

**Original Article**

**The Effect Of Classical Music Therapy On The Level Of Depression Among Schizophrenia Patients In Soeprapto Mental Hospital, Bengkulu Province**

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**ABSTRACT**

*Background: Patients with mental disorders experience disturbances in mental function, which include emotions, thoughts, behavior, motivation, self-perception, and perception, which causes a decrease in all mental functions, especially interests, and motivations so that it interferes with a person in the process of living in society. One of the most common mental disorders is schizophrenia. This study aims to study the effect of classical music therapy on depression level in schizophrenic patients at the Soeprapto Mental Hospital, Bengkulu Province*

*Methods: The design in this study used a pre-experimental design. The design form of a pre-experimental study is "pre-test and post-test One Group Design". The population in this study were Schizophrenic patients who experienced depression. The sample used in this study was taken using a purposive sampling technique. This technique is a sampling technique with certain considerations, obtained as many as 25 patients. Data collection in this study used univariate and bivariate analysis using the normality test using the Shapiro Wilk test.*

*Results: The results obtained before providing classical music therapy treatment from 25 Schizophrenic patients had a very severe level of depression with a percentage of (100%) and the results after classical music therapy treatment showed that the level of schizophrenia patients who experienced depression after classical music therapy treatment was 7 patients. The result shows that have a moderate level of depression with a percentage of 28% and 18 patients have a level of severe depression with a percentage of 72%. Based on the results of the Paired sample t-test statistical test there is a significant relationship, the value of  $t = 20,953$  with  $p = 0.000 < 0.05$  means significant, so  $H_0$  is rejected and  $H_a$  is accepted, it can be concluded that there is an effect of using classical music therapy on the level of depression in schizophrenic patients. at RSKJ Soeprapto Bengkulu Province.*

*Conclusion: Based on the result of research there is an effect of using classical music therapy on the level of depression in schizophrenic patients. at RSKJ Soeprapto Bengkulu Province*

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## Background

A mental disorder is a mental dysfunction, which includes emotions, thoughts, behavior, motivation, self-awareness, and perception that cause a decrease in all mental functions, especially interests, and motivations so that they interfere with the process of living in society (Nasir & Muhith, 2011) One of the diagnoses of mental disorders that is often encountered is Schizophrenia (Keliat, 2011)

Mental disorders can happen to anyone and at any time. The results of the analysis of the WHO about 450 million people suffered from mental disorders including schizophrenia. Schizophrenia is the most dominant mental disorder compared to other mental disorders. One-third of people with mental disorders live in developing countries, 8 out of 10 people who suffered from schizophrenia do not get medical treatment. Symptoms of schizophrenia appearing at the age of 15-25 years are more common in men than in women (Ashturkar & Dixit, 2013).

People with schizophrenia will experience emotional disturbances that can be in the form of fear, anxiety, depression, and excessive excitement. Depression that occurs in schizophrenic patients will experience psychological conflicts which usually come from internal or external conflicts (Muhyi, 2010). Such as diathesis-stress model factors, biological factors, genetic factors, psychosocial factors (Kaplan, et al, 2010).

Based on basic health research (Riskesdas) in 2018, the prevalence of schizophrenia/psychosis in Indonesia was 6.7 per 1000 households. The prevalence distribution was highest in Balu and DI Yogyakarta with 11.1 and 10.4 per 1,000 households who have assistant suffering from schizophrenia/psychosis (Riskesdas, 2018)

Depression can affect all levels of society regardless of social, economic, and educational status, even according to WHO, depression is a serious problem because it is the fourth largest disease in the world. About 20% of women and 12% of men have experienced depression at some point in their lives. Disaster events are one of the risk factors that cause depressive disorders which are a process of loss. Depression is a mood disorder, a prolonged emotional condition that colors the entire mental process (thinking, feeling, activity) of a person which is characterized by negative thoughts about oneself, decreased mood, loss of interest or motivation, slow thoughts, and decreased activity. Such as diathesis-stress model factors, biological factors, genetic factors, psychosocial factors (Kaplan et al., 2010)

Music therapy is a form of therapy in the health sector that uses music and musical activities to overcome several problems in various aspects such as the physical, psychological, cognitive, and social needs of individuals with physical disabilities (Faridah, 2016).

The development of music always develops following the active development of society. The World Federation of Music Therapy defines music therapy as the professional use of music and its elements as an intervention in health, education, and the everyday environment with individuals, groups, families, or communities trying to optimize their quality of life and improve physical health. , social, communicative, emotional, intellectual, spiritual, and well-being conditions themselves (Edwards, 2016).

Music has components, namely tone, and rhythm that can have a psychological and physiological influence on the body. When a sound stimulus vibrates the eardrum will then be forwarded to the central nervous system, precisely in the

limbic system. The limbic system has a neurophysiological function related to emotions, feelings, and sensations. Precisely related to strong emotions such as sadness, pain, and joy as well as deep memories for someone (Amelia & Trisyani, 2015)

The formulation of the research problem is as follows: "How is the Effect of Classical Music Therapy on the Level of Depression among Schizophrenia Patients in Soeprapto Mental Hospital, Bengkulu Province?". The purpose of this study was to determine the effect of classical music therapy on the level of depression in schizophrenia patients in Soeprapto Mental Hospital, Bengkulu Province.

## Method

This type of research is pre-experimental. The design form of a pre-experimental study is a pre-test and post-test One Group Design. The population that will be used by the researcher is Schizophrenic patients who experience depression. The sample to be used in this study was taken using the purposive sampling technique. Collecting data using observation, tests, measurements, and documentation. The data analysis technique used data normality test, univariate analysis, and bivariate analysis with statistical tests used paired sample T-test, and if the data were not normally distributed, the Wilcoxon rank test was performed.

## Results

### 1. Data Normality Test

The normality test aims to determine whether the data used in this study are normally distributed or not so that it can be seen whether the data being tested does not deviate from the expected frequency.

The normality test in this study used the Shapiro Wilk method. The normality

test in each group was carried out using the SPSS 21 program with a significance level of 5% or 0.05. If the significance value  $> 0.05$  or  $p > 0.05$ , it can be said that the data is normally distributed, otherwise, if the significant value is  $< 0.05$  or  $p < 0.05$ , it means that the data is not normally distributed. The following shows the results of the normality test data presented in tabular form as follows:

Table 1. Tests of Normality

	Shapiro-Wilk		
	Statistic	Df	Sig.
Before	.941	25	.156
After	.945	25	.189

Based on the results of the normality test of the data using the Shapiro-Wilk test, the sig value was obtained. (p) = 0.156 for the level of depression before giving music therapy treatment and the value of sig. (p-value) = 0.189 for the level of depression after classical music therapy treatment, because both groups with sig. (p-value)  $> 0.05$ , it can be concluded that the data is normally distributed so that it meets the requirements for the Paired Sample t-Test statistical test.

### 2. Bivariate Analysis

Table 2. Paired Samples Statistics

	Before	After
N		
Valid	25	25
Missing	0	0
Mean	32.96	23.12
Median	33.00	23.00
Std. Deviation	2.071	1.691
Minimum	30	19
Maximum	37	27

Based on table. 2 shows that from 25 samples obtained the mean (average) level

of depression before giving music therapy treatment of 32.96 with a minimum value of 30 and a maximum of 37 and after giving music therapy treatment of 23.12 with a minimum value of 19 and a maximum is 27. The median value (mean value) of depression level before giving music therapy treatment is 33.00 and after giving music therapy treatment is 23.00 and the value of Std. The deviation level of depression before giving music therapy treatment is 2,071 and after giving music therapy treatment is 1,691.

### 3. Bivariate Analysis

Analysis of the data used to answer the hypothesis proposed in this study, namely the presence or absence of the influence of the use of classical music therapy on the level of depression in schizophrenia patients RSKJ Soeprapto Bengkulu Province, then a t-test was performed. The test used is using the Paired simple t-test because the data in this study are normally distributed.

Table 3. Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Before	32.96	25	2.071	.414
	After	23.12	25	1.691	.338

Based on table 3 above shows that from 25 samples, the mean (average) level of depression before classical music therapy treatment was 32.96, and after classical music therapy treatment was 23.12 with an Std value. The deviation level of depression before classical music therapy treatment was 2,071 and after classical music therapy treatment was 1,691.

Table 4. Paired Samples Test

		Paired Differences				t	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error	95% Confidence Interval of the Difference				
		n	n	Mean	Lower	Upper			
Pair 1	Sebelum - Setelah	25	25	9.840	8.852	10.828	20.566	2	.000

Based on the results of the Paired sample t-test statistical test above, the value of  $t = 20,953$  with  $p = 0.000 < 0.05$  means significant, so  $H_0$  is rejected and  $H_a$  is accepted, it can be concluded that there is an effect of using classical music therapy on the level of depression in Schizophrenic patients in RSKJ Soeprapto Bengkulu Province.

### Discussions

Based on the results of the study, it was found that before providing classical music therapy treatment, 25 Schizophrenic patients had a very severe depression level of (100%). The level of depression of schizophrenia patients at RSKJ Soeprapto Bengkulu Province is very clear. Researchers prove the depression felt by Schizophrenic patients.

According to Novitayani (2017), depression is caused by a combination of several variables that cause schizophrenia, including genetic factors, biochemical, physiological disorders, and stress/psychosocial problems. A person experiencing schizophrenia is a combination of physical, genetic, psychological, and environmental problems/diseases. The exact cause of schizophrenia is not yet known. However,



Schizophrenia can be experienced by a person due to multiple factors (Novitayani, 2017).

The level of schizophrenic patients who experienced depression after providing classical music therapy treatment was obtained from 25 schizophrenic patients, 7 patients had moderate levels of depression with a percentage of 28% and 18 patients had a level of severe depression with a percentage of 72%.

The level of depression after giving music therapy treatment is the final condition in which patients who experience depression of various levels depression. The results showed that the level of depression decreased after classical music therapy was given. This is evidenced by the decrease in the average level of depression after being given classical music therapy treatment, thereby indicating that the symptoms of depression experienced by schizophrenic patients at RSKJ Soeprapto Bengkulu Province have decreased.

According to Faridah (2016), music therapy is a form of therapy in the health sector that uses music and musical activities to overcome several problems in various aspects such as the physical, psychological, cognitive, and social needs of individuals with physical disabilities (Faridah, 2016). Classical music is a tone or sound arranged in such a way that it contains rhythm, song, and harmony which is a high-value ancient literary work. Classical music has a diverse set of music so that it includes a wide variety of loud and colorful sounds, in other words, the variety of sounds in classical music is much richer than the variations in the sound of other types of music.

Based on the results of the study obtained from 25 schizophrenia patients who experienced depression at Soeprapto Mental Hospital Bengkulu Province after providing classical music therapy treatment 18 patients experienced a decrease in the

level of depression from very severe to severe with a percentage of 72%, and 7 patients experienced a decrease in the level of depression. from very severe to moderate depression with a percentage of 28%. This study showed that patients after being given classical music therapy treatment decreased, this was due to the success of providing classical music therapy treatment to schizophrenic patients who experienced depression so that patients became more comfortable and relaxed, in this therapy music is an active facilitator to make someone's situation better. become comfortable and relaxed so that the sympathetic nervous system will work more dominantly. Endorphins are hormones produced by the pituitary gland and the human central nervous system. Endorphins are natural pain killers produced by the brain, these hormones can also cause feelings of pleasure or euphoria. Increasing the number of endorphins will reduce the bad effects of stress and pain, release sex hormones, increase appetite, and increase the body's immune response (Yusuf et al., 2015).

In addition, music therapy is also a process that combines aspects of healing with conditions and situations, physical/body, emotional, mental, spiritual, cognitive, and one's social needs. Music can also increase the body's immunity, the atmosphere caused by music will affect the human hormone system. If we listen to good/positive music, the hormones that increase the body's immunity will also be produced. One of the benefits of music as therapy is self-mastery, namely the ability to control oneself (Ubrangala et al., 2015).

The results of the Paired sample t-test showed that there was an effect of classical music therapy on the level of depression in Schizophrenic patients at the Soeprapto Mental Hospital, Bengkulu Province. The results of this study prove that the use of

classical music therapy is very beneficial in reducing the level of depression in schizophrenic patients.

The results of this study are in line with research conducted by Irna Kartina, et al, (2020), who examined the effect of dangdut music therapy on depression in people with schizophrenia at RSJD Dr. Arif Zainudin Surakarta, it was found that there was an effect of using dangdut music therapy on depression in Dr. RSJD. Arif Zainudin Surakarta.

Another study conducted by [Dastgheib et al \(2014\)](#) entitled "the effects of Mozart's music on interictal activity in epileptic patients: systematic review and meta-analysis of the literature", shows that by listening to Mozart's classical music, especially the sonata for two pianos in D Major, K 2448 can provide a therapeutic effect for patients suffering from epilepsy. According to Stuart (2012), music therapy in the form of sound received by the auditory nerve is converted into vibration which proves that there is a decrease in anxiety levels in the intervention group after being given music therapy and then channeled to the brain through the limbic system (Ji et al., 2015; Gail W Stuart, 2006; Gail Wiscarz Stuart, 2014). In the limbic system (amigala) and then channeled to the brain through the limbic system provides a stimulus to the autonomic nervous system which is closely related to the endocrine system which can reduce hormones related to stress, depression, and anxiety then the stimulus activates endorphins to help increase relaxation in the body. one's body. All types of music can be used as music therapy, such as relaxation songs, popular songs, and classical music ([Nurrahmani. \(2012\)](#)).

Based on several expert opinions and the results of the research above, there is an effect of the use of music therapy on the level of depression in schizophrenia

patients at RSKJ Soeprapto Bengkulu Province. Researchers try to fulfill all the conditions required in conducting research, but that does not mean this research is not without weaknesses and limitations, while the limitations in this study include: Lack of comfort and tranquility received by patients when providing classical music therapy treatment, such as interference from patients other factors such as ridicule and ridicule of patients who are receiving treatment, researchers cannot control other factors that affect the results of treatment such as physical condition, health, nutritional intake, rest periods and other activities carried out by patients outside the process of providing classical music treatment.

## Conclusions

Based on the results of this study, there is an effect of classical music therapy on the level of depression among schizophrenia patients in Soeprapto Mental Hospital, Bengkulu Province. It is hoped that the results of this study can be one of the psychotherapy actions carried out by health workers, especially nurses in Soeprapto Mental Hospital (RSKJ) Bengkulu Province in reducing the level of depression, and this research is also an effort made by the community to prevent depression.

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