal Al-Qur'an, can be an effective way to improve sleep quality in seniors (Nabrita & Sudaryanto, 2024; Rozali et al., 2022). The working mechanism of this therapy involves reducing stress hormones and activating endorphin hormones naturally. This can lead to increased feelings of relaxation, reduced feelings of fear, anxiety, and tension, and improvement in the body's chemical system. As a result, blood pressure can be lowered, and breathing and brain wave activity can be slowed, promoting a restful and rejuvenating sleep. By incorporating this therapy into their care plan, seniors can potentially experience improved sleep quality, enhanced overall well-being,

and increased independence. This study is important because sleep disorders are prevalent among the elderly population, affecting their quality of life, cognitive function, and overall health. Quran recitation as a therapeutic intervention offers a non-pharmacological and holistic approach to managing sleep disorders, which can be particularly beneficial for elderly individuals who may be sensitive to medication side effects. The study's findings can inform healthcare professionals about the potential benefits of incorporating spiritual and cultural practices into care plans for elderly patients with sleep disorders. By exploring the effectiveness of Quran recitation therapy, this study can contribute to the development of innovative and evidence-based interventions to improve the health and well-being of elderly individuals.

Case Description

The case study illustrates the implementation of nursing care for elderly hypertensive patients with sleep pattern disorders who received complementary therapy in the form of Al-Quran recitation audio. Assuming the patient is indeed an elderly individual, the study was conducted in the working area of Pakis Health Center, Magelang, over three consecutive days in June 2025. The subject of this study was an elderly patient diagnosed with hypertension and sleep pattern disorders. The patient presented with symptoms such as elevated blood pressure, tachycardia, and sleep disturbances, which significantly impacted their quality of life. The focus of the study was to provide nursing care to the client by applying complementary therapy in the form of Al-Quran recitation audio, which has been shown to have a calming effect and potentially improve sleep quality. Data collection techniques employed in this study included interviews, observations, physical examinations, and clinical documentation. The interview was conducted to obtain subjective data before and after the intervention, allowing the researcher to assess the patient's experiences and perceptions of the therapy. Observation and physical examination were used to monitor changes in vital signs, including blood pressure, heart rate, respiratory rate, and body temperature. The Pittsburgh Sleep Quality Index (PSQI) score was also measured to assess the patient's sleep quality. Clinical documentation was performed using nursing observation sheets to record the patient's progress and response to the therapy. The instruments used in this study included a nursing assessment sheet based on 32 Friedman domains, a vital signs observation form, a murottal therapy guide, and a speaker to play the Al-Quran recitation audio. Informed consent was obtained from the patient and their family, ensuring that they were fully aware of the study's purpose, procedures, and potential benefits. Ethical principles such as anonymity, data confidentiality, justice, and beneficence were upheld throughout the study. The patient's identity was anonymized to protect their privacy and confidentiality.

Discussion

The intervention given for the first diagnosis is sleep support. This comprehensive approach includes identifying activity and sleep patterns, as well as factors that disturb sleep, such as physical and psychological elements. Additionally, it involves identifying foods and drinks that may disrupt sleep, and sleeping pills consumed. The environment is modified to promote better sleep, and a regular sleep schedule is established. Procedures to increase comfort are carried out, and non-pharmacological therapy is provided, specifically listening to the recitation of the Al-Quran, Surah Ar Rahman, for 15 minutes before bed. Quran recitation therapy showed positive effects on sleep patterns and blood pressure over the course of three days. On the first day, the PSQI score decreased from 16 to 9, indicating improved sleep quality, while blood pressure decreased from 170/95 mmHg to 165/92 mmHg. On the second day, the PSQI score further decreased to 5, accompanied by a decrease in blood pressure to 160/87 mmHg. By the third day, the PSQI score reached 4, with blood pressure stabilizing at 158/85 mmHg. These results suggest that Quran recitation therapy may be an effective intervention for improving sleep quality and reducing blood pressure. The provision of complementary therapy in the form of Al-Quran recitation audio was based on the understanding that spiritual and emotional support can play a significant role in managing chronic conditions such as hypertension and sleep disorders (Alinejad et al., 2025; Klimasiński et al., 2022; Papathanasiou et al., 2020). The Al-Quran recitation audio used in this study was specifically chosen for its calming and soothing effects, which can help reduce stress and anxiety, promote relaxation, and improve sleep quality. With incorporating this therapy into the nursing care plan, the researcher provided a more approach to patient care, addressing the patient's physical, emotional, and spiritual needs. The results of this study demonstrated the potential benefits of Al-Quran recitation therapy in improving sleep quality and reducing blood pressure in elderly hypertensive patients with sleep pattern disorders. The patient's PSQI score decreased significantly after receiving the therapy, indicating improved sleep quality.

Additionally, the patient's blood pressure readings showed a decrease, suggesting that the therapy had a positive impact on the patient's cardiovascular health. The study highlights the potential benefits of incorporating Al-Quran recitation therapy into nursing care plans for elderly hypertensive patients with sleep pattern disorders. The results of this study can be used to inform nursing practice and provide a more comprehensive approach to patient care. The implications of this study are significant, as it provides evidence for the benefits of complementary therapies in managing chronic conditions such as hypertension and sleep disorders. Healthcare professionals can provide an approach to patient care, addressing the patient's physical, emotional, and spiritual needs (Santos et al., 2022; Harrad et al., 2019; Jasemi et al., 2017). This can lead to improved patient outcomes, enhanced quality of life, and a more patient-centered approach to care. The role of family in this intervention is vital, as they provide emotional support and

encouragement, helping to engage in Quran recitation. Family members can assist in setting up a quiet and comfortable space for recitation, remind them to recite regularly, and offer transportation to therapy sessions if needed. Moreover, family members can participate in recitation sessions together as therapeutic effects of Quran recitation on sleep quality. Future studies can build upon the findings of this research, exploring the long-term benefits of Al-Quran recitation therapy and its potential applications in various healthcare settings. Additionally, studies can investigate the effectiveness of this therapy in different patient populations, such as those with other chronic conditions or in different cultural contexts. With continuing to explore the benefits of complementary therapies like Al-Quran recitation, healthcare professionals can develop more comprehensive and effective care plans that address the complex needs of patients.

Conclusion

The application of complementary therapy using murottal Al-Quran recitation of Surah Ar-Rahman was effective in improving sleep quality in elderly hypertensive patients. These findings suggest that murottal Al-Quran recitation therapy can be an adjunct to conventional treatment for elderly hypertensive patients with sleep pattern disorders. Based on the results of this study, several recommendations can be made. For nursing practice, this study can serve as a resource for nurses to gain benefits of Al-Quran recitation, specifically Surah Ar-Rahman, in managing hypertension and sleep pattern disorders in elderly patients. By incorporating this therapy into their care plans, nurses can provide more holistic and patient-centred care. For community health centres, this study can be used as a reference in educating the community about the benefits of non-pharmacological therapies, such as Al-Quran recitation, in managing hypertension and sleep disorders. This can empower individuals to take a more active role in managing their health and well-being. For future research, further studies with larger sample sizes and quantitative designs are needed to validate the effectiveness of murottal Al-Quran recitation therapy in elderly hypertensive patients with sleep pattern disorders. Additionally, future studies can explore the long-term benefits of this therapy and its potential applications in various healthcare settings.

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