



THE APPLICATION OF ART THERAPY IN PATIENTS WITH HALLUCINATIONS: A LITERATURE REVIEW

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ABSTRACT

Art Therapy is one of the non-pharmacological therapies in counseling which can be used to reduce anxiety and manage emotions such as stress, depression, and self-doubt. The forms of art therapy activities are very varied covering construction painting, collage, print making and drawing. To determine the application of art therapy in hallucination patients. This article uses a literature review searched through the Google Scholar and pubmed database, with the keywords Art therapy, Hallucinations, drawing and painting, which are limited from 2021-2025. The strategy used by the researchers in searching and selecting the articles is the PICO framework. For this study we searched and found the titles and abstracts of 286 pieces of literature on Google Scholar and pubmed. Then, the 8 core articles were selected based on the inclusion criteria of art therapy application hallucination patients with hallucination. The literature review provides evidence supporting the application of art therapy in hallucination patients.

Keywords: art therapy; drawing; hallucinations; painting

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INTRODUCTION

Mental health according to the World Health Organization (WHO) is a condition of complete physical, social and mental well-being and not only free from disease or disability. A person who is mentally healthy is in a physical, mental and social condition that is free from disturbance (disease) or not in a depressed condition so that they can control the stress that arises, live productively, and are able to have satisfying social relationships (Azhari & Indah Dewi Lestari, 2023). Hallucinations are described as symptoms of mental disorders in the form of responses from the five senses that are not real. Another definition also explains that hallucinations are one of the perceptual disorders that occur in the five senses without sensory stimulation or false or false sensory perceptions (Lalla *et al.*, 2022). Every year the number of people with mental disorders has increased and until now it has become a significant health problem in the world, including in Indonesia (Hidayat *et al.*, 2023). Hallucinations are mental disorders in which clients experience impaired sensory perception, the appearance of false sensations in the form of sound, taste, touch, sight, or smell. Clients with auditory hallucinations hear voices that command and call them to perform activities in the form of two or more voices that comment on one's behavior or thoughts (Elvariani *et al.*, 2025)

Hallucinations experienced by individuals can be caused by precipitation and predisposition factors because of biological factors, parenting factors, environment, socio-economic culture and stress. Individuals who experience hallucinations if they cannot control them will perform behaviors that can harm themselves, others and their environment (Santi *et al.*, 2021). Hallucinations experienced by individuals can be caused by precipitating and predisposing factors because of biological factors, parenting factors, the environment, socio-economic culture and stress. Individuals who experience

hallucinations if they cannot control them will perform behaviors that can harm themselves, others and their environment (Santi *et al*, 2021).

Several strategies can be employed to control these hallucinations are by rebuking, taking medication, talking, and doing home activities (Handayani *et al.*, 2020). Another accessible intervention that can be used and easily found is the application of art therapy. Art Therapy is one of the non-pharmacological therapies in counseling that can be used to reduce anxiety and manage emotions such as stress, depression, and self-doubt (Dewi *et. al* 2021). The art therapy has diverse range of activities including construction painting, collage, print making and drawing. There are two aspects of Art Therapy, namely art as therapy (art as therapy) which is used to involve clients through creativity as a medium in the practice process without using other approaches and Art Therapy or artistic psychotherapy which uses control and guidance from someone who is an expert in the field because it will show the results of art and client reactions that need to be re-analyzed (Suatu *et al.*, 2025). Research conducted by Hidayat *et al.*, (2023) about Application of Art Therapy: Drawing in Patients with earing Hallucination in the Sena Room of Dr. Arif Zainudin Surakarta Hospital. The results of the study showed that the application of drawing therapy was proven to reduce the signs and symptoms of hallucinations. Base on the background the literature review aims to know overview of the application of art therapy in patients with hallucinations

METHOD

This study uses the literature review method. The study uses secondary data in the form of data from previous primary research. The data source used in the review, the review researchers begins by selecting of the topic of discussion, then using the database of journal in Google scholar, which are limited from 2021-2025. The keywords used are Art therapy, Hallucinations, drawing and painting. Furthermore, a total of eight articles were selected based on the inclusion criteria, specifically studies discussing the Application of Art Therapy in hallucination patients. These selected articles include Citations and complete reference details in the bibliography to avoid plagiarism. The strategy used by the researchers in searching and selecting the articles is the PICO framework.

RESULT

For this study we searched and found the titles and abstracts of 286 pieces of literature on Google Scholar and pubmed. Then, the 8 core articles were selected based on the inclusion criteria of art therapy application hallucination patients with hallucination.

Table 1.
PRISMA flow chart

Criteria	Inclusion	Exclusion
<i>Populatin</i>	Hallucination patients	Non-hallucination patients
<i>Intervention</i>	<i>Art therapy</i>	Other therapies
<i>Comparison</i>	Given <i>Art therapy</i>	Not Given <i>Art therapy</i>
<i>Outcomes</i>	Improved the ability to control, ognitive hallucinations and decreased signs and symptoms of hallucinations	Decreased the ability to control, cognitive hallucinations and increased signs and symptoms of hallucinations
<i>Publication Years</i>	≥ 2021	< 2021
<i>Language</i>	<i>English</i> and Indonesian	Other than <i>English</i> dan Indonesian

Based on 286 journals found on Google Scholar, 278 articles were excluded because they did not meet the criteria, leaving for 8 articles that met all the criteria and finally became the reference for preparing the literature review.

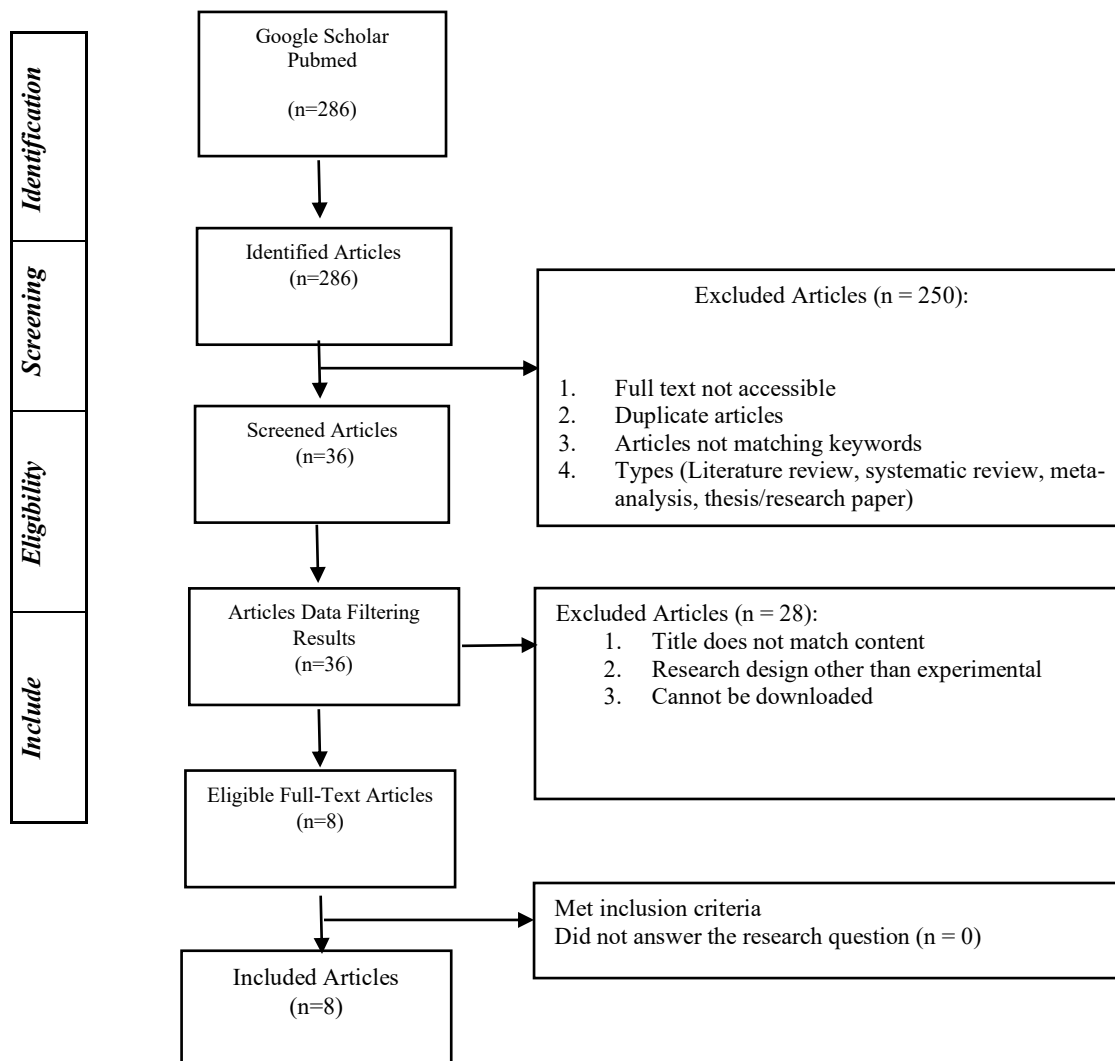


Table 2.
Article Summaries

No.	Author	Journal, Vol (No),Year, doi/URL	Title	Method	Results/Conclusion	Database
1	Nanang K.A, Ayuni Indah D.L	Journal of Keperawatan Ssthana, Vol.8 (2), 2023, Halaman 1-5 https://jurnal.stikeskesdam4dip.ac.id/index.php/SISTHAN A	Application of Free Painting Art Therapy to Improve Patient's Ability to Control Hallucinations at Prof. Dr. Soerojo Mental Hospital Magelang	Descriptive (Case Study)	The results of the case study claim that the patient before being given Free Painting of Art Therapy is at a score of 8, after being given Free Painting Art Therapy the score became 10. Subject II before being given Free Painting Art Therapy at a score of 5, after being given the intervention became a score of 8. The conclusion is that both subjects have improved their ability to control hallucinations after being given Free Painting Art Therapy.	Google Scholar
2	Alda Elvariani,	Journal of Riset Ilmu Kesehatan	The Application of	descriptive study by	After the intervention of applying drawing	Google Scholar

No.	Author	Journal, Vol (No),Year, doi/URL	Title	Method	Results/Conclusion	Database
	Aprida Manurung, Novita Anggraini	Umum Volume 3 Nomor 1 Tahun 2025 DOI: https://doi.org/10.57213/jrikuf.v3i1.503	Art Therapy: Drawing in Auditory Hallucination Patients (Case study in Cempaka Pavilion, Ernaldi Bahar Hospital Palembang)	describing cases in 3 patients with auditory hallucinations.	therapy for 3 days with 20 minutes for each visit, it was found that there was a decrease in the signs and symptoms of hallucinations as shown through the results of the observation sheet in each patient. Mrs.A originally has the 16 symptoms then decreases to 8 signs of symptoms, Mrs.M originally 11 to 4 signs of symptoms, and Mrs.T originally 11 to 4 signs of symptoms of auditory hallucinations.	
3	Agnes Adelia Fekaristi, Uswatun Hasanah, Anik Inayati	Journal of Cendikia Muda Volume 1, Nomor 2, Juni 2021	Art Therapy of Free Painting on Changes in Hallucinations in Schizophrenia Patients	The design of the application of the descriptive approach, which explores a related problem or phenomenon. The participant/pat ient of the application is 1 patient.	After the application of Art Therapy in the form of painting for 4 days, the percentage of Mr. Y's ability was 6. This means that Mr. Y is good enough to paint and has improved his ability.	Google Scholar
4	Alvia Nur Annisa, Wita Oktaviana, Akhmad Su'ib	Journal of Ilmiah Permas: Jurnal Ilmiah STIKES Kendal Volume 14 Nomor 2, April 2024 DOI: http://journal.stikeskendal.ac.id/index.php/PSKM	The Application of Art Therapy Intervention on Patient's Cognitive and Psychomotor in Controlling Hallucinations	This study used a descriptive method with a case study design conducted at Surakarta Mental Hospital. The inclusion criteria in this study is patient with auditory hallucinations with a sample of 1 patient.	The results of this case study indicate that art therapy intervention improved patients' cognitive and psychomotor skills in controlling their hallucinations after three days of intervention. Respondents experienced changes such as being able to independently control their hallucinations, recognizing the hallucinations they experienced, naming the content of the hallucinations, and independently carrying out scheduled activities.	Google Scholar
5	Faizah Nur Fajriyati, Tri Susilowat, Wahyu R	Journal of Kesehatan Kartika Vol 18, No 2 Agustus 2023	Penerapan Terapi Menggambar Bebas Terhadap Penurunan Tanda Dan Gejala	The study used a one group pretest posttest design.	The results of the application of free drawing therapy on reducing signs and symptoms of hallucinations in respondent I decreased from a total of 9 to 4	Google Scholar

No.	Author	Journal, Vol (No),Year, doi/URL	Title	Method	Results/Conclusion	Database
			Halusinasi Pada Pasien Skizofrenia Dengan Halusinasi Di Rsjd Dr. Rm Soedajawadi Klaten Provinsi Jawa Tengah		while respondent II decreased from 6 to 2.	
6	Gina Sri A, Imas Rafiyah ,Efri Widianti	Journal of Riset Ilmiah Volume 2 No. 2 Tahun 2025	The Application of Drawing Intervention in Schizophrenia Patients with Sight and Hearing Hallucinations : Case Report	Clinical case report	The application of drawing intervention can reduce the signs and symptoms of auditory and visual hallucinations in patients with schizophrenia.	<i>Google Scholar</i>
7	Nadzira Salma Noer Khadijah, Roh Hastuti Prasetyaning sih	Journal of terapi wicara dan Bahasa Volume 3 Nomor 2 Tahun 2025	The Effect of Art Therapy (Painting) on Cognitive Function in Schizophrenia Patients	pre- experimental design one- group pretest- posttest with sample of 25 using purposive sampling. Instrument used is Monteral Cognitive Assessment (MoCA-Ina).	This study shows that most of the respondents are in the age range of 30-35 years categorized as early adult criteria 42 with a total of 10 respondents (40.0%). There is an increase in cognitive function scores before and after intervention dominated at the age range of 30-35 years categorized as adult criteria increased by 5.30.	<i>Google Scholar</i>
8	Annisa Syakhira, Martina, Farah Dineva R	Journal of Keperawatan Medika Vol. 3, No. 2, Year 2025, Page 91-102 DOI: Homepage: https://jkem.ppj.unp.ac.id/index.php/jkem Penerapan	The Application of Art Therapy: Drawing in Patients with Auditory Hallucinatio: A Case Study	Case Study	After nursing care was carried out for 4 days, the signs and symptoms of hallucinations were reduced. According to the patient, the intensity of her hallucinations decreased and only appeared once a day. Patients can practice strategies to control their hallucinations better.	<i>Google Scholar</i>

DISCUSSION

Hallucination is a sensory perception without an external stimulus such as hallucinations of hearing, sight, taste, smell, and touch. Hallucinations result in maladaptive responses including harming oneself, others, and the environment, and violent and suicidal behavior (Debyana & Nurahman, 2023). Hallucination is a response from the five senses in the absence of external stimuli (stimulus), Hallucinations are a perceptual disorder where the patient perceives something that is not actually happening (Kamariyah & Yuliana, 2021). Furthermore, Art Therapy is one of the non-pharmacological therapies in counseling that can be used to reduce anxiety and manage emotions such as stress, depression, and self-doubt (Dewi et al., 2021). Art therapy is also a therapy that encourages a person to express, understand emotions through artistic expression, and through the

creative process so as to improve cognitive, effective and psychomotor functions (Muthmainnah et al., 2023).

The first reference study which is used in this study is a study conducted by Azhari & Lestari (2023), about the Application of Art Therapy: Drawing in Hearing Hallucination Patients (Case study at the Cempaka Pavilion of Ernaldi Bahar Hospital Palembang). Their study involves 2 subjects, Mr. R and Mr. I. Before receiving free painting art therapy, Subject I had a total score of 8 and Subject II had a score of 5. After the therapy, Subject I's score increased to 10, and Subject II's to 8. The therapy, conducted for 30 minutes over four consecutive days, demonstrated that art therapy can enhance the ability to control hallucinations.

The second research which is investigated by (Elvariani et al., 2025) is about the Application of Art Therapy: Drawing Hearing with Hallucination Patients (Case study at Cempaka Pavilion, Ernaldi Bahar Hospital Palembang). It was concluded that after the intervention of applying art drawing therapy for 3 days with 20 minutes for each visit, it was found that there was a decrease in the signs and symptoms of hallucinations shown through the results of the observation sheet in each patient. Mrs. A who got 16 decrease to 8 for the signs of symptoms, Mrs. M who originally has 11 to 4 signs of symptoms, and Mrs.T originally 11 to 4 signs of symptoms of auditory hallucinations.

The third research conducted (Fekaristi et al., 2021) discuss Art Painting Therapy Of Hallucination Changes In Schizophrenia Patients. The method used in this study is a case study with a descriptive approach implementation design, which explores a related problem or phenomenon. The patient in this study is only one patient. The application was carried out in the Cendrawasih room of the Lampung Provincial Mental Hospital for 4 days. It was concluded that Art Therapy free painting can improve the ability to control hallucinations.

The fourth study conducted by Nur Annisa et al (2024) is about the Application of Art Therapy Interventions to Cognitive and Psychomotor Patients in Controlling Hallucinations. The method used in this study is a descriptive method with a case study design conducted at Surakarta Mental Hospital, involving a single patient with auditory hallucinations who underwent three one-hour therapy sessions over one week. The study concluded that art therapy significantly improved cognitive and psychomotor control in hallucination patients, supporting its role as a non-pharmacological treatment option.

The fifth study, by Nur (2023) study on the Application of Free Drawing Therapy to Reduce Signs and Symptoms of Hallucinations in Schizophrenia Patients with Hallucinations at Rsjd Dr. Rm Soedjarwadi Klaten Central Java Province. The method used in this study was to use a one group pretest posttest design. This study includes two Participants/application for the art therapy which carried out for 3 days and took approximately 35 minutes. It was concluded that free drawing group activity therapy can reduce the signs and symptoms of hallucinations in hallucination patients at RSJD Dr. RM. Soedjarwadi Klaten.

The sixth study by Kakiay & Wigiyaniti (2022) focus on the Application of Drawing Interventions in Schizophrenia Patients with Hallucinations of Sight and Hearing: Case Report, with the Clinical case report method through five stages of nursing care starting from assessment to nursing evaluation. The sample in this study was a patient with unspecified schizophrenia with hallucinations of sight and hearing. The therapy was delivered over three sessions (30 minutes to 1 hour each) across consecutive days. Then, it was evaluated with a checklist form both subjective data and objective data from signs and symptoms of hallucinations. The conclusion of this study is that the application of drawing intervention can reduce both signs and symptoms of auditory and visual hallucinations in schizophrenia patients.

The seventh study conducted by Salma et al (2025) explore the Effect of Art Therapy (Painting) on Cognitive Function in Schizophrenia Patients using a pre-experimental one-group pretest-posttest design and a purposive sample of 25 participants thorough the Montreal Cognitive Assessment (MoCA-Ina) instrument. Most participants were male (60%), early adults (40%), had elementary-level education (52%), and irregular jobs (44%). Hypothesis testing obtained a significant value of 0.000 ($p < 0.05$). It was concluded that art therapy (painting) has an effect on the cognitive function of schizophrenia patients.

The eighth study, conducted by (Suatu et al., 2025) discusses the Application of Art Therapy: Drawing in Patients with Hearing Hallucination: A Case Study using case study method found a decrease in signs and symptoms of hallucinations in the form of a decrease in sound intensity to once a day and the patient is able to control his hallucinations. The conclusion of this case study is the provision of implementation strategies and Art Therapy approaches: Drawing is able to effectively reduce the signs and symptoms of hallucinations.

CONCLUSION

The literature review provided an overview of the application of art therapy in patients with hallucinations. In general, the articles indicate that art therapy is effective in improving cognitive function, control ability, and reducing signs and symptoms of hallucinations. In addition, Art therapy is also beneficial in the management of emotions in hallucination patients.

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