



The Effectiveness Of Ruqyah Therapy With Al-Qur'an Recitation in Controlling Auditory Hallucinations Due to Paranoid Schizophrenia in The Tanjung Room Of The Banjar City Regional Public Hospital

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ABSTRACT

Introduction: Schizophrenia is a serious mental disorder that requires special attention. Approximately 1% of the global population has experienced schizophrenia at some point in their lives. According to the 2023 Indonesian Health Survey (SKI), the prevalence of mental disorders in Indonesia reaches 630,827 individuals (Ministry of Health of the Republic of Indonesia, 2023). One of the most common symptoms in individuals with schizophrenia is hallucination, particularly auditory hallucinations. In West Java Province, the prevalence of schizophrenia cases is recorded as the highest among other mental disorders, at 5.2% according to data from the Health Office

Objective: This case study aims for patients to be able to demonstrate and implement nursing care for individuals with auditory hallucinations through the application of Ruqyah therapy with recitation.

Method: This study employs a descriptive analysis method with a research approach focused on cases of patients experiencing auditory hallucinations.

Result: During the assessment phase, it was found that the patient often talked and laughed to themselves, which indicated auditory hallucinations. The nursing diagnosis established was sensory perception disturbance: auditory hallucinations. The interventions and implementations provided focused on strategies for managing sensory perception disturbances, with the primary intervention being the administration of Ruqyah therapy with recitation.

Keywords: Auditory Hallucinations, Schizophrenia, Ruqyah Therapy with Recitation

Introduction

Mental disorders are maladaptive reactions to stress factors that affect an individual, both internally and externally. These disorders result in changes in thought patterns, perceptions, behaviors, and emotions that are not in accordance with prevailing norms or existing cultures. Additionally, there are disruptions in physical and social functioning, leading to difficulties in social relationships and normal work capacity (Faris et al., 2024).

The prevalence of schizophrenia worldwide is quite high, estimated at around 24 million individuals (0.32%), or 1 in 300 (World Health Organization, 2022). According to the 2023 Indonesian Health Survey (SKI), the prevalence of mental disorders in Indonesia reaches 630,827 individuals (Ministry of Health, 2023). The symptoms experienced by individuals with schizophrenia vary, but one of the most common is hallucination (Kakiay & Wigiyanti, 2022).

Approximately 400,000 individuals, or 1.7 per 1,000 of the population in Indonesia, are reported to experience schizophrenia. The Indonesian Health Survey (2023) also reported a prevalence of depression at 1.4%, with the highest rates observed in the age group of 15–24 years (2%) (Jannah et al., 2024).

West Java Province is recorded as having the highest number of mental disorder cases, totaling 130,528 individuals. Approximately 50–70% of individuals with schizophrenia experience auditory hallucinations, which result in an inability to control thoughts when the hallucinated voices occur (Pujiastuti, 2023).

Qur'an therapy is an effective psychiatric nursing modality for reducing the level of hallucinations in patients with schizophrenia, alleviating stress, increasing endorphins, and stabilizing blood pressure, heart rate, respiration, and pulse. Research also indicates that religion-based therapy can improve mental health (Istiningrum & Oktaviana, 2025). The Qur'an is described as a remedy for individuals with disorders in Surah Al-Isra, verse 88:

قُلْ لَّيْنِ اجْتَمَعَتِ الْإِنْسُ وَالْجِنُّ عَلَى أَنْ يَأْتُوا بِمِثْلِ هَذَا الْقُرْآنِ لَا يَأْتُونَ بِمِثْلِهِ وَلَوْ كَانَ بَعْضُهُمْ لِبَعْضٍ ظَهِيرًا

Meaning: Say, 'Indeed, if mankind and jinn were to gather to produce the like of this Qur'an, they would not be able to produce the like of it, even if they were to assist one another'.

A preliminary study at the Regional General Hospital of Banjar recorded approximately 12 cases of schizophrenia with auditory hallucinations (6.35%) during 2020–2021, ranking sixth among the top ten psychiatric nursing cases. This number increased to 10 cases in 2023 and 13 cases by May 2024. This situation underscores the importance of the nurse's role in providing nursing care to address auditory hallucinations.

A preliminary study on Mr. E revealed symptoms of frequently talking to himself and hearing whispers, leading to a diagnosis of auditory hallucinations with an intervention plan involving the recitation of Surah Al-Fatihah from the Qur'an. Based on these findings, the author conducted a case study on the effectiveness of this therapy in controlling auditory hallucinations resulting from schizophrenia at the Regional General Hospital of Banjar.

Objective

The subject of this case study is a patient with psychotic disorders accompanied by auditory hallucinations who is being treated in the Tanjung Ward of the Regional General Hospital of Banjar

Method

Design and setting

The research design method applied by the author is a case study with an approach in nursing care, where this study was conducted through data collection starting from assessment, formulating diagnoses, planning, implementing actions, and conducting a thorough evaluation. This case study adopts a descriptive approach.

Population and sampling

The population studied in this research consists of all patients experiencing sensory perception disorders: auditory hallucinations caused by paranoid schizophrenia who are being treated in the Tanjung Ward of the Regional General Hospital of Banjar. This population was selected based on the high incidence of patients with schizophrenia experiencing auditory hallucinations who require intensive nursing care, as well as being the target for the intervention of Qur'anic recitation therapy (Mahendra et al., 2022).

Since this study applies a case study design with a descriptive-analytical approach, the research sample consists of a client diagnosed with sensory perception disorder: auditory hallucinations due to paranoid schizophrenia who is receiving treatment in the Tanjung Ward of the Regional General Hospital of Banjar.

The determination of the sample was conducted based on the following inclusion and exclusion criteria

Inclusion criteria:

- Patients are conscious and cooperative.
- Patients experience auditory hallucinations due to paranoid schizophrenia.
- Patients are being treated in the Tanjung Ward of the Regional General Hospital of Banjar.
- Patients and their families are willing to be respondents and participate in the Qur'anic recitation therapy intervention.

Exclusion criteria:

- Patients are unconscious or experiencing severe communication difficulties.
- Patients who are unwilling to participate in the intervention or refuse to be respondents

Data collection and analysis

No	Symptom	Etiologi	Problem
1	<p>DS :</p> <ol style="list-style-type: none"> 1. The patient reports frequently hearing voices that instruct them to do something related to taking their belongings 2. The patient reports frequently seeing dark shadows <p>According to the patient's relative, the patient burned the house documents</p> <p>DO :</p> <ol style="list-style-type: none"> 1. The patient appears to be pacing back and forth 2. The patient has previously burned valuable documents 3. The patient speaks slowly 4. Appears restless 	<p>Sensorial perception disturbance: auditory hallucinations</p> <p>↑</p> <p>Social isolation: withdrawal</p> <p>↑</p> <p>Low self-esteem</p> <p>↑</p> <p>The occurrence of divorce</p>	<p>Sensorial perception disturbance: auditory hallucination</p>

Result

In clients diagnosed with sensorimotor perception disturbance: auditory hallucinations, the nursing intervention aims to enable the patient to independently control their hallucinations. The initial stage begins with establishing a trusting relationship between the nurse and the client, achieved through friendly greetings, self-introduction, and explaining the purpose of the meeting, as well as demonstrating empathy and concern for the patient's basic needs. As a result, the client appears more cooperative, willing to shake hands, respond to greetings, state their name, and agree to sit beside the nurse.

After a trusting relationship is established, an introduction to the hallucinations experienced by the client is conducted. The nurse identifies the timing, content, and frequency of the hallucinations, and encourages the client to express their feelings regarding the sounds they hear. This stage helps the client to become aware of and recognize the hallucinations they are experiencing.

In the next stage, the nurse trains the client to control their hallucinations through methods such as confronting the hallucinations, engaging the client in conversations with others, and directing the client towards ruqyah murotal therapy. The client is encouraged to listen to the recitation of Surah Al-Fatihah regularly to calm themselves and divert their attention from the hallucinated voices. Additionally, the client is guided to perform daily activities such as sweeping, reading, and tidying the bed to shift their focus towards positive activities.

From the implementation, it was found that the client began to be able to control their hallucinations, express the content of the hallucinations, and feel calmer after listening to the murotal. This indicates that nursing interventions using a therapeutic communication approach, distraction techniques, and the provision of ruqyah murotal therapy are effective in helping the client control the sensorimotor perception disturbance they are experiencing.

Interpret the Results

In clients with sensorimotor perception disturbance: auditory hallucinations, the intervention begins with establishing a trusting relationship to encourage the patient to be open. Subsequently, the patient is invited to recognize the hallucinations (timing, content, frequency) in order to become aware that these are part of their disturbance.

In the next stage, the patient is trained to control their hallucinations by confronting them assertively, engaging in conversations with others, and being directed to listen to ruqyah murotal (Surah Al-Fatihah) regularly. The patient is also guided to perform daily activities such as sweeping or reading to divert their attention.

As a result, the patient began to be able to control their hallucinations, express what they heard, and appeared calmer after the murotal therapy. This indicates that the combination of therapeutic communication, distraction, and murotal is effective in helping the patient control their hallucinations.

Highlight the Implications

The implications of this case study indicate that ruqyah murotal therapy from the Qur'an is effective in reducing the level of non-existent auditory perceptions in patients, and it can serve as a foundation and motivation for further research in developing interventions for hallucination disorders.

Discuss the Limitations

This study employs a case study method to examine the management of patients with auditory hallucinations. The application refers to the intervention of ruqyah murotal therapy within nursing care. Auditory hallucinations are perceptions of hearing sounds without external stimuli, while ruqyah murotal therapy involves the recitation or playback of verses from the Qur'an, specifically Surah Al-Fatihah, to help control hallucinations.

Suggest Future Research

This study is expected to expand knowledge and serve as a reference for future research in the application of psychiatric nursing interventions, develop skills in the implementation of psychiatric nursing interventions, and provide an understanding of effective methods for controlling auditory hallucinations through ruqyah murotal therapy.

Conclusion

The application of ruqyah murotal therapy for Mr. E, who experienced auditory hallucinations at the Regional General Hospital of Banjar City, proved to be effective. After the intervention, the client no longer heard threatening voices, appeared calm, and was able to engage in activities. The priority diagnosis was sensorimotor perception disturbance: auditory hallucinations. The therapy included establishing a trusting relationship, recognizing the hallucinations, employing confrontation techniques with ruqyah murotal, and providing family support. Evaluation showed that the client was able to control the hallucinations and was more cooperative.

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Author Contribution

All authors contributed equally at every stage of the research, conducted critical reviews, approved the final manuscript, and are fully responsible for the content and similarity of the manuscript.

Conflict of Interest

Conflict of interest refers to the existence of financial, personal, or professional relationships that may potentially influence the objectivity of research results.

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