

## **APPLICATION OF CLASSICAL MUSIC THERAPY TO REDUCE SIGNS AND SYMPTOMS OF AUDITORY HALLUCINATIONS**

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### **ABSTRACT**

Hallucinations are a type of mental disorder where a person is unable to differentiate between real life and fake life. There are around 24 million schizophrenia patients in the world, while in DIY the incidence of mental disorders reaches 14,514 people. One effective non-pharmacological treatment for treating hallucinations is classical music therapy. Objective : To understand the application of classical music therapy to reduce signs and symptoms of auditory hallucinations in schizophrenia patients. Method : In this case study, 1 respondent was taken using the case study method with inclusion criteria, the instruments used were the classical music therapy SOP, the AHRS (Auditory Hallucination Rating Scale) assessment sheet and the assessment sheet for signs and symptoms of hallucinations. Results : The application of Classical Music Therapy was carried out on 1 respondent, namely Mr.S. Before therapy, the patient's AHRS score was 18 and 9 on the score for observing signs and symptoms of hallucinations. After 5 days of therapy, the AHRS score was 8 and a score of 4 for observing signs and symptoms of hallucinations. Conclusion : Classical music therapy is effective in reducing the level of hallucinations and reducing signs and symptoms of auditory hallucinations in schizophrenia patients.

Keywords: classical music therapy; hallucinations

### **INTRODUCTION**

Hallucinations are one of the mental disorders where a person is unable to distinguish between real life and fake life. The impact that arises from patients with hallucination disorders is panic, behavior controlled by their hallucinations, can commit suicide or kill people, and other violent behavior that can endanger themselves and those around them Santi et al., (2021). WHO, (2022) In 2019 stated that 970 million people worldwide live with mental disorders, anxiety disorders and depression. There are around 24 million schizophrenia patients worldwide. According to RISKESDAS, (2018) cases of severe mental disorders in Indonesia are estimated at around 450 thousand people and around 14,514 residents in the Special Region of Yogyakarta. Types of hallucinations include auditory hallucinations, visual hallucinations, olfactory hallucinations, gustatory hallucinations, tactile hallucinations, and kinesthetic hallucinations Nurya, (2019). It is estimated that  $\geq 90\%$  of people with mental disorders experience hallucinations in various forms, but most of them experience auditory hallucinations. The voices heard may be recognized, namely single or multiple voices that are considered to be able to order the individual's behavior (Yanti et al., 2020).

Hallucinations that are not handled properly can pose a risk to the safety of the patient himself, others and the surrounding environment, because the patient's auditory hallucinations often contain taunts, threats and orders to harm themselves or others, so hallucinations require special attention so as not to be dangerous (Maharani et al., 2022). The treatment that can be given to hallucinatory patients with a pharmacological and non-pharmacological approach. Pharmacological therapy in the form of the use of chemical drugs which aims to control psychosis symptoms quickly because

it involves the work of neuron transmitters in the brain Utomo et al., (2021). Other management, namely non-pharmacological therapy, can be used as an alternative in the management of hallucinations. One effective non-pharmacological therapy is listening to music. Music therapy is a form of relaxation technique that aims to provide a sense of calm, help control emotions, and help cure psychological disorders. One music therapy that can be done is using classical music therapy. This music will provide comfort to patients which can then reduce the level of hallucinations suffered by patients. The results of research conducted by Rafina Damayanti et al., (2012) at Tampan Mental Hospital, the management gave significant results in the experimental group, obtained a p value of 0.003 or p value  $< \alpha$  (0.05). So it can be concluded that classical music therapy can reduce signs and symptoms of auditory hallucinations. Based on the description that has been presented, the author is interested in conducting research with the title "Application of Classical Music Therapy to Reduce Signs and Symptoms of Auditory Hallucinations in Schizophrenia Patients at Wisma Nakula Sadewa Grhasia Mental Hospital"

## **METHOD**

In this study, the researcher used descriptive research in the form of a case study in its creation, The subjects in this case study were 1 patient with a mental disorder who experienced hallucinations of hearing stage I - III, Adult patients aged 26-50 years, Patients who were willing to be respondents, Clients with a full level of consciousness (composmentis), Cooperative patients. Conducted at Wisma Nakula Sadewa, Grhasia Mental Hospital, Yogyakarta for 5 days from March 12 to March 16, 2024. The techniques used for data collection were interviews, observations, and documentation studies and then classical music therapy was carried out. This scientific paper uses instruments in the form of classical music therapy SOPs, observation sheets for signs and symptoms of auditory hallucinations with 12 items, and AHRS assessments with 11 items. The obtained from the analysis results will be presented textually with facts in narrative texts, tables, diagrams containing the results of changes in signs and symptoms of hallucinations before and after classical music therapy.

## **RESULT AND DISCUSSION**

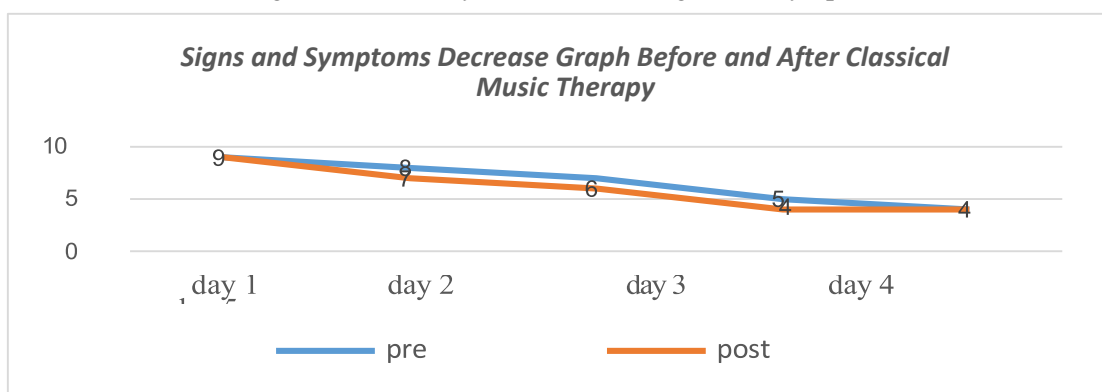
In this study, a patient named Mr. S was diagnosed with paranoid schizophrenia (F.20.3). The patient was admitted to the hospital on February 24, 2024 and an assessment was carried out on the patient on March 11, 2024, then the application of classical music therapy was carried out starting on Tuesday, March 12, 2024-March 16, 2024. During the assessment, Mr. S said that his family took him to the Grhasia Mental Hospital because he often paced back and forth at home, heard whispering voices telling him to do unnatural things such as the patient being asked to leave the house without clothes and enter a neighbor's house without permission, making it difficult for the patient to sleep. has been undergoing outpatient treatment since graduating from junior high school and this is the first time he has been hospitalized, 2 months ago his first child got married and felt sad because he felt lost. Patient Mr. S said that he had not taken his medication regularly since his first child got married 2 months ago. The patient did not come for check-ups and did not take his medication. According to Safitri et al., (2022) patients who do not take medication properly and correctly will cause their hallucinations to reappear and cause the patient to become easily tired, then prolonged stress will cause the activation of brain neurotransmitters caused by an imbalance of acetylcholine and dopamine. Discontinuing medication is one of the triggering factors that causes mental disorders in patients to recur.

Researchers assessed the signs and symptoms of hallucinations which were later carried out by observing using the existing observation sheet with a total of 12 signs and symptoms. The results of the signs and symptoms observed before classical music therapy and after classical music therapy are as follows:

Table 1.  
 Observation Results of Signs and Symptoms

days	Observation Results of Signs and Symptoms		
	Pre	Post	Difference in decrease
Day to-1	9	9	0
Day to-2	8	7	1
Day to-3	7	6	1
Day to-4	5	4	1
Day to-5	4	4	0

Diagram of Auditory Hallucination Signs and Symptoms



Observation results for day 1 On Tuesday, March 12, 2024 at 10:00 WIB, classical music therapy was implemented, before the classical music therapy began, the patient's signs and symptoms were observed using an observation sheet, getting a total score of 9, namely hearing whispers, inappropriate responses, acting as if hearing something, expressing annoyance, being alone, daydreaming, looking in one direction, pacing back and forth, talking to himself. Then after classical music therapy was carried out, it remained the same as before, namely 9. Day 2 On Wednesday, March 13, 2024 at 10:30 WIB, classical music therapy was implemented, which was previously also measured regarding the signs and symptoms in the patient with a total score of 8, namely hearing whispers, inappropriate responses, acting as if hearing something, being alone, daydreaming, looking in one direction, pacing back and forth, talking to himself. Then after classical music therapy was carried out, the score was 7, namely hearing whispers, inappropriate responses, acting as if hearing something, being alone, daydreaming, pacing back and forth, talking to himself.

Day 3 Thursday, March 14, 2024 at 10:00 WIB classical music therapy was applied for the third time. Before carrying out classical music therapy, the patient was observed for signs and symptoms in the client with a score of 7, namely hearing whispers, inappropriate responses, acting as if hearing something, being alone, daydreaming, pacing, talking to himself. Then after classical music therapy, the score was 6 hearing whispers, inappropriate responses, acting as if hearing something,

being alone, daydreaming, pacing. Day 4 Friday, March 15, 2024 at 10:30 WIB classical music therapy was applied for the fourth time. Before carrying out classical music therapy, the patient was observed for signs and symptoms in the client with a score of 5, namely hearing whispers, inappropriate responses, acting as if hearing something, being alone, daydreaming, pacing. Then after classical music therapy, the score became 4, namely inappropriate responses, being alone, daydreaming, pacing. Day 5 Saturday, March 16, 2024 at 10:00 WIB, classical music therapy was implemented for the fifth time. Before carrying out classical music therapy, the patient was observed for signs and symptoms in the client with a score of 4, namely inappropriate response, being alone, daydreaming, pacing. Then after classical music therapy, the score remained the same at 4 as before.

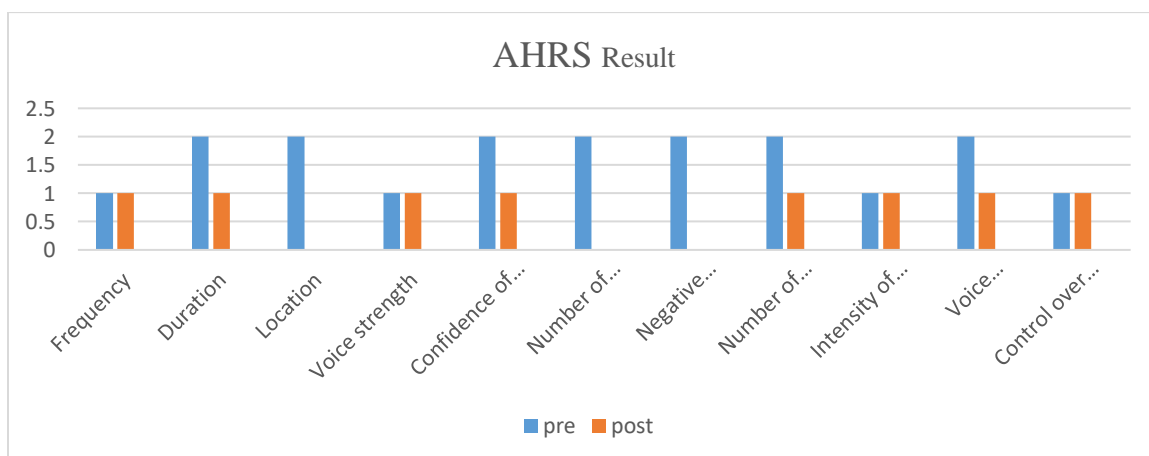
**AHRS assessment was carried out on the first and fifth days.**

Table 2.

**Auditory Hallucination Scale Assessment with AHRS**

hallucination identification	Pre (12/03/2024)	Post (16/03/2024)
Frequency	1	1
Duration	2	1
Location	2	0
Voice strength	1	1
Confidence of voice origin	2	1
Number of negative voice content	2	0
Negative voice intensity	2	0
Number of distressing voices	2	1
Intensity of distressing voices	1	1
Voice disturbances	2	1
Control over voices	1	1
number	18	8

*Diagram AHRS Result*



Based on the assessment diagram of the level of hallucinations in respondents through the AHRS assessment, the results obtained on the first day with a total score of 18 where the patient was included in the moderate hallucination category. On the fifth day, the hallucination level assessment was carried out again, obtaining a total score of 8 where the patient was included in the mild hallucination category. The data above shows that there is a decrease from moderate

hallucinations to mild hallucinations. Based on the results of classical music therapy on the first to fifth day, there was a decrease in signs and symptoms of auditory hallucinations with classical music therapy. Music therapy intervention, especially classical music therapy 57, is effective in reducing signs and symptoms of auditory hallucinations. According to research conducted by Damayanti et al., (2012), music has the power to treat diseases and can improve a person's mental abilities. This classical music therapy is capable and suitable for use in patients with mental disorders because music therapy can calm and relax a person. Based on the results of the data obtained as written in table 4.3, the results of observations of signs and symptoms of hallucinations carried out once a day for 5 days within a period of 10-15 minutes, the results on the first day before classical music therapy were given a score of 9 (75%) and on the last day after the application of classical music therapy, a score of 4 (33%) was obtained. In line with research by Wijayanto & Agustina, (2019) which states that providing classical music therapy intervention makes a person relax, creates a sense of security and well-being, releases feelings of joy and sadness, releases pain and reduces stress levels, can reduce anxiety, so classical music therapy is effective in reducing signs and symptoms of auditory hallucinations.

## CONCLUSION

This study can be concluded that there are changes in the provision of classical music therapy to reduce signs and symptoms of auditory hallucinations in schizophrenia patients in the Nakula-Sadewa inpatient room at the Grhasia Mental Hospital, showing that classical music therapy carried out for 5 days with a frequency of 1 time per day for 10-15 minutes can help reduce signs and symptoms of auditory hallucinations.

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