

THE IMPLEMENTATION OF QUR'AN RECITATION THERAPY IN MANAGING HALLUCINATIONS AMONG PATIENTS WITH SCHIZOPHRENIA AT TAMPAH MENTAL HOSPITAL, RIAU PROVINCE

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Abstract

Hallucinations are one of the main symptoms of mental disorders experienced by patients with schizophrenia, characterized by changes in sensory perception such as hearing unreal voices, visual disturbances, taste distortions, and tactile hallucinations. Clinical manifestations include talking or laughing to oneself, staring at one point, flat affect, social withdrawal, confusion, and difficulty distinguishing between reality and fantasy. One effective non-pharmacological approach to control hallucinations is the Qur'anic reading therapy. This case study aims to determine the effect of Qur'an reading therapy on hallucination management in schizophrenic patients at Tampan Mental Hospital, Riau Province. The study involved two patients with auditory hallucinations. Data were analyzed by comparing the patients' conditions before and after the intervention. The results showed a significant decrease in the frequency and intensity of hallucinations after implementing Qur'an reading therapy. In the first patient (Mr. A), the score of hallucination signs and symptoms decreased from 73.3% to 33.3%, while in the second patient (Mr. C), it decreased from 80% to 26.7%, both categorized as mild hallucinations. These findings indicate that Qur'an reading therapy effectively reduces hallucination symptoms and helps improve patients' self-control in managing their experiences. Therefore, Qur'an reading therapy can serve as an alternative non-pharmacological intervention in the management of schizophrenia patients with hallucinations.

Keywords: Schizophrenia 1; Hallucination Management 2; Qur'an Recitation Therapy 3

INTRODUCTION

Hallucinations are one of the signs and symptoms of mental disorders that occur in patients with schizophrenia, in which sufferers experience changes in sensory perception, such as false sensations in the form of hearing strange voices, visual disturbances, taste disturbances, and tactile disturbances. Hallucinations are associated with psychotic disorders, in which sufferers experience symptoms such as hearing whispering voices, seeing shadows, sensing something through the auditory senses, behaving as if hearing something, showing inappropriate responses when interacting with others, experiencing sensory distortions, social isolation (often being alone), daydreaming, talking to themselves, feeling anxious, and expressing frustration or anger (Yoga et al., 2022).

The signs and symptoms of hallucinations include talking to oneself, smiling alone, laughing alone, staring at one point, rapid eye movements, frequent isolation, flat affect, appearing confused, trying to avoid or withdraw from others, inability to distinguish between what is real and unreal, lack of concentration, irritability, appearing confused, and flat affect. One way to control hallucinations is by confronting the hallucination itself, such as rejecting or ignoring the hallucination, which is usually done by engaging in conversation with family members, performing scheduled activities, and most importantly, maintaining medication adherence (Hendaru, 2022). The management provided to patients with hallucinations can be divided into two types: pharmacological and non-pharmacological.

Pharmacological therapy involves the use of medications, while non-pharmacological therapy includes modality therapies. One of the interventions to manage hallucinations is Qur'an recitation therapy. Reciting the Qur'an provides emotional calmness, increases concentration, reduces anxiety, and diverts the patient's attention, allowing them to gain better self-control over their hallucinations (Waja et al., 2023). The Qur'an recitation therapy to be provided involves reading verses contained in the Qur'an. According to religious scholars (ustadz/ulama), reciting the Qur'an to calm the soul and dispel subtle whispers (the temptations of Satan) is recommended through verses related to protection and healing, such as Surah Al-Fatihah, Surah Al-Ikhlas, Surah Al-Falaq, Surah An-Nas, Surah Ar-Rahman, Surah Yasin, and Ayat al-Kursi.

This method of Qur'an recitation therapy is highly effective in reducing the signs and symptoms of hallucinations in patients with schizophrenia, especially when the Qur'an is recited properly and sincerely, and the therapy is carried out consistently. Continuous Qur'an recitation can help reduce auditory hallucinations and bring peace and tranquility to the heart (Putri et al., 2021). According to a study by Purwaningrum et al. (2022), reading the Qur'an along with its translation has an effect on anxiety; the results showed that Qur'an recitation can relieve stress, make a person feel calmer, reduce anxiety, and stabilize blood pressure, heart rate, breathing, and pulse.

METHODS

The Evidence-Based Nursing Practice (EBNP) method used in this study employed a case study design with a descriptive approach in the form of an intervention, namely the implementation of Qur'an recitation therapy to reduce the signs and symptoms of hallucinations in patients with schizophrenia. The recited surahs included Al-Fatihah, Al-Ikhlas, Al-Falaq, An-Nas, Ar-Rahman, Yasin, and Ayat al-Kursi.

The Qur'an recitation therapy was conducted over three days, from August 26 to 28, 2025, held in the morning at 09:00 a.m. and in the afternoon at 03:00 p.m., with each session lasting 10–15 minutes. The intervention took place in the intermediate ward of Tampan Mental Hospital, Riau Province.

RESULTS

Table 1. Evaluation of the Results of Qur'an Recitation Therapy in the Management of Hallucinations Among Schizophrenic Patients at Tampan Mental Hospital, Riau Province

Participant name	Day 1		Day 2		Day 3		Hallucination Category
	Pre	Post	Pre	Post	Pre	Post	
Mr. A	73%	60%	60%	46,7%	46,7%	33,3%	Mild
Mr. C	80%	66,7%	66,7%	40%	40%	26,7%	Mild

Resource : primary data

The evaluation results in the table show that :

Client 1 (Mr. A) experienced a decrease in the signs and symptoms of hallucinations, from a total score of 73% before the implementation of Qur'an recitation therapy. On the first day, the signs and symptoms of hallucinations decreased to 60%, on the second day to 46.7%, and on the third day to 33.3%. The total reduction in hallucination signs and symptoms after three days of Qur'an recitation therapy, conducted twice daily in the morning and afternoon, was categorized as mild hallucinations.

Client 2 (Mr. C) also experienced a decrease in the signs and symptoms of hallucinations, from a total score of 80% before the implementation of Qur'an recitation therapy. On the first day, the hallucination signs and symptoms decreased to 66.7%, on the second day to 40%, and on the third day to 26.7%. The total reduction in hallucination signs and symptoms after three days of Qur'an recitation therapy, conducted twice daily in the morning and afternoon, was categorized as mild hallucinations.

Table 2. Qur'an Reading Ability After the Implementation of Qur'an Recitation Therapy in Schizophrenic Patients at Tampam Mental Hospital, Riau Province

Participant name	Day 1		Day 2		Day 3		Category of Qur'an Reading Ability
	Pre	Post	Pre	Post	Pre	Post	
Mr. A	30%	40%	40%	60%	60%	80%	High
Mr. C	40%	60%	60%	80%	80%	90%	High

Resource : primary data

The results of the Qur'an reading ability show that :

Client 1 (Mr. A) experienced an improvement after being given Qur'an recitation therapy. Before the implementation of the therapy, Mr. A Qur'an reading ability score was 30%; on the first day, it increased to 40%; on the second day, it rose to 60%; and on the third day, it reached 80%. After three days of Qur'an recitation therapy, conducted twice daily in the morning and afternoon, Mr. A Qur'an reading ability was categorized as high.

Client 2 (Mr. C) also showed an improvement in Qur'an reading ability after receiving Qur'an recitation therapy. Before the implementation of the therapy, Mr. C Qur'an reading ability score was 40%; on the first day, it increased to 60%; on the second day, it rose to 80%; and on the third day, it reached 90%. After three days of Qur'an recitation therapy, conducted twice daily in the morning and afternoon, Mr. C Qur'an reading ability was also categorized as high.

DISCUSSION

The evaluation results showed that the implementation of Qur'an recitation therapy in Mr. A and Mr. C led to a decrease in the signs and symptoms of hallucinations. For Mr. A, the results of the pre-test and post-test questionnaire measurements using the hallucination signs and symptoms questionnaire showed a score reduction from 73.3% to 33.3%, which was categorized as mild hallucinations. Meanwhile, for Mr. C, the pre-test and post-test questionnaire measurements showed a score reduction from 80% to 26.7%, which was also categorized as mild hallucinations.

These findings are consistent with the study conducted by Indah Istiningrum et al. (2025) titled "Implementation of Qur'an Recitation in Hallucination Management Among Schizophrenic Patients at RSJD Surakarta", which demonstrated that Qur'an recitation therapy, when performed regularly in the morning and afternoon with proper pronunciation and sincerity, can reduce the signs and symptoms of hallucinations and improve an individual's mental health.

Additionally, the Qur'an reading ability of Mr. A and Mr. C showed improvement. Mr. A Qur'an reading ability increased from a total score of 30% to 80% after receiving Qur'an recitation therapy, while Mr. C reading ability increased from a total score of 40% to 90% after the therapy.

CONCLUSION

During the assessment conducted on August 25, 2025, data were obtained from two patients, identified as Mr. A and Mr. C. Before the implementation of Qur'an recitation therapy, Mr. A had a hallucination score of 73.3%, categorized as severe hallucinations, and after the therapy was applied, the score decreased to 33.3%, categorized as mild hallucinations. Similarly, Mr. C had a pre-therapy hallucination score of 80% (severe hallucinations), which decreased to 26.7% (mild hallucinations) after the implementation of Qur'an recitation therapy.

Qur'an recitation therapy is a non-pharmacological approach that has proven effective in helping patients with hallucinations. Psycho-religious or psycho-spiritual therapies, such as Qur'an recitation

therapy, can enhance patients' self-confidence and optimism. These qualities are crucial in the healing process, alongside medication and other medical treatments. From an Islamic perspective, the Qur'an is believed to be the word of Allah SWT, providing guidance for life, including healing for both physical and mental illnesses by His will. The use of Qur'anic verses in the treatment of psychiatric patients is considered a form of religious psychotherapy, which can calm the mind, reduce the frequency of hallucinations, and alleviate anxiety in patients experiencing hallucinations.

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