



The Effect Of Murotall Therapy And Environmental Therapy On The Behavior Of Hallucination Patients In Rehabilitation

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ABSTRACT

Mental disorders are still a serious problem in the world today, the number of people suffering from mental disorders increases every year in various parts of the world. Murotall therapy is a therapy used in hallucinatory patients to overcome mental disorders such as listening to the voice of the Qur'an. Religious therapy (religious intervention) is useful in cases of mental disorders. Environmental therapy is an act of healing patients with mental disorders through manipulation and modification of elements in the environment and affects the healing process. Objective: To determine the effect of Murotall Therapy and Environmental Therapy on the Behavior of Hallucinatory Patients at the Tirto Jiwo Rehabilitation Center. Methods: In this study, researchers conducted quantitative research using the pre-experimental design method, one group pretest-posttest type. The population in this study were 40 patients who had hallucinatory behavior. The sampling technique used in this study was total sampling. Data was collected using a behavioral questionnaire. The test used was the Wilcoxon test. Results: The average score of pre-intervention behavior was 38,20 with a standard deviation of 9,332, while the average score of post-intervention was 67,95 with a standard deviation of 12,012. The results of the analysis showed that there was an influence of Murotall Therapy and Environmental Therapy on the behavior of hallucinatory patients at the Tirto Jiwo Rehabilitation Center with a p value of 0,000. Conclusion: There was an influence of Murotall Therapy and Environmental Therapy on the behavior of hallucinatory patients at the Tirto Jiwo Rehabilitation Center.

Keywords: environmental therapy; hallucinations; murotall therapy

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INTRODUCTION

Mental disorders are serious mental disorders characterized by abnormal communication, disruption of reality (hallucinations or delusions), abnormal affect, psychological disorders and difficulty carrying out daily activities (Atmojo, 2022). The results of the analysis revealed that interpersonal factors, individual factors and socio-cultural factors were the causes of mental disorders for 52% of the 44 respondents. As many as 43.8% of respondents lost emotional control, 36.1% of respondents were too dependent, and 20.1% were unable to communicate effectively. Hallucinations are the most dominant mental disorder compared to other mental disorders (Dewi & Pratiwi, 2022). Schizophrenia is a serious mental disorder characterized by decreased or inability to communicate, disruption of reality (hallucinations or delusions), abnormal or blunted affect, cognitive impairment (inability to think abstractly) and difficulty carrying out daily activities. One of the symptoms that arise in schizophrenia is social isolation. The consequences of hallucinations can be detrimental to oneself, other people, and the environment around them (Pratiwi & Setiawan, 2018).

In 2016, the prevalence of mental disorders was 60 million people suffering from bipolar disorder, 35 million people experiencing depression, 21 million people experiencing

schizophrenia, and 47.5 million people suffering from dementia (Putri et al., 2018). This research from WHO data (2016) shows that there are around 35 million people affected by depression, 60 million people affected by bipolar disorder, 21 million affected by schizophrenia (Indonesian Mental Health Day, 2016). In Indonesia, the prevalence of serious mental disorders, such as schizophrenia, is 1.7 per 1000 population or around 400,000 people (Pratiwi & Setiawan, 2018). The results of Riskesdas et al (2018) have increased compared to Riskesdas (2013) from 1.7 percent to 7 percent (Putri et al., 2018). This shows that there are approximately 450 thousand ODGJ or 7 ODGJ households per 1,000 households (KemenkesRI, 2022). Basic Health Research (2018) also found that there were 8.7% of ART (Household Assistants) in Central Java who suffered from schizophrenia mental disorders (Danu, 2021). Based on data from the Central Java Provincial Health Service, there are around 317,504 people with mental disorders (ODGJ) who are registered as receiving treatment at Central Java Provincial Health Centers and Hospitals (Afriyanti et al., 2021). One of the districts in Central Java, namely Purworejo, has a higher prevalence of schizophrenia than the national prevalence, namely around 3.4% (Setiati et al., 2017).

Based on research conducted (Ernawati et al, 2020), it shows that there is an influence of the implementation of spiritual therapy on the patient's ability to control hallucinatory behavior. The spiritual therapy in question is dhikr therapy and murottal therapy. Spiritual cognitive intervention that can be used to help clients change negative thoughts into positive thoughts by optimizing the client's spirituality through listening to the QS murottal. Ar-Rahman whose essence is to increase gratitude for the blessings of Allah SWT (Yuliana et al., 2023). Murottal therapy with prayer and dhikr can provide a positive emotional response, can prevent a person from getting sick easily, increase a person's ability to overcome suffering when he is sick and speed up the healing process (Hawari, D. 2014) in the quote (Triyani et al., 2019). Apart from murottal therapy, efforts that can be made to restore the healing process for patients with mental disorders are environmental therapy. An unfavorable environment can increase the risk of depression, and vice versa. This proves that environmental factors can have a significant impact on mental health (KemenkesRI, 2022). According to Sukesu et al., (2023) that a person's physical, social and psychological condition can be influenced by an unclean, crowded and unhealthy (slum) environment. Based on this background, the aim of the researchers is to analyze the influence of Murottal Therapy and Environmental Therapy on the Behavior of Hallucination Sufferers at the Tirto Jiwo Rehabilitation Home.

METHOD

In this research, the author conducted quantitative research using a pre-experimental design method type one group pretest-posttest. The population in this study was 40 patients who had hallucinatory behavior. The sampling technique used in this research was total sampling. The Behavioral Instrument for Hallucination Sufferers used to measure it has been tested for validity (> 0.361) and reliability (0.799). The test used was the Wilcoxon test.

RESULTS

Respondent Characteristics

Table 1.
Characteristics of Respondents

Characteristics	Category	f	%
Gender	Male	30	75
	Female	10	25
Age	20-39 years	20	50
	> 40 years	20	50

The majority of respondents were men, namely 50%. Meanwhile, the majority age category is in the range between 20-39 years. That is 50%.

Hallucination Behavior Pre and Post Sensory Stimulation

Table 2.
Hallucination Behavior Pre and Post Sensory Stimulation

Hallucination Behavior	N	Min	Max	Mean	SD
Behavior pre	40	26.00	63.00	38.20	9.332
post	40	48.00	96.00	67.95	12.012

Table 2 shows that the average pre-intervention behavior score is 38.20 with a standard deviation of 9.332, while the minimum score is 26 and the maximum is 63. The post-intervention average score is 67.95 with a standard deviation of 12.012, while the minimum score is 48 and the maximum score 96.

The Effect of Murotal Therapy and Environmental Therapy on the Recovery Period for Mental Disorders

Table 3.
Normality Test

Hallucination Behavior	Shapiro-Wilk		
	Statistic	df	Sig.
Behavior pre	0,915	40	0,005
post	0,916	40	0,006

The results of the normality test in table 3 show that pre-hallucinatory behavior had a p value of <0.005 while post-intervention it was 0.006, meaning that the data was not normally distributed because the p value was <0.05. Therefore, the test used was the Wilcoxon test with the following results:

Table 4.
Effect of Murotal Therapy and Environmental Therapy on the recovery process at the Tirto Jiwo Rehabilitation Home.

Hallucination Behavior	Mean	SD	Z	P value
Behavior pre	18,35	3,25	4,471	0,000
post	10,30	2,54		

Table 4 shows that the Wilcoxon results obtained a p value of 0.000, meaning that there is an influence of Murotal Therapy and Environmental Therapy on the process of hallucinatory behavior at the Tirto Jiwo Rehabilitation Home

DISCUSSION

Hallucination Behavior Pre and Post Murotal Therapy

Based on the results of research that has been conducted, it shows that the average score for pre-intervention behavior is 38.20 with a standard deviation of 9.332, while the minimum score is 26 and the maximum is 63. The average score for post-intervention is 67.95 with a standard deviation of 12.012, while the minimum score is 48 and a maximum score of 96. These results indicate a change in hallucinatory behavior after being given the intervention, where respondents experienced improved behavior. According to Zainuddin *et al.*, (2019) explained that in general murotal therapy the Al-Qur'an murotal stimulant can be used as a new therapeutic alternative as a relaxation therapy and is even better than other audio therapies because the Al-Qur'an stimulant can produce delta waves of 63.11%, therapy that uses remembrance media which aims to remember Allah SWT which aims to calm the human heart and mind. By reading prayers and dhikr, people will surrender all their problems to Allah, so that the burden of stress and psychological disorders they experience will decrease.

The Influence of Murotal Therapy and Environmental Therapy on the Behavior of Hallucination Patients

Based on the results of research that has been carried out, it shows that the Wilcoxon results obtained a p value of 0.000, meaning that there is an influence of murotal therapy and environmental therapy on the behavior of hallucinating patients at the Tirto Jiwo Rehabilitation Home. The research results are in line with research by Rosyidah, Pratiwi and Nafiah, (2024) showing that there is an influence of murotal therapy on changes in hallucinatory behavior. According to Zainuddin *et al.*, (2019) Murotal Surah Ar-Rahman therapy is effective in reducing hallucinations and helping patients during the recovery period in a more adaptive way. This audio therapy is also a cheap therapy and does not cause side effects. Based on research by Wati (2019), one form of curative effort that can be done to help the process of healing hallucinations is because the environment is closely related to a person's psychological stimulation which has an impact on a person's recovery, this environment will have a good impact on a person's physical condition and psychological condition.

CONCLUSION

The average pre-intervention behavior score is 38.20 with a standard deviation of 9.332, while the minimum score is 26 and the maximum is 63. The post-intervention average score is 67.95 with a standard deviation of 12.012, while the minimum score is 48 and the maximum score is 96. There is an influence Murotal Therapy and Environmental Therapy on the Behavior of Hallucination Patients at the Tirto Jiwo Rehabilitation Home p value of 0.000.

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