

Effectiveness of Music Therapy on the Healing Process of Patients with Mental Disorders

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ABSTRACT

This study explores the effectiveness of music therapy in the healing process of patients with mental disorders, which frequently show up as violent behaviors, auditory hallucinations, anxiety, and difficulty communicating with others. This study analyzed secondary data from both national and international sources using a literature review method. The results revealed that music therapy significantly reduced violent behavior and auditory hallucinations experienced by patients with varying degrees of effectiveness influenced by gender and frequency of therapy sessions. Additionally, music therapy enhanced patients' interactions with others, emotional control, and anxiety levels. Music therapy promoted interpersonal communication, emotional stability, and serenity, all of which enhanced quality of life and aided in the healing of mental health issues. Music therapy has become a valuable alternative treatment for mental health conditions.

Keywords: music therapy; mental disorder; violent behavior; hallucination; anxiety.

INTRODUCTION

Mental health is a state in which a person is healthy, can feel happy, and is able to do activities. A person's physical, mental, spiritual, and social development can all be explained by their mental health. An individual can realize their own abilities, cope with stress, work properly, and contribute to their team [1]. On the other hand, mental disorders are conditions in which an individual's thoughts, behavior, and emotions are disturbed. This can change behavior, lead to pain and difficulties, and make it harder for the person to perform routine activities. A person with a mental illness typically has a tendency to rely on others [2].

Some mental disorders such as Schizophrenia can cause emotional disturbances such as anxiety, anger, argumentativeness, and disengagement. Usually, schizophrenia patients have problems in their social relationships. This can also cause violent behavior due to frustration, fear, and intimidation from people around them. In addition to anxiety and health behavior. More than 90% of people with mental disorders also experience hallucinations. Hallucinations have many types, but most people with mental disorders experience auditory hallucinations that come from within the sufferer or from outside the sufferer [3].

Treatment for patients with mental disorders can also be done in various ways according to the category of the disease suffered. There are several therapies that can be done in the process of treating or healing patients with mental disorders such as psychodynamic therapy, cognitive behavioral therapy, psychosocial therapy, psychopharmacological therapy, and psychoreligious therapy [4]. Music therapy is one of many different forms of mental disorder therapy. Recently, music therapy has emerged as an intervention that uses the patient's musical experience. Music therapy is one of the latest relaxation techniques that provides a sense of calm, reduces aggression, controls emotions, and cures psychological disorders in patients. Music therapy can be done by singing, writing songs, playing musical instruments, listening to music, and so on. The music used is usually recommended to use soft and regular music such as classical music. Several studies have shown that music therapy is very effective in reducing anxiety and stress, in addition, music therapy also helps encourage feelings of relaxation and relieves depression. Music therapy helps someone with their emotional problems [5].

This study was conducted to determine the effectiveness of music therapy for patients with mental disorders. In addition, by conducting this study, health workers and nurses of mental patients can find out which therapy is right for the mental patients they are treating by choosing the most effective therapy for the patient.

METHODS

This literature is conducted using the library study method. This method contains theories, findings, and research materials that have been carried out to be used as a basis for research activities. The data used in this study are secondary data derived from the results of previous research that has been conducted and published. Keywords used in searching for secondary data, namely music therapy, patients, mental disorders, Schizophrenia, violent behavior, hallucinations, auditory hallucinations, anxiety, emotions, and social interactions have been published in national and international journals. The journals obtained are then analyzed based on suitability with the test method and grouped based on the journal's language style, variables studied, study models, and results.

RESULTS

The Effect of Music Therapy on Patients Violent Behavior

The association between violent behavior and mental disorders such as schizophrenia is very strong. Patients with schizophrenia are usually labeled as murderers. The risk of violent behavior experienced by these patients is very serious. Patients who experience it can hurt several victims, their families, or even themselves. However, there are still many considerations that must be made to prevent violent behavior by schizophrenia patients. Music therapy can provide a sense of calm and reduce the patient's aggressiveness which is expected to also reduce the violent behavior of mental disorder patients [6].

A study conducted in Lampung, Indonesia showed that music therapy could reduce the severity of violent behavioral symptoms in patients. The research, conducted in the Melati Ward of the Lampung Provincial Mental Hospital, revealed that two patients experienced behavioral changes after receiving 30 minutes of music therapy over two days. Two female patients, initially exhibiting violent behavioral symptoms at rates of 37% and 60% (moderate category), showed a reduction in symptoms to 31% and 38% after the first day of music therapy. Furthermore, on the second day, the symptoms decreased further to 20% and 25% (low category). The total reduction in symptoms experienced by the patients was 17% and 35%, respectively [7].

Another study revealed that if music therapy was administered for 30 minutes in the morning and afternoon. Before the therapy, the patient exhibited 8 out of 12 violent behavioral symptoms, or 66.7%. After the first day of music therapy, the symptoms decreased to 7 out of 12, or 58.3%.

On the second day, the symptoms further declined to 4 out of 12, or 33.3%. On the final day, the third day of therapy, the patient's symptoms dropped to just 1 out of 12 indicators, or 8.3%. The total reduction in symptoms over the three days of music therapy was quite significant, amounting to 58.4% [8].

From the research that has been done, it can be seen that music therapy can reduce violent behavior in patients with mental disorders. There are 3 patients who were used as research subjects experienced a decrease in symptoms of violent behavior after several days of music therapy. This shows the effectiveness of music therapy in reducing violent behavior in patients with mental disorders. However, based on the research that has been done, it can be seen that if music therapy is given for several days longer, the decrease in symptoms of violent behavior in patients will also decrease more. Music therapy for violent behavior in patients does not appear drastic after one or two administrations but must be done several times routinely [9].

By reducing the symptoms of violent behavior in patients with mental disorders, health workers or nurses can more easily provide other treatments to patients, health workers and nurses will also find it easier to check the condition of patients. So, music therapy is very effective in helping the healing process of mental patients.

The Effect of Music Therapy on The Level of Patients Auditory Hallucinations

Patients with mental disorders often experience hallucinations. There are various types of hallucinations, one of which is auditory hallucinations which are commonly experienced by patients with mental disorders. The sounds heard by these patients cannot be heard by others. However, the form of this hallucination is not certain. Some patients hear voices and words clearly, some are less clear. There are also cases where patients hear voices telling them to do something that can endanger themselves and the people around them. In addition to people's voices, auditory hallucinations can also hear the sound of machines, animals, objects, and music in a conscious state without any stimulation [10].

In observing the effect of music therapy on the level of auditory hallucinations in patients, several previous studies have been conducted. One of them is a study conducted at the Metro Health Center. This study used two respondents, male and female. In the male gender, before being given music therapy, the level of hallucination symptoms was 55%. After being given music therapy for 10-15 minutes on the first and second days, the level of auditory hallucination symptoms did not change. However, on the third or last day of the study, the level of hallucination symptoms decreased to 45% [11].

In contrast to male gender, female patients studied had some decrease in hallucination symptom levels. On the first day of music therapy, the level of auditory hallucination symptoms experienced by patients did not change compared to before music

therapy, which was 36%. However, on the second day of music therapy, the level of auditory hallucination symptoms experienced by patients decreased to 18%. Likewise, on the last day, the level of auditory hallucination symptoms experienced by patients decreased again to 9% [12].

Other studies conducted over the past few years have shown a reduction in auditory hallucination symptoms after patients were given music therapy, without distinguishing between male and female patients. However, some research revealed differences in the effects of music therapy based on gender. Therefore, it can be concluded that the effectiveness of music therapy for patients with auditory hallucination symptoms is influenced by gender. This distinction was not identified in other studies where male and female patients were not separated, making it impossible to observe the differences [6].

The effect of Music Therapy on Patients' Anxiety Levels

Anxiety is not only experienced by patients with mental disorders but is also something many of us often feel in response to various situations. The anxiety we commonly experience can be triggered by both minor and major factors, which generally do not interfere with our daily activities. Anxiety disorders are assessed based on the severity of the anxiety and whether it disrupts daily life. Experiencing mild or temporary anxiety is normal. However, patients with mental disorders sometimes experience anxiety that significantly impacts their daily activities [5].

Several studies have shown that music therapy can reduce mild to moderate levels of anxiety. Music therapy has been proven effective in alleviating anxiety among students preparing for exams. Additionally, it can lower anxiety levels in patients facing surgery or childbirth. Moreover, some studies also indicate that music therapy can help reduce anxiety levels among patients' family members [4].

Patients with mental disorders often experience anxiety due to their inability to accept reality or be engulfed by deep and persistent fears. As a result, the anxiety they experience tends to be more severe than typical anxiety and cannot be controlled by the patients themselves. A study conducted in 2017 demonstrated that music therapy can also reduce anxiety levels in patients with mental disorders. The research carried out at Surakarta Mental Hospital, involved 42 patients. Among them, 19 patients initially experiencing mild anxiety showed a reduction to no anxiety after receiving classical music therapy. In contrast, the remaining 23 patients, who did not receive classical music therapy, showed no change in their anxiety levels, remaining in the mild anxiety category [13].

Music therapy is quite effective in reducing anxiety levels in patients with mental disorders. It can enhance a person's ability to recall positive or comforting experiences. Music therapy provides a sense of relaxation and calmness, helping to alleviate

anxiety. This therapy is not only beneficial for patients with mental disorders but also for individuals with other conditions such as fractures, cancer, pregnant women, or anyone experiencing mild to severe anxiety. By reducing anxiety in patients with mental disorders, they can feel more at ease and receive treatment or care more effectively. This also supports the overall recovery process for patients with mental disorders [5].

The Effect of Music Therapy on Patients Emotions and Social Interaction

Music has a significant impact on influencing an individual's emotional state. It can modulate a person's cycle of positive or negative emotions. Even without undergoing formal music therapy, patients with mental disorders can regulate their emotions by listening to music, helping them release negative emotions more effectively than individuals without mental disorders. With positive or improved emotions, these patients may enhance their ability and willingness to engage in social interactions [14].

Generally, patients with mental disorders tend to prefer isolation, maintain distance and are prone to arguments. They often hold negative views of others and are easily angered. By fostering positive emotions that increase their social interaction ability and willingness, it is hoped that patients with mental disorders can improve their social bonds, ultimately benefiting their psychological and physiological well-being [15].

A study on 20 patients at Dr. Radjiman Wediodiningrat Lawang Mental Health Hospital showed that music therapy is effective in enhancing the social interaction willingness of patients with mental disorders. After receiving music therapy, patients demonstrated improved levels of social interaction compared to their pre-therapy state. For instance, the number of patients with very poor social interaction (score 0) decreased from 4 to none, while the number of patients with good social interaction (score 15-20) increased from none to three. In contrast, the control group, which did not receive music therapy, either showed no changes or experienced a decline in social interaction levels. Some control group patients did exhibit improvement, but it was less significant than that observed in the music therapy group. Social interaction levels were assessed on a scale of 0-20, where 0 indicates very poor interaction and 20 indicates excellent interaction. Patients receiving music therapy initially scored between 2 and 9, but their scores increased to 5-15 after therapy, showing improvements ranging from 3 to 9 points, classified as low to high improvements. Meanwhile, the control group initially scored between 1 and 14, but their scores shifted to 1-11, reflecting changes ranging from a decrease of 3 points to an increase of 2 points [16].

Patients with mental disorders often prefer isolation and tend to harbor negative emotions toward others, making them unwilling or unable to interact with those around them. Through music therapy, it has

been observed that patients' positive emotions can improve, enabling them to interact more effectively with others. This fosters communication and collaboration among patients [10].

Additionally, patients can develop empathy for one another, offering mutual support and motivation. This dynamic helps facilitate the recovery process for patients with mental disorders, making it more manageable. Furthermore, as patients become more adept at communicating and interacting with their surroundings, it indicates that their recovery process is progressing well [15].

CONCLUSIONS

The conclusion that can be drawn from the discussion is that music therapy is quite effective in the treatment and recovery of patients with mental disorders. This treatment and recovery can be evaluated through several factors. First, music therapy has been shown to reduce patients' violent behavior. With the reduction in violent behavior, healthcare professionals or nurses can provide treatment and care more effectively. Moreover, music therapy is also quite effective in reducing auditory hallucinations in patients, although factors such as gender may influence its effectiveness. Additionally, music therapy can lower patients' anxiety levels. The reduction in auditory hallucinations and anxiety indicates that the condition of the patient with a mental disorder is improving. Furthermore, patients can receive more effective treatment and care. Music therapy also helps enhance the patients' desire and ability to engage in social interactions. This is a significant step forward in the treatment and recovery of patients with mental disorders.

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