



APPLICATION OF GUIDED IMAGERY THERAPY TO PATIENT WITH AUDITORY HALLUCINATIONS: A CASE STUDY

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Abstract

Nursing problems that often arise in patients with mental disorders are hallucinations. Auditory hallucinations are the most common type of hallucination where the patient hears voices so that the patient cannot distinguish between his delusion and the reality he is experiencing. Guided imagery therapy is a non-pharmacological technique that is useful in reducing the signs and symptoms of hallucinations. This study used a descriptive method with a case study approach. This research were using 2 patients as Respondents. Inclusion criteria include patients with auditory hallucinations, cooperative and willing to be respondents. Supporting data were obtained from interviews, observations, medical records and nursing care processes. The results of the case study showed that after guided imagery therapy was performed once a day for a duration of 15 minutes for 3 days, the signs and symptoms of hallucinations were reduced. The application of guided imagery therapy can reduce signs and symptoms in hallucination patients. The suggestions for nurses are expected to apply guided imagery therapy in providing nursing care to patients with sensory perception disorders: auditory hallucinations.

Keywords : Auditory Hallucination, Guided Imagery, Patient

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INTRODUCTION

Mental health is a condition in which an individual can develop physically, mentally, socially and spiritually. So that the individual realizes their own abilities, can cope with pressure, and can work productively, able to contribute to their community (UU No. 18 Tahun 2014 Tentang Kesehatan Jiwa). Patients with mental disorders have symptoms including impaired thought processes, impaired affect and emotions, impaired willpower, psychomotor disorders and secondary symptoms in the form of delusions and hallucinations. Hallucinations are the most common symptom in clients with mental disorders, around 70% (Harkomah, 2019).

According to data from the Basic Health Research (2018) the prevalence of households with ART with psychosis in Indonesia is 6.7 per 1000 households (Kemenkes, 2018). At Dr. H Marzoeqi Mahdi Mental Hospital in 2021, there were 982 patients with mental disorders. Based on data from the Dr. H. Marzoeqi Mahdi Mental Hospital Bogor in the Srikandi room in November - December 2023, data was obtained as many as 82 people with sensory perception disorders: hallucinations.

Hallucinations are an absorption of the five senses without any external stimuli, healthy people have accurate perceptions, are able to identify and interpret stimuli based on the information they receive through the five senses. The stimulus does not exist in hallucinatory patients (Gaol, 2022). One of the symptoms of mental disorders is that patients experience changes in sensory perception, feeling false sensations in the form of sound, sight, taste, touch and smell. Patients feel stimuli that are actually non-existent (Lase & Pardede, 2022).

The impact that can be caused by patients who experience hallucinations is a loss of self-control. Where the patient experiences panic and his behavior is controlled by his hallucinations. In this situation the patient can commit suicide, kill others, and even damage the environment. To minimize the impact caused, appropriate hallucination treatment is needed (Hawari, 2009 dalam Harkomah, 2019). Hallucinations can be overcome with pharmacological and nonpharmacological therapy, the administration of nonpharmacological therapy is a way of approaching patients with mental disorders that aims to change the behavior of patients with mental disorders who previously had maladaptive behavior to adaptive (Sutejo, 2017).

Guided imagery therapy is a therapy that done by inviting the patient to imagine things that are happy things in his life so that cause a sense of pleasure and a little forget the burden of thought felt (Andriyani, Pratiwi, & Mutya, 2019). Based on research conducted by Juliana and Enggar (2016), it is found that after the application of guided imagery therapy to mental disorder clients with hallucination nursing problems for 3 days, the results of the client are able to reduce symptoms, control hallucinations, the client is relatively calm, there is eye contact, the client is able to communicate well and can accelerate the healing process after the intervention. This purpose of this study was determine the influence guided imagery therapy for patients with sensory perception disorder: auditory hallucination.

MATERIALS AND METHODS

This study used a descriptive method with a case study approach. Respondents were taken as many as 2 with inclusion criteria including patients with auditory hallucinations, cooperative and willing to become respondents. The actions taken were guided imagery therapy 1x/day for a duration of 15

minutes for 3 days. Supporting data were obtained from interviews, observations, medical records and nursing care processes. Data management of the two respondents was carried out by means of a nursing process approach including assessment, nursing diagnosis, intervention, implementation, and evaluation. Nursing evaluation can be seen from changes in signs and symptoms of hallucinations.

RESULTS AND DISCUSSION

Case studies were conducted at the Dr. H. Marzoeki Mahdi Mental Hospital on January 22-24, 2024. The results of nursing care in both managed cases begin with assessment, formulating problems, determining nursing diagnoses, making nursing care plans, implementing and evaluating. The first respondent data is a 58-year-old woman and the second respondent is a 34-year-old woman.

Table 1: Comparison results before and after guided imagery therapy in patients with auditory hallucinations

| Signs and symptoms | Respondent 1 | | Respondent 2 | |
|---------------------------------|---|--|--|---|
| | Before | After | Before | After |
| Content of hallucinations | The patient said she heard a whispered male voice could not pick up today and heard his grandson's voice saying 'this is the food'. | The patient said that she recognised hallucinations, understood how to rebuke, and felt calmer after being given guided imagery therapy. | The patient said she heard a female voice saying 'your husband doesn't care anymore' and asking her to hit her husband, it was heard often when she was alone and disappeared when someone called her. | Patient said recognising hallucinations understands how to rebuke, calmer after being given guided imagery therapy. |
| Frequency | 2 times in 1 day | The patient said the whispering sound almost does not appear anymore | Frequently | Patient says they still hear the voice but occasionally |
| Feelings towards hallucinations | Pleasant | Patient said it was normal | The patient said she was annoyed by the whispering woman who told her to hit her husband. | Patient said she did not care about the whispering voice |
| Precipitating situation | When the patient is daydreaming and quiet | When alone | When the patient is alone | The patient says the voice appears When the patient is alone but not for long |
| Response to | Following | Patient silences | Silencing | Patient says |

| Signs and symptoms | Respondent 1 | | Respondent 2 | |
|--|--|--|--|--|
| | Before | After | Before | After |
| hallucinations | hallucination commands | hallucinations, covers ears | hallucinations | he/she ignores the voice, covers ears |
| Self-talk | Patient appears to be talking to herself | Patient does not exhibit self-talk behavior | - | - |
| Laughing to yourself | - | - | The patient appears to be laughing alone | Patient does not exhibit self-laughing behavior |
| Looking in a certain direction | The patient appears to be looking in a certain direction | Patient does not appear to be looking in a certain direction | The patient appears to be looking in a certain direction | Patient does not appear to be looking in a certain direction |
| Focus | Patient is unable to focus | Patient is able to focus when spoken to | Patient is unable to focus | Patient is able to focus when spoken to |
| Silence while enjoying the hallucination | Patient suddenly blocking during conversation | No blocking | Patient often blocks when spoken to | Blocking reduced |

Table 1 shows the comparison results before and after guided imagery therapy in patients with auditory hallucinations. Both respondents have different signs and symptoms of hallucinations. after therapy for 3 days shows a reduction in signs and symptoms experienced by patients.

Guided imagery therapy actions that have been carried out begin with building a trusting relationship, explaining procedures and goals. Then the patient is encouraged to find a comfortable position. Perform guidance by asking the patient to close their eyes, take a deep breath and focus on thinking about pleasant things or experiences for 15 minutes. then the patient is asked to open their eyes again. Record the things that the patient describes in the mind for use in the next exercise using the specific information provided by the patient and not making changes to the patient's statement.

The provision of guided imagery therapy is intended to control maladaptive behavior to become adaptive. Guided imagery is very effective in balancing the response to emotions and fear, worry, stress, anxiety and physical symptoms. in mental patients it will affect the thought process and can be overcome with relaxation therapy (Ajuan, 2022). Guided imagery therapy can train the mind to focus on the healing process, turn negative imagery into positive and reduce signs and symptoms. Positive imagery is believed to change stress responses from negative ones such as fear and anxiety to positive images such as healing and well-being (Snyder, 2016).

CONCLUSION

Guided imagery therapy performed for 1 time with a duration of 15 minutes for 3 days is able to reduce signs and symptoms in patients with auditory hallucinations. Nurses are expected to implement guided imagery therapy in patients with auditory hallucinations.

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Declaration of Interest Statement

The authors declare that they have no conflict of interests.

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