

# Penerapan Terapi Psikoreligius Keperawatan: MURIMA untuk Meningkatkan Kesejahteraan Spiritual, Menurunkan Stres, dan Tekanan Darah Lansia Hipertensi = Application of Nursing Psychoreligious Therapy: MURIMA to Improve Spiritual Well-being, Reduce Stress, and Blood Pressure among Older People with Hypertension

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## Abstrak

**LATAR BELAKANG:** Lansia mengalami perubahan terkait usia yang tidak dapat dihindari, progresif, dan tidak dapat diubah seperti perubahan fisiologis yang bersifat degeneratif tetapi tetap dapat dioptimalkan dalam fungsi psikologis, sosial, dan spiritual. **TUJUAN:** Penelitian ini bertujuan untuk menganalisis pengaruh terapi keperawatan psikoreligius: MURIMA (integrasi murottal QS Ar-Rahman & imajinasi terbimbing) terhadap peningkatan kesejahteraan spiritual, penurunan stres, dan tekanan darah pada lansia penderita hipertensi di Desa Curug, Depok. **METODE:** Desain penelitian ini adalah quasi eksperimen dengan pre-test-post-test one group tanpa kelompok kontrol. Jumlah partisipan adalah 36 lansia hipertensi di komunitas dan 10 keluarga dengan lansia hipertensi dengan purposive sampling. Instrumen yang digunakan adalah Spiritual Well-Being Scale, Depression Anxiety Stress Scales (DASS), dan sphygmomanometer digital. Terapi psikoreligius keperawatan: MURIMA dilaksanakan selama 55-60 menit setiap pertemuan selama 12 minggu (12 pertemuan = 16 sesi). **HASIL:** Hasil penelitian menunjukkan bahwa karakteristik lansia dengan hipertensi adalah usia 60-74 tahun (100%), kelebihan berat badan (33,3%), perempuan (61,1%), menikah (77,8%), etnis Jawa (80,6%), SD (30,6%), tidak bekerja (94,4%), 6 bulan menderita hipertensi (91,7%), memiliki riwayat keluarga dengan hipertensi (19,4%), perokok (27,8%), dan peminum alkohol (2,8%). Terdapat pengaruh positif terapi psikoreligius keperawatan: MURIMA terhadap peningkatan kesejahteraan spiritual, penurunan stres, dan tekanan darah pada lansia penderita hipertensi ( $p < 0,05$ ). **KESIMPULAN:** Terapi psikoreligius keperawatan: MURIMA dapat digunakan dan efektif untuk meningkatkan kesejahteraan spiritual, mengurangi stres, dan tekanan darah pada lansia dengan hipertensi. Terapi ini sebagai pilihan intervensi keperawatan bagi individu, kelompok, keluarga, dan masyarakat melalui pendekatan psikoreligius.

.....**BACKGROUND:** The older people experience unavoidable, progressive, and irreversible age-related changes such as degenerative physiological changes but can still be optimized in psychological, social, and spiritual functions. **AIM:** The study aimed to analyze the effect of nursing psychoreligious therapy: MURIMA (integrating murottal QS Ar-Rahman & guided imagery) to improve spiritual well-being, reduce stress, and blood pressure among older people with hypertension in Curug Village, Depok. **METHODS:** This research design was a quasi-experiment with pre-test-post-test one group without a control group. The total number of participants were 36 older people in community and 10 families with hypertension elderly which were taken by purposive sampling. Instruments used are Spiritual Well-Being Scale, Depression Anxiety Stress Scales (DASS), and sphygmomanometer digital. Nursing psychoreligious therapy: MURIMA was implemented for 55-60 minutes every meetings for 12 weeks (12 meetings = 16 sessions). **RESULTS:** The results showed that characteristics of older people with hypertension are 60-74 years old (100%), overweight (33,3%), female (61.1%), married (77.8%), ethnic Jawa (80.6%), primary school

(30.6%), unemployed (94.4 %), 6 months have hypertension (91.7%), have a family history with hypertension (19.4%), smokers (27.8%), and drank alcohol (2.8%). There was positive effects of nursing psychoreligious therapy: MURIMA on increasing spiritual well-being, reducing stress, and blood pressure in the older people with hypertension ( $p < 0.05$ ). CONCLUSIONS: This study concluded that nursing psychoreligious therapy: MURIMA can be used and effective to improve spiritual well-being, reduce stress, and blood pressure among older people with hypertension. This therapy as an option for nursing interventions for individuals, groups, families, and communities through a psychoreligious approach.