

## Conference Paper

# The Effectiveness of Drawing Occupation Therapy on the Ability to Control Hallucinations in Schizophrenia: Literature Review

Masdum Ibrahim<sup>1</sup> and Samiaji<sup>2</sup><sup>1</sup>Lecture STIKep PPNI Jawa Barat, Bandung- Indonesia<sup>2</sup>Student Vocational Nursing Educational Program STIKep PPNI Jawa Barat**ORCID:**Masdum Ibrahim: <https://orcid.org/0000-0002-3789-6061>**Abstract**

Hallucinations are a symptom of mental disorders during which the patient can experience changes in, or receive false messages from, sensory perceptions. Nursing approaches for patients suffering hallucinations are focused on physical, intellectual, emotional and socio-spiritual aspects. One of the therapeutic modalities in the management of schizophrenic patients with hallucinations is occupational therapy, such as drawing activities. The drawing activity aims to minimize the patient's interaction with their own world; release thoughts, feelings, or emotions that have been affecting the behavior; provide motivation and entertainment; and distract the patient from the hallucinations experienced. The purpose of this study was to summarize the results of studies which explain that occupational drawing therapy can control hallucinations in schizophrenic patients. The research method used is literature review from the search results conducted through Google Scholar. 29 articles were obtained with a combination of the key words including 'Occupational Therapy', 'Drawing' and 'Hallucination' Then the researchers conducted a screening by focusing according to the topic of discussion, so that only 3 articles were obtained that met all the search criteria. The results showed that occupational therapy was effective in controlling hallucinations in schizophrenic patients. It is expected to be a reference in the provision of therapeutic modalities and further research development.

**Keywords:** Schizophrenia, Hallucinations, Occupational Drawing Therapy

Corresponding Author:

Masdum Ibrahim

masdumibrahim@gmail.com

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## 1. Introduction

The World Health Organization (WHO) states that mental health is not only without mental disorders, but contains various positive characteristics that illustrate the harmony and balance of the psyche that reflect the maturity of the personality. Mental health problems that occur in the era of modernization, globalization and free competition tend to increase in number. The prevalence of mental health problems is currently

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quite high, 25% of the world's population has suffered from mental health problems, 1% of them are serious mental disorders, the potential for someone to suffer from mental disorders is very high, every 450 million people around the world are affected by mental, neurological or mental problems, behavior [1]

One of the symptoms of schizophrenia is hallucinations. Hallucinations are one of the symptoms of mental disorders in which the client experiences changes in sensory perception, feels a false sensation in the form of sound, sight, taste, change or smell. The client feels a stimulus that is not there [2]. Responses to hallucinations can include suspicion, fear, feelings of insecurity, anxiety, and confusion, self-destructive behavior, lack of attention, inability to make decisions and being unable to distinguish between real and unreal situations. Schizophrenic patients experience hallucinations due to the patient's inability to deal with stressors and the lack of ability to recognize and control hallucinations that cause symptoms.

Hallucination sufferers will find it difficult to distinguish between stimuli arising from internal sources such as thoughts, feelings, somatic sensations with impulses and external stimuli. The impact that can be caused by patients who experience hallucinations is to lose control of themselves. The patient panics and his behavior is controlled by his hallucinations. In this situation the patient can commit suicide, kill others (homicide), and even damage the environment [3]

Nursing interventions in patients with hallucinations are focused on physical, intellectual, emotional and socio-spiritual aspects. One of the management of schizophrenia patients with hallucinations is occupational therapy, drawing activities. According to The British Association of Art Therapists defines art therapy as a form of psychotherapy that uses art media as the main way of expression and communication. Art therapy or drawing therapy has been widely used in the medical environment, one of which is for the treatment of mental disorders such as hallucinations [8] Through this therapy, patients can release emotions, express themselves through non-verbal means and build communication. The drawing activity that is carried out aims to minimize the patient's interaction with his own world, release thoughts, feelings, or emotions that have so far influenced behavior that has so far influenced unconscious behavior, provide motivation and provide joy, entertainment, and distract patients from the hallucinations experienced so that the patient's mind is not focused on the hallucinations [4]

In a study written by I Wayan Candra (2010) [5] about occupational therapy, drawing activities on changes in hallucinations in schizophrenic patients carried out at the Mental Hospital of Bali Province at 30 responses, the results obtained before drawing therapy were most in the moderate category, namely 15 people (50%), and after being given

drawing therapy almost 70% was sufficient to control the hallucinations. Besides doing drawing therapy, schizophrenia patients have increased to control hallucinations. Thus it can be concluded that drawing therapy has a significant effect on the ability to control hallucinations.

## 2. Methods and Equipments

### 2.1. Method

This study is a systematic review of the existing literature to evaluate the subjective response of patients after the application of occupational therapy drawing on altered hallucinations.

### 2.2. Equipment

The search strategy aims to find articles that have been published. A search was conducted via Google Scholar for a journal search on occupational therapy drawing. The key word used is a combination of occupational drawing therapy and hallucinations. The search focused on journals exploring the effectiveness of occupational therapy drawing on hallucinated patients, which were published at least from 2010 to March 2020. The inclusion criteria for search were studies conducted on patients with hallucinations, intervention with occupational drawing therapy, Indonesian language journals, free journals and full text with the outcome controlling for hallucinations.

## 3. Result

From the search results conducted through Google Scholar), as many as 29 journals were obtained with a combination of the keywords Occupational Therapy, Drawing and Hallucinations, journals published in approximately 2010. Then the researchers conducted a screening by focusing according to the topic of discussion as 13 number of journals filtered than 16 number of journals that are excluded. The eligibility 9 number of journal reviewed with 5 journals incomplete text adn not hallucinating and number of appropriate 3 journals. namely in research (I Wayan Candra, Ni Kadek Rikayanti, I Ketut Sudiantara) [5] in 2018 there were 2 journals in research (Furyanti, Diah Sukaesti) [6] and (Sari, et al) [7]

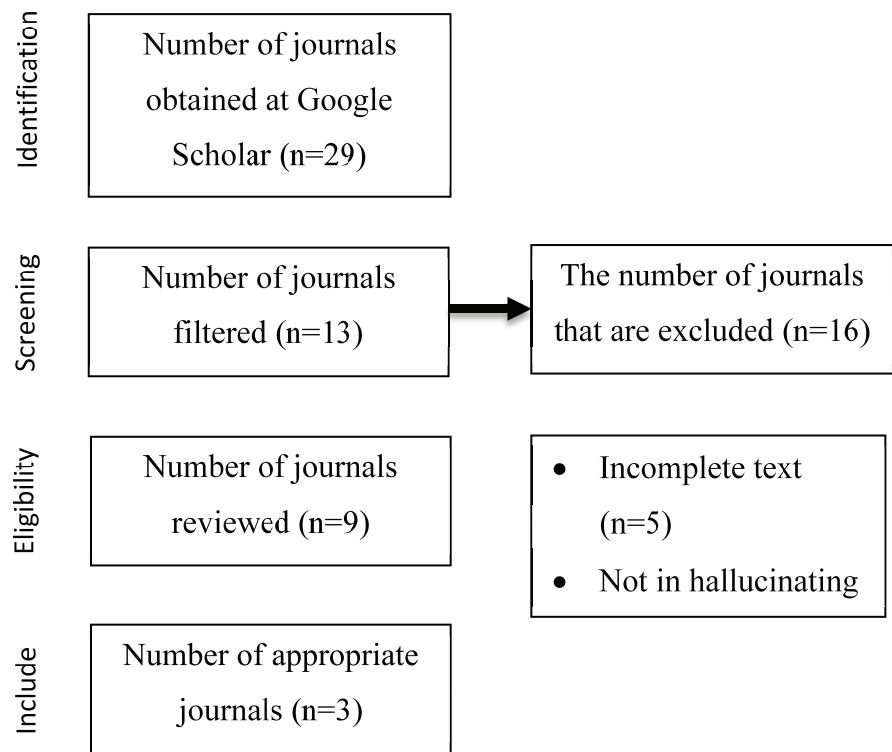


Figure 1: Literature Search Diagram

As much 3 journals [5] [6, 7] that discuss occupational therapy drawing on changes in hallucinations. Occupational therapy, drawing activity on changes in hallucinations in schizophrenic patients with a sample size of 30 people, showed that the hallucination symptoms experienced by schizophrenic patients before being given occupational therapy, drawing the most activity in the moderate category, namely 15 people (50%), and after give okupais drawing therapy, the most data is in the light category, namely 21 people (70%). There is a decrease in hallucinations in schizophrenic patients who experience hallucinations after being given occupational therapy because the patient is able to perform activities well at the time of therapy. This condition affects the patient to stay focused and enjoy the activities given to follow the therapy process so that hallucinations can be diverted.

Study population and the sample were patients with hallucinations at RSJ Dr. Soeharto Heerdjan West Jakarta. The results of the Paired Sample T-Test hypothesis test got a p-value of 0.004 which is less than the critical research limit of 0.05, so that means there is an effect of free painting art therapy. [6] This is because free painting art therapy is a form of communication from the subconscious, based on the visualization or the symbols that appear, there will be an image which is a symbol of the patient's unconscious expression and brings change to the patient's mental health and art therapy is called a

symbol Speech through painting therapy has improvements in cognitive, affective and psychomotor aspects [8]

The study with a total sample size of 10 respondents in the Srikandi room Dr. Arief Zainudin Surakarta. Respondents were taken using purposive random sampling technique, the results showed that the value of  $p = 0.000 (<0.05)$ , which means that art therapy drawing is effective in reducing negative and positive symptoms in schizophrenic patients. [7] This is because with drawing activities respondents can tell stories, express thoughts, feelings and emotions that are usually difficult to express, so that drawing activities can provide motivation, entertainment and joy which can reduce feelings of anxiety. Anger or emotional and corrects chaotic thoughts and increases motor activity. As stated by [10] that the benefits of drawing therapy are as a means of releasing emotions (catharsis) where this is the release of painful and disturbing experiences.

## 4. Discussion

The results of the literature review of these 3 articles indicate that occupational therapy is effective against hallucinatory changes in schizophrenic patients. The results of [5] study showed that before the hallucination symptom therapy was carried out the most respondents were in the moderate category, namely 15 people (50%) and after being given occupational therapy, they drew the frequency distribution of hallucination symptoms experienced by schizophrenia patients, the most in the mild category, namely 21 people (70%). The results of this study are also the same as [6] study conducted on a patient population with hallucinations, occupational therapy techniques are able to influence hallucination changes in schizophrenic patients, the results of the Paired Sample T-Test hypothesis test show that the  $p$ -value  $< \alpha$ , namely  $0.004 < 0.05$

The effectiveness of this drawing occupational therapy is better done in groups so that patients stay focused and enjoy the activities given to follow their group of friends so that hallucinations can be diverted. This is in accordance with [11] that one of them is the role of the group as an encourager which functions as a positive influence on other group members.

Occupational drawing therapy has a significant effect on hallucinatory symptoms and occupational drawing therapy is appropriate if given to schizophrenic patients who experience hallucinations. This drawing occupational therapy technique can be applied as one of the non-pharmacological therapies that nurses can provide, because this therapy only costs a small amount of money, a therapy that is easy for respondents to do either in the hospital or when they return home. Giving occupational drawing

therapy regularly and scheduled in the daily activities of schizophrenic patients who experience hallucinations makes it less likely to focus on the hallucinations experienced so that hallucination symptoms can be reduced and controlled. In its implementation, this drawing occupational therapy uses the media of pencil drawing books, color pens and erasers.

## 5. Conclusion

Occupational drawing therapy has a significant effect on hallucinatory symptoms and occupational drawing therapy is appropriate if given to schizophrenic patients who experience hallucinations. This drawing occupational therapy technique can be applied as one of the non-pharmacological therapies that nurses can provide, because this therapy only costs a small amount of money, a therapy that is easy for respondents to do either in the hospital or when they return home. Giving occupational drawing therapy regularly and scheduled in the daily activities of schizophrenic patients who experience hallucinations makes it less likely to focus on the hallucinations experienced so that hallucination symptoms can be reduced and controlled. In its implementation, this drawing occupational therapy uses the media of pencil drawing books, color pens and erasers. It is hoped that the results of this literature review can be applied in providing nursing care to schizophrenic patients and become a reference for further research.

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