

**APPLICATION OF DHIKR THERAPY TO CONTROL AUDITORY
HALLUCINATIONS IN SCHIZOPHRENIA PATIENTS AT DR. ARIF
ZAINUDIN PSYCHIATRIC HOSPITAL, SURAKARTA**

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ABSTRACT

Background: Schizophrenia is a severe mental disorder, one of its main symptoms being auditory hallucinations. This condition can interfere with daily functioning and increase the risk of harm to oneself and others. Psychoreligious therapy such as dzikir is known to help reduce the intensity of hallucinations and provide a calming effect. **Objective:** To examine the effectiveness of dzikir therapy in controlling auditory hallucinations in patients with schizophrenia at RSJD Dr. Arif Zainudin Surakarta. **Method:** This study used a case study design with a descriptive approach involving two respondents who underwent dzikir therapy for three consecutive days. The level of auditory hallucinations was measured using the Auditory Hallucination Rating Scale (AHRS). **Results:** Both respondents showed a reduction in the level of auditory hallucinations. Mr. I's score decreased from severe (score 32) to moderate (score 17), while Mr. S's score decreased from moderate (score 22) to mild (score 10). **Conclusion:** Dzikir therapy is effective in reducing the intensity of auditory hallucinations in patients with schizophrenia.

Keywords: Schizophrenia, dzikir therapy, auditory hallucinations