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ABSTRAK

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Penerapan Terapi Murottal Al-Qur'an Pada Pasien Halusinasi Pendengaran di Ruang Gatotkoco RSJD Amino Gondohutomo Provinsi Jawa Tengah

Latar belakang: Halusinasi pendengaran merupakan gejala yang paling sering dialami pasien skizofrenia dan dapat menurunkan kemampuan membedakan realitas. Terapi murottal Al-Qur'an merupakan intervensi nonfarmakologis yang memberikan efek relaksasi, ketenangan, dan membantu mengalihkan perhatian pasien dari stimulus internal menuju stimulus eksternal.

Metode: Studi kasus dengan pendekatan evidence-based nursing pada satu pasien skizofrenia tidak terinci (F20.3) yang mengalami halusinasi pendengaran. Tingkat halusinasi diukur menggunakan Auditory Hallucination Rating Scale (AHRS) sebelum dan sesudah penerapan terapi murottal Al-Qur'an.

Hasil: Skor AHRS menurun dari 24 (kategori berat) menjadi 13 (kategori sedang). Pasien melaporkan frekuensi, durasi, dan intensitas halusinasi berkurang, tampak lebih tenang, kontak mata membaik, serta lebih mampu mengontrol halusinasi.

Simpulan: Penerapan terapi murottal Al-Qur'an memberikan dampak positif terhadap penurunan tingkat halusinasi pendengaran dan dapat digunakan sebagai terapi pendamping dalam asuhan keperawatan jiwa.

Kata Kunci: *Halusinasi pendengaran, skizofrenia, terapi murottal Al-Qur'an, AHRS*

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ABSTRACT

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The Implementation of Qur'anic Murottal Therapy for Patients with Auditory Hallucinations in the Gatotkoko Ward of Dr. Amino Gondohutomo Psychiatric Hospital, Province Jawa Tengah

Background: Auditory hallucinations are the most common symptom experienced by patients with schizophrenia and may impair their ability to distinguish reality from hallucinations. Qur'anic murottal therapy, a non-pharmacological intervention involving the recitation of the Holy Qur'an, has been shown to promote relaxation, induce a sense of calmness, and help redirect patients' attention from internal stimuli to external stimuli.

Methods: This study employed a case study design using an Evidence-Based Nursing Practice (EBNP) approach involving one patient diagnosed with undifferentiated schizophrenia (ICD-10: F20.3) who experienced auditory hallucinations. The severity of auditory hallucinations was assessed using the Auditory Hallucination Rating Scale (AHRS) before and after the implementation of Qur'anic murottal therapy.

Results: The patient's AHRS score decreased from 24 (severe category) to 13 (moderate category) following the intervention. The patient also reported reductions in the frequency, duration, and intensity of auditory hallucinations. Furthermore, the patient appeared calmer, demonstrated improved eye contact, and showed a greater ability to control hallucinations.

Conclusion: The implementation of Qur'anic murottal therapy had a positive effect on reducing the severity of auditory hallucinations and may be used as a complementary intervention in psychiatric nursing care.

Keywords: *auditory hallucinations, schizophrenia, Qur'anic murottal therapy, Auditory Hallucination Rating Scale (AHRS)*

Reference: 2015–2024