

THESIS

**THE EFFECTS OF MUSIC THERAPY AND EXPRESSIVE WRITING
THERAPY ON AUDITORY HALLUCINATION SCORES IN
PATIENTS WITH SCHIZOPHRENIA AT SOEPRAPTO
MENTAL HOSPITAL, BENGKULU PROVINCE**



Compiled by:

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**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA HEALTH
POLYTECHNIC OF THE MINISTRY OF HEALTH BENGKULU
DEPARTMENT OF NURSING APPLIED BACHELOR OF
NURSING STUDY PROGRAM IN 2026**

THESIS TITLE PAGE

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THERAPY ON AUDITORY HALLUCINATION SCORES IN
PATIENTS WITH SCHIZOPHRENIA AT SOEPRAPTO
MENTAL HOSPITAL, BENGKULU PROVINCE**

Submitted as one of the requirements to obtain an Applied Bachelor's degree
Nursing (S.Tr.Kep) in the Applied Undergraduate Study Program in Nursing
Department of Nursing Poltekkes, Ministry of Health Bengkulu

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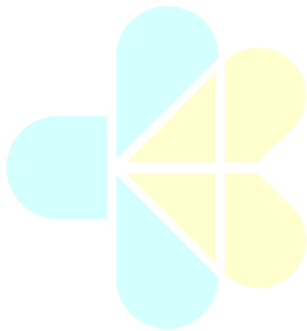
THESIS APPROVAL PAGE

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THE EFFECTS OF MUSIC THERAPY AND EXPRESSIVE WRITING THERAPY ON AUDITORY HALLUCINATION SCORES IN PATIENTS WITH SCHIZOPHRENIA AT SOEPRAPTO MENTAL HOSPITAL, BENGKULU PROVINCE

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Scores in Schizophrenia Patients at Soeprapto
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Stating that this thesis is my own work (ORIGINAL), and the content of this thesis does not contain any work that has ever been submitted by others to obtain an academic degree in an educational institution, and to the best of my knowledge there are also no works or opinions that have been written and/or published by others, except those that are referred to in writing in this manuscript and mentioned in the bibliography.

Thus this statement and I am willing to be responsible in accordance with the applicable provisions if, in the future, it is proven that there is an element of plagiarism in this thesis.

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MOTTO AND PRESENTATION

MOTTO:

"This too shall pass"

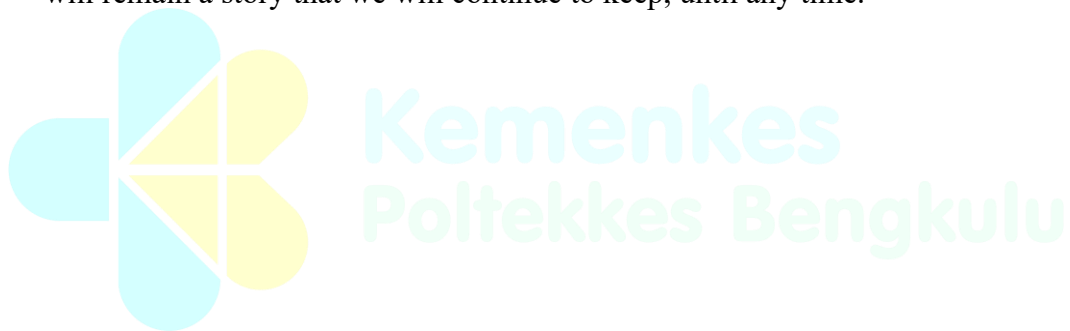
PRESENTATION:

With a grateful and respectful heart, the author dedicates this simple work to:

- ❖ The Lord Jesus Christ, who has been a source of hope in every step of the author. There are so many days when the author feels that this thesis will never be finished. There is tiredness, fear, loss of spirit, and even almost giving up. Yet time and time again God proved that His help never came too late. God sends good people at the right time, opens every path that previously seemed impossible, and turns every worry into a testimony of His loving-kindness.
- ❖ The author's parents, Mamaia and Papaia. Thank you for every drop of sweat that turned into the cost of my education, for every prayer that never stopped, for every support, hug, and affection that always strengthened me, and for all the efforts that you always made to give the best for me. You and your mother may never have felt like sitting in college or holding a bachelor's degree. However, if today there is a title written behind my name, actually the names of Mr. and Mamak are also engraved in every process that led me to this point.
- ❖ The writer's siblings, Petrick and Adelia. Thank you for being my source of joy in the midst of stressful days, being a comforter in every tear and my exhaustion. Every little story, laughter, and attention from you always manages to restore my spirit to continue what I almost wanted to stop.
- ❖ The author's supervisor, Mr. Sariman Pardosi, S.Kp., M.Si (Psi) and Mr. Ns. Nehru Nugroho, M.Kep. Thank you for believing that the author was able to complete this thesis even though the process was not always smooth. Thank you for your patience in guiding and providing any constructive input. Every time and knowledge that has been given is an important part of the author's journey to finally reach this point.
- ❖ Safitri, Firery, Lipson, and Febrian who not only dared to reprimand the writer harshly but also dared to give their energy and time until late at night to help the

thesis preparation process. As well as Miftah, Nadea, Zahira, Raisha, Ivo and Mela who have helped the writer in critical moments. Thank you because every help you provide has had such a big impact that the author was able to survive and complete this thesis. Your presence is a reminder that this struggle has never been passed by the author alone.

- ❖ *Babe's Home*, a friend of the author from junior high school and even elementary school, thank you for being a witness to every growing process in the author's life. You knew me long before I became the person I am now, still choosing to stay by my side in every achievement or failure. Thank you for always being willing to listen to my every complaint, being a place to tell stories without judgment, and continuing to try to communicate even though time, distance, and busyness no longer make us able to meet every day. Hopefully this friendship will remain a story that we will continue to keep, until any time.



FOREWORD

Praise be to God Almighty who has given His grace and grace, so that the author can complete this research proposal with the title "The Effect of Music Therapy and Expressive Writing Therapy on Auditory Hallucination Scores in Schizophrenia Patients at Soeprapto Hospital, Bengkulu Province". The purpose of writing a research proposal is as a guideline for the implementation of research on thesis preparation.

In completing this research proposal, the author received a lot of material and moral assistance from various parties, for which the author would like to thank the:

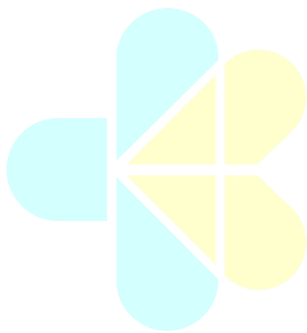
1. Mrs. Linda, SST., M.Kes., as the Director of the Bengkulu Ministry of Health Polytechnic.
2. Mrs. Ns. Erni Buston, SST., M.Kes., as the Head of the Nursing Department of the Ministry of Health of the Ministry of Health of Bengkulu.
3. Mr. Ns. Hendri Heriyanto, S.Kep., M.Kep., as the Head of the Applied Undergraduate Study Program in Nursing at the Ministry of Health of the Ministry of Health of Bengkulu.
4. Mr. Sariman Pardosi, S.Kp., M.Si (Psi) as Supervisor 1 who has taken the time, energy and mind to provide guidance and direction with patience to the author in compiling this research proposal.
5. Mr. Ns. Nehru Nugroho, M.Kep., as Supervisor 2 who has taken the time, energy and mind to provide guidance and direction with patience to the author in compiling this research proposal.
6. All educators and education staff of the Department of Nursing who have patiently educated and guided the author.
7. Both parents and all families who have prayed, supported, and given encouragement both morally and materially.
8. My comrades in law who have provided support and enthusiasm in the preparation of this research proposal.

The author is aware of the imperfections in writing this research proposal, therefore the author expects criticism and suggestions from various parties so that the author can work better and optimally in the future. The author hopes that this research proposal can be useful for all parties, especially for the researchers themselves, students of the Department of Nursing, and others.

Bengkulu, July 16, 2026



(Stevy Dhea Immanuel)



Kemenkes
Poltekkes Bengkulu

THE EFFECT OF MUSIC THERAPY AND EXPRESSIVE WRITING THERAPY ON AUDITORY HALLUCINATION SCORES ON SCHIZOPHRENIC PATIENTS AT SOEPRAPTO HOSPITAL BENGKULU PROVINCE

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ABSTRACT

Background: Auditory hallucinations are one of the main symptoms in schizophrenia patients that can interfere with an individual's thinking, emotions, behavior, and social functioning. Nonpharmacological management such as Music Therapy and Expressive Writing Therapy are known to help lower auditory hallucination scores. **Objective:** To determine the effect of Music Therapy and Expressive Writing Therapy on auditory hallucination scores in schizophrenic patients at Soeprapto Hospital, Bengkulu Province. **Methods:** This study used a quasi-experimental design with a pre-test post-test with control group approach. The research sample amounted to 40 respondents who were selected using a simple random sampling technique, consisting of 20 intervention group respondents and 20 control group respondents. The intervention group was given Music Therapy and Expressive Writing Therapy for 4 consecutive days, while the control group was given generalist therapy and drawing therapy. The instrument used is the Auditory Hallucination Rating Scale (AHRs). Data analysis was conducted using the Paired t-test and Mann-Whitney tests. **Results:** The median score of the intervention group decreased from 16.00 to 13.50, while the average of the control group decreased from 15.85 to 14.55. The Mann-Whitney test showed a significant difference in score difference ($U=40,000$; $p=0.000$). **Conclusion:** Music Therapy and Expressive Writing Therapy had an effect on reducing auditory hallucination scores in schizophrenia patients at Soeprapto Hospital, Bengkulu Province.

Keywords: Music Therapy, Expressive Writing Therapy, Auditory Hallucinations, Schizophrenia, AHRs.

**PENGARUH MUSIC THERAPY DAN EXPRESSIVE WRITING
THERAPY TERHADAP SKOR HALUSINASI PENDENGARAN PADA
PASIEEN SKIZOFRENIA DI RSKJ SOEPRAPTO
PROVINSI BENGKULU**

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ABSTRAK

Latar Belakang: Halusinasi pendengaran merupakan salah satu gejala utama pada pasien skizofrenia yang dapat mengganggu proses berpikir, emosi, perilaku, serta fungsi sosial individu. Penatalaksanaan nonfarmakologis seperti Music Therapy dan Expressive Writing Therapy diketahui dapat membantu menurunkan skor halusinasi pendengaran. **Tujuan:** Mengetahui pengaruh Music Therapy dan Expressive Writing Therapy terhadap skor halusinasi pendengaran pada pasien skizofrenia di RSKJ Soeprapto Provinsi Bengkulu. **Metode:** Penelitian ini menggunakan desain quasi-experimental dengan pendekatan pre-test post-test with control group. Sampel penelitian berjumlah 40 responden yang dipilih menggunakan teknik simple random sampling, terdiri dari 20 responden kelompok intervensi dan 20 responden kelompok kontrol. Kelompok intervensi diberikan Music Therapy dan Expressive Writing Therapy selama 4 hari berturut-turut, sedangkan kelompok kontrol diberikan terapi generalis dan terapi menggambar. Instrumen yang digunakan adalah Auditory Hallucination Rating Scale (AHRs). Analisis data menggunakan uji Paired t-test dan Mann-Whitney. **Hasil:** Skor median kelompok intervensi menurun dari 16,00 menjadi 13,50, sedangkan rata-rata kelompok kontrol menurun dari 15,85 menjadi 14,55. Uji Mann-Whitney menunjukkan perbedaan selisih skor yang bermakna ($U=40,000$; $p=0,000$). **Kesimpulan:** Music Therapy dan Expressive Writing Therapy berpengaruh terhadap penurunan skor halusinasi pendengaran pada pasien skizofrenia di RSKJ Soeprapto Provinsi Bengkulu.

Kata Kunci: Music Therapy, Expressive Writing Therapy, Halusinasi Pendengaran, Skizofrenia, AHRs.

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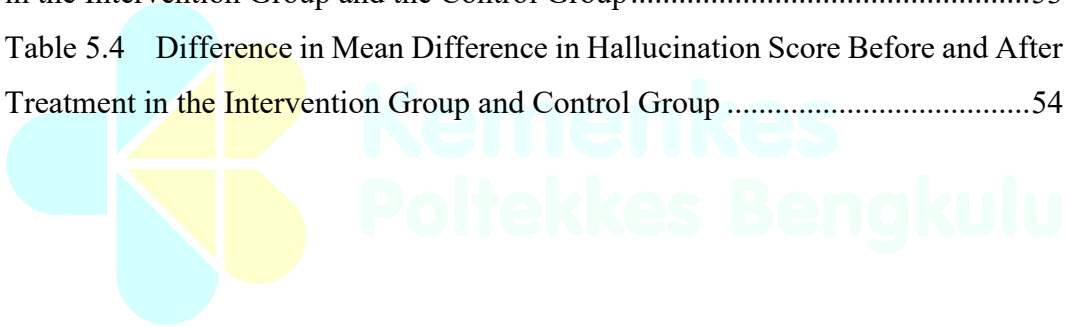


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ABBREVIATION LIST

AHRS	: Auditory Hallucinations Rating Scale
APA	: American Psychiatric Association
DSM-5-TR	: Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision
EWT	: Expressive Writing Therapy
Hz	: Hertz
RSKJ	: Psychiatric Hospital
SP	: Implementation Strategy
NO	: Group Activity Therapy
WHO	: World Health Organization

