

*Application od Psychoreligious Dhikr Therapy in Reducing the Level of Auditory
Hallucinations in Schizophrenia Patients at
RSJD Dr. RM Soedjarwadi
Central Java Province*

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ABSTRACT

Background: Mental disorders are maladaptive responses to stressors originating from within or outside oneself, resulting in changes in thought patterns, perceptions, behaviors, and feelings. Schizophrenia is a severe mental disorder characterized by difficulty in thinking, distinguishing reality, and losing contact with what is real. Individuals experiencing auditory hallucinations are particularly affected, where they may hear voices instructing them to do things, sometimes posing risks. Given this condition, non-pharmacological management of auditory hallucinations, such as dzikir therapy, is necessary. Dzikir therapy, when recited properly, can induce calmness and relaxation. **Objective:** To determine the outcomes of implementing Psychoreligious Therapy: Dhikr in reducing the level of auditory hallucinations in patients with schizophrenia at RSJD Dr. RM. Soedjarwadi in Central Java Province. **Method:** The implementation is descriptive, using a Pretest-Posttest One Group Design case study. The sample consists of 2 respondents, and the research instrument is the Auditory Hallucinations Rating Scale. Psychoreligious therapy application: dzikir. **Results:** After implementing psychoreligious therapy: dhikr for 3 sessions, both patients experienced a reduction in auditory hallucinations from moderate to mild hallucination score. **Conclusion:** Psychoreligious Therapy: Dhikrr can reduce the level of auditory hallucinations in patients with schizophrenia at RSJD Dr. RM. Soedjarwadi in Central Java Province.

Keywords: Mental Disorder, Schizophrenia, Hallucination, Psychoreligious Therapy: Dhikr