

Original Articles: Case Study

ANALYSIS OF FAMILY NURSING WITH THE APPLICATION OF MUSIC THERAPY TO SCHIZOPHRENIA CLIENTS TO OVERCOME DISORDER OF SENSORY PERCEPTION

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Abstract

Introduction: Auditory hallucinations are a common sensory perception disorder affecting approximately 70% of individuals diagnosed with schizophrenia. Various factors contribute to hallucinations, including physical, emotional, intellectual, social, and spiritual dimensions.

Objective: This study aims to evaluate the effectiveness of music therapy in mitigating sensory perception disorders in individuals with schizophrenia.

Methods: A descriptive case study approach was employed. Data were collected through interviews, observations, and physical examinations involving clients and their families. The Standard Operating Procedure (SOP) for Classical Music Therapy was utilized. The study focused on a single individual experiencing auditory hallucinations within a family setting.

Results: Implementing music therapy over four days (one session per day, approximately 13 minutes) resulted in reduced auditory disturbances, decreased anxiety, improved sleep quality, and a decline in the Auditory Hallucination Rating Scale (AHRS) score from 24 to 11, along with a reduction in the Hamilton Rating Scale for Anxiety (HRS-A) score from 26 to 12.

Conclusions: Classical music therapy effectively reduces auditory hallucinations and alleviates anxiety in individuals with schizophrenia. Therefore, it is recommended as a non-pharmacological intervention and an independent nursing practice for managing sensory perception disorders.

INTRODUCTION

Schizophrenia is a chronic mental disorder characterized by both positive symptoms (e.g., delusions, hallucinations) and negative symptoms (e.g., apathy, anhedonia) (Safitri, Hasanah, & Utami, 2022). Hallucinations occur when individuals cannot differentiate between internal thoughts and external stimuli, leading to false sensory perceptions, including auditory, visual, gustatory, or olfactory hallucinations (Andri, Febriawati, Panzilion, Sari, & Utama, 2019).

Globally, schizophrenia affects approximately 24 million people (World Health Organization, 2022). In Indonesia, the prevalence of schizophrenia or psychosis is 6.7 per 1,000 individuals, with East Java reporting a prevalence of 6.4 per 1,000 (KEMENKES RI, 2018). Medical records data at the Putat Jaya Health Center, Surabaya City, East Java Province (2022) indicate that out of 125 schizophrenia cases, 97.6% involved hallucinations, while 2.4% were associated with low self-esteem.

Auditory hallucinations are the most prevalent type, affecting approximately 70% of schizophrenia patients (Ayu, Ervan, Yani, & Rosdiana, 2022). Hallucinations are marked by covering the ears, pointing the ears in a certain direction, getting angry for no reason, and talking or laughing to themselves. Clients with hallucinations can experience changes in behavior such as withdrawing from the environment, endangering themselves, being more aggressive, and committing suicide if they do not receive further treatment (Immarta Dewi, 2022). Individuals experiencing hallucinations often exhibit behaviors such as covering their ears, talking to themselves, or showing unprovoked aggression. Without appropriate intervention, severe hallucinations (Phase IV) may lead to self-harm, violent outbursts, or environmental destruction (Ayu, Ervan, Yani, & Rosdiana, 2022).

Both pharmacological and non-pharmacological treatments are used to mitigate hallucinations. Pharmacological treatments include medications such as Amitriptyline and Alprazolam, whereas non-pharmacological treatments, including classical music therapy, are safe for long-term use and free from drug-related side effects. Classical music therapy has been shown to enhance motivation, cognitive abilities, and mental health (Mutaqin, Rahayu, & Yanto, 2023).

METHODS

Study Design

A descriptive case study design was employed.

Settings

The study was conducted at the residence of the participant in RW. 3, Putat Jaya Urban Village, Sawahan Sub-District, Surabaya, East Java, Indonesia.

Research subject

A single schizophrenic client diagnosed with sensory perception disorder (auditory hallucinations) participated in this study.

Instruments

The data collection instrument used mental health insurance sheets through observation techniques and interviews.

Data collection

Data were collected using a case study approach within the nursing process framework, including assessment, diagnosis, intervention, implementation, and evaluation. Information was obtained through direct interviews with the client and their family. The study implemented classical music therapy for four consecutive sessions and provided education on hallucination management based

on the Indonesian Nursing Intervention Standards (SIKI). The application of classical music therapy will be held for 4 meetings.

Data Analysis

Effectiveness was assessed through interviews, observations, and physical examinations. The severity of auditory hallucinations was measured using the Auditory Hallucination Rating Scale (AHRS), while anxiety levels were evaluated using the Hamilton Rating Scale for Anxiety (HRS-A).

Ethical Consideration

This study was conducted under the approval and supervision of the Department of Nursing, Faculty of Nursing and Midwifery, Universitas Nahdlatul Ulama Surabaya.

RESULTS

Assessment of Mrs. E, conducted via interviews, observations, and physical examinations, led to a nursing diagnosis of sensory perception disorder: auditory hallucinations. Key symptoms included hearing whispers and perceiving non-existent auditory stimuli. Initial evaluations recorded an AHRS score of 24 (severe hallucinations) and an HRS-A score of 26 (moderate anxiety). Nursing interventions included hallucination management based on SIKI guidelines and classical music therapy implementation. SIKI-based hallucination management consists of four strategies: (1) rebuking hallucinations, (2) discussing experiences with family or psychologists, (3) engaging in routine activities, and (4) adhering to prescribed medications. Music therapy sessions were conducted using classical music played on a mobile device, lasting 13 minutes per session over four consecutive days. Post-intervention evaluations showed significant improvements. Subjectively, Mrs. E reported fewer auditory disturbances, reduced anxiety, and improved sleep quality. Objectively, the AHRS score decreased to 11 (mild hallucinations), and the HRS-A score declined to 12 (no anxiety).

DISCUSSION

Based on the nursing diagnosis of sensory perception disorder and auditory hallucinations, classical music therapy emerged as the most effective intervention for Mrs. E. While traditional SIKI-based interventions helped reduce anxiety, they did not fully alleviate auditory hallucinations. The incorporation of music therapy significantly improved her condition by reducing anxiety, fostering relaxation, and enhancing sleep quality.

With good therapeutic results for the condition development of Mrs. E, the researcher suggests that Mrs. E regularly conducted classical music therapy to treat sensory perception disorders: auditory hallucinations. Researchers assume that classical music therapy which is conducted routinely can affect the health quality of clients with paranoid schizophrenia by reducing client anxiety and worries, which can ultimately affect a decrease in sensory perception disorders: Auditory hallucinations. According to (Yanti, Sitepu, Sitepu, Pitriani, & Br. Purba, 2020), listening to music can reduce anxiety, and anger, and increase relaxation compared to sitting still. Consistent with previous research, classical music

therapy has been shown to lower stress levels, mitigate symptoms of auditory hallucinations, and promote overall well-being (Wijayanto & Agustina, 2017). It is recommended that individuals with schizophrenia incorporate classical music therapy into their routine to manage sensory perception disorders effectively.

LIMITATIONS

There are no limitations.

CONCLUSION

Classical music therapy, when administered for 13 minutes before bedtime, effectively reduces auditory hallucinations and alleviates anxiety symptoms in individuals with schizophrenia. This study supports classical music therapy as a viable, non-pharmacological nursing intervention for managing sensory perception disorders.

AUTHOR CONTRIBUTION

Yumita Efendi: Literature review, conceptualization, methodology, doing the nursing process, and manuscript drafting.

Eppy Setiyowati: Literature review, conceptualization, methodology, and supervision.

Rusdianingseh: Literature review, conceptualization, methodology, and supervision.

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CONFLICT OF INTEREST

There is no conflict of interest in this research.

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