

Implementation Of Islamic Music Therapy Intervention (Sholawat Asqil) on Mental Disorder Clients With Hearing Hallucinations in the Melati Room RSJ. Dr Radjiman Wediodiningrat

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Abstract

Hallucinations are one of the symptoms of sensory perception disorders experienced by patients with mental disorders, usually sufferers feel the sensation of sound, sight, taste, touch, or smell without any real stimulus. Approximately 70% of hallucinations experienced by patients with mental disorders are auditory hallucinations. One of the therapies that can be used to treat auditory hallucination patients. **Purpose:** This study aims to identify the application of Islamic music therapy interventions to mentally ill patients with auditory hallucinations in the Melati Room of RSJ Dr. Radjiman Wediodiningrat. **Methods:** Data collection techniques using interviews, observation, physical examination and documentation, implementation of Islamic music therapy to control auditory hallucinations. **Results:** Data analysis showed that the nursing diagnosis was sensory perception disorder. Providing Islamic music therapy is one of the interventions that can be applied to control hallucinations. **Conclusion:** Based on the evaluation results obtained from nursing care, Islamic music therapy can control auditory hallucinations.

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1. INTRODUCTION

Mental health is the realization of harmony in mental function and the ability to face problems, feel happy and capable. A mentally healthy person means being able to adapt to themselves, other people, society or the environment (Azizah, Zainuri & Akbar, 2016). According to Law No. 18 of 2014, mental health is a condition where an individual can develop physically, mentally, spiritually and socially so that he is aware of his own abilities, able to withstand pressure, able to work productively and able to contribute to his community. Meanwhile, conditions that are not in accordance with development are called mental disorders. (Safitri et al., 2022)

Mental disorders are a condition where the client feels that the environment does not accept him, has failed in his efforts, cannot control his emotions and causes the client to be disturbed or threatened and changes the client's behavior. The prevalence of mental disorders worldwide according to WHO data (World Health Organization) in 2019 there were 264 million people experiencing depression, 45 million people suffering from bipolar disorder, 50 million people experiencing dementia and 20 million people experiencing schizophrenia. According to Hartanto, Hendrawati & Sugiyorini (2021) mental disorders are a serious health problem because the number of illnesses continues to increase, this mental disorder is a chronic disease with a long healing process, one of which is schizophrenia. (Apriliani et al., 2021)

Schizophrenia is a major mental disorder that can be characterized by hallucinations, delusions, paranoia, agitation, feelings of apathy, affective flattening, disharmony between mental activity and the environment and deficits in learning, memory and attention (Mazza

et al. 2019). Schizophrenia can cause distorted thoughts, perceptions and emotions as well as behavior in individuals, schizophrenia can be considered a syndrome or disease process with different variations and symptoms. (Jannah et al., 2022)

The highest prevalence of mental disorders in Indonesia is in the special area of the capital city of Jakarta, namely 24.3% (Ministry of Health of the Republic of Indonesia, 2008). Based on Basic Health Research data, (2007) shows that the prevalence of mental disorders nationally reaches 5.6% of the total population, in other words, it shows that for every 1000 people in the population there are 4 to 5 people who experience mental disorders. The prevalence of mental disorders in Indonesia is predicted to continue to increase along with the increasing burden of life faced by Indonesian people. (Barus & Siregar, 2020)

Basic Health Research and the Ministry of Health of the Republic of Indonesia (2018), stated that schizophrenia sufferers increased from only 1.7% in early 2013 to 7% in 2018. The number of people suffering from schizophrenia increased in West Sumatra with the seventh largest province, recorded as much as 9.0 per mile. A significant increase compared to the 2013 Riskesdas results which was only 2.0 per mile. (Mutaqin et al., 2023)

According to Zahnia & Wulan (2016), a symptom often experienced by people with schizophrenia is hallucinations. According to AS (2019), hallucinations are disturbances of perception or sensory disorders in which there is no stimulus to the receptors. Hallucinations should be the focus of attention of the medical team because if they are not immediately treated properly, they can pose a risk to the client's personal safety and comfort and the environment around the client. Hallucinations are disturbances in sensory perception without any external stimulus (hallucinations of hearing, sight, taste, smell and touch). (Safitri et al., 2022)

Livana (2020) states that the impact that can be caused by patients who experience hallucinations is loss of self-control. The patient will experience panic and his behavior will be controlled by hallucinations, in this situation the patient can commit suicide (suicide), kill other people (homicide), and even damage the environment. (Umsani et al., 2023)

The symptoms that can be observed in patients with auditory hallucinations include the patient appearing to be talking or laughing to himself, the patient getting angry with himself, covering his ears suddenly because he thinks that someone is talking to him. (Umsani et al., 2023)

According to Yosef (2010), it is estimated that more than 90% of patients with schizophrenia experience hallucinations. Stuart and Laraia (2005) said that auditory hallucinations are the most common, reaching almost 70%. Auditory hallucinations usually range from hearing less loud voices or noises to clear words spoken about the client and even to complete conversations between two or more people, and most often people's voices. The auditory hallucinations experienced by patients even affect their thinking, where patients are ordered to do things that are sometimes dangerous. (Mulia, 2021)

Music therapy consists of two words, namely therapy and music. The word therapy relates to a series of efforts designed to help or help people. Usually, this word is used in the context of physical and mental problems. Music therapy is a health therapy that uses music where the aim is to improve or improve physical, emotional, cognitive and social conditions for individuals of various ages. For healthy people, music therapy can be done to reduce stress by listening to music. Music therapy is very easily received by the hearing organs and then through the auditory nerve it is channeled to the part of the brain that processes emotions, namely the limbic system. In the limbic system in the brain there are neurotransmitters that regulate stress, anxiety, and some anxiety-related disorders. Music

can influence imagination, intelligence and memory, and can influence the pituitary in the brain to release endorphins. (Apriliani et al., 2021)

Based on the statement above, the researcher is interested in compiling a scientific work with the title: "Implementation of Islamic Music Therapy Intervention on Mental Disorder Patients with Auditory Hallucinations in the Melati Room at Dr. Mental Hospital. Radjiman Wediodiningrat Lawang

2. RESEARCH METHOD (12 Pt)

Data collection techniques use interviews, observation, physical examination and documentation, implementation of Islamic music therapy to control auditory hallucinations

3. RESEARCH RESULTS AND DISCUSSION (12 Pt)

3.1 Research Results

Based on the data from the study above, it shows that participant 1 is 26 years old with complaints that he often hears whispering sounds like scary birds at night when he is going to sleep, the client feels disturbed and cannot sleep and participant 2 is 27 years old with complaints that he often sees shadows. and heard whispers. The client appears to be talking to himself and grasping something.

Hallucinations are an absorption of the five senses without any external stimulation, healthy people have accurate perceptions, are able to identify and interpret stimuli based on the information they receive through the five senses (Nurfiana & Yunitasari, 2020).

From the results of observations and interviews conducted by researchers with Participants 1 and 2, it was found that data belonging to the precipitation factor strongly supports the emergence of hallucinatory sensory perception disorders because the patient was initially admitted to a mental hospital. Clients say they often see shadows and hear whispers. The client seems to be talking to himself and catching something, he often hears whispering sounds like scary birds at night when he is going to sleep, the client feels disturbed and cannot sleep.

In this case, the effectiveness of Islamic music therapy on musical auditory hallucinations can be widely used to reduce the intensity of the patient's hallucinations from unpleasant symptoms. Apart from that, this research also supports the results of Fauzan Abdullatif's research, where the results of the application of Islamic music therapy show several benefits of Islamic music therapy for auditory hallucinations in schizophrenia patients, namely that it can reduce the intensity of auditory hallucinations making the patient comfortable.

Based on one theory of the effectiveness of Islamic music therapy, namely making music therapy by inviting patients to listen to music and absorb the Islamic music, to divert their hearing by focusing on music. One effective non-pharmacological therapy is listening to music. This music therapy has the advantages of music being more economical, instinctive, and can be applied to all patients regardless of educational background and regardless of the patient's gender. Music has many functions, namely curing disease and improving memory as well as improving health holistically, so researchers want to know the effectiveness of Islamic Music Therapy on patients with auditory hallucinations.

3.2 Discussion

The nursing assessment was carried out from 29 May 2023 to 01 June 2023 in the Melati Rsj room. Dr Radjiman Wediodiningrat Lawang. The assessment was carried out by conducting an initial survey and collecting data through observations and

interviews. The assessment was carried out on Mrs. M and Mrs. R, the study carried out is regarding the client's general data. The author carries out an analysis of the client's main diagnosis, namely Sensory Perception Disorder: Auditory hallucinations, the author provides intervention on how to rebuke when listening to voices, educational intervention on how to use drugs properly and correctly, then intervention on how to control hallucinations by having a conversation and the author provides intervention additionally, providing Islamic music therapy to clients to control their hallucinations.

After Islamic Music therapy, the client feels calm and calmer because there is a deep meaning in it.

In the article *The Effectiveness of Classical Music Therapy in Reducing Signs and Symptoms in Patients with Auditory Hallucinations*, researchers Wuri Try Wijayanto, Marisca Agustina. Results after classical music therapy After classical music therapy there was a decrease in signs and symptoms of auditory hallucinations. Based on table 5, of the 30 respondents who experienced auditory hallucinations, there were 27 respondents who had experienced a decrease in signs and symptoms of hallucinations and 3 respondents had not experienced a decrease in signs and symptoms of hallucinations. This is related to previous research from I Wayan Candra (2013) regarding the effect of classical music therapy on changes in symptoms of aggressive behavior in schizophrenia patients with a sample size of 15 people. The results of research on the aggressive behavior of schizophrenic patients before being given music therapy were mostly 11 people (73.3%) in the moderate category. Most of the aggressive behavior of schizophrenic patients after being given music therapy, namely 12 people (80%) was in the mild category.

Music therapy is very easily received by the hearing organs and then via the auditory nerve it is channeled to the part of the brain that processes emotions, namely the limbic system. In the limbic system in the brain there are neurotransmitters that regulate stress, anxiety and several anxiety-related disorders. Music can influence imagination, intelligence and memory, and can influence the pituitary in the brain to release endorphins. From a philosophical perspective, music is defined as a language of conscience that connects understanding and understanding between humans in all corners of space and time, wherever we are. Therefore Nietzsche, a German philosopher, believed that music could undoubtedly make a contribution Vol. 7 No. 1 March 2017 Indonesian Journal of Nursing Science 95 positive for human life. In connection with this he said: "Without music, life would be an error." In reality, music does have a very important function or role so that no human can be separated from the existence of music. (Jannah et al., 2022)

Gold, et al. (2005) conducted research on the effectiveness of music therapy as additional therapy for schizophrenia patients. The results of this study show that music therapy given as additional therapy to standard care can help improve the mental condition of schizophrenia patients. Music therapy consists of two words, namely therapy and music. The word therapy relates to a series of efforts designed to help or help people. Usually, this word is used in the context of physical and mental problems. Music therapy is a health therapy that uses music where the aim is to improve or improve physical, emotional, cognitive and social conditions for individuals of various ages. For healthy people, music therapy can be done to reduce stress by listening to music.

Music therapy is very easily received by the hearing organs and then via the auditory nerve it is channeled to the part of the brain that processes emotions, namely the limbic system. 8 In the limbic system in the brain there are neurotransmitters that regulate stress, anxiety and several anxiety-related disorders. 13 Music can influence

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Gold, Heldal, Dahle, and Wigram (2005) conducted research on the effectiveness of music therapy as additional therapy for schizophrenia patients. The results of this study show that music therapy given as additional therapy to standard care can help improve the mental condition of schizophrenia patients. Music therapy is also effective in reducing levels of depression in social isolation patients. Research conducted by Ayu, Arief and Ulfa (2012) entitled the effectiveness of music therapy on the level of depression in social isolation patients at Dr. Mental Hospital. Amino Gondhohutomo Semarang, the results showed that music therapy was effective in reducing the level of depression in social isolation patients. This means that music therapy can help improve mental health in socially isolated patients.

4. CONCLUSION

Mental disorders are changes in mental function that cause suffering or obstacles in carrying out social roles (Keliat, Akemat, Novy & Heni, 2012). Schizophrenia is a serious mental disorder. According to the World Health Organization (WHO, 2016), schizophrenia affects more than 21 million people worldwide.

Auditory hallucinations usually range from hearing less loud voices or noises to clear words spoken about the client and even to complete conversations between two or more people, and most often people's voices. The auditory hallucinations experienced by patients even affect their thinking, where patients are ordered to do things that are sometimes dangerous (Muhith, 2015).

One effective non-pharmacological therapy is listening to Islamic music. Amelia & Trisyani (2015) said that music therapy has advantages including that music is more economical, instinctive, and can be applied to all patients regardless of educational background. Music has many functions, namely curing disease, improving memory and improving health holistically.

In this study, Islamic music therapy was carried out on patients Mrs. R and Mrs. M with auditory hallucinations for 3 days. Before doing music therapy, the client said he often heard intimidating voices. After doing classical music therapy for 3 days, the client said that he rarely heard voices, which means there was a change before and after doing classical music therapy, where the client said that before doing classical music therapy, he still often heard intimidating sounds. and after doing classical music therapy, the intensity of the patient's hallucinations has reduced

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