



Application of Murottal Al-Quran Therapy on The Hallucination Scores of Hearing Hallucination Patients in Dr. RM. Soedjarwadi Psychiatric Hospital Klaten

Ganis Dina Fihudha^{1*}, Mulyaningsih¹

¹Universitas 'Aisyiyah Surakarta, Indonesia

ARTICLE INFO

Article History:

Submitted: 29-06-2024

Revised: 28-07-2024

Accepted: 01-08-2024

Published: 05-08-2024

doi.org/10.58545/jkmi.v3i2.345

Copyright (c) 2024
Ganis Dina Fihudha

This is an open-access article
under the CC BY-SA license.



ABSTRACT

Background: Auditory hallucinations are hallucinations that would listen to voices and could threaten the patient in giving commands. In schizophrenic patients with hallucinations experience auditory hallucinations by 70%, then those with visual hallucinations are found by 20% and those with sense of smell and shuttle hallucinations are 10%. **Purpose:** To find out how the implementation of surah al-rahman's audio therapy (surah ar-rahman) against the score of patient auditory hallucinations in Dr. RM. Soedjarwadi Psychiatric Hospital Klaten. **Methods:** using descriptive methods with a case study design approach, the respondents used as many as 2 patients with auditory hallucinations. For respondents to the criteria of inclusion and inclusion, the Quran's audio marital therapy takes 20 minutes out of 3 days, the scale auditory higher rating (AHRS). **Results:** The hallucination scores for both respondents before and after being given audio murottal Al-Quran therapy decreased, namely from moderate hallucinations to mild hallucinations. **Conclusion:** There was a decrease in the hallucination score after being given Audio Murottal Al-Quran therapy from moderate to mild. **Keywords:** Auditory Hallucinations, Hallucination, Murottal Al-Quran, Murottal Therapy.

Corresponding Author:

Ganis Dina Fihudha

Universitas 'Aisyiyah Surakarta

Jl. Ki Hajar Dewantara No.10, Jawa, Kec. Jebres, Kota Surakarta, Jawa Tengah

Email: ganisdinafihudha.students@aiska-university.ac.id

How to cite:

Fihudha, G. D., & Mulyaningsih (2024). Application of Murottal Al-Quran Therapy on The Hallucination Scores of Hearing Hallucination Patients in Dr. RM. Soedjarwadi Psychiatric Hospital Klaten. *Jurnal Kegawatdaruratan Medis Indonesia*, 3(2), 146–155. <https://doi.org/10.58545/jkmi.v3i2.345>

I. INTRODUCTION

Schizophrenia is a serious mental health problem that requires full attention. Around 1% of the world's population has suffered from schizophrenia at some point in their lives (Devita & Hendriyani, 2020). Nearly 400 million people in the world

suffer from mental disorders, including schizophrenia. It is estimated that around 50 million or 25% of Indonesia's population suffers from mental disorders, including schizophrenia. The prevalence of schizophrenia in Indonesia alone is three to five thousand of the population. If the

population is estimated to be 220 million people, there will be approximately 660 thousand to one million people with mental disorders such as schizophrenia. 70% of patients diagnosed with schizophrenia experience hallucinations. The prevalence of schizophrenia is ranked 4th out of the top 10 diseases worldwide. Indonesia's population has reached 200 million people, so it is estimated that around two million people suffer from schizophrenia (Oktiviani, 2020). Of schizophrenic patients with hallucinations, 70% experienced auditory hallucinations, 20% experienced visual hallucinations and 10% experienced olfactory and tactile hallucinations (Wahyuni et al., 2022).

Patients with auditory hallucinations have several characteristics, namely hallucinatory voices will comment continuously on the patient's behavior, the patient will discuss with himself through various kinds of voices, and there are types of hallucinations that originate from one part of the patient's body. Auditory hallucinations involve hearing voices that can threaten the patient in giving orders (Nuraini & Pangestuti, 2023). Research conducted by Gasril (2020) explains that patients who are experiencing hallucinations with auditory hallucinations if they do not receive further

treatment will cause aggressive behavioral changes, commit suicide, withdraw from the surrounding environment and can endanger themselves, other people and the local environment.

Management that can be given to patients with auditory hallucinations is pharmacological and non-pharmacological approaches. Pharmacological therapy consists of using chemical drugs whose aim is to quickly control symptoms of psychosis because it involves the work of neurotransmitters in the brain (Utomo et al., 2021). A form of non-pharmacological therapy aims to develop personality gradually, one of which is psychoreligious therapy. Psychoreligious therapy can provide mental protection, ease of adaptation, reduce symptoms of mental disorders, and recovery. Usually, psychoreligious therapy uses the Al-Qur'an by listening to or reading it (Riyadi et al., 2022).

Listening to the Koran has been proven to improve a person's mental condition. Research conducted by Herawatey & Putra (2024) states that providing audio murottal Al-Qur'an therapy to patients with auditory hallucinations can help reduce hallucination scores. The results of another study conducted by Riyadi (2022) stated that there was an influence between Al-

Quran Murottal Therapy on the level of the auditory hallucination scale. Waja (2023) stated in his research that this surah is a surah of love which has the character of a short verse so that this verse is comfortable to listen to and enjoy which will have a relaxing effect on listeners or lay people. The linguistic style in this surah contains 31 verses that are repeated, the repetition of the verse is useful to emphasize a very strong belief. The virtues of Surah Ar-Rahman are increasing feelings of gratitude to Allah SWT, gaining the glory of martyrdom and as a reminder that there are creatures created by Allah besides humans.

Based on the results of interviews with the Head of the Nursing Team (Mr. Sartana) on April 6, 2024, the average patient treated in the Flamboyan room at Dr. RM. Soedjarwadi Psychiatric Hospital Klatenb, as many as 90% had a nursing diagnosis of hallucinations, while 10% were at Risk of Violent Behavior (RPK), Social Isolation (ISOS), Low Self-Esteem (HDR), and Risk of Suicide (RBD). Non-pharmacological therapies carried out in the flamboyant room include music

therapy, drawing and gymnastics. There is also a spiritual shower in the form of lectures. In the flamboyant room, there is no murottal Al-Quran therapy. So, the researcher was interested in applying audio murottal Al-Quran therapy (Surah Ar-Rahman) to the hallucination scores in patients with auditory hallucinations at Dr. RM. Soedjarwadi Psychiatric Hospital Klaten.

2. METHODS

The research design used in preparing this Scientific Work is descriptive in the form of a case study. In this case study, the process of mental health nursing care with auditory hallucinations was carried out by implementing reduce Murottal Al-Quran audio therapy to hallucination scores in patients with auditory hallucinations which included assessment, nursing diagnosis, intervention, implementation, and evaluation through interviews, observations, with 2 respondents in Dr. RM. Soedjarwadi Psychiatric Hospital Klaten.

3. RESULTS

Table 1. Hallucination Score in Patients with Auditory Hallucinations Before Being Given Audio Murottal Al-Quran Therapy (Surah Ar-Rahman)

Respondents	Hallucination Score	Stage of Hallucination
Mr. S	22	Medium (Stage II)
Mr. D	21	Medium (Stage II)

Table 1 shows that the hallucination score measurement carried out on April 3 2024 on Mr. S before implementing audio murottal Al-Quran therapy was 22 with moderate hallucinations (stage II).

Meanwhile, Mr. D's hallucination score before implementation was 21 with moderate hallucinations category (stage II).

Table 2. Hallucination Score in Patients with Auditory Hallucinations After Being Given Al-Quran Murottal Audio Therapy (Surah Ar-Rahman)

Respondents	Hallucination Score	Stage of Hallucination
Mr. S	11	Mild (Phase I)
Mr. D	9	Mild (Phase I)

Based on table 2, the results of the hallucination score measurement carried out on April 5 2024 on Mr. S after applying murottal Al-Quran audio therapy was 11 in

the mild hallucination category (stage I). Meanwhile, Mr. D's hallucination score after application is 9 in the mild hallucination category (stage I).

Table 3. Development of Hallucination Scores in Patients with Auditory Hallucinations Before and After Being Given Audio Murottal Al-Quran Therapy (Surah Ar-Rahman)

Respondents	Hallucination Score		Stage of Hallucination	
	Before	After	Before	After
Mr. S	22	11	Medium (Stage II)	Mild (Phase I)
Mr. D	21	9	Medium (Stage II)	Mild (Phase I)

Based on table 3, the results of measuring the hallucination score in Mr. S before and after implementing audio murottal Al-Quran therapy was 22 to 11, experiencing a decrease of 11. Meanwhile, Mr. D's hallucination score before and after implementing audio murottal Al-Quran therapy was 21 to 9, decreasing to 12.

4. Discussion

Hallucination Score in Patients with Auditory Hallucinations Before Being Given Al-Quran Murottal Audio Therapy (Surah Ar-Rahman)

Based on table 1, the measurement of the hallucination score before the audio murottal Al-Quran therapy (Surah Ar-rahman) was carried out shows that the two respondents were included in the moderate hallucination category. This is research by Devita (2020), auditory hallucinations are a very common symptom

in schizophrenia patients. Around 50%-70% of schizophrenia patients experience auditory hallucinations. Patients who experience auditory hallucinations are unable to control their thoughts when the voices come to them.

This is in line with research conducted by Utomo (2021), symptoms of hallucinations are shown by the behavior of respondents who always say they hear voices that no one else can hear, clients also appear unconcentrated, their gaze is unfocused, and they often cover their ears. A person who experiences auditory hallucinations can harm themselves, others and the environment. Apart from that, hallucinations will affect functions, causing problems in biological, social and spiritual aspects. The seriousness of the problem is caused by the content of the auditory hallucinations experienced which sometimes give orders to commit violence against other people, even attempting suicide.

Based on the description of the theory and research above, researchers assume that auditory hallucinations are a very common symptom in schizophrenia patients which, if not treated, can harm themselves, others and the environment.

Hallucination Score in Patients with Auditory Hallucinations After Being Given Al-Quran Murottal Audio Therapy (Surah Ar-Rahman)

Based on table 2 the measurement of hallucination scores after audio murottal Al-Quran therapy (Surah Ar-Rahman) was carried out for 20 minutes over 3 consecutive days, showing a change in hallucination scores, namely that both respondents were in the mild hallucinations category.

According to research conducted by Waja (2023), non-pharmacological therapy consists of cognitive therapy, logotherapy, family therapy, environmental therapy, psychoreligious therapy, group therapy, and discharge planning programs. A form of non-pharmacological therapy aims to develop personality gradually, one of which is psychoreligious therapy. Psychoreligious therapy can provide mental protection, ease of adaptation, reduce symptoms of mental disorders, and recovery. Usually, psychoreligious therapy uses the Al-Qur'an by listening to or reading it (Riyadi et al., 2022).

According to Herawatey (2024), by reading or listening to the Al-Qur'an a person can avoid mental illness because the Al-Qur'an can function as advice, action, prevention and protection, as well as treatment and healing. Al-Quran therapy is

a form of psychiatric nursing modality therapy that is effective in reducing the symptoms of hallucinations in schizophrenia patients, thereby reducing the frequency of hallucinations in sufferers. This research is in line with Fitriani (2020), the results obtained were that there was a decrease in hallucination scores after being given murottal Al-Quran (Surah Ar-Rahman) audio therapy.

Based on the results of applying audio murottal Al-Quran therapy for 20 minutes over 3 consecutive days, it showed a decrease in hallucination scores in both respondents, as seen from the results of interviews filled in in the Auditory Hallucination Rating Scale or AHRS questionnaire. In line with research conducted by Herawatey (2024), there was an influence of audio murottal Al-Qur'an therapy on hallucination scores in patients with auditory hallucinations at the Mitra Mulia Husada Foundation, Palembang. Providing Al-Qur'an murottal audio therapy to patients with auditory hallucinations can help reduce the hallucination score because it stimulates delta waves which make the listener feel calm and peaceful. Moreover, listening to murottal will reduce stress and activate natural endorphins so that this condition makes people feel more peaceful, minimizes fear, and anxiety, and improves

the body's biochemistry by reducing blood pressure, breathing, heart rate, pulse and brain wave activity.

Development of Hallucination Scores in Patients with Auditory Hallucinations Before and After Being Given Audio Murottal Al-Quran Therapy (Surah Ar-Rahman)

Based on table 3, the results of measuring the hallucination scores for both respondents showed a decrease in the hallucination scores from moderate to mild after being given audio murottal Al-Quran therapy. The application of Al-Quran murottal audio therapy (Surah Ar-Rahman) is carried out for 20 minutes for 3 consecutive days. In the patient Mr. S, before being given therapy, often smiled to himself, the patient also said that he received whispers that he should not take medication. On the first day before therapy, Mr. S numbered 22 in the moderate hallucination category (stage II). After being given audio murottal Al-Quran therapy and measuring the hallucination score again on day 3, it decreased to II. Mr. S said he had not heard the whispers about not taking medicine. Mr. S can sleep soundly and still smiles to herself but not as often as before.

Before carrying out murottal Al-Quran audio therapy (Surah Ar-Rahman)

Mr. D looked sad and gloomy, the patient also said he heard insults about him. The first day before murottal Al-Quran audio therapy was carried out, Mr. D's hallucination score numbered 21 in the moderate hallucination category (stage II). After being given audio murottal Al-Quran therapy and measuring the hallucination score again on day 3, Mr. D decreased to 9. Mr. D said he could sleep soundly at night and the sounds he heard had decreased. Mr. D has also started to open up to chat with his friends and is no longer gloomy.

The difference in the decrease in hallucination scores for the two respondents was influenced by the length of time they had experienced mental disorders, where the first respondent had experienced mental disorders for longer than the second respondent. Healing of severe schizophrenia usually takes a long time. According to several studies, patients who suffer from mental disorders for longer will also need a longer recovery time. Based on the results of the application Mr. S experienced a decrease in his hallucination score by 11 and Mr. D decreased by 12. This is in line with research conducted by Pradana & Riyana, (2022) that the longer they suffer from mental disorders, the longer the recovery time will be because the longer they suffer from mental disorders, there will be changes in brain

structure in patients whose actual orientation changes and cerebral atrophy. So it also takes quite a long time to restore activities/habits to stimulate brain performance regularly, one of which can be done by implementing a scheduled implementation strategy and can be assisted by using medication, for example by using the drug haloperidol because this drug is an antipsychotic drug that works by balancing Natural brain chemicals are called neurotransmitters.

Differences in hallucination scores can also be influenced by age. There is an age difference between Mr. S and Mr. D is Mr. S is 34 years old while Mr. D is 18 years old. Based on the results of research conducted by Prasetyo (2023), psychological development can be seen from age. According to Erik H. Erikson, age can influence a person's personality development. A person's personality in dealing with problems according to age can influence the reduction in the stage of hallucinations and signs of auditory hallucinations.

After carrying out murottal Al-Quran (Surah Ar-Rahman) audio therapy, the researchers assumed that there was a decrease in hallucination scores before and after therapy was given to Mr. S and Bro. D. Judging from the patient's response after being given murottal Al-Quran audio

therapy, he became more relaxed. Research conducted by Zainuddin (2019), explains that after giving the intervention it can be evaluated that from several studies murottal therapy can reduce hallucinations. This can be seen from the patient's condition who feels more relaxed and calmer after the intervention.

5. CONCLUSIONS

Based on the results of applying murottal Al-Quran (Surah Ar-Rahman) audio therapy to the hallucination scores of patients with auditory hallucinations at in Dr. RM. Soedjarwadi Psychiatric Hospital Klaten reached the conclusions: The hallucination scores of both respondents before being given audio murottal Al-Quran therapy were included in the moderate hallucination category. The hallucination scores of the two respondents after being given audio murottal Al-Quran therapy were included in the mild hallucinations category. There was a decrease in the hallucination score after being given audio murottal Al-Quran therapy from moderate to mild.

ACKNOWLEDGEMENT

The author would like to thank all parties who have supported the author in completing this study until publication. Thank you to in Dr. RM. Soedjarwadi

Psychiatric Hospital Klaten and Universitas 'Aisyiyah Surakarta that facilitated this research.

AUTHOR CONTRIBUTIONS

Substantial contribution to conception, data collections, and analysis: Ganis Dina Fihudha and Mulyaningsih. Writing Manuscript and revisions: Ganis Dina Fihudha.

CONFLICT OF INTEREST

The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

DATA AVAILABILITY STATEMENT

The data are not publicly available due to privacy or ethical restrictions.

REFERENCES

- Devita, Y., & Hendriyani, H. (2020). Terapi Al-Quran Dalam Mengontrol Halusinasi Pendengar Pada Pasien Skizofrenia. *Jurnal Kesehatan*, 11(2), 111–114. <http://dx.doi.org/10.35730/jk.v11i2.429>
- Dwi Oktiviani, P. (2020). Asuhan Keperawatan Jiwa Pada Tn. K dengan masalah Gangguan Persepsi

- Sensori: Halusinasi Pendengaran di Ruang Rokan Rumah Sakit Jiwa Tampan. Poltekkes Kemenkes Riau. <http://repository.pkr.ac.id/id/eprint/498>
- Febrita Puteri Utomo, S., Aisyah, P. S., & Andika, G. T. (2021). Efektifitas Terapi Qur'anic Healing Terhadap Halusinasi Pendengaran Pada Skizofrenia. *Jurnal Keperawatan 'Aisyiyah*, 8(1), 77–85. <https://doi.org/10.33867/jka.v8i1.250>
- Fitriani, R., Indriyani, P., & Sudiarto, S. (2020). Pengaruh terapi murrotal Al-Qur'an terhadap skor halusinasi Pada Pasien dengan halusinasi pendengaran. *Journal of Nursing and Health*, 5(1), 28–34. <https://doi.org/10.52488/jnh.v5i1.114>
- Gasril, P., Suryani, S., & Sasmita, H. (2020). Pengaruh terapi psikoreligious: dzikir dalam mengontrol halusinasi pendengaran pada pasien skizofrenia yang muslim di Rumah Sakit Jiwa Tampan Provinsi Riau. *Jurnal Ilmiah Universitas Batanghari Jambi*, 20(3), 821–826. <http://dx.doi.org/10.33087/jiubj.v20i3.1063>
- Herawatey, N., & Putra, R. S. (2024). Pengaruh Terapi Audio Murottal Al-Qur'an Terhadap Skor Halusinasi Pada Pasienhalusinasi Pendengaran. *Jurnal Kesehatan Tambusai*, 5(1), 1919–1925. <https://doi.org/10.31004/jkt.v5i1.26049>
- Nuraini, N., & Pangestuti, R. (2023). Terapi Psikoreligius Dengan Metode Zikir Pada Pengidap Halusinasi Pendengaran Di Griya Pmi. Uin Raden Mas Said. http://eprints.iain-surakarta.ac.id/6877/1/Full_teks_seluruh_skripsi_191221150.pdf
- Pradana, A., & Riyana, A. (2022). Penerapan Terapi Musik Klasik Terhadap Penurunan Tanda dan Gejala Pada Pasien Dengan Gangguan Persepsi Sensori: Halusinasi Pendengaran di Puskesmas Cikoneng. *Nursing Care and Health Technology Journal (NCHAT)*, 2(2), 137–147. <https://doi.org/10.56742/nchat.v2i2.48>

-
- Prasetyo, P. M. A., Gati, N. W., & Rekno, W. (2023). Penerapan Terapi Dzikir Dalam Penurunan Tingkat Halusinasi Pendengaran Pada Pasien Skizofrenia RSJD Dr. RM. Soedjarwadi Klaten Provinsi Jawa Tengah. *Jurnal Ilmu Kesehatan Mandira Cendikia*, 2(8), 132–141. <https://journal.mandiracendikia.com/index.php/JIK-MC/article/view/419>
- Riyadi, A., Rahman, H. F., & Baitus, S. (2022). Pengaruh Terapi Murattal Al-Quran Terhadap Tingkat Skala Halusinasi Pendengaran Pasien Skizofrenia Di Ruang Rawat Inap Jiwa Pav. Seroja Rsu Dr. H. Koesnadi Bondowoso. *Al-Asalmiya Nursing: Jurnal Ilmu Keperawatan (Journal of Nursing Sciences)*, 11(1). <https://jurnal.ikta.ac.id/keperawatan/article/view/2147>
- Wahyuni, S. E., Dauly, W., & Nasution, M. L. (2022). Hallucination Management Model for Schizophrenic Patients. *Open Access Macedonian Journal of Medical Sciences*, 10(T7), 104–107. <https://osf.io/preprints/8cye4/>
- Waja, N. T., Syafei, A., Putinah, P., & Latifah, L. (2023). Pengaruh Terapi Audio Murottal Al-Qur'an (Surah Ar-Rahman) Terhadap Skor Halusinasi Pada Pasien Halusinasi Pendengaran. *Jurnal Riset Media Keperawatan*, 6(1), 7–14. <https://doi.org/10.51851/jrmk.v6i1.362>