

Research Article

Application of Dhikr Therapy to Auditory Hallucination Patients at Prof. Dr. M. Ildrem Mental Hospital, North Sumatra

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Abstract: Hallucinations are a perceptual disorder in which patients perceive something that is not actually happening. The application of dhikr therapy in hallucinatory patients aims to control hallucinations, because this aspect is shown to maximize the benefits, treatment and feelings of peace for patients with hallucinations. Method: case study design using a descriptive method with a nursing process approach in 5 patients focused on one of the important problems in the case of auditory hallucination nursing care. Patients were taught dhikr therapy by reading tasbih (SubahanAllah) 33 times, tahmid (Alhamdulillah) 33 times and takbir (Allahu Akbar) 33 times, this therapy was carried out 2 times a day for 7 days with a duration of 15 minutes. The instrument used in the study was AHRS. Results: The first respondent to the implementation of dhikr therapy found an AHRS score of 25 to 13. In the second respondent to the implementation of dhikr therapy found an AHRS score of 26 to 14. In the third respondent to the implementation of dhikr therapy found an AHRS score of 24 to 13. the implementation of dhikr therapy found an AHRS score of 26 to 13. Conclusion: dhikr therapy is effective in reducing the frequency and intensity of auditory hallucinations and increasing the calmness of patients with auditory hallucinations.

Keywords: Auditory Hallucinations; Dhikr Therapy; North Sumatra; Patients; Prof. Dr. M. Ildrem Mental Hospital

1. Introduction

Mental disorders are complex conditions, consisting of various problems and symptoms that often cause significant changes in an individual's thinking, emotions, and behavior. These conditions frequently result in psychological distress and significant interference with a person's ability to function effectively in daily life (Arhan & As, 2023). Prevalence disturbance soul in this world based on World Health Organization, (2022) as many as 300 million people and 210 million among them experience hallucinations. In Indonesia the prevalence hallucinations as many as 2.6 million Where percentage who experienced hallucinations hearing as many as 1.82 million hallucinations vision as much as 5,200 people, and hallucinations taste, smell, and touch as many as 2,600 people (Ministry of Health, 2020). North Sumatra prevalence with disturbance soul as many as 18,514 people (Provincial Government North Sumatra, 2022). Medan City suffers hallucinations as many as 384 people. Prof. Dr. Muhammad Ildrem Mental Hospital, North Sumatra, (2023) as many as 1,174 people experienced hallucinations.

Hallucinations is perception or response from five senses without existence external stimuli. Hallucinations is disturbance perception Where patient perceive something real No happened. A perception five senses without There is stimulation from outside. A the experience experienced like something perception through five senses without external stimulus; perception fake. Different with illusion Where patient experience perception in hallucinations happen without the presence of external stimuli that occur. Internal stimuli are perceived as something real by the patient (Siregar, 2023).

Therapy dhikr is therapy that uses dhikr as a medium in its application process. Application therapy dhikr for patients hallucinations aim For control hallucinations, because aspect This shown For maximize benefits, treatment and feelings peace for patients , so that

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need provided places of worship such as reading dhikr, holy books and so on. Therapy dhikr, when pronounced in a way good and right can make heart become calm and relaxed. Therapy dhikr can applied to patients hallucinations, because when patient do therapy dhikr with diligent and focused perfect attention (khusyu) can give impact moment his hallucinations appear patient Can remove voices that are not real and more can busy self with do therapy dhikr (Akbar, 2021). Based on results study Akbar & Rahayu, (2021) state that therapy dhikr can help control hallucinations. This is in line with research (Madepan et al., 2021) state that therapy dhikr obtained decline signs and symptoms hallucinations as well as improvement ability patient overcome hallucinations.

2. Research Methods

Type of research is a case study design research, which is a form of research (inquiry) or case study using a descriptive method with a nursing process approach in 5 patients focused on one of the important problems in the case of auditory hallucination nursing care. This case study was conducted by providing intervention or treatment and then observing its effects. The inclusion criteria for patients given dhikr therapy were patients diagnosed with auditory hallucinations, cooperative patients, willing to be respondents and Muslim. The exclusion criteria were patients hospitalized at Prof. Dr. M.Ildrem Hospital, North Sumatra. The implementation procedure was carried out after the assessment and then carried out 4 generalist therapies to control hallucinations in stages, namely; rebuking, conversing with others, carrying out scheduled activities and providing dhikr therapy, taking medication regularly. Next, preparations were made for a time contract, explaining the procedure, the purpose of the action, and environmental preparation. Patients were taught dhikr therapy by reciting istighfar (Astaqfirullah'aladzim) 3 times, then with tasbih (Subhanallah) 33 times, tahmid (Alhamdulillah) 33 times and takbir (Allahu Akbar) 33 times, this therapy was carried out twice a day for 7 days with a duration of 15 minutes. The instrument used in the study was the AHRS. Then observed the ability to control auditory hallucinations of both patients from the difference between the initial and final measurements.

3. Results

3.1 Respondent Characteristics

Table 1. Shows that the average age of the five respondents is over 40 years.

Respondents	Age	Gender	Types of Hallucinations
Respondent 1	42 Years	Woman	Auditory Hallucinations
Respondent 2	39 Years	Man	Auditory Hallucinations
Respondent 3	32 Years	Woman	Auditory Hallucinations
Respondent 4	48 Years	Woman	Auditory Hallucinations
Respondent 5	54 Years	Man	Auditory Hallucinations

Distribution of Respondent Characteristics			

Of the 5 respondents studied, 2 were male and 3 were female.

3.2 Implementation of Nursing Interventions and Implementation

Table 2. Respondent 1

Assessment	Treatment													
	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
<i>Appearance</i> (Appearance and Behavior)														
Appearance self 1= Neat 2= A little / tangled 3= Very bad	2	2	2	2	2	2	1	1	1	1	1	1	1	1
Behavior 1= Calm 2= Anxious 3= Aggressive	3	3	3	3	2	2	2	2	2	2	2	2	1	1
<i>Hallucination</i>														

There are hallucinations 1= No 2= Sometimes 3= Often	3	3	3	3	3	3	2	2	2	2	2	2	2	2
Frequency 1= No There is 2= Audible very a day 3= Audible several times a day	3	3	3	3	3	3	3	3	3	3	2	2	2	2
Duration 1= No There is 2= Audible very a day 3= Audible a number of minute	3	3	3	3	3	3	3	3	3	3	3	3	2	2
Strength voice 1= No There is 2= Audible like whisper or people talking 3= Audible voice hard	3	3	3	3	3	3	2	2	2	2	2	2	2	2
Reaction to hallucinations 1= Calm 2= Anxious 3= Responding hallucinations	3	3	3	3	2	2	2	2	2	2	1	1	1	1
Risk of Violence Violence)														
Threat violence 1= No There is 2= There is a threat 3= Doing violence	3	3	2	2	2	2	2	2	2	2	2	2	1	1
Suicide Risk (Risk) Kill Self)														
The idea of committing suicide self 1= No There is 2= Have an idea 3= Want do	2	2	2	2	2	2	2	2	1	1	1	1	1	1
Total score	25		24		22		19		18		16		13	

Implementation results Therapy Dhikr which was carried out twice a day, namely in the morning and evening for 7 days of treatment showed significant improvement as indicated by a decrease in the AHRS (Auditory Hallucination Rating Scale) score from 25 to 13.

Table 3. Respondent 2

Assessment	Treatment													
	Day 1	Day 2	Day 3		Day 4		Day 5		Day 6		Day 7			
<i>Appearance (Appearance and Behavior)</i>														
Appearance self 1= Neat 2= A little / tangled 3= Very bad	3	3	2	2	2	2	1	1	1	1	1	1	1	1
Behavior 1= Calm 2= Anxious 3= Aggressive	3	3	3	3	2	2	2	2	2	2	2	2	1	1
<i>Hallucination</i>														
There are hallucinations 1= No 2= Sometimes 3= Often	3	3	3	3	3	3	2	2	2	2	2	2	2	2
Frequency	3	3	3	3	3	3	3	3	3	3	2	2	2	2

1= No There is 2= Audible very a day 3= Audible several times a day														
Duration 1= No There is 2= Audible very a day 3= Audible a number of minute	3	3	3	3	3	3	3	3	3	3	3	3	2	2
Strength voice 1= No There is 2= Audible like whisper or people talking 3= Audible voice hard	3	3	3	3	3	3	3	3	2	2	2	2	2	2
Reaction to hallucinations 1= Calm 2= Anxious 3= Responding hallucinations	3	3	3	3	2	2	2	2	2	2	2	2	1	1
Risk of Violence Violence)														
Threat violence 1= No There is 2= There is a threat 3= Doing violence	3	3	2	2	2	2	2	2	2	2	2	2	2	2
Suicide Risk (Risk) Kill Self)														
The idea of committing suicide self 1= No There is 2= Have an idea 3= Want do	2	2	2	2	2	2	2	2	1	1	1	1	1	1
Total score	26		24		22		20		18		17		14	

Implementation results Therapy Dhikr which was carried out twice a day, namely in the morning and evening for 7 days of treatment showed significant improvement as indicated by a decrease in the AHRS (Auditory Hallucination Rating Scale) score from 26 to 14.

Table 4. Respondent 3[illegible]

2= Audible very a day 3= Audible a number of minute														
Strength voice 1= No There is 2= Audible like whisper or people talking 3= Audible voice hard	3	3	3	3	3	3	3	3	2	2	2	2	2	2
Reaction to hallucinations 1= Calm 2= Anxious 3= Responding hallucinations	3	3	3	3	2	2	2	2	2	2	2	2	1	1
<i>Risk of Violence Violence)</i>														
Threat violence 1= No There is 2= There is a threat 3= Doing violence	2	2	2	2	2	2	2	2	2	2	1	1	1	1
<i>Suicide Risk (Risk) Kill Self)</i>														
The idea of committing suicide self 1= No There is 2= Have an idea 3= Want do	2	2	2	2	2	2	2	2	1	1	1	1	1	1
<i>Total score</i>	24		23		22		20		18		16		13	

Implementation results Therapy Dhikr which was carried out twice a day, namely in the morning and evening for 7 days of treatment showed significant improvement as indicated by a decrease in the AHRS (Auditory Hallucination Rating Scale) score from 24 to 13.

Table 5. Respondent 4

Assessment	Treatment													
	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Appearance (Appearance and Behavior)														
Appearance self 1= Neat 2= A little / tangled 3= Very bad	3	3	2	2	2	2	1	1	1	1	1	1	1	1
Behavior 1= Calm 2= Anxious 3= Aggressive	2	2	2	2	2	2	2	2	2	2	2	2	1	1
Hallucination														
There are hallucinations 1= No 2= Sometimes 3= Often	3	3	3	3	3	3	2	2	2	2	2	2	1	1
Frequency 1= No There is 2= Audible very a day 3= Audible several times a day	3	3	3	3	3	3	3	3	3	3	2	2	2	2
Duration 1= No There is 2= Audible very a day 3= Audible a number of minute	3	3	3	3	3	3	3	3	3	3	3	3	2	2
Strength voice	3	3	3	3	3	3	3	3	2	2	2	2	2	2

1= No There is 2= Audible like whisper or people talking 3= Audible voice hard														
Reaction to hallucinations 1= Calm 2= Anxious 3= Responding hallucinations	3	3	2	2	2	2	2	2	2	2	1	1	1	1
Risk of Violence Violence)														
Threat violence 1= No There is 2= There is a threat 3= Doing violence	2	2	2	2	2	2	2	2	2	1	1	1	1	1
Suicide Risk (Risk) Kill Self)														
The idea of committing suicide self 1= No There is 2= Have an idea 3= Want do	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Total score	23		21		21		19		17		15		12	

Implementation results Therapy Dhikr which was carried out twice a day, namely in the morning and evening for 7 days of treatment showed significant improvement as indicated by a decrease in the AHRS (Auditory Hallucination Rating Scale) score from 23 to 12.

Table 6. Respondent 5

Assessment	Treatment													
	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Appearance (Appearance and Behavior)														
Appearance self 1= Neat 2= A little / tangled 3= Very bad	2	2	2	2	2	2	1	1	1	1	1	1	1	1
Behavior 1= Calm 2= Anxious 3= Aggressive	3	3	3	3	2	2	2	2	2	2	2	2	1	1
Hallucination														
There are hallucinations 1= No 2= Sometimes 3= Often	3	3	3	3	3	3	2	2	2	2	2	2	2	2
Frequency 1= No There is 2= Audible very a day 3= Audible several times a day	3	3	3	3	3	3	3	3	3	3	2	2	2	2

Duration 1= No There is 2= Audible very a day 3= Audible a number of minute	3	3	3	3	3	3	3	3	3	3	3	3	2	2
Strength voice 1= No There is 2= Audible like whisper or people talking 3= Audible voice hard	3	3	3	3	3	3	2	2	2	2	2	2	2	2
Reaction to hallucinations 1= Calm 2= Anxious 3= Responding hallucinations	2	2	2	2	2	2	2	2	2	2	1	1	1	1
Risk of Violence Violence)														
Threat violence 1= No There is 2= There is a threat 3= Doing violence	3	3	2	2	2	2	2	2	2	2	2	2	1	1
Suicide Risk (Risk) Kill Self)														
The idea of committing suicide self 1= No There is 2= Have an idea 3= Want do	2	2	2	2	2	2	2	2	2	1	1	1	1	1
Total score	26		25		22		19		18		16		13	

Implementation results Therapy Dhikr which was carried out twice a day, namely in the morning and evening for 7 days of treatment showed significant improvement as indicated by a decrease in the AHRS (Auditory Hallucination Rating Scale) score from 26 to 13.

4. Discussion

Therapy Dhikr that is something actions taken to patient with objective For reduce the mental stress experienced every individual , thing This own objective For strengthen faith someone so that the patient always pray to the creator and always get closer self with read dhikr so that patient will in a way slowly forget the feeling of hallucination disturbing hearing his body . Like do prayer , praying and remembering God so will give effect tranquility in every individual (Emulyani, 2020) .

Implementation therapy dhikr conducted on January 21 , 2025 until by January 27, 2025. Respondents First taught rebuke hallucinations with do therapy dhikr (Astaqfirullahal'adzim, Subhannallah, Alhamdulillah, and Allahu akbar) 33 times. The results of the implementation of the therapy dhikr done twice a day for 15 minutes for 7 days show results decline score AHRS (Auditory Hallucination Rating Scale) from 25 to 13. Respondents second taught rebuke hallucinations with do therapy dhikr (Astaqfirullahal'adzim, Subhannallah, Alhamdulillah, and Allahu akbar) 33 times. The results of the implementation of the therapy

dhikr done twice a day for 15 minutes for 7 days show results decline score AHRS (Auditory Hallucination Rating Scale) from 26 to 14.

Respondents third taught rebuke hallucinations with do therapy dhikr (Astaqfirullahal'adzim, Subhannallah, Alhamdulillah, and Allahu akbar) 33 times. The results of the implementation of the therapy dhikr done twice a day for 15 minutes for 7 days show results decline score AHRS (Auditory Hallucination Rating Scale) from 24 to 13. Respondents Fourth taught rebuke hallucinations with do therapy dhikr (Astaqfirullahal'adzim, Subhannallah, Alhamdulillah, and Allahu akbar) 33 times. The results of the implementation of the therapy dhikr done twice a day for 15 minutes for 7 days show results decline score AHRS (Auditory Hallucination Rating Scale) from 23 to 12. And Respondents Fifth taught rebuke hallucinations with do therapy dhikr (Astaqfirullahal'adzim, Subhannallah, Alhamdulillah, and Allahu akbar) 33 times. The results of the implementation of the therapy dhikr done twice a day for 15 minutes for 7 days show results decline score AHRS (Auditory Hallucination Rating Scale) from 26 to 13.

Dhikr therapy is a therapy that uses dhikr as a medium in its implementation process. The application of dhikr therapy to hallucinatory patients aims to control hallucinations, as this aspect is intended to maximize benefits, treatment, and feelings of peace for patients. Research by Akbar & Rahayu (2021) states that dhikr therapy can help control hallucinations. In line with research (Nurianti et al. , 2024), it states that there was a decrease in hallucination scores from 19 to 10 based on the AHRS (Auditory Hallucination Rating Scale) questionnaire. This proves that dhikr therapy is effective in reducing the frequency and intensity of auditory hallucinations and increasing patient calm.

5. Conclusion

Therapy dhikr can applied to patients hallucinations , with do therapy dhikr in a way diligent and focused perfect attention (khushyu) can give impact moment hallucinations appear . Patient can remove voices that are not real and more can busy self with do therapy dhikr . Sehiangga Dhikr therapy that is recited well and correctly can make the heart calm and relaxed , this is This proven with decline score AHRS (Auditory Hallucination Rating Scale). In Respondents First The results of the implementation of dhikr therapy found that the AHRS (Auditory Hallucination Rating Scale) score in the first treatment AHRS score was 25. In the second treatment the AHRS score was 24. In the third treatment the AHRS score was 22, in the fourth treatment the AHRS score was 19, in the fifth treatment the AHRS score was 18, in the sixth treatment the AHRS score was 16, and in the seventh treatment the AHRS score was 13.

To the Respondents Second The results of the implementation of dhikr therapy found that the AHRS (Auditory Hallucination Rating Scale) score in the first treatment AHRS score was 26. In the second treatment the AHRS score was 24. In the third treatment the AHRS score was 22, in the fourth treatment the AHRS score was 20, in the fifth treatment the AHRS score was 18, in the sixth treatment the AHRS score was 17, and in the seventh treatment the AHRS score was 14.). On Respondents Third The results of the implementation of dhikr therapy found that the AHRS (Auditory Hallucination Rating Scale) score in the first treatment AHRS score was 24. In the second treatment the AHRS score was 23, in the third treatment the AHRS score was 22, in the fourth treatment the AHRS score was 20, in the fifth treatment the AHRS score was 18, in the sixth treatment the AHRS score was 16, and in the seventh treatment the AHRS score was 13.

To the Respondents Fourth The results of the implementation of dhikr therapy found that the AHRS (Auditory Hallucination Rating Scale) score in the first treatment AHRS score was 23. In the second treatment the AHRS score was 21. In the third treatment the AHRS score was 21, in the fourth treatment the AHRS score was 19, in the fifth treatment the AHRS score was 17, in the sixth treatment the AHRS score was 15, and in the seventh treatment the AHRS score was 12.). To the Respiendent Fifth The results of the implementation of dhikr therapy found an AHRS (Auditory Hallucination Rating Scale) score in the first treatment, the AHRS score was 26. In the second treatment the AHRS score was 25. In the third treatment the AHRS score was 22, in the fourth treatment the AHRS score was 19, in the fifth treatment the AHRS score was 18, in the sixth treatment the AHRS score was 16, and in the seventh treatment the AHRS score was 13. This proves that dhikr therapy is effective in reducing the frequency and intensity of auditory hallucinations and increasing the calmness of patients with auditory hallucinations.

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