



## RESEARCH ARTICLE

## Application of Art Drawing Therapy to Changes in Signs and Symptoms of Auditory Hallucinations in Mental Patients

Rahman<sup>1</sup>, Rusni Mato<sup>2</sup>, Sri Angriani<sup>3</sup>, Ningsih Jaya<sup>4</sup>, Muhammad Nur<sup>5</sup>, Tiar Erawan<sup>6</sup>, Afriani<sup>7</sup>, Agussalim<sup>8\*</sup>

<sup>1,2,3,4,5</sup> Makassar School of Nursing, Makassar Health Polytechnic, Makassar City, South Sulawesi Province, Indonesia

<sup>6</sup> Makassar School of Physiotherapy, Makassar Health Polytechnic, Makassar City, South Sulawesi Province, Indonesia

<sup>7</sup> Makassar School of Midwifery, Makassar Health Polytechnic, Makassar City, South Sulawesi Province, Indonesia

<sup>8</sup> Parepare School of Nursing, Makassar Health Polytechnic, Parepare city, South Sulawesi Province, Indonesia

---

**ARTICLE INFO**

Received: May 22, 2024

Accepted: Jul 16, 2024

---

**Keywords**

Art drawing therapy

Hallucinations auditory

Mental Patients

---

**\*Corresponding Author:**

salim170878@gmail.com

---

**ABSTRACT**

Hallucinations are described as symptoms of mental disorders in the form of responses from the five senses that are not real (Yohana, 2023). One type of hallucination that is often experienced by a person is auditor-hearing voice or sound, characterized by the patient experiencing stimulus disturbances with hearing and the sound encourages the patient to perform destructive behavior. Based on the results of an initial survey, the number of patients treated at RSKD Dadi South Sulawesi Province in 2018 was 13,292 people, with 6,586 hallucinatory patients. The purpose of this case study is to determine the signs of symptoms before and after art drawing therapy in auditory hallucinatory patients and to determine the patient's ability to respond to art drawing therapy. The method carried out in this study uses descriptive case studies. The respondents numbered one person with nursing problems, sensory perception disorders, auditory hallucinations. Data collection was carried out before and after the procedure using observation sheets of signs and symptoms of auditory hallucinations. The results of this study show that the application of art drawing therapy is proven to reduce signs of auditory hallucinatory symptoms and can improve the patient's ability to respond well to art drawing therapy. In conclusion, the application of art drawing therapy can be used as a reference in non-pharmacological therapy because it has been proven effective in reducing signs of auditory hallucinatory symptoms.

---

**INTRODUCTION**

Mental disorders are a health problem that almost all people around the world experience. Schizophrenia one of the most common mental disorders. The resulting disorder can attack the mind, perception, emotions, movements and behaviors (Wulansari, 2023). According to WHO data in 2019, there are 20 million cases of schizophrenia, 45 million cases of bipolar disorder, 50 million cases of dementia, and 264 cases of depression worldwide (Johanna, Gati & Suatn, 2023).

Based on the results of a preliminary survey of the number of patients admitted to Hospital of Dadi South Sulawesi province in 2018, as many as 13,292 people, with hallucinations 6,586 (49.54%), withdrawal 1,904 (14.32%), self-care formula 1,548 (11.65%), low self-esteem 1,318 (9.92%), violent behavior 1,145 (8.61%), 451 delusions (3.39%), 336 physical disorders (2.53%), and 5 suicide attempts (0.04%). In this case, cases of low self-esteem took third place as

the most hospitalizations in Dadi Hospital, while hallucinations took first place. (Erwin Sahabuddin et al., 2020).

Hallucinations are described as symptoms of mental disorders in the form of responses from the five senses that are not real (Johanna, Gati & Suatn, 2023). According to another sense, hallucinations are a type of perceptual disorder that occurs in the five senses without sensory stimulation or false or incorrect perception of the senses. (Mu'izzul Hidayat, Hana Nafiah, 2023). One type of hallucination that is often experienced by a person is auditory hallucinations (auditor-hearing voice or sound), characterized by patients experiencing stimulus interference with hearing such as the voice of people, animals, or others and the sound encourages patients to destructive behavior (Mu'izzul Hidayat, Hana Nafiah, 2023).

Art Drawing Therapy helps a person Express and understand their emotions through artistic expression and the creative process. The goal of this drawing therapy is to improve their cognitive, psychomotor and emotional functioning. (Muthmainnah et al., 2023). Art Drawing Therapy is a therapeutic method that uses the medium of art to explore feelings, increase self-awareness, manage behavior, improve reality orientation, reduce anxiety, and increase self-esteem. Art therapy uses art media to help a person express their emotions (Johanna, Gati & Suatn, 2023).

Aspect The physical aspects through the hands, the aspect the cognitive and affective aspects, and aspect the psychological aspects of feelings and emotions can be in sync during therapy the art therapy process. When compared to verbalization, visualization through art painting therapy can bring about feelings, emotions, memories, and thoughts stored from the subconscious (unconscious) the President' Knowledge (conscious) (Kartika, Indiati and Yuhanita, 2021). Drawing occupational therapy is one way for individuals to express emotions, thoughts and feelings that cannot be expressed verbally, drawing occupational therapy can help the individual to visualize it (Putri, Handayani and Naralia, 2023).

Some researchers have revealed that the application of occupational therapy drawing can efektif reduce signs and symptoms of mental disorders patients with nursing diagnoses of auditory hallucinations (Pradana, Dewi and Fitri, 2023).

Based on the description above, researchers are interested in conducting research entitled "Application of Art Drawing Therapy against signs and symptoms of auditory hallucinations in Rskd Dadi South Sulawesi province". The tujuan general purpose of this study ini is to determine the application of Art Drawing Therapy in patients with auditory hallucinations in Rskd Dadi South Sulawesi province. While tujuan the specific purpose is to identify changes tanda in symptoms before and after dilakukan art drawing therapy, identify kemampuan the patient 's ability memberi to respond to art drawing therapy.

## **METHODS**

This study uses qualitative research design with descriptive case study research strategy, which is a study that describes a case and requires researchers to start research with descriptive theory that describes clearly the results of the study.

The location of the research was conducted in RSKD DADI South Sulawesi province Jl. Lanto Dg. Passport No.34, Maricaya Sel., District. Mamajang, Makassar City, South Sulawesi. For 3 hari consecutive days on 02-04 May 2024 with each meeting for 45 minutes.

The sample used in this study is a single instrumental case study, which is a case study conducted using a case to describe an issue or concern. The subjects studi of this case study were sebanyak 1 patient with a nursing problem of sensory perception disorder auditory hallucinations.

## RESULTS

The results of this study were obtained after Art drawing therapy in patients with Mr. H 34 years old in the Walnut treatment room RSKD DADI South Sulawesi province, pemberian art drawing therapy was carried out for 3 consecutive days, namely on 02-04 May 2024 at 10.00 WITA.

The results of observation and initial interviews before Art drawing therapy obtained signs of hallucinatory symptoms, namely hearing voices or noise, hearing voices that tell patients to do something dangerous, hearing voices that invite conversation, difficulty concentrating when the whisper appears, often cover your ears when the whisper appears, talk and laugh alone, feeling upset when the whisper appears and the whisper appears usually in the morning or the patient is feeling lonely.

It is known that on the first day, namely on May 02, 2024, the ability to respond to Art drawing therapy was obtained in the less good category: following activities from beginning to end and mentioning what is in the picture. And on the second day obtained the ability to respond to Art drawing therapy in both categories: follow the activities from start to finish, draw to finish and mention what is in the picture. Furthermore, on the third day obtained the ability to respond to Art drawing therapy in both categories: follow the activities from start to finish, draw to finish, mention what is in the picture and tell the meaning of the picture.

After the provision of Art drawing therapy is then evaluated. Evaluation of the subjective data, the patient hears a voice telling to do something dangerous, Evaluation of objective data: the patient is cooperative, eye contact exists, the patient appears calm, the patient can mention the sound/content of the whisper heard and the patient can close their ears if they are hearing a whisper.

## DISCUSSION

Before carrying out the implementation of the researchers first foster a relationship of mutual trust in order to gain the trust of patients. After a sense of trust is established, the patient will open up and tell about the feelings or problems he faces. This is according to research (Participate, 2019) which states that fostering trusting relationships plays an important role in the healing process and treatment of mental patients aims to make mental patients feel comfortable and cause a sense of trust the nurse / researcher.

The Patient Mr.H entered Dadi Hospital South Sulawesi province on April 27,2024 with complaints that 3 days ago, patients often destroyed items at home, patients often beat and snapped at people at home, talked and laughed to themselves, and paced around the House. History of treatment of the patient's psyche does not exist.

Giving art drawing therapy to Mr. H with auditory hallucinations in the kenari treatment room Dadi Hospital South Sulawesi province, on 02-04 May 2024.

One way to deal with patients with hallucinations is to use the method of drawing therapy (Pradana, Dewi and Fitri, 2023). In the provision of art drawing therapy, the author can help patients develop positive abilities and even try new things that patients may have the potential to do.

People with mental disorders can express their thoughts and feelings through non-verbal communication or the medium of images. This activity will help the patient become more expressive, focused and relaxed. (Wulansari, 2023). Art drawing therapy was conducted for 3 consecutive days with each meeting lasting 45 minutes. Subjects used in this study were a patient with a nursing diagnosis of auditory hallucinations.

According to Muthmainnah et al, 2023 that signs of auditory hallucination symptoms include hearing voices or noise, most often people's voices. Audible thoughts in which the patient hears the words that the patient is told to do something can sometimes be dangerous, the patient speaks alone, smiles alone, laughs alone, moves the lips without sound, rapid eye movement, slow verbal response withdraws from others, trying to avoid others, cannot distinguish the real and not real,

irritable, irritated and angry and restless. This is in accordance with the signs and symptoms experienced by Mr.H.

From the results of observations and interviews the patient said he often heard a noise, heard a voice telling the patient to do something dangerous for example telling the patient to kill the elderly or mess up things around the patient, heard a voice that invites conversation, difficulty concentrating when the whisper appears, often cover your ears when the whisper appears, talking and laughing alone, feeling upset when the whisper appears and whispers appear usually in the morning or the patient is feeling lonely.

On this first day the patient drew his house in his hometown, the patient only mentioned what was drawn, the patient also did not finish the drawing. Therefore, the ability to respond to art drawing therapy in the category of less good: follow the activities from beginning to end and mention what is in the picture.

And the results of observations and interviews conducted found signs and symptoms such as patients hear noise, patients hear voices that tell him to do something dangerous, patients hear voices that invite him to talk, find it difficult to concentrate and upset when the whisper appears, look close your ears when the whisper appears and patients are seen talking to themselves.

On the second day the patient draws a mountain and around it there is a pond, the patient mentioned that in his hometown there are many ponds so that the patient draws a mountain along with the pond. The patient also completes the picture. So after the second art drawing therapy obtained the ability to respond to art drawing therapy in both categories: follow the activities from start to finish, draw to finish and mention what is in the picture.

While the results of interviews conducted obtained symptoms that still exist is the patient hears a noise, the patient hears a voice that tells him to do something dangerous, the patient hears a voice that invites him to have a conversation. Hal ini di sampaikan oleh (Mu'izzul Hidayat, Hana Nafiah, 2023) that along with the improvement of the ability to control hallucinations, the signs of hallucinations will decrease.

This is due to the fact that during terapi occupational therapy with drawing activity, the patient can reduce his interaction with his own world by bringing out their feelings, thoughts, or emotions, motivating and distracting them from the hallucinations that are natural. (Fekaristi et al., 2021).

On the third day the patient draws calligraphy lafadz God, the patient said he was happy and felt calm so he chose to draw calligraphy lafadz God and color it with his favorite color. Thus, the ability to respond to art drawing therapy is obtained in both categories: following the activities from start to finish, drawing to completion, mentioning what is in the picture and telling the meaning of the picture.

The results of observations and interviews conducted after the administration of art drawing therapy obtained signs of symptoms that still exist is the patient hears a voice that tells him to do something dangerous, the patient is also seen occasionally close the ear if the whisper appears. These missing signs and symptoms are also reinforced by (Purwanti and Dermawan, 2023) that the decrease can occur because respondents are able to do drawing activities well during therapy, enjoy the activities given, thus influencing respondents to stay focused on activities. This is in line with (Mu'izzul Hidayat, Hana Nafiah, 2023) that in dealing with hallucinations patients, nurses can help patients to control the hallucinations they experience by focusing and distracting the patient from the hallucinations experienced so that the intensity of hallucinations can decrease. Occupational therapy reduces the symptoms of auditory hallucinations because it minimizes the patient's interaction with his own world, removing thoughts, feelings, or emotions that have been affecting behavior that he is not aware of, motivates and provides joy, entertainment, and distracts the patient from the hallucinations experienced so that the patient's mind is not focused with his special (Mustopa, Minarningtyas and Nurillawaty, 2021).

This shows that art drawing therapy is effective in reducing the symptoms of auditory hallucinations. Another study (Leoni Agustin et al., 2022) found that occupational drawing was highly effective to decreasing symptoms of auditory hallucinations. According (Oktaviani, Hasanah and Utami, 2022) that drawing is considered an occupational therapy of skills and abilities, the purpose of drawing activities is to minimize the patient's interaction with his or her

own world, bring out thoughts, feelings or behaviors that he is not aware of, provide motivation and joy, entertainment and distract the patient from the hallucinations experienced so that the patient's mind does not focus on his hallucinations.

## CONCLUSION

Based on the results of a 3-day study (02-04 May 2024) with the application of art drawing therapy to the signs and symptoms of auditory hallucinations in Dadi Hospital South Sulawesi province, it can be concluded that the application of art drawing therapy has been proven to reduce the signs and symptoms of auditory hallucinations. And can improve the ability of patients to respond with a good category of art drawing therapy.

## Advice

It is expected that the Dadi Hospital South Sulawesi province in order to make the results of this study as input and basic considerations in providing one of the therapies, especially art drawing therapy. It is expected that further researchers will be able to develop and carry out further research on the application of art drawing therapy as an effort to reduce the symptoms of auditory hallucinations.

Patients are expected to maintain regular condition development in following treatment programs, actively participating in various activities and therapies while being treated and cooperative with health workers.

It is expected to be used by nurses as an additional insight and reference for interventions that can be given to patients who experience sensory perception disorders: auditory hallucinations.

## ACKNOWLEDGMENT

Thank you to the supervisor for the knowledge and guidance that has been given so that the author can complete this study. Also to the Dadi Hospital Province of South Sulawesi that has given permission and all related parties.

## CONFLICT OF INTEREST

No conflict of interest

## FUNDING

There is no funding in this article.

## REFERENCES

- Erwin Sahabuddin et al. (2020) 'Social Participation in the Fulfillment of Daily Living Activities (Adl) of People With', *Phinisi Integration Review*, 3(2), pp. 290–296.
- Fekaristi, A.A. et al. (2021) 'free painting Art Therapy against hallucinatory changes in Art schizophrenic patients', *Jurnal Cendikia Muda*, 1(2), pp. 262–269.
- Kartika, D., Indiati, I. and Yuhanita, N.N. (2021) 'the effect of Art Therapy drawing in group counseling services may improve the management of angry emotions', *Borobudur Counseling Review*, 1(2), pp. 69–74. Available at: <https://doi.org/10.31603/bcr.5741>.
- Leoni Agustini, N.Y. et al. (2022) 'The Effectiveness of Occupational Therapy : Drawing on Mrs. "K" on the Ability to Control Auditory Hallucinations in the Flamboyant Room Dr. RSJ. Radjiman Wediodiningrat Lawang', *Nursing and Health Journal (DNHJ)*, 3(2), pp. 1–11.
- Mu'izzul Hidayat, Hana Nafiah, S. (2023) ' application of Art Therapy : drawing on auditory hallucination patients in the Sena Room of RSJD dr . Arif Zainudin Surakarta', pp. 507–515.
- Mustopa, R.F., Minarningtyas, A. and Nurillawaty, A. (2021) 'effect of Occupational Therapy leisure activities (sweeping, cleaning beds, planting plants and drawing) on auditory hallucinatory symptoms', *Journal of Nursing echoes*, 14(1), pp. 40–49. Available at: <https://doi.org/10.33992/jgk.v14i1.1580>.

- Muthmainnah, M. et al. (2023) 'drawing therapy decreases signs and symptoms of schizophrenic patients with hallucinations', *Journal of Nursing Innovation*, 2(3), pp. 97–101. Available at: <https://doi.org/10.61923/jni.v2i3.20>.
- Oktaviani, S., Hasanah, U. and Utami, I.T. (2022) 'application of rebuke and drawing therapy in auditory hallucination patients', *Journal of Young Scholars*, 2(September), pp. 407–415. Available at: <https://jurnal.akperdharmawacana.ac.id/index.php/JWC/article/viewFile/365/226>.
- Priyanka, V.W., Dewi, N. rRsa and Fitri, N.L. (2023) 'application of Occupational Therapy drawing on signs and symptoms of auditory hallucination patients in the Finch Room of Lampung Provincial Hospital', *Jurnal Cendikia Muda*, 3(1), pp. 149–154.
- Purwanti, N. and Dermawan, D. (2023) 'management of hallucinations with group activity therapy: free drawing in hallucinatory patients in RSJD dr. Arif zainudin surakarta', *Jurnal Kesehatan Karya Husada*, 11 (1), pp. 58–65.
- Daughter, L.A.K., Handayani, B. and Naralia, W. (2023) 'case study : occupational therapy drawing in improving self-esteem of patients with low self-esteem', *Journal of Nursing Pelni*, 01(2). Available at: <http://ejournal.akper-pelni.ac.id/index.php/jkp>.
- Take It Easy, C. , Boham, A., & Marentek, E.A. (2019) 'The Role Of Interpersonal Communication Between Nurses And Mental Patients In Ratumbusang Hospital Manado', Vol. 8 No.
- Wulansari, A. (2023) 'application of Occupational Therapy drawing to symptomatic sign changes in patients with hallucinatory sensory perception Disorders', *journal of anesthesia: Journal of Health and Medical Sciences*, 1(4), pp. 146–162. Available at: <https://doi.org/10.59680/anestesi.v1i4.533>.
- Yohana, N., Gati, N.W. and Suyatno (2023) 'Provision of Art Drawing Therapy on Anxiety Levels in Schizophrenia Patients With Hallucinations at RSJD dr. Arif Zainudin Surakarta', *Osadhawedyah Journal* 1 (4), 330-3381 (4), 330-338, 1 (4), pp. 330–338. Available at: <https://nafatimahpustaka.org/osadhawedyah>.