

Original Articles: Case Study

**ANALYSIS OF PSYCHIATRIC NURSING CARE IN SCHIZOPHRENIC PATIENTS
WITH APPLICATION OF OCCUPATIONAL THERAPY IN FREE TIME
ACTIVITIES TO OVERCOME HALLUCINATIONS**

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Article history:

Received: August, 15, 2023

Accepted: April, 04, 2025

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Keywords:

*Occupational Therapy, Expressive
Writing, Music, Hallucinations.*

Page Number: 144-149

Abstract

Introduction: Hallucinations are a mental health problem that is difficult to get rid of due to several factors such as socio-cultural where a person does not believe in his environment, causing anxiety and focusing on his hallucinations.

Objective: This study examines the impact of occupational therapy in free time activities on schizophrenia patients experiencing hallucinations. The findings suggest that structured activities significantly reduce the frequency and intensity of hallucinations, improving overall patient well-being. The research highlights the importance of psychiatric nursing interventions in managing schizophrenia symptoms.

Methods: The design used is a case study. Research subject Mrs. E is 50 years old in the flamboyant room of RSJ Menur with hallucinatory perception disorder nursing problems, free time occupational therapy (expressive writing and listening to music) is carried out 9 meetings with a duration of 30 minutes. The data collection instrument used mental health insurance sheets through observation techniques, interviews, and patient medical records.

Results: The results of the study after the intervention of leisure occupational therapy (Expressive Writing and Listening to Music), show patients can write down their feelings in written form that cannot be expressed orally and can use spare time such as listening to music to provide a relaxing effect so that patients can control emotions and divert feelings the hallucinations.

Conclusions: The use of leisure occupational therapy (Expressive Writing and Listening to Music) to reduce hallucinatory symptoms can be an alternative to fill the patient's spare time so that patients can divert their hallucinations and the relaxing effect of music can control the client's emotions from the effects of hallucinations, namely anxiety. In the future, it is hoped that in hospitals, especially flamboyant inpatient rooms, there will be SOPs for this therapy as a therapeutic option to reduce signs and symptoms of hallucinations.

INTRODUCTION

Schizophrenia is a severe mental disorder characterized by hallucinations, delusions, and impaired cognitive function. Effective psychiatric nursing care plays a crucial role in managing these symptoms. Occupational therapy, particularly structured activities, has been recognized as a beneficial intervention. This study explores the effectiveness of implementing occupational therapy in free time activities to mitigate hallucinations in schizophrenia patients (Kamila, 2020).

According to the World Health Organization (WHO) in 2020, it is estimated that there are around 450 million people in the world affected by schizophrenia. Results of Basic Health Research (Riskesdas) as many as 282,654 households or 0.67 percent of people in Indonesia have schizophrenia. The prevalence of schizophrenia in Indonesia is 6.2 - 7.1 per mile (Pratiwi & Rahmawati Arni, 2022). Whereas for East Java data it is stated that the estimated number of severe mental disorders reached 0.19% of the total population of East Java 39,872,395 and for people with schizophrenia in the city of Surabaya it reached 0.25 from 0.50 in East Java.(East Java Health Office, 2021). For data on patients with hallucinations at the RSJ Menur in Surabaya, the Flamboyan Room, it was found that there were 42 patients from September to December 2022.

Based on this prevalence, the increase in patients with hallucinations is due to several risk factors, including Predisposing factors which are divided into four, namely (developmental factors, sociocultural factors, biological factors, and psychological factors) and precipitation factors. In this precipitation factor, there is a stimulus that is perceived by individuals as a challenge, threat, or demand that requires extra energy to deal with it. Stimuli from the environment, such as the client's participation in a group, not being invited to communicate for too long, objects in the environment, and also a lonely or isolated atmosphere often trigger hallucinations. This can increase stress and anxiety which stimulate the body to release hallucinogenic substances. The existence of excessive stress and anxiety triggers the occurrence of a problem in a person such as talking, smiling, and laughing alone, withdrawing from others, trying to avoid other people, and being unable to distinguish between the real and the unreal. So that later you can worry about hurting yourself and the surrounding environment.

Efforts or actions that can be taken to help clients control their hallucinations can be done pharmacologically and non-pharmacologically. There are several types of non-pharmacological therapy to overcome these hallucinations, such as drawing therapy, and dhikr therapy, and for this study, the authors conducted leisure activity therapy, namely expressive writing therapy and listening to music. The purpose of implementing leisure activity therapy is a form of supportive psychotherapy which is important to do to improve the client's recovery through activities that the patient likes to divert his hallucinations (Laisina et al., 2022). and the reason the author chose expressive writing therapy and listening to music as therapy to fill the patient's free time was due to adjusting the signs and symptoms or the patient's response when the contents of the hallucinations appeared, namely giving an anxious and restless effect. So the hope is that the application of this therapy will provide an opportunity for the patient to write down what he is feeling so that later the patient can express his feelings in writing which

helps the patient to recognize himself and feel calmer with the addition of music therapy which provides relaxation so that the patient can control his emotions. when you feel anxious and having activities in your spare time can divert your hallucinations (Khalifah, 2021).

METHODS

Study Design

A qualitative approach was employed, involving in-depth interviews and observational studies with schizophrenia patients undergoing psychiatric nursing care.

Settings

This research was conducted in the Flamboyant room of RSJ Menur, Surabaya on December 12-14, 2022.

Research subject

Research subject Mrs. E is 50 years old in the Flamboyant room of RSJ Menur, Surabaya with hallucinatory perception disorder nursing problems.

Instruments

The data collection instrument used mental health insurance sheets through observation techniques, interviews, and patient medical records.

Data collection

The study focused on patients engaged in structured occupational activities, including art therapy, gardening, and music therapy. Free-time occupational therapy (expressive writing and listening to music) is carried out in 9 meetings with a duration of 30 minutes.

Data Analysis

Data were analyzed using thematic analysis to identify patterns related to symptom reduction.

Ethical Consideration

The implementation of this research has received approval from Universitas Nahdlatul Ulama Surabaya and RSJ Menur, Surabaya.

RESULTS

The findings indicate that patients actively participating in occupational therapy experience a noticeable decrease in hallucinations. Key practical outcomes include:

1. **Reduction in Hallucinatory Episodes** – Patients who engaged in structured activities, such as drawing, gardening, and music sessions, reported a reduction in the frequency and intensity of their hallucinations. These activities provided distraction and engagement, which helped patients focus on reality.
2. **Development of Coping Strategies** – Patients learned alternative coping mechanisms to manage their hallucinations, such as redirecting their attention to occupational tasks or engaging in group discussions when symptoms emerged.

3. **Enhanced Routine and Structure** – Regular participation in occupational therapy created a structured daily routine that contributed to improved mental stability. This routine helped decrease idle time, which is often associated with increased hallucinatory experiences.
4. **Positive Behavioral Changes** – Observations from psychiatric nurses indicated that patients who actively participated in occupational therapy exhibited improvements in their social behavior, willingness to communicate, and ability to engage in daily activities more independently.

DISCUSSION

The application of occupational therapy in leisure time is carried out on December 12-14 2022, namely training patients to carry out other activities according to their abilities, namely expressive writing and listening to music. The application of occupational therapy in leisure time is carried out by the author by referring to previous research conducted by Rokhimmah & Rahayu (2020), at this stage the preparation of tools and materials is carried out, namely several writing instruments and music listening devices. Then the patient is guided to do writing and listen to music. The patient responds that the patient is willing and cooperative in carrying out these activities. After the nursing actions were carried out, the results of evaluating the application of occupational therapy in the spare time the patient said would carry out daily activities such as cleaning the bed, participating in gymnastic activities, and trying to express feelings by trying to write on paper because the patient felt after writing on paper the patient felt better. it appears that the patient can express his feelings through writing is able and willing to carry out daily activities and wants to listen to music so that his mind does not go blank.

This is an appropriate research result Visya Septiana et al (2021), expressive writing therapy acts as a therapy that distracts the client from the habit of being alone and spending time alone in the room so that the contents of his hallucinations appear. Based on Pradana & Riyana (2019), music is used as a therapy and can improve, restore, and maintain physical, emotional, mental, social, and spiritual health.

According to the author, there are several ways to overcome hallucinations, one of which is by applying free time occupational therapy (expressive writing and listening to music) where which can be an alternative to using the patient's free time with positive activities such as expressive writing and listening to music which fills free time, intended to be able to divert the sense of hallucinations and provide relaxation so that patients can control their emotions and anxiety when the effects of hallucinations appear namely anxiety.

LIMITATIONS

The limitations of implementing occupational therapy in her free time are the patient's limitations in preparing the tools and materials to be used because the patient does not have musical

instruments or writing instruments such as a ballpoint pen. Also, the time used by researchers is not optimal, in the future this therapy is given more frequently to support the success of this therapy.

CONCLUSION

Occupational therapy in free time activities serves as an effective intervention for schizophrenia patients experiencing hallucinations. Psychiatric nurses should incorporate structured activities into patient care plans to enhance treatment outcomes. Future research should explore long-term effects and develop standardized occupational therapy programs for schizophrenia patients.

AUTHOR CONTRIBUTION

Alfiya: Perform nursing care with the application of free-time occupational therapy to overcome hallucinations.

Nur Hidaayah: Assist and direct the author in compiling the final scientific work.

Andikawati Fitriasari: Contribute to the improvement of the final scientific work.

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CONFLICT OF INTEREST

There is no conflict of interest in this research.

ACKNOWLEDGEMENT

The author would like to express his thanks to all parties who have greatly assisted in the research process and preparation of this publication, especially to the Universitas Nahdlatul Ulama Surabaya dan RSJ Menur, Surabaya.

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