

**THE EFFECT OF CLASSICAL MUSIC LISTENING THERAPY ON THE CHANGES
IN HALLUCINATION SYMPTOMS IN PATIENTS WITH AUDITORY
HALLUCINATIONS AT RSJD DR. ARIF ZAINUDIN SURAKARTA**

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ABSTRACT

Background: Schizophrenia is a severe mental disorder often accompanied by auditory hallucinations, which can disrupt emotional stability and social functioning. Classical music therapy is a non-pharmacological approach believed to help calm the mind and reduce hallucination symptoms.

Method: This descriptive case study involved two patients in the Nakula Ward of RSJD Dr. Arif Zainudin Surakarta. The intervention consisted of listening to classical music for 20 minutes, three times over three consecutive days using headphones. The severity of hallucinations was measured using the Auditory Hallucination Rating Scale (AHRS).

Results: Patient 1's AHRS score decreased from 23 to 11, while Patient 2's score dropped from 24 to 15, indicating a reduction in hallucination symptoms.

Conclusion: Listening to classical music effectively reduced auditory hallucination symptoms in schizophrenia patients and can be considered a simple, affordable, and practical non-pharmacological therapy.

Keywords: Schizophrenia, Hallucination, Classical Music, Non-Pharmacological Therapy