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## EFFECTIVENESS OF AL-QURAN THERAPY IN REDUCING THE LEVEL OF AUDITORY HALLUCINATIONS

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### ABSTRACT

**Introduction:** Auditory hallucinations, which involve hearing voices that are not present, can severely impact an individual's mental health and quality of life if left untreated. Qur'anic therapy, which involves reciting verses from the Qur'an, is believed to help calm the mind and reduce hallucination symptoms. The purpose of this community service initiative is to teach staff and patients to incorporate Qur'anic therapy into their daily routines, supporting both spiritual and psychological healing.

**Methods:** This community service was conducted at the Pasuruan Social Rehabilitation Home with 35 clients experiencing auditory hallucinations who were coherent, cooperative, and Muslim. The aim was to provide Al-Quran therapy for 2 weeks, with each session lasting 5 minutes. The effectiveness of the therapy was measured using self-reported frequency of hallucinations and staff observations, with data analyzed through a paired sample t-test or Wilcoxon signed-rank test, depending on the distribution, to assess any significant reduction in the auditory hallucinations.

**Results:** Some of the results experienced by patients after receiving Al-Quran therapy are that patients are more peaceful when experiencing auditory hallucinations. The patient also said that reading the Al Quran could be a distraction when the patient had auditory hallucinations. On average, 60% of patients' hallucinations were mild, 37.1% were moderate, and 2.9% had severe hallucinations.

**Conclusion:** These findings indicate that Al-Quran therapy can be used as an effective method to reduce the frequency of auditory hallucinations in schizophrenia patients at the Pasuruan Social Rehabilitation Home. These findings have important implications for the management and care of patients with auditory hallucinations, as well as providing a therapeutic alternative that can improve patients' quality of life.

### KEYWORDS

al-quran therapy; auditory hallucination.

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## 1. INTRODUCTION

In an academic research context, the term "hallucination" refers to a common symptom of schizophrenia, a mental illness characterized by sensory experiences not grounded in reality (Yosep, I & Sutini, 2014). Hallucinations are defined as subjective experiences of sensory perception without

an external stimulus, and can affect the senses of hearing, sight, taste, smell, and touch (Stuart, G., Keliat, A., & Pasaribu, 2016). These experiences can have significant consequences if left untreated, as they can lead to harm to the individual, others, or the environment (Rohana, 2020). For instance, hallucinations can cause individuals to engage in

behaviors that they cannot control, leading to potential harm to themselves or others (Maina, Martina, & Marthoenis, 2022). Therefore, it is crucial to address hallucinations in a timely and effective manner to prevent these negative outcomes.

The incidence of hallucination has been steadily increasing over the years, with a significant rise observed in recent years. According to the World Health Organization (WHO, 2018), the number of individuals diagnosed with schizophrenia globally increased from 2.1 million in 2013 to 2.3 million in 2018, representing approximately 0.3% of the world's population. Similarly, in Indonesia, the number of schizophrenia sufferers has been showing an annual increase of around 1-2%. Moreover, a recent study conducted in West Java, Indonesia (Riskasdas, 2018) found that the prevalence of schizophrenia in the region has been on the rise, with a 63% increase in the number of mental disorders, including mild to severe conditions. The study also revealed that auditory hallucinations were the most common symptom among patients with schizophrenia in West Java, with 70% of participants experiencing this phenomenon (Kemenkes RI, 2018).

Auditory hallucinations are a characteristic symptom of schizophrenia, characterized by the perception of sounds or voices in the absence of any external stimulus. These hallucinations are considered a positive symptom, indicating that the individual's perception of reality is impaired (Febrita Puteri Utomo, Aisyah, & Andika, 2021). The finding that auditory hallucinations are the most prevalent symptom in West Java highlights the need for early intervention and proper management of this condition to improve the quality of life for individuals affected (Dellazizzo, Potvin, Phraxayavong, Lalonde, & Dumais, 2018). In conclusion, the rising incidence of schizophrenia globally and in Indonesia underscores the importance of continued research and efforts to address this complex mental health disorder. Early detection and proper management of

symptoms, such as auditory hallucinations, can significantly improve the prognosis for individuals with schizophrenia.

Patients experiencing hallucinations at the Pasuruan Social Rehabilitation Home face several significant challenges that affect their rehabilitation and care. One major issue is the inadequate facilities and equipment, which limit the ability to provide effective therapeutic interventions tailored to their needs. Additionally, the limited number of qualified and trained staff hinders the delivery of timely and effective care, which is crucial for individuals dealing with the distressing symptoms of hallucinations. Moreover, operational difficulties stemming from a constrained budget and lack of funding can restrict the development of essential programs and resources, preventing staff from receiving proper training and leading to a compromise in the quality of services provided. These challenges ultimately impact the patients' overall well-being and recovery process (Craig, 2019).

Another challenge that the institution may encounter is the lack of coordination and collaboration between the Social Rehabilitation UPT and other agencies or institutions in the social welfare system. Inadequate communication and collaboration with educational institutions, health facilities, government agencies, and local community organizations can hinder the sustainability and harmony of social rehabilitation interventions. Moreover, inadequate monitoring and evaluation can result in a lack of understanding of the effectiveness of social rehabilitation programs organized by the institution. This can lead to inefficient service delivery and a failure to address the underlying issues that require rehabilitation (Morant et al., 2021).

Patients experiencing hallucinations, particularly auditory ones, at the Pasuruan Social Rehabilitation Home face significant challenges due to insufficient evaluation of service quality. This lack of evaluation hinders the necessary improvements and

enhancements required to optimize client outcomes. With a majority of clients suffering from psychotic and mental disorders that include hallucinations, the need for effective interventions becomes even more critical. To address these challenges, the Social Rehabilitation Home must implement a comprehensive strategic plan that focuses on key areas of improvement. Firstly, developing a robust facilities plan is essential to enhance the quality of care for these clients. This plan should involve upgrading existing infrastructure, expanding capacity, and investing in advanced technologies that can facilitate more effective and efficient care delivery, ultimately helping to better manage the symptoms of hallucinations and improve the overall well-being of patients (Jagannathan et al., 2022).

The enhancement of the qualifications and number of staff is essential to improving the quality of care provided to respondents. This may involve providing training and development opportunities for existing staff, as well as recruiting additional personnel with specialized skills and expertise. The identification of additional funding sources is crucial to ensuring the financial sustainability of Social Rehabilitation Homes. This may involve collaborating with government agencies, non-governmental organizations, and private sector partners to secure funding for essential services and programs. Fourthly, strengthening inter-agency collaboration is critical to ensuring a coordinated and comprehensive approach to client care. This may involve developing partnerships with other healthcare providers, social service agencies, and community organizations to facilitate seamless transitions and ensure that respondents receive the most appropriate and effective care (Snehil & Sagar, 2020).

Finally, patients at the Pasuruan Social Rehabilitation Home who experience auditory hallucinations face significant challenges, including distress, confusion, anxiety, and social isolation, which can severely impact their quality of life. Al-

Quran therapy offers a valuable solution by providing spiritual comfort through Quranic recitation, helping to soothe the distress associated with hallucinations and fostering a sense of stability in their recovery journey. To ensure the effectiveness of such interventions, regular monitoring and evaluation are crucial for assessing client outcomes, service utilization, and satisfaction. Addressing the various obstacles faced by the institution is vital for enhancing the quality of care; by integrating therapies like Al-Quran therapy into a comprehensive strategic plan, the Pasuruan Social Rehabilitation Home can improve client outcomes and contribute to the overall well-being of the community.

## 2. MATERIAL AND METHODS

To begin, we conducted an initial assessment of social rehabilitation homes and patients with hearing hallucination disorders to identify their specific needs and challenges. This yielded a sample of 35 patients who were cooperative and Muslim, and we tailored our Al-Quran therapy materials accordingly. Next, we developed a comprehensive training module that included an introduction to Al-Quran therapy, its techniques, and its benefits in treating auditory hallucinations. This module was delivered to social rehabilitation home staff and patients through interactive learning sessions. Ten nursing students at ners program also accompanied patients during these sessions to provide additional support. We also taught social rehabilitation center officers how to incorporate Al-Quran therapy into their treatment plans and provided them with the necessary resources and support. By doing so, we aimed to create a holistic approach to treating patients with hearing hallucination disorders (Wuryaningsih, Anwar, Wijaya, & Kurniyawan, 2018).

Throughout the process, we focused on introducing verses from the Quran that promote calmness, peace of mind, and recovery. We encouraged patients to engage in reading, listening,

and contemplating these verses, which helped to alleviate their auditory hallucinations. Overall, our community service method involves a multi-faceted approach to addressing the unique needs of social rehabilitation homes and patients with hearing hallucination disorders. By leveraging the power of Al-Quran therapy, we aim to provide a comprehensive and sustainable solution for these individuals (Maula & Fijianto, 2021).

To monitor and assess the patient's progress in reducing the frequency of auditory hallucinations, we utilize a standardized evaluation system. This involves collaborating with officers to evaluate the effectiveness of Al-Quran therapy and make necessary adjustments. Additionally, we collect feedback from both staff and patients through a questionnaire using the Auditory Hallucination Rating Scale (AHRs), which assigns scores from 0 (none), 1-11 (mild), 12-22 (moderate), 23-33 (severe), 34-44 (very severe) based on the severity of

hallucinations (Dondé, Haesebaert, Poulet, Mondino, & Brunelin, 2020). The evaluation tools used in our community service program include questionnaire checklist sheets, the Holy Quran, modules, and power points (Steenhuis et al., 2019).

### 3. RESULTS

Table 1 provides a comprehensive overview of the demographic characteristics of the respondents in the study. According to the findings, the majority of respondents (45.75%) fall within the age range of 46 to 55 years, with an average age of 43 years, a median age of 45 years, and a most frequent age of 45 years. The minimum age of respondents is 20 years, while the highest age is 57 years. The gender distribution of respondents reveals that males constitute the largest proportion (20%) of the sample, with a median and frequently occurring age of 45 years, a median length of rehabilitation of 10 months, and a minimum length of 1 month. These findings provide valuable insights

Table 1. Patient Demographic Data

Variable	Respondent (n=35)											
	n	%	Mean	Median	Modus	Minimum	Maximum					
<b>Age</b>												
Early Adolescent (17-25 years)	2	5.7%	43	45	45	20	57					
Early Adulthood (26-35 years)	7	20%										
Late Adulthood (36-45 years)	9	25.7%										
Early Elderly (46-55 years)	16	45.7%										
Late Elderly (56-65 years)	1	2.9%										
<b>Rehabilitation Length</b>												
1 month	1	2.9%	10	12	12	1	17					
2 months	1	2.9%										
4 months	2	5.7%										
5 months	1	2.9%										
6 months	1	2.9%										
7 months	2	5.7%										
9 months	2	5.7%										
10 months	1	2.9%										
1 year	1	2.9%										
2 years	1	2.9%										
3 years	3	8.6%										
5 years	7	20%										
6 years	3	8.6%										
7 years	1	2.9%										
10 years n	3	8.6%										
15 years	2	5.7%										
21 years	3	8.6%										
<b>Sex</b>												
Male	20	57.1%										
Female	15	42.9%										

Table 2. Pre-test results of Al-Quran Therapy on Auditory Hallucinations

Hallucination level	Pre-Test		Post-Test	
	F	%	F	%
Nothing	0	0	0	0
Mild	2	5.7	21	60
Average	19	54.3	13	37.1
Severe	10	28.6	1	2.9
Very severe	4	11.4	0	0
Total	35	100	35	100

into the demographic characteristics of the respondents and can inform the development of targeted interventions and strategies for rehabilitation.

In this study, we evaluated the efficacy of Qur'anic healing therapy in alleviating auditory hallucinations using the Auditory Hallucination Rating Scale (AHRS) questionnaire. The pre-test results, presented in Table 2, reveal that a significant proportion of participants (54.3%) experienced moderate levels of auditory hallucinations, while a smaller percentage (5.7%) reported mild levels and 28.6% and 11.4% experienced very severe levels, respectively. These findings provide preliminary evidence to support the potential effectiveness of Qur'anic healing therapy in managing auditory hallucinations.

In this study, the assessment of auditory hallucinations was conducted using the AHRS questionnaire two weeks after participants received Al-Quran Therapy. The findings in Table 3 reveal a significant decrease in the prevalence of auditory hallucinations among the respondents. Specifically, the majority of participants (60%) reported mild auditory hallucinations, while 37.1% experienced moderate levels and 12.9% reported mild hallucinations. These results suggest that Al-Quran Therapy may be effective in reducing the severity of auditory hallucinations in individuals with schizophrenia. Further investigation is warranted to explore the underlying mechanisms and potential applications of this therapy.

#### 4. DISCUSSION

In a study examining the effectiveness of Al Quran therapy on auditory hallucinations, it was found that prior to intervention, the majority of participants (54.3%) experienced moderate levels of auditory hallucinations, while a smaller proportion (5.7%) experienced mild levels. A further 28.6% of participants had very severe levels of auditory hallucinations. These findings highlight the significant impact of Al Quran therapy on reducing the frequency and severity of auditory hallucinations in individuals. According to the findings of the evaluation, the respondents' auditory hallucinations progressed to the second stage, characterized by non-psychiatric or non-judgmental patients. This stage is marked by an increase in sensory experiences, with individuals reporting difficulty differentiating between real voices and hallucinations, as well as a sense of being unable to control these experiences. Additionally, respondents often felt confused, afraid, and disoriented by the sensory experiences they encountered. The results of the AHRS questionnaire before Al-Quran therapy revealed that individuals experienced sounds continuously for extended periods of time, often for hours, and sometimes engaged in self-talk due to the complexity and intensity of the sound sources, which made it challenging to distinguish between real and imagined sounds.

According to (Dollfus et al., 2018), hallucinations are perceptual disturbances or alterations characterized by the subjective experience of sensory stimuli without any external stimulus. This can

involve any of the five traditional senses (sight, sound, touch, taste, and smell), as well as the appreciation of sensory experiences without external stimuli or through false perceptions. (Stuart, G., Keliat, A., & Pasaribu, 2016) conducted a study in which respondents reported experiencing hallucinations, including hearing voices that were not perceived by others. These respondents also exhibited symptoms such as impaired concentration, unfocused gaze, ear covering, and difficulty controlling their hallucinations. These findings are consistent with the definition of hallucinations provided by (Maina et al., 2022).

In both of these accounts, hallucinations are described as subjective experiences that can affect an individual's perception of reality. While the causes and mechanisms underlying hallucinations are not fully understood, research suggests that they can result from a variety of factors, including neurological disorders, psychiatric conditions, and certain medications. Further research is needed to elucidate the underlying neurobiological mechanisms of hallucinations and to develop effective treatments for individuals experiencing these perceptual disturbances.

The analysis of the results reveals a significant decrease in the incidence of auditory hallucinations among the participants following the administration of Al-Quran therapy. As depicted in Table 3, the highest percentage of individuals (54.3%) experienced auditory hallucinations before the intervention, whereas after Al-Quran therapy, the percentage of individuals with auditory hallucinations decreased, with the majority (60%) exhibiting mild levels of hallucinations. Notably, the remainder of the participants (40%) displayed mild levels of auditory hallucinations. This finding suggests that Al-Quran therapy is effective in reducing the severity of auditory hallucinations in individuals with psychotic disorders.

The Quran, also known as the Al-Quran, has been found to possess therapeutic properties that can significantly improve an individual's physical health and emotional well-being. According to (Zainuddin & Hashari, 2019), the recitation of the Quran has been shown to reduce stress hormones in the brain and promote the release of endorphins, such as serotonin, which can lead to a sense of calmness and relaxation. This is particularly relevant for individuals who experience hallucinations, as an imbalance of the dopamine hormone can lead to false perceptions, even in the absence of an external stimulus. Studies have also demonstrated the positive impact of Al-Quran therapy on reducing symptoms of depression and anxiety. (Al-Kaheel, 2019) found that regular listening to the Quran resulted in a significant decrease in feelings of anxiety and tension, as well as improved mood and reduced depression in individuals. These findings are in line with the idea that the Quran's calming effects can help regulate the body's stress response system, leading to a more balanced and healthy emotional state. Overall, the scientific evidence suggests that the recitation of the Quran can have a profound impact on an individual's physical and emotional health, promoting relaxation, reducing stress, and improving mood. As such, Al-Quran therapy may be a valuable adjunct to traditional medical treatments for a range of conditions, including anxiety, depression, and hallucinations. Further research is needed to fully understand the mechanisms underlying the therapeutic effects of the Quran and to determine its potential as a therapeutic tool.

According to a recent study conducted by (Wahid & Nashori, 2021), the recitation of verses from the Quran has shown promise in reducing symptoms of hallucinations in patients with schizophrenia. The study found that reading and listening to Quranic verses have a calming effect on the brain, which in turn reduces the levels of the stress hormone cortisol. This decrease in cortisol can have a positive impact on

the ability of patients to control their hallucinations. The study employed a randomized controlled trial design, in which 50 patients with schizophrenia were randomly assigned to either a Quran therapy group or a control group. The Quran therapy group received daily sessions of Quran recitation and discussion, while the control group did not receive any intervention. The results showed that the Quran therapy group experienced a significant reduction in hallucination symptoms compared to the control group.

The study's findings suggest that the calming effect of Quran on the brain may be attributed to the inherent structure and rhythm of the Quranic text, which can have a soothing effect on the nervous system. The study's results also highlight the potential of Quran therapy as a complementary intervention for schizophrenia, which can be used in conjunction with conventional treatments to improve patient outcomes. Overall, the study provides preliminary evidence for the use of Quran therapy as a therapeutic tool in reducing symptoms of hallucinations in patients with schizophrenia. Further research is needed to fully understand the mechanisms underlying the therapeutic effects of Quran therapy and to determine its potential as a treatment for other psychiatric disorders.

In a study conducted by (Savira et al., 2022), the effectiveness of Al-Quran therapy in reducing hallucination scores among patients was investigated. Previous research has established the efficacy of Al-Quran therapy in mitigating violent behaviour and promoting adaptive emotional expression (Oualid, Dzulkifli, & Intan, 2020). Notably, this intervention is both cost-effective and safe, as it utilizes the chanting of Quranic verses to produce electromagnetic frequencies that resonate with the brain. These frequencies have been found to have a calming and soothing effect on the brain, which can lead to a decrease in hallucination severity (Munir, Najihah, & Lutia, 2021). (Yusuf, Endang, Florencia, &

Fanni, 2017) further elucidated the neurophysiological mechanisms underlying the therapeutic potential of Al-Quran therapy. Their study demonstrated that the frequencies produced by chanting Quranic verses can enter the brain through an electromagnetic field, causing changes in brain cell vibrations that can lead to a reduction in hallucination severity (Wahid & Nashori, 2021). These findings provide a scientific basis for the long-standing use of Al-Quran therapy as a complementary treatment for hallucination management.

The findings of our data analysis indicate that Al-Quran therapy has a positive impact on the frequency of auditory hallucinations experienced by schizophrenia patients residing at the Pasuruan Rehabilitation Home. This innovative approach involves reading verses from the Quran to participants in the hopes of mitigating the severity of these symptoms. By implementing this therapy as a regular component of religious activities at the Pasuruan Social Rehabilitation Home, we hope to capitalize on its potential to alleviate the auditory hallucinations experienced by these individuals. This strategy holds promise for improving the overall well-being of these patients and contributing to the broader goal of enhancing their quality of life.

## 5. CONCLUSION

The study conducted at the Pasuruan Social Rehabilitation Home aimed to evaluate the effectiveness of Al-Quran therapy in reducing the frequency of auditory hallucinations among schizophrenic patients. The findings revealed a significant reduction in the frequency of auditory hallucinations after a 2-week intervention, suggesting that Al-Quran therapy positively impacts the severity of these symptoms. This aligns with previous research highlighting the therapeutic potential of Quranic recitation in alleviating psychotic symptoms. While the exact mechanisms remain unclear, it is believed that the soothing effects of Quranic verses promote relaxation and help reduce stress and

anxiety. In conclusion, this study provides preliminary evidence supporting the use of Al-Quran therapy as a valuable adjunctive treatment for schizophrenia, emphasizing the need for further research to validate and enhance its application as a viable therapeutic option.

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