

*APPLICATION OF DHIKR THERAPY IN REDUCING THE LEVEL
OF AUDITORY HALLUCINATIONS IN SCHIZOPHRENIC
PATIENTS RSJD Dr. RM. SOEDJARWADI KLATEN
PROVINCE OF CENTRAL JAVA*

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ABSTRACT

Background; Mental disorders in Indonesia reach 15.3% of the 259.9 million Indonesian population, especially schizophrenia with hallucinatory symptoms which are usually caused by the patient's inability to deal with stressors and the lack of ability to recognize and control hallucinations, so that non-pharmacological management is needed, one of which is with dhikr therapy to control hallucinations, namely providing coping to hallucinatory patients or overcoming problems because by dhikr it can cleanse the mind psychologically, create inner peace and shade of mind so that hallucinatory patients can be controlled. ***Objective;*** Knowing the results of applying dhikr therapy to control auditory hallucinations in schizophrenic patients. ***Method;*** The application was carried out using a case study descriptive method to 2 respondents in schizophrenia patients for 5 days with a frequency of 2 times a day for 15-30 minutes. ***Results;*** Based on the results of the application that has been carried out, there is a development of hallucination control before and after the application of dhikr therapy. ***Conclusion;*** Dhikr therapy can be used as a non-pharmacological technique or independent intervention in schizophrenia in controlling auditory hallucinations.

Keywords: Depression, Hallucinations, Dhikr Therapy