

CHAPTER VII

CONCLUSIONS AND SUGGESTIONS

A. Conclusion

Based on the results of the discussion, it can be concluded that:

1. The characteristics of the respondents showed that the average age in the intervention group was 34.55 years and in the control group was 35.75 years. The median length of time treated in the intervention group was 70 days and in the control group was 58.50 days, while the median frequency of treatment in both groups was 2 times. Most of the respondents in both groups were unmarried, namely 14 people (70.0%) in the intervention group and 11 people (55.0%) in the control group.
2. Auditory hallucination scores in both groups decreased after treatment. In the intervention group, the median auditory hallucination score decreased from 16.00 (14–18) to 13.50 (12–16) after treatment. In the control group, the mean auditory hallucination score decreased from $15.85 \pm 1,663$ to $14.55 \pm 1,317$ after treatment.
3. There were significant differences in auditory hallucination scores before and after treatment in both groups. In the intervention group, the Wilcoxon test showed a value of $p=0.001$, while in the control group, the results of the Paired t-test showed a value of $p=0.001$, indicating that both treatments were able to significantly reduce auditory hallucination scores
4. There was a difference in the difference in auditory hallucination scores between the intervention group and the control group based on the results of the Mann–Whitney test with a value of $p=0.001$ ($p < 0.05$), so that there was an effect of Music Therapy and Expressive Writing Therapy on auditory hallucination scores in schizophrenic patients at Soeprapto Hospital, Bengkulu Province.

B. Suggestions

Based on the results of the research and discussion, the researcher gave several suggestions to related parties as follows:

1. For Soeprapto Psychiatric Special Hospital Bengkulu Province

Music Therapy and Expressive Writing Therapy may be considered as companion nonpharmacological interventions in psychiatric nursing care for schizophrenic patients with auditory hallucinations.

2. For Educational Institutions and Nursing Students

The results of this study are expected to be an additional scientific reference in psychiatric nursing learning, especially regarding the application of Music Therapy and Expressive Writing Therapy as nonpharmacological nursing interventions in schizophrenia patients with auditory hallucinations. In addition, this research can add insight and experience to students in developing evidence-based nursing practices.

3. For the Next Researcher

Researchers are further expected to develop the study by considering other variables that may affect auditory hallucination scores, such as medication adherence and family support. In addition, further research can explore the effectiveness of each therapy separately or in combination with other psychiatric nursing interventions.