

**APPLICATION OF DZIKIR THERAPY TOWARDS THE REDUCTION OF SIGNS
AND SYMPTOMS OF HALLUCINATIONS IN PATIENTS WITH AUDITORY
HALLUCINATIONS AT RSJD dr. ARIF ZAINUDIN
CENTRAL JAVA PROVINCE**

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ABSTRACT

Background: Schizophrenia is a severe mental disorder characterized by sensory perception disorders, such as auditory hallucinations. Dhikr therapy as a psychospiritual approach is believed to be able to reduce the intensity of these symptoms. **Objective:** To determine the effect of dhikr therapy on reducing signs and symptoms of auditory hallucinations in schizophrenia patients at the dr. Arif Zainudin Mental Hospital, Central Java Province. **Method:** Using a descriptive case study design on two respondents who experienced auditory hallucinations. The intervention was carried out for 3 days, twice a day with a duration of 10–15 minutes. Data collection used pretest and posttest observation sheets to assess the level of hallucinations. **Results:** Showed that the hallucination score in the first respondent decreased from 28 (severe category) to 19 (moderate), and in the second respondent from 14 (moderate) to 7 (mild). Dhikr therapy provides an emotional and spiritual calming effect, and helps patients better control their responses to hallucinations. **Conclusion:** Dhikr therapy is effective as a non-pharmacological intervention in reducing signs and symptoms of auditory hallucinations, and can be used as an alternative in spiritual-based psychiatric nursing practice.

Keywords: Dhikr therapy, Hallucinations, Schizophrenia.