

**APPLICATION OF MUSIC THERAPY TO REDUCE THE LEVEL OF
HEARING HALLUCINATIONS IN MENTAL DISORDER PATIENTS
AT RSJD Dr. ARIF ZAINUDDIN SURAKARTA**

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ABSTRACT

Background: *Hallucinations are disturbances or changes in perception in which mental patients present something that is not actually happening. Hallucination disorders can be treated with therapy, especially pharmacological and non-pharmacological therapy. One of the effective non-pharmacological therapies for reducing hallucinations is music therapy.* **Objective:** *To determine the results of the implementation of music therapy to reduce the level of auditory hallucinations in mental disorder patients at RSJD Dr. Arif Zainuddin Surakarta.* **Method:** *Descriptive application, case study research design Pretest Posttest One Group Design, sample of 2 respondents, AHRS questionnaire research instrument, application using music therapy carried out for 7 days.* **Results:** *After music therapy for 7 days there was a decrease in auditory hallucinations. Respondent I experienced a decrease from a score of 36 to 11 while respondent II experienced a decrease from a score of 39 to 15.* **Conclusion:** *Music therapy can reduce the level of auditory hallucinations in mental disorders patients at RSJD dr. Arif Zainuddin Surakarta.*

Keywords: *Mental disorders, auditory hallucinations, music therapy.*