

THE EFFECTIVENESS OF READING THE QUR'AN ON REDUCING SCHIZOPHRENIC PATIENTS' HALUSCINATING

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Introduction: Hallucinations are a condition whereby a person experiences a change in the number and pattern of an approaching stimulus accompanied by a reduction, spare, distortion or respond to the stimulus. Schizophrenia is a psychiatric disorder characterized by a significant disorganization of mindset and is manifested by communication problems and cognition-perception disorder against reality manifested by hallucinations and curses and sometimes a significant decrease in function, a symptom that is usually first seen during adolescence or in young adulthood and often chronic and sedentary. **Objective:** The purpose of the study is to determine the effectiveness of the Qur'an reading against the decline of schizophrenia hallucinations. **Methods:** The method of the study is to use experimental Quasy, quantitative descriptive, and Cross-Sectional trials, using the Review literature method. The samples used in this journal are at least 30 respondents. **Results:** The results of this study were derived that respondents stated that there was a religious therapy influence on hallucinations. **Conclusion:** There is an influence of religius therapeutic effect on hallucinatory decline in schizophrenia patients year 2020.

Key words: reading the Qur'an, decreased hallucinations, schizpophia

INTRODUCTION

Schizophrenia is a mental disorder whose incidence tends to increase every year. According to WHO (2018) out of 7.6 billion people in the world's population, 23 million of them suffer from schizophrenia, this number has increased from WHO 2017 data which was only 21 million people. Data from the American Psychiatric Association states that 1% of the world's population suffers from schizophrenia. The prevalence of schizophrenia in the United States is 1 to 1.5 percent with an incidence rate of 1 per 10,000 people per year. Every year 300,000 schizophrenia patients experience an acute episode.

In Indonesia, schizophrenia sufferers continue to increase by 7 per mile. Bali holds the highest position for schizophrenics out of 33 provinces in Indonesia, in second place, namely Yogyakarta, and West Sumatra in 7th place. The prevalence of households with schizophrenic ART in Indonesia is 6.7% or around 282 thousand people. The prevalence of mental disorder visits in West Sumatra is 111,016 people. Padang is a city with the highest number of visits for mental disorders, namely 50,577 people with a ratio of males more than females (31,353 males and 19,224 females). (Risksdas, 2018)

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Schizophrenia sufferers in DKI Jakarta with a prevalence of 6.6%, with a total of 11,849 sufferers suffering from severe mental disorders. The highest distribution of prevalence was found in Bali and DI Yogyakarta with 11.1 and 10.4 per 1,000 households having schizophrenia respectively. (RISKESDAS, 2018)

Hallucinations are false perceptual distortions that occur in maladaptive neurobiological responses without external or internal stimuli that occur during full awareness and can occur in all senses (Stuart 2016; Stephanie et al. 2018). Hallucinations are false sensory perceptions that appear without any real sensory stimulus to the senses (O'Brien et al., 2014; Schultz & Videbeck, 2013; Keogh, 2014). Hallucinations can be interpreted as a wrong perception of maladaptive neurobiological responses without any stimulation from all the senses that occurs when consciousness is full.

Hallucinations can occur in all sensory modalities. Stuart (2016) divides hallucinations into seven, namely auditory, visual, olfactory, gustatory, tactile, kinesthetic and cinesthetic. 70% experience auditory hallucinations, 20% experience visual hallucinations and 10% experience other hallucinations (Stuart, 2016; Suryani, 2013). Chaudhury (2010), Puri et al (2013), O'Brien et al (2014) and ELhay et al (2017) stated that auditory hallucinations are the most common hallucinations that occur in schizophrenia patients. Auditory hallucinations are the most common in schizophrenic patients, so it is necessary to know their impacts. The psychoreligious technique given to patients with hallucinations is 10-15 minutes, using Al-Qur'an reading therapy which is carried out in the morning.

Based on research in 2016, the highest prevalence at the Dr. Soeharto Heerdjan Mental Hospital was schizophrenia with a percentage of 60%. (Atika Wahyu, 2016). Schizophrenia patients have symptoms including thought process disorders (forms, steps, and content of thought), affective and emotional disorders, psychomotor disorders and secondary symptoms in the form of delusions and hallucinations. (Maramis, 2015)

Based on medical record data at the Klender Jakarta Islamic Mental Hospital in 2018, there were 70 patients with hallucinatory disorders plus 23 people undergoing mental rehabilitation. Most hallucinatory disorders are caused by social psychological stressors, such as: quarrels in the household, divorce, problems with parents, work and international relations. From the results of observations, there were still patients who were less enthusiastic and less active in carrying out mental rehabilitation and there was 1 rehabilitation patient who did not participate in the rehabilitation activities because one patient did not want to come to the rehab place. (Khodar Araf, 2015)

METHODS

This research is an observational quantitative analysis using a Literature Review design. This means looking for literature resulting from research that has been carried out by other

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people and meets the inclusion criteria determined by the researcher. This research design has the advantage of being easy to implement, simple, and economical. The population in this study were schizophrenic patients with a nursing diagnosis of hallucinations. (Sudiatmika, 2015)

RESULTS

The journal search strategy in this study consists of several steps. The first step is to enter keywords into electronic sources through Mendeley and Google Scholar. The results of entering keywords are as many as 1,790 journals.

Table 1. Search Keywords for Articles

Indonesian keywords	English keywords
The effectiveness of reading the Koran in reducing hallucinations in schizophrenia patients	The effectiveness of reading the Quran on Hallucinations in patients with Schizophrenia

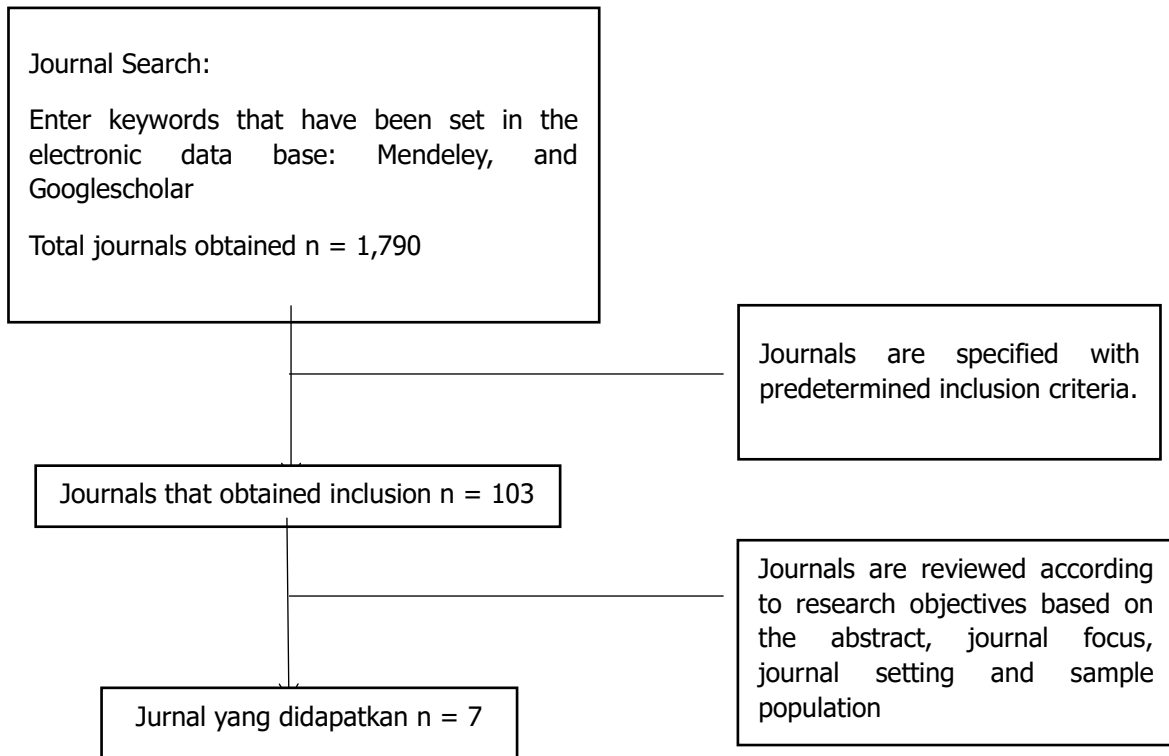
The next step is that the journals will be re-specified using the inclusion criteria that have been determined and a total of 103 journals will be obtained.

Table 2. Journal Search Strategy

Databases used	Total articles according to keywords	Total articles according to inclusion criteria	Total articles after review
Mendeley	1.450	82	4
Googlescholar	340	21	3
Total	1.790	103	7

Journal Collection Flow

Chart 1. Journal Collection Flow



After searching for articles, each article will be reviewed in more detail with review criteria, namely title, author, country of origin, instrument and results. The review criteria are presented in table form which will then be compiled, summarized and discussed according to the questions of this research problem. At each stage, the research conducted consultation sessions with supervisors regarding the selection of research topics, research procedures, journal selection, writing and research ethics so that this research remained in accordance with literature study research standards.

DISCUSSION

Hallucinations in Schizophrenia

Research conducted at Stikes Abdi Nusantara Jakarta found that out of 129 respondents The difference in the incidence rate is of course influenced by other factors apart from the measuring instrument used. From the analysis of journal reviews, it was found that factors had a strong relationship with hallucinations. Indicators of these factors include hallucinations, family conditions, angry emotions, environmental factors, age, educational status. From these indicators it can be seen that the hallucination indicator is the indicator that has the most evidence of its association with schizophrenia.

Someone who experiences hallucinations shows a change in perception. Although hallucinations can occur in all sensory-auditory, visual, olfactory, gustatory, kinetic, and tactile modalities, auditory hallucinations are more common in schizophrenic clients. Clients experiencing auditory hallucinations usually report hearing different voices and sometimes "speaking" in full sentences or commands. Buzzing and ringing in the ears are not characteristic of schizophrenia. Clients who experience visual hallucinations may complain of seeing scorpions

crawling on walls or people chasing them. The hallucinations experienced in schizophrenia are different from the hypnagogic hallucinations that can occur during the sleep-wake transition. Visual, olfactory, and tactile hallucinations usually arise as a result of medical illness or substance abuse. (O'Brien Patricia G, 2014)

Apart from the hallucination indicator which is the starting point for the process of schizophrenia, this is not the only factor triggering schizophrenic symptoms, there are other symptoms such as delusions, chaotic thoughts, and changes in behavior. The longest course of psychotic disorder with recurrent symptoms, worsening of existing symptoms, and progressive decline in function makes clients and families discouraged. Clients, families and staff often feel very anxious when faced with the symptoms experienced by clients. Early intervention and problem solving are very helpful in overcoming chronic diseases. Family support is very important for better therapeutic outcomes because schizophrenia is chronic. Caring for this population is a major challenge. One psychiatric nurse manager who works in the community caring for clients with chronic schizophrenia said she admired her clients and was moved by their struggles to find the best path. (Budi Anna Keliat, et al. 2016)

Based on the discussion above, it can be concluded that hallucinations are the indicator most closely related to schizophrenia. It can be seen from the change in the perception of someone who is experiencing hallucinations, clients who experience both auditory and visual hallucinations usually report to each other whatever events they feel, both related to visions that are felt like real shadows, as well as voices that seem like people are talking and sometimes even in the form of like an order.

The incidence of hallucinations

Hallucinations can occur in all five senses Auditory hallucinations are experienced as much as 70%, visual hallucinations 20%, and for other hallucinations 20%. (Stuart, 2016). Auditory hallucinations are very common hallucinations in schizophrenic patients, auditory hallucinations are the most common in schizophrenic patients, so it is necessary to know the effects. (Elhay, et al, 2017)

Patients with schizophrenia experience depression as much as 46%, hallucinations resulting in suicide as much as 9% -13%, of whom 20% -50% make suicide attempts. (Stuart, 2016) nurses play a very important role in helping patients solve hallucination problems. Nurses' understanding of spirituality can be combined in psychiatric nursing care in order to get better results (O'Brien et al 2014). Patients expect spiritual therapy from nurses which was expressed by 13% of respondents to help reduce hallucinations, reduce depression so that the loss of suicidal thoughts spiritual healing has been proven to reduce hallucinations (Lucchetti et al., 2018)

Hussein (2013) explains that the intake of unsaturated fatty acids in the diet is the beginning of the prostaglandin release cascade which causes dysmenorrhea. Fast food also contains trans fatty acids which are a source of free radicals. One of the effects of free radicals is damage to cell membranes (Messier, 2009). If the body consumes more and more fast food, the more prostaglandins in the body will cause dysmenorrhea. (F Nuzula & Oktaviana, M. N. (2019).

CONCLUSION

Based on the results of the Literature Review study it was found that there was an effect of reading the Koran on reducing hallucinations in schizophrenic patients, which were obtained from the results of research in National and International journals, which can be concluded as follows: There is an effect of reducing hallucinations on psycho-religious therapy applied to the

intervention group with the results of 34 respondents who have been given religious therapy, with significant results obtained p value (0.019) < α (0.05).

There was an effect of reducing hallucinations on psycho-religious therapy with 75 sample respondents, with the results showing that patients who were given the intervention group experienced an increase in hallucination control with a significant value of 5% (0.05). There is an effect of reducing hallucinations on the provision of psycho-religious therapy with a total sample of 337 respondents, those who have been given religious therapy have a significant effect of high chances compared to those who have no religion.

There is an effect of reducing hallucinations on the provision of psycho-religious therapy with a sample of 53 respondents in schizophrenia patients, with the results showing that many religious patients have experienced great increases in abilities and identities. There is an effect of reducing hallucinations on the provision of psycho-religious therapy with a sample of 37 respondents in patients with mild and severe schizophrenia. With results showing that hydrotherapy therapy was successful and there were no statistical values in this study.

There is an effect of reducing hallucinations on the provision of psycho-religious therapy with a total of 31 respondents in the sample of patients with hallucinations. With the results showing that the characteristics of the respondents from 31 samples were obtained reading surah Al-Fatihah with the dependent test with significant results p value (0.000) < (α = 0.05) sample T test p value (0.652) > (α = 0.05), then there was no significant difference between reading and listening on hallucination scores. There is an effect of reducing hallucinations on the provision of psycho-religious therapy with a sample of 90 respondents in patients with hallucinations. With the results showing that there is a significant correction of spiritual and hallucinations p value < (0.05) where a higher spiritual level correlates with fewer hallucinatory symptoms. From the overall results of the research conducted, to determine the effectiveness of religious therapy in reducing hallucinations. The results obtained showed that there was an effect after being given religious therapy on reducing hallucinations in patients with schizophrenia.

There is a relationship between fast food consumption and primary dysmenorrhea in students of the Abdi Nusantara Jakarta S1 Nursing Study Program. Female students who consume a lot of fast food have a 4.029 chance of experiencing primary dysmenorrhea.

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