

ANALYSIS OF THE EFFECT OF WUDHU ON MOMENTARY CHANGES IN BLOOD PRESSURE IN ADULTS WITHOUT HYPERTENSION

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Background: Wudhu is a very important Islamic teaching as a valid condition for carrying out prayers, besides that ablution provides very important benefits for the health of the human body.

Objective: To determine the effect of wudhu on momentary changes in blood pressure in adults without hypertension.

Research Method: The research sample is adults in accordance with the inclusion and exclusion criteria of the study with a sample of 100 samples. The sampling technique used is by *purposive sampling in accordance with the inclusion and exclusion criteria of the research*.

Results and Discussion: The results of the study of 100 research samples found the effect of wudhu on the total response of momentary changes in blood pressure, on *systole* blood pressure with confidence level ($p=0.0001$) and on *diastole* blood pressure ($p=0.029$), and it appears that *systole* and *diastole* blood pressure Decreased response was greater than that of non-decreased response began to occur at the fifth minute, but the incidence rate was greater in *diastole* blood pressure of 46 samples compared to *systole* blood pressure of 44 samples.

Conclusion: There is an effect of wudhu on the average decrease in blood pressure in adults without hypertension, especially in the average diastole blood pressure, which occurs in the fifth minute after ablution.

Keywords: Wudhu, face washing, momentary blood pressure, adults without hypertension.