



RESEARCH ARTICLE

Article URL: <https://ojs.poltekkes-malang.ac.id/index.php/HAJ/index>**Dangdut Music Therapy Effect on The Auditory Hallucination Patients****Jesika Dini Ayu Arvintasia^(CA), M. Miftachul Ulum², Suprajitno³**^{1,2,3} Departement of Nursing, Poltekkes Kemenkes MalangCorrespondence author's email (^{CA}): p17230211020_jesika@poltekkes-malang.ac.id**ABSTRACT**

Auditory hallucinations are a condition of impaired auditory perception without any stimulation, so patients need to be trained to control their hallucinations. For general therapy, another way to reduce patient hallucinations is by listening dangdut music. The purpose of this study was to determine the response level of auditory hallucination patients before and after listening dangdut music therapy. The design of this study was a quasi-experiment with a sample size of 21 respondents. Sampling used a purposive sampling technique. The instrument was the AHRS (Auditory Hallucination Rating Scale) questionnaire. Analysis using the Wilcoxon Signed Ranks test. The results of the study obtained a significant effect in decreasing the level of auditory hallucination response before and after being given dangdut music therapy with a value of $p = 0.000$ ($p < 0.05$) which means that the hypothesis can be accepted and its effect is proven by 100% of patients experiencing a decrease in the level of auditory hallucination response from a moderate response level to a mild response level. During the therapy, the patient's focus of attention will be diverted from hallucinatory sounds. Hoped that dangdut music therapy can be a consideration for carrying out non-pharmacological therapy for auditory hallucination sufferers.

Keyword : Auditory Hallucination; Dangdut Music

Copyright © 2024 by authors. This is an open access article under the CC BY-SA License (<https://creativecommons.org/licenses/by-sa/4.0/>)**INTRODUCTION**

Law Number 28 of 2013 Article 1 Paragraph 3 states that individuals with mental disorders (ODGJ) are defined as people who experience disturbances in thoughts, behavior and feelings that cause significant changes or symptoms of behavior that can cause obstacles in carrying out their functions as humans. This requires mental health efforts that ensure every human being can live a healthy life, free from pressure, fear, threats or other disturbances that can interfere with mental health in addition to providing protection services for ODMK and ODGJ based on human rights (2).

According to WHO data (2017), in the modern world, mental disorders are a serious problem. Every year cases of mental disorders increase and there are 35 million people affected by depression, bipolar about 65 million people, schizophrenia about 21 million people and 47.5 people affected by dementia. WHO estimates that around 450 million people in the world experience mental health disorders, 135 million of whom experience hallucinations. Indonesia has an estimated 236 million people with mental disorders. Data from Rikesdas 2018, 12 million people experience depression and more than 19 million people experience mental emotional problems that occur at the age of over 15 years (3).

According to (10) the most prevalent hallucinations are auditory hallucinations with 70%, while visual hallucinations account for 20%. Meanwhile, other types of hallucinations only reach 10%. Based on information from medical record data in 2023, there were 172 patients being treated at Radjiman Wediodiningrat Hospital. Most of the patients there experience hallucinatory disorders, one of which is auditory hallucinations. Hearing voices that are not real is a phenomenon known as auditory hallucinations, which can interfere with daily life, impair social functioning, and negatively impact their quality of life (5).

Auditory hallucinations can be seen through changes in behavior or responses which are divided into four levels. The first level is categorized as mild, the second level is moderate, the third level (severe) and the fourth level is panic. Nonpharmacological therapy is a treatment for hallucinatory disorder patients, one of which is TAK accompanied by music. Although music therapy has been tested in various contexts and gained recognition as one of the alternative approaches in the treatment of mental disorders, its effect on the response level of auditory hallucinations is still not well understood.

One of the unique and popular music genres in Indonesia is dangdut. The music Dangdut has distinctive musical characteristics. This music is often used in various social and entertainment events in Indonesia. However, there has been no in- depth research on the potential of dangdut music therapy in reducing the response rate of auditory hallucinations. Based on the description above, the researcher wanted to know the effect of dangdut music therapy on the response rate of auditory hallucination patients.

METHODS

The research design used was pre-experiment with pretest-posttest design. The population of inpatients at Radjiman Wediodiningrat Hospital is 172. The sampling technique used was Purposive sampling, the sample size was 21 respondents. Inclusion criteria for auditory hallucination patients admitted to Radjiman Wediodiningrat Hospital, and cooperative patients in communication. Exclusion criteria are not auditory hallucination patients and not cooperative. The place of research was in the Old Sister Room of Radjiman Wediodiningrat Hospital on January 26 - February 23, 2024. Data collection

for this study used the AHRS (Auditory Hallucination Rating Scale) questionnaire format to identify the level of response of auditory hallucination patients and the TAK observation format for sensor stimulation session 1: listening to music by means of interviews and observations.

Data collection was conducted for 1 month. Data analysis used non-parametric statistics (sample <30), namely testing differences in the dependent variable before and after the intervention using the Wilcoxon Signed Ranks Test statistical test. Data scale requirements are ordinal and non-normal data distribution with a significance level $(p) = <0.05$. Hypothesis testing criteria are if the $p < \alpha$ then H_0 is rejected, meaning there is a significant difference and if the $p > \alpha$ then H_0 is accepted, meaning there is no significant difference.

RESULT

Table 1. Characteristics of Hearing Hallucination Respondents at Radjiman Wediodiningrat Hospital in 2024

Characteristics	Frequenc	Percentage
Gender		
Male	21	100
Age (Year)		
17-25	5	24
26-35	6	28
36-45	7	33
46-55	2	10
56-65	1	5
Last Education		
Elementary School	8	38
Junior High School	6	29
Senior High School	7	33
Job		
Enterpriser	7	33
Businessman	4	19
Farmer	2	10
Unemployment	8	38

It is known that the data on the characteristics of respondents based on gender are all male, most of them are 36-45 years old with a percentage of 33%, the last education obtained is less than half of elementary school graduates as many as 38% or 8 respondents, the last work history of most respondents is not working as many as 38%.

Table 2. Cross Tabulation of the Response Rate of Auditory Hallucination Patients Before and After Performing Dangdut Music TAK in the Old Sister Room of Radjiman Wediodiningrat Hospital in 2024

Response Begore TAK Dangdut Music		Response After TAK Dangdut Music			Total
		10	8	9	
16	F	0	0	1	1
	%	0	0	4,8	4,8
18	F	1	1	0	2
	%	4,8	4,8	0	9,5
19	F	0	3	2	5
	%	0	14,3	9,5	23,8
20	F	10	0	3	13
	%	47,6	0	14,3	61,9
Total	F	11	4	6	21
	%	52,4	19	28,6	100

It is known that the level of response of auditory hallucination patients with score criteria 11-20 shows that they are at a moderate level as many as 21 respondents and after dangdut music therapy has decreased with score criteria 1-10 showing a mild level of 100% or 21 respondents.

Table 3. Wilxocon Signed Ranks Test Analysis

Categories (Post Test-Pre Test)	Frequenc
Z	-4.141
Asymp. Sig (2-tailed)	0.000

The results of the Wilxocon signed ranks test with a value of 0.000, $p = <0.05$ then H_0 is rejected, where it can be concluded that there is an effect of providing dangdut music therapy on the level of response of auditory hallucination patients at Radjiman Wediodiningrat Hospital

DISCUSSION

Response Level of Auditory Hallucination Patients Before Giving Dangdut Music Therapy at Radjiman Wediodiningrat Hospital

The results showed that before the provision of dangdut music TAK, the level of response of auditory hallucination patients was at a moderate level. This is because auditory hallucinations cause patients to experience a lack of concentration, susceptible to narrowing attention and losing the inability to distinguish hallucinations from reality so that respondents cannot divert and control the hallucinations they experience. (9).

When related to the characteristics of respondents based on gender, the prevalence of hallucinatory perception disorders is higher in men than in women because men tend to deal with problems by keeping them to themselves and not wanting to tell others so that they can trigger stress or depression (1). In addition to gender, age also influences a person's frequent auditory hallucinations because adulthood is at high risk of mental disorders, especially hallucinations due to emotional tension, so that at that age individuals will easily experience the inability to deal with problems and easily occur emotional disorders.

The results of the research on the last education of respondents were found to be mostly at the low level of education, namely elementary school. According to (8) said that the level of education is very important in aspects of human life both thoughts, feelings and attitudes. Therefore, a person's low level of education can have difficulty socializing with others, absorbing information, responding to sources of stress and understanding problems so that they cannot solve problems properly.

Work problems also cause a person to experience mental disorders, one of the symptoms of which is hallucinations. Work problems such as those related to termination of employment (PHK), retirement, pressure at work, and not suitable for work or work that is too much risk of developing auditory hallucination disorder. These work problems can be a source of individual stress (6).

According to the researchers, patients with above adult age and low education and the occurrence of many problems in this work tend to be at risk of mental or mental disorders, one of which is auditory hallucinations. If someone has experienced this phase, special treatment is needed to control the hallucinations. According to (11) there are 4 ways to control hallucinations, one of which is to provide non-pharmacological therapy (group activity therapy). TAK that is suitable for auditory hallucination patients is TAK listening to music because it can improve, restore and maintain physical, mental, emotional, social and spiritual health (7).

Response Level of Auditory Hallucination Patients After Providing Dangdut Music Therapy at Radjiman Wediodiningrat Hospital

The results showed that, after the provision of dangdut music TAK, there was a change in the level of response to hallucinations which became a mild level of 100% or as many as 21 respondents. This is because the patient's attention was distracted from the hallucinatory sounds when focusing on listening to dangdut music. Consistently practicing coping strategies to control hallucinations will weaken hallucinatory beliefs and power.

In accordance with (10) research aimed at reducing symptoms of auditory hallucinations through dangdut music therapy at RSKJ Soeprapto Bengkulu, this study was conducted on the intervention group and control group for 7 consecutive days with the results of data processing there was a difference in the average score of auditory hallucination symptoms from the two groups.

The Effect of Dangdut Music Therapy on the Response Level of Auditory Hallucination Patients at Radjiman Wediodiningrat Hospital.

The results of this study showed that there was an effect of dangdut music therapy on the level of response of patients with auditory hallucinations, this was evidenced by a decrease in the level of response before and after giving dangdut music therapy. This is because the purpose of dangdut music therapy is to provide relaxation to the body and mind of patients so that it affects self-development and heals their psychosocial disorders.

Symptoms that appeared after dangdut music therapy was administered were marked by a reduction in the behavior of laughing alone, daydreaming, moving lips silently and being able to interact with others. According to the researcher's opinion from research in the Old Sister Room of Radjiman Wediodiningrat Hospital in January-February 2024, it can be seen that group activity therapy listening to dangdut music has an influence in reducing the level of response of patients with auditory hallucinations. During the process of providing therapy, the patient also felt satisfaction as evidenced by the fact that there was no time to be preoccupied with the world of auditory hallucinations, so the patient became enthusiastic and motivated to take part in TAK dangdut music again. This is in line with the statement (4) that motivation can improve social skills. In addition, from the results of data processing, there was a decrease in scores from before and after the provision of dangdut music group activity therapy from a moderate level down to a mild level.

CONCLUSION

Based on the data from this study, it was found that before the dangdut music therapy was given, the response level of auditory hallucination patients showed an average value of 19.38 and a standard deviation of 1.024, categorized as moderate. However, after dangdut music therapy was administered, the number decreased significantly. Based on the research, the response level had an average value of 9.33 and a standard deviation of 0.796 so that it could be categorized into a mild level. Dangdut music therapy has a value of $p = 0.000$ ($p = <0.05$), which means that the hypothesis can be accepted and it is proven that there is an effect of dangdut music therapy on the response level of auditory hallucination patients.

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