

# Application of Mozart Classical Music Therapy to Reduce Auditory Hallucinations in Mentally Ill Patients in the Larasati Room of Dr. Arif Zainuddin Surakarta

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**Abstract.** *Auditory hallucinations are one of the most common positive symptoms experienced by patients with mental disorders and can disrupt psychological and social functioning, as well as their quality of life. Treatment of auditory hallucinations is generally through pharmacological therapy, but non-pharmacological interventions are needed as complementary therapies to improve the holistic success of treatment. One such non-pharmacological intervention is Mozart's classical music therapy. This study aims to determine the effectiveness of Mozart's classical music therapy in reducing auditory hallucinations in patients with mental disorders in the Larasati Ward of Dr. Arif Zainuddin Hospital, Surakarta. This study used a case study design with a nursing care approach. The subjects were two patients with mental disorders experiencing auditory hallucinations, selected purposively according to inclusion and exclusion criteria. The Mozart classical music therapy intervention was administered for approximately 15–20 minutes, three times a week for one month. Data were collected through a nursing assessment using interviews and observations, which included subjective and objective data before and after the intervention. Data analysis was conducted descriptively by comparing the patients' conditions before and after the intervention. The study showed a reduction in auditory hallucination symptoms after Mozart classical music therapy. Subjectively, patients reported a reduction in the number of voices or whispers they heard. Objectively, patients appeared calmer, more relaxed, more cooperative, decreased the frequency of self-talk, and were able to focus during therapy. The conclusion of this study is that Mozart classical music therapy is effective as a non-pharmacological nursing intervention in reducing auditory hallucinations in patients with mental disorders and can be recommended as a supportive therapy in psychiatric nursing care.*

**Keywords:** *Mozart Music Therapy, Auditory Hallucinations, Mental Disorders, Psychiatric Nursing, Non-Pharmacological Therapy*

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## INTRODUCTION

Mental disorders remain a significant health problem in various countries, including Indonesia, due to their direct impact on an individual's psychological and social functioning and

quality of life (Marbun & Santoso, 2021). Severe mental disorders, such as schizophrenia and other psychotic disorders, are characterized by impaired perception, thought processes, and deviant behavior (Pratiwi et al., 2023). One of the most common positive symptoms in patients with mental disorders is auditory hallucinations (Bahren et al., 2020). Auditory hallucinations can cause patients to hear voices that are not real, disrupting concentration, reducing the ability to function socially, and increasing the risk of dangerous behavior, both toward themselves and others (Ministry of Health of the Republic of Indonesia, 2021).

Globally, the World Health Organization (WHO) reports that schizophrenia and severe psychotic disorders affect millions of people worldwide, with a prevalence ranging from 0.3–1% of the population. In Indonesia, according to data from the Ministry of Health of the Republic of Indonesia, severe mental disorders remain a public health problem that requires serious attention, particularly in hospital mental health services. Most patients with severe mental disorders experience auditory hallucinations, with reported incidence rates reaching over 60–80% in schizophrenia patients. This condition contributes to increased length of hospital stay, relapses, and a reduced quality of life.

Treatment of auditory hallucinations is generally carried out through pharmacological therapy using antipsychotic medications (Bergmann et al., 2021). Although this therapy is effective in controlling psychotic symptoms, long-term medication use is often accompanied by side effects and may not fully address the psychological and emotional aspects of patients (Muthmainnah & Amris, 2024). Therefore, non-pharmacological interventions are needed as complementary therapies that are safe, easy to implement, and can support the success of holistic care (Luthfiah & Widodo, 2024). One non-pharmacological intervention recommended in psychiatric nursing practice is music therapy (Madepan et al., 2021).

Music therapy is a therapeutic intervention that uses music in a structured manner to help individuals improve their mental, emotional, and social health (Ministry of Health, 2024). The WHO recognizes that arts-based approaches, including music, can contribute to improved mental health and psychological well-being when applied as a supportive therapy (Williams & Sidis, 2025). Music can influence the central nervous system, promote relaxation, reduce anxiety, and distract patients from disturbing internal stimuli, including auditory hallucinations (Utami et al., 2024).

Specifically, Mozart's classical music therapy was chosen due to its characteristics of regular tempo, balanced harmony, and stable melodic structure (Lestari et al., 2022). Mozart's classical music is known to have a relaxing effect, increase focus, and stimulate brain activity related to emotional regulation and attention (Yuliana et al., 2020). Several studies have shown that Mozart's music can help reduce stress levels, anxiety, and perceptual disturbances in patients with mental disorders (Artini et al., 2022). Previous research has reported that Mozart's classical music therapy can reduce the frequency and intensity of auditory hallucinations in schizophrenia patients and help them become calmer and more cooperative during treatment. Furthermore, this therapy has been shown to be easy to implement and has no side effects (Febrianasari et al., 2025).

Based on preliminary observations by researchers in the Larasati Ward of Dr. Arif Zainuddin Surakarta, mental health patients with auditory hallucinations still experienced difficulty controlling their responses to sounds despite receiving regular pharmacological therapy. Patients appeared to talk to themselves, were restless, had difficulty concentrating, and experienced sleep disturbances. Furthermore, non-pharmacological interventions such as music therapy had not been structured as part of the psychiatric nursing care in the ward. This situation prompted researchers to examine the application of Mozart's classical music therapy as an alternative supportive intervention to reduce auditory hallucinations.

This study has the advantage of using Mozart's classical music therapy as a simple, safe, and easily implemented non-pharmacological intervention by nurses in the psychiatric ward. Furthermore, this study was conducted directly in a hospital clinical setting, so the results are

expected to have practical benefits and can serve as a basis for developing psychiatric nursing interventions based on complementary therapies. Therefore, this study is expected to provide a scientific contribution while improving the quality of nursing care in reducing auditory hallucinations in mental health patients

## **METHODS**

### **Research Design**

This study employed a case study design with a nursing care approach. The aim was to describe the application of Mozart classical music therapy to reduce auditory hallucinations in patients with mental illness. The case study design was chosen to obtain an in-depth understanding of patient responses to non-pharmacological interventions provided directly in psychiatric nursing practice.

### **Research Sample**

The subjects were patients with mental illness experiencing auditory hallucinations and being treated in the Larasati Ward of Dr. Arif Zainuddin Surakarta. Subjects were selected purposively. The inclusion criteria for this study were patients diagnosed with a mental illness experiencing auditory hallucinations and undergoing inpatient treatment at the Larasati Ward of Dr. Arif Zainuddin Surakarta. Patients were conscious, cooperative, able to communicate verbally, and willing to participate in the entire Mozart classical music therapy session during the study period. Exclusion criteria included patients with hearing impairment, patients with severe agitation or aggressive behavior that precluded therapy, patients with a decreased level of consciousness, and patients who refused or were unable to complete the Mozart classical music therapy sessions.

### **Research Location and Time**

This research was conducted in the Larasati Ward of Dr. Arif Zainuddin Surakarta during inpatient care, with the timing adjusted to the patient's condition and schedule. The study period was between October and November 2025.

### **Data Collection Techniques**

Data collection was conducted through nursing assessments, including interviews, direct observation of patient behavior, and monitoring of patient responses before, during, and after Mozart classical music therapy. The assessment focused on signs and symptoms of auditory hallucinations, such as the frequency of hallucinations, the patient's emotional response, concentration level, and verbal behavior.

### **Intervention Procedure**

The medium used in this study was a small audio player used to play Mozart classical music to the patient. The music was played at a comfortable volume and did not disturb the surrounding environment. The nursing intervention provided was Mozart classical music therapy, implemented in a structured manner three times a week over a one-month period, with the following steps (Nursifah et al., 2025); (1) Explain the purpose and benefits of music therapy to the patient; (2) Create a calm environment with minimal distractions; (3) Ask the patient to sit or lie down in a comfortable position; (4) Play Mozart classical music for approximately 15–20 minutes; (5) Encourage the patient to focus on the music being played; (6) Observe the patient's response during and after therapy, including changes in behavior, emotional expression, and signs of a decrease in auditory hallucinations.

### **Data Analysis**

Data analysis was conducted descriptively, based on subjective data (DS) and objective data (DO). Subjective data (DS) were obtained from patient statements regarding experiences of hearing voices, the frequency of hallucinations, and feelings experienced by the patient. Objective data (ODA) was obtained from nurses' observations of patient behavior, such as self-talk, facial

expressions, anxiety levels, concentration, and eye contact. Analysis was conducted by comparing the patients' conditions before and after Mozart classical music therapy to determine changes in auditory hallucination levels.

### Research Ethics

This study adheres to ethical principles of nursing research, including patient consent, confidentiality of research subjects, and respect for patient rights and comfort during the intervention process.

### RESULTS AND DISCUSSION

The results of this case study are presented based on subjective and objective data obtained before and after the implementation of Mozart classical music therapy. Subjective data were collected from patients' statements regarding their auditory hallucination experiences, while objective data were obtained through direct observation of patients' behavior during nursing assessment and therapy sessions. The comparison between pre- and post-intervention conditions was used to identify changes in the level of auditory hallucinations after the therapy was provided.

Table 1. Subjective and Objective Data on the Level of Auditory Hallucinations in Patients Before and After Implementing Mozart Classical Music Therapy.

Initials	Age	Before		After	
		Subjective	Objective	Subjective	Objective
Ny. S	35 years	The patient reported frequently hearing voices that others couldn't hear, particularly when alone, and that the voices made it difficult for him to sleep.	The patient appears to be talking to himself, is easily distracted, appears anxious and restless, and has poor eye contact.	Patients reported hearing voices decreased during and after listening to Mozart's classical music.	The patient appeared calmer, talked less frequently, and was able to focus on the music during therapy.
Ny. R	47 years	The patient reported hearing whispering voices that recurred without any real stimulus.	The patient appears to be daydreaming, smiles to himself, sometimes talks to himself, is easily distracted, and appears tense when hallucinations occur.	Patients reported hearing whispers decreased after classical music therapy.	The patient appeared more relaxed, more cooperative, and did not appear to daydream during therapy.

Based on the Subjective and Objective Data Table on the Level of Auditory Hallucinations in Patients Before and After Mozart Classical Music Therapy, changes in the patients' conditions were observed after the Mozart classical music therapy intervention.

Before the intervention, both patients reported subjective complaints of hearing voices or whispers without any real stimulus. Mrs. S reported frequently hearing voices, particularly when alone, which disrupted her sleep, while Mrs. R complained of recurring whispers. Objective data showed both patients talking to themselves, easily distracted, and exhibiting signs of anxiety such as restlessness, tension, daydreaming, and lack of eye contact.

After Mozart classical music therapy, there was a decrease in auditory hallucination symptoms, as evident from both subjective and objective data. Subjectively, both patients reported hearing voices or whispers less after listening to classical music. Objectively, the patients appeared calmer and more relaxed, with less frequent self-talk, more cooperative behavior, and better ability to focus during therapy. Furthermore, daydreaming behavior was absent during the therapy sessions. These results indicate that Mozart classical music therapy had a positive impact on reducing auditory hallucinations, both in terms of patient perception and behavior, as directly observed by nurses.

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After receiving Mozart classical music therapy, there was a decrease in auditory hallucination symptoms, as evidenced by both subjective and objective data. Subjectively, both patients reported hearing voices or whispers less after listening to classical music. Objectively, the patients appeared calmer and more relaxed, with less frequent self-talk, more cooperative behavior, and better ability to focus during therapy. Furthermore, daydreaming behavior was absent during therapy sessions. These results show that Mozart's classical music therapy has a positive impact on reducing the level of auditory hallucinations, both from the aspect of patient perception and behavior that can be directly observed by nurses.

### **Overview of the Patient's Auditory Hallucination Level Before Mozart Classical Music Therapy Intervention**

Based on the results of the pre-intervention assessment, the patient exhibited quite clear symptoms of auditory hallucinations, both subjectively and objectively. The patient complained of hearing voices or whispers without any real stimulus, which occurred repeatedly and were difficult to control. This condition aligns with the main characteristics of auditory hallucinations in patients with mental disorders, particularly psychotic disorders. The hallucinations experienced by the patient occurred primarily when the patient was alone or inactive (Firdaus et al., 2023). These situations can increase the patient's internal focus on irrational stimuli. As a result, the patient becomes more susceptible to perceptual distortions (Herlina et al., 2024).

Objectively, the patient exhibited behaviors such as talking to himself, daydreaming, smiling for no apparent reason, and difficulty maintaining concentration. These signs indicate that the patient was responding to internal stimuli that were unobservable to others. Furthermore, the patient appeared anxious, tense, and restless when the hallucinations occurred. The anxiety that accompanies hallucinations can exacerbate the intensity and frequency of the hallucinations themselves (Amin et al., 2025). Lack of eye contact and easily distracted attention also indicate impaired thought processes and focus. These conditions have the potential to impede social functioning and the patient's ability to carry out daily activities (Sucipto et al., 2024).

Several factors are suspected to play a role in the emergence and persistence of auditory hallucinations in patients before intervention. These factors include neurotransmitter imbalance, psychological stress, lack of adaptive coping mechanisms, and a lack of positive environmental stimuli (Sucipto et al., 2024). When patients lack structured activities, thoughts tend to focus on negative internal stimuli (Davey & Harrison, 2022). Furthermore, anxiety and sleep disturbances can worsen control over hallucinations (Firdaus et al., 2023). This aligns with psychiatric nursing theory, which states that stress and anxiety are key triggers for the recurrence of psychotic symptoms (Gkintoni et al., 2025). Therefore, non-pharmacological interventions that can provide relaxation and positive distraction are necessary.

The findings prior to this intervention align with previous research, which found that patients with auditory hallucinations often exhibit self-talk, daydreaming, and impaired concentration (Firdaus et al., 2023). Previous research also suggests that hallucinations tend to increase when patients are passive or isolated (Agustina & Rafiyah, 2023). Another study confirmed that anxiety and a lack of meaningful activity can increase the intensity of hallucinations (Smale et al., 2022). Therefore, the patient's condition prior to intervention demonstrates the need for a therapeutic approach that focuses not only on pharmacology but also on psychosocial interventions. This approach aims to reduce symptoms and increase the patient's self-control.

### **The Effect of Mozart Classical Music Therapy on Reducing Auditory Hallucinations**

After receiving Mozart classical music therapy, positive changes occurred in the patient's condition, both subjectively and objectively. The patient stated that previously frequent voices or whispers decreased during and after listening to the music. This reduction in complaints indicates that music therapy can provide a distraction effect from negative internal stimuli. Mozart's classical music has a stable tempo and harmony, creating a sense of comfort and calm (Artini et al., 2022). This state of relaxation helps the patient shift attention from hallucinations to real external stimuli. Thus, the patient's perception becomes more focused and controlled.

Objectively, the patient appeared calmer and more relaxed, and no longer exhibited daydreaming or self-talk during the therapy. The patient also appeared more cooperative and able to focus on the activity of listening to the music. These behavioral changes indicate an increased ability to control the patient's response to hallucinations. Music therapy works by reducing levels of anxiety and emotional tension that previously triggered hallucinations (Lestari et al., 2022). Furthermore, music can influence the limbic system, which plays a role in emotional regulation. This effect contributes to greater emotional stability in patients (van Essen et al., 2025). The effectiveness of Mozart's classical music therapy is influenced by several contributing factors. These factors include the appropriate type of music, a conducive environment, and the patient's readiness and receptivity to therapy (Nursifah et al., 2025). Mozart's classical music is known to have a regular rhythmic structure and frequency that can stimulate alpha brain waves (Artini et al., 2022). These waves are associated with optimal relaxation and focus. Furthermore, therapy is conducted in a calm environment, maximizing the music's therapeutic effects. This combination of factors contributes to a reduction in the intensity of auditory hallucinations (Giannouli et al., 2024).

The results of this study align with previous research that has shown music therapy to be effective in reducing auditory hallucination symptoms. Several studies have reported that patients receiving music therapy exhibited a reduction in the frequency of hallucinations and increased self-control (Artini et al., 2022). Other research also indicates that classical music, particularly Mozart's works, can reduce anxiety and improve concentration in patients with mental disorders (Nursifah et al., 2025). Furthermore, music therapy is considered easy to implement, safe, and free from side effects. Therefore, Mozart's classical music therapy can be used as an effective non-pharmacological nursing intervention. Mozart's classical music therapy has been shown to have a positive impact on reducing auditory hallucinations in patients with mental disorders. This intervention not only helps reduce subjective complaints but also improves objectively observable behavior. These results support the role of nurses in implementing complementary interventions as part of holistic psychiatric nursing care (Sucipto et al., 2024). Music therapy can be used as a complement to pharmacological therapy to improve patients' quality of life. Therefore, the application of Mozart's classical music therapy is worthy of consideration as a routine intervention in psychiatric wards.

### **CONCLUSION**

Based on the research results and discussion, it can be concluded that the application of Mozart classical music therapy is effective in reducing the level of auditory hallucinations in patients with mental disorders in the Larasati Ward of Dr. Arif Zainuddin Hospital, Surakarta. This

is indicated by a subjective reduction in complaints of hearing voices and objectively more adaptive behavioral changes, such as patients appearing calmer, more relaxed, more cooperative, and more able to focus during therapy. Mozart classical music therapy can be used as a safe, easy-to-implement non-pharmacological nursing intervention that supports a holistic approach to psychiatric nursing care as a complement to pharmacological therapy. Therefore, it is recommended that nurses integrate Mozart classical music therapy into daily psychiatric nursing practice, and that healthcare institutions support the ongoing implementation of this therapy. Furthermore, further research is expected to involve a larger number of respondents and use standardized measurement instruments to strengthen the evidence for the effectiveness of Mozart classical music therapy in reducing auditory hallucinations.

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