

**THE EFFECTIVENESS OF THE COMBINATION OF DHIKR
MEDITATION AND ROSELLA TEA CONSUMPTION IN LOWERING
BLOOD PRESSURE IN HYPERTENSION PATIENTS**

Putri Arinda Nuraningrum

Marsaid S. Kep., Ns., M. Kep

Program Studi Sarjana Terapan Keperawatan Poltekkes Kemenkes Malang

ABSTRACT

Hypertension is a chronic health condition that requires long-term management, including the use of complementary therapies to support blood pressure control. This study aimed to determine the effectiveness of a combination of dhikr meditation and rosella tea consumption in reducing blood pressure among patients with hypertension. A quasi-experimental design with a pretest–posttest control group was used. The sample consisted of 40 respondents, divided into an intervention group and a control group, with 20 participants in each. The intervention group practiced dhikr meditation for 15 minutes and consumed 200 ml of rosella tea once daily for seven days, while the control group continued taking their prescribed antihypertensive medications. Blood pressure measurements were performed before and after the intervention using a digital sphygmomanometer. The results showed a significant reduction in the intervention group, with mean systolic blood pressure decreasing from 159.70 mmHg to 150.55 mmHg ($p=0.001$) and mean diastolic pressure decreasing from 96.05 mmHg to 90.55 mmHg ($p=0.004$). In the control group, no significant reduction was observed, with systolic pressure changing from 163.40 mmHg to 163.90 mmHg ($p=0.466$) and diastolic pressure from 99.30 mmHg to 100.20 mmHg ($p=0.948$). The Mann–Whitney test indicated a significant difference between the two groups ($p=0.013$ for systolic; $p=0.003$ for diastolic). In conclusion, the combination of dhikr meditation and rosella tea consumption is effective in reducing blood pressure among hypertensive patients and may serve as a complementary therapy to support hypertension management.

Keywords: Dhikr Meditation, Rosella Tea, Blood Pressure, Hypertension, Complementary Therapy