EDUCATION ON DZIKIR THERAPY TO LOWER BLOOD PRESSURE IN ELDERLY PEOPLE WITH HYPERTENSION USING A BOOKLET

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SUMMARY

Background: Hypertension is one of the chronic diseases commonly experienced by older adults and may increase the risk of various complications if blood pressure is not properly controlled. Hypertension management is not only carried out through pharmacological therapy but can also be supported by non-pharmacological interventions. For older Muslim adults, dhikr therapy is a spiritual approach that is closely related to daily religious practices and can be used as a complementary therapy. Performing dhikr in a calm and relaxed state is expected to help reduce stress and support blood pressure control. Therefore, an educational medium that is simple, practical, and easy for older adults to understand is needed. **Objective:** To develop a Communication, Information, and Education (CIE) medium in the form of a booklet entitled **"Calm with Dhikr, Healthy from Hypertension"**, which provides information about hypertension and dhikr therapy as a complementary therapy for older Muslim adults. **Method:** The booklet was developed through a literature review, material preparation, design development using Canva, validation, revision, and finalization. The materials were presented using simple language and supported by illustrations to facilitate understanding among older adults. **Results:** The resulting booklet contains educational materials on hypertension, risk factors, blood pressure control, the definition and benefits of dhikr therapy, guidelines for practicing dhikr, a therapy schedule, and a blood pressure monitoring sheet. **Conclusion:** The booklet can be used as a practical CIE medium to provide education to older Muslim adults with hypertension and help improve their understanding of dhikr therapy as a complementary approach to support blood pressure control. Dhikr therapy is intended as a complementary intervention and does not replace medical treatment or recommendations from healthcare professionals.

Keywords : *Booklet, Hypertension, Communication, Information, and Education (KIE), Older Muslim Adults, Blood Pressure, Dhikr Therapy.*