

Effectiveness of Music Therapy on Auditory Hallucination Sensory Perception Disorder at Soerojo Mental Hospital, Magelang

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Article Info

Keywords :

Sensory Perception Disorder,
Auditory Hallucinations,
Music Therapy.

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ABSTRACT

Background & Objective: One of the positive symptoms of schizophrenia is hallucinations. Auditory hallucination is the perception or response of the senses (hearing) to unreal stimuli that influence an individual's behavior. To determine the effectiveness of music therapy in auditory hallucination sensory perception disorder at Soerojo Mental Hospital, Magelang. **Method:** Descriptive study with application of previous case study results, using a mental health nursing care approach with the innovation of music therapy as intervention. **Result:** Music therapy was applied for 3 consecutive days with a 10-minute duration. The problem of sensory perception disorder was resolved, marked by a decrease in verbalization of hearing whispers, hallucinatory behavior, withdrawal, and daydreaming. **Conclusion:** Music therapy is effective in reducing the level, frequency, and duration of hallucinations in schizophrenic patients.

DOI: doi.org/10.56359/igj.v4i2A.720



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Introduction

According to the World Health Organization (WHO), mental health is a set of positive attributes reflecting harmony and psychological balance that demonstrates one's personality maturity. Based on Law No. 18 of 2014, mental health is when a person realizes their own abilities, can cope with stress, work productively, and contribute to their community (Nurhaeni et al., 2022). However, WHO data indicate that currently, around 1 in 8 people worldwide (12–13% of the global population)

experience mental or neurological disorders at some point in their lives. This may be caused by various factors.

One mental disorder is schizophrenia, a neurological disease that affects perception, thought processes, language, emotions, and social behavior. People with schizophrenia often experience auditory and visual hallucinations simultaneously, leading to loss of self-control, panic, and behavior dominated by hallucinations (Livana et al., 2018).

Basic Health Research (Riskesdas, 2018) reported that the prevalence of mental disorders in Indonesia reached 7.0 per 1,000 population, and in Central Java it was 9%. The most common disorder was schizophrenia (Ministry of Health RI, 2018). WHO (2019) also reported that globally there were 264 million cases of depression, 45 million bipolar disorder, 20 million schizophrenia, and 50 million dementia. Although schizophrenia has a relatively lower prevalence compared to other mental disorders, according to the National Institute of Mental Health (NIMH), schizophrenia is among the 15 leading causes of disability worldwide. Individuals with schizophrenia often experience hallucinations and have a higher risk of suicide (NIMH, 2019).

Symptoms of schizophrenia consist of negative and positive signs. Negative symptoms include hyperactivity, agitation, and irritability. Positive symptoms include hallucinations, delusions, thought disturbances, and behavioral changes (Keliat, 2019).

Hallucination is sensory perception without external stimulus. Healthy individuals interpret stimuli accurately through their senses (Aritonang, 2021). Major symptoms of hallucinations include hearing whispers, seeing shadows, or perceiving sensations through touch, smell, and taste. Minor symptoms include irritability, withdrawal, daydreaming, poor concentration, disorientation of time/place/person, and talking to oneself (SDKI, 2019).

Hallucinations are classified into five types: auditory, visual, olfactory, gustatory, and tactile (Manulang, 2021). Auditory hallucination occurs when patients hear voices, often leading to fear, panic, and difficulty distinguishing reality from imagination (Titania, 2021).

Management includes helping patients recognize hallucinations, training to control them (by rejecting them), adhering to medication, engaging in conversation, and maintaining structured activities (Pima, 2020). Among effective modalities is music therapy, which can enhance, restore, and maintain physical, mental, emotional, social, and spiritual health (Aldridge, 2018).

Music therapy is considered effective in improving physical, emotional, cognitive, and social conditions across age groups. Apriliyani et al. (2020) found that music therapy reduced hallucination symptoms, provided comfort, lowered anxiety, reduced emotional behaviors, and improved interpersonal functioning in schizophrenic patients.

At Soerojo Mental Hospital Magelang, approximately 70% of hallucinations experienced by psychiatric patients are auditory, 20% visual, and 10% olfactory,

gustatory, or tactile. In April 2024, data showed that out of 169 inpatients, 87 (57.74%) experienced hallucinations (Pratama, 2024).

Based on these facts, the author was interested in conducting a case study entitled: "Effectiveness of Music Therapy on Auditory Hallucination Sensory Perception Disorder at Soerojo Mental Hospital, Magelang."

Objective

To determine the effectiveness of music therapy on auditory hallucination sensory perception disorder at Soerojo Mental Hospital, Magelang.

Method

This final nursing scientific paper used a descriptive design, applying results from previous case studies, with a psychiatric nursing care approach and music therapy as an innovative intervention. Instruments included the psychiatric nursing care format and the SOP for Music Therapy.

The subject was one patient (Mr. A) with auditory hallucinations, treated at Soerojo Mental Hospital, Magelang, for 3 days (April 25–27, 2025). Each session lasted 10 minutes. Data collection included interviews, observations, and documentation. Primary data came from the patient, while additional data came from medical records and nurses at Wisma Lily 9.

Data analysis involved reviewing objective and subjective data, formulating nursing diagnoses, planning interventions using implementation strategies, applying music therapy, and evaluating outcomes.

Results

Assessment on March 25, 2025: Patient Mr. A, 28 years old, male, high school graduate, former laborer, resident of Magelang. He was admitted on April 18, 2025. On day 7 of hospitalization, he reported that about one week earlier, neighbors had called him "crazy," which triggered anger and medication non-compliance. Since then, he often talked to himself, became aggressive when hearing whispers commanding him to throw things, screamed, had insomnia, isolated himself, and neglected self-care.

Diagnosis: Auditory hallucination sensory perception disorder.

- Major data: Hearing voices commanding him to throw things.
- Minor data: Feelings of anger, daydreaming, withdrawal.

Intervention: Hallucination management through observation, therapeutic communication, education, collaboration, and application of music therapy.

TABLE 1. Documentation of Music Therapy Implementation

Day	Patient Response
1	Heard whispers commanding him to throw things; occurred ~4 times/day, ~10 seconds each; mostly at night.
2	Still heard whispers once at night; hallucination lasted ~5 seconds.
3	No longer heard whispers at night; slept soundly; felt happier.

Discussion

The assessment conducted on the patient revealed several symptoms leading to the diagnosis of sensory perception disorder: auditory hallucinations associated with psychotic disorders. This is consistent with SDKI (2019), which states that the signs of sensory perception disorder: auditory hallucinations include hearing whispers, perceiving something through the sense of hearing, behaving as if listening, having poor concentration, daydreaming, and preferring to be alone. Auditory hallucinations are the most common form of sensory perception disorder experienced by patients with schizophrenia, characterized by the feeling of hearing voices that command or call the patient to perform activities that do not actually exist (Abdurkhman & Maulana, 2022).

The patient's condition was related to the discontinuation of medication without healthcare provider approval and the presence of stress-inducing problems. Relapse of hallucinations can be caused by several contributing factors such as non-adherence to medication, irregular medical check-ups, discontinuation of treatment without healthcare provider consent, lack of family and community support, and severe life problems that trigger stress (Linggi, 2018). Information on medication discontinuation was obtained from the patient's family, who stated that the patient refused to take the medicine because it made him drowsy.

The care plan provided to the client was hallucination management. Hallucination management interventions were carried out by observing behaviors indicating hallucinations, monitoring the content of hallucinations, maintaining a safe environment, discussing the client's feelings regarding hallucinations, and avoiding debates about the validity of hallucinations. In addition, education was provided on how to control hallucinations, and collaboration was carried out in administering antipsychotic and anti-anxiety medications (Tim Pokja SIKI DPP PPNI, 2019).

In addition to hallucination management, according to Pima (2020), an Implementation Strategy (SP) was also carried out, such as helping patients recognize hallucinations, control hallucinations by rejecting them, taking medication regularly, conversing with others, and engaging in scheduled activities. These efforts were expected to reduce the verbalization of hearing voices, decrease hallucinatory behavior, reduce withdrawal, and minimize daydreaming (Tim Pokja SLKI DPP PPNI, 2019).

Hallucination control was also carried out using modal therapy, which is divided into four types: activity therapy, social therapy, group therapy, and environmental therapy (Hidayah, 2019).

The modality therapy applied by the researcher was activity therapy, specifically music therapy. Music therapy was administered for 3 days, with each session lasting 10 minutes. During implementation, the patient listened through earphones to his preferred music, which was classical music. Afterward, the patient was asked about his hallucinatory responses following the music therapy session.

This is consistent with research conducted by Asep Riyana et al. (2024), which found that music therapy can alter the frequency of hallucinations in patients with auditory hallucinations. This type of relaxation therapy helps individuals regulate their emotions to become calmer and may also alleviate psychological disorders. Music therapy is a relaxation technique aimed at diverting hallucinations. Classical music therapy can be administered for 10–15 minutes at a frequency of 80 Hz, transmitting sound directly to the brain to distract patients from the hallucinations they hear (Wahyuningtyas et al., 2023).

The study by Mulia, Madepan, et al. (2021) also showed a decrease in the level of hallucinations in patients with auditory hallucinations after classical music therapy was applied. Classical music (Haydn and Mozart) can improve concentration, memory, and spatial perception. The slower the brain waves, the more relaxed, satisfied, and peaceful the patient feels. Furthermore, after receiving music therapy, patients with auditory hallucinations due to schizophrenia demonstrated several behavioral changes: reduced hallucination signs and symptoms, increased comfort, decreased anxiety, reduced emotional behaviors, and improved interpersonal functioning (Apriliyani, T. S. D., et al., 2021).

Based on the case study results, it can be concluded that implementing hallucination management interventions alongside Implementation Strategies (SP), combined with music therapy, is more effective in reducing the level, frequency, and duration of hallucinations in schizophrenic patients. Consequently, auditory hallucination sensory perception disorder can be resolved.

Conclusion

After implementing music therapy for three days, the results showed that music therapy was effective in treating schizophrenia patients with sensory perception disorders and auditory hallucinations. This was evidenced by a decrease in the level, frequency, and duration of hallucinations, as well as an improvement in the patients' ability to interact with others and their concentration. This made the patients feel more comfortable and happy.

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