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## Analysis Of Nursing Clinical Practices In MRS. S With The Innovation Of Free Painting Therapy Using Totebag Media In Patients With Sensory Perception Disorders, Auditory Hallucinations In The Punai Room Of Atma Husada Mahakam RSJD Samarinda

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### Abstract

*Mental disorders, especially schizophrenia, are still a mental health problem with a high prevalence in Indonesia, including in East Kalimantan, with one of the main symptoms being sensory perception disorders of auditory hallucinations that can interfere with psychosocial functions and the patient's ability to control themselves. This scientific paper aims to analyze the effectiveness of an innovative intervention in the form of free painting therapy with totebag media as a non-pharmacological approach in reducing the signs and symptoms of auditory hallucinations. The method used is an analysis of nursing clinical practice through a nursing process approach, with measurement of the level of auditory hallucinations using the Auditory Hallucination Rating Scale (AHRs) 11-item questionnaire which was carried out three times during three free painting therapy interventions. The evaluation results showed a significant decrease in the auditory hallucination score, from an initial score of 33 before the intervention to 7 after the entire series of interventions were given, which was characterized by a reduction in the frequency, duration, and intensity of hallucinations and an increase in the patient's ability to control and divert attention from hallucinations. Free-form painting therapy using tote bags is effective as a non-pharmacological nursing intervention in reducing the intensity of auditory hallucinations and can be used as an alternative activity therapy in psychiatric nursing practice.*

**Keywords:** Auditory Hallucinations, Free-Form Painting Therapy, Psychiatric Nursing.

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## INTRODUCTION

In a mentally healthy society, everyone is able to reach their full potential, overcome daily challenges, work effectively in their respective fields, and have a positive impact on their surrounding environment (Fadillah & Info, 2024). According to Nurhaeni et al. (2023), as cited in (Nilamsari et al., 2024), if mental health issues are not properly addressed, they can lead to mental disorders or other psychosocial problems that result in reduced productivity and a decline in the quality of life for both individuals and society.

Mental disorders are a health issue that affects nearly everyone in the world (Mato et al., 2024). When a person reacts inappropriately to internal or external stress, this can lead to emotional and behavioral changes that deviate from local norms and conventions. This is known as a mental disorder. Problems with physical and social functioning may make it difficult to communicate with others and perform work tasks properly in such situations (Pramesti et al., 2025).

The WHO reports that in 2021, 1 in 7 people or approximately 1.1 billion people worldwide lived with a mental disorder (WHO, 2025). In Indonesia, based on 2023 SKI data, there were 630,827 Indonesians experiencing mental health issues (Ministry of Health of the Republic of Indonesia, 2023). In terms of prevalence, hallucinations have a higher incidence rate compared to other mental conditions (L. K. Dewi & Pratiwi, 2021).

Unreal sensory experiences, irrational thoughts, and unusual behavior are characteristic of a long-term mental disorder known as schizophrenia. Distinguishing thoughts, feelings, and actions from reality poses a challenge for those living with this condition. Symptoms of schizophrenia can vary from one individual to another, but common symptoms include hallucinations, delusions, illogical or difficult-to-understand speech, unusual behavior, lack of interest or motivation, and impaired functioning. A person's thoughts, feelings, and actions are significantly affected by schizophrenia, a severe mental disorder (Melita, 2025).

Symptoms (L. K. Dewi & Pratiwi, 2021). When a person experiences hallucinations, they actually perceive visual or auditory illusions that do not exist. When a person experiences hallucinations, they may respond excessively, inappropriately, or even in a distorted manner to internal and external stimuli (A. I. Pramesti et al., 2025). One of the symptoms of mental illness is hallucinations, which manifest as altered perceptions of external stimuli such as sights, sounds, tastes, smells, body movements, or internal bodily sensations. It is important to identify the type, nature, timing, frequency, and context that may cause a patient to experience hallucinations, as they believe in stimuli that do not actually exist (Suandari & Ketut, 2019). Some people who experience hallucinations report seeing shadows, hearing voices or whispers, and feeling sensations through their sense of taste, smell, touch, and hearing (A. I. Pramesti et al., 2025). Most people who experience hallucinations do so because they hear voices, whispers, or auditory disturbances that compel them to act destructively (Mato et al., 2024).

The symptoms experienced by patients with auditory hallucinations can cause them to lose control of themselves (Marbella et al., 2025). If left untreated, hallucinations can escalate to dangerous levels, posing a threat not only to the patient but also to those around them. This is because voices or whispers urging the patient to harm themselves or others frequently occur in auditory hallucinations (Nova et al., 2022). Suicide, homicide, and property damage are among the aggressive behaviors a patient may exhibit when faced with such situations (L. K. Dewi & Pratiwi, 2021). Hysteria, weakness, inability to complete tasks, extreme fear, and negative thoughts are some of the adverse effects these patients may experience as a result of their hallucinations (Fernanda et al., 2025).

Data from the Punai Ward at Atma Husada Mahakam Samarinda Psychiatric Hospital over the past year also reveals that the majority of patients admitted to the Punai Ward 720 in total suffered from auditory hallucinations. Specifically, there were 68 patients in January, 60 in February, 52 in March, 69 in April, 70 in May, 76 in June, 62 in July, 66 in August, 65 in October, 65 in November, and 67 in December.

To minimize the impact of hallucinations, an appropriate approach and management of hallucinations are required (Toparoa, 2022). Research by Fekaristi et al. (2021) has demonstrated that patients' ability to manage hallucinations can be enhanced through free-form painting therapy. One type of talk therapy that extensively utilizes visual art is art therapy. As clients' expressiveness, focus, and calmness increase through creative activities, this has a positive impact on their mental state because they can express themselves non-verbally (A. I. Pramesti et al., 2025).

By reducing their contact with their own reality, patients engaged in painting can better communicate the range of emotions and ideas that may trigger violent outbursts. The goals of this art therapy for hallucinations include reducing patients' engagement with their own reality, facilitating the release of repressed emotions that may influence their subconscious actions, providing entertainment, inspiration, and happiness, and ultimately diverting patients' attention from their hallucinations (Azharria & Lestari, 2023). Research findings involving fifteen patients at Sambang Lihum Psychiatric Hospital indicate that painting provides a calming and enjoyable experience. After participating in this activity, all patients reported improved emotional well-being; they were able to express themselves more freely and openly, which brought them greater joy and satisfaction (Lavenia et al., 2023). To alleviate their hallucinations, patients can participate in this painting therapy, which allows them to express themselves non-verbally, strengthen their communication skills, and release their emotions (Ibrahim, 2021).

The high prevalence of patients with mental disorders, particularly auditory hallucinations, as well as the significant negative consequences that can arise if these conditions are not managed effectively, underscore the need for nursing interventions that are effective, safe, and easy to implement. One of the many non-pharmacological interventions that can be used is free painting therapy, which is considered capable of helping patients control auditory hallucination symptoms through improved focus, relaxation, and adaptive emotional expression. Therefore, this study is important to determine the effectiveness of painting therapy using tote bags in controlling

hallucinations in patients with Auditory Hallucinations Sensory Perception Disorder in the Punai Ward of Atma Husada Mahakam Psychiatric Hospital in Samarinda.

### RESEARCH METHODS

This study employed a clinical nursing practice analysis method using a case study approach on a single patient (Mrs. S) who experienced auditory hallucinations a type of sensory perception disorder in the Punai Ward of Atma Husada Mahakam Psychiatric Hospital in Samarinda. The nursing care approach was implemented comprehensively through the stages of assessment, diagnosis, planning, implementation, and evaluation. The primary intervention provided was free painting therapy using tote bags as a medium, conducted over three sessions lasting 20–25 minutes each. The level of auditory hallucinations was assessed using the 11 item Auditory Hallucination Rating Scale (AHRS), administered before the intervention and after each therapy session. Data were analyzed descriptively by comparing AHRS scores before and after the intervention.

### RESULTS AND DISCUSSION

In the case study conducted by the author, the primary nursing diagnosis derived from the SDKI included: Sensory Perception Disorder related to Auditory Hallucinations, for which an innovative intervention involving free-form painting using tote bags was implemented to reduce the signs and symptoms of auditory hallucinations. The results obtained during the implementation of the innovative free-painting therapy intervention using tote bags are as follows:

**Table 4.1 Results of the Implementation of the Free Painting Therapy Innovation Intervention Using Media Tote bag for 3 days**

Question	Monday		Tuesday		Wednesday	
	05-01-2026		06-01-2026		07-01-2026	
	Pre	Post	Pre	Post	Pre	Post
Frequency	3	2	2	1	1	0
Duration	3	2	2	1	1	0
Location	3	3	3	2	2	1
Volume	3	2	2	1	1	0
Perceived source of the sound	3	2	2	1	1	1
Number of negative sounds	3	2	2	1	1	1
Intensity of negative sounds	3	3	3	2	2	1
Level of sadness or unpleasantness	3	3	3	2	2	1
Intensity of unpleasantness	3	3	3	2	2	1
Disturbance caused by the sound	3	3	3	2	1	1
Control over the sound	3	2	1	1	1	0
Total	33	26	25	16	15	7

And duration, while objectively, self-talk behavior appeared to have decreased. After a 25-minute free-painting therapy session, the post-test showed a score of 16, indicating significant improvement; the patient subjectively stated that the voices were not very disturbing, and objectively, self-talk behavior had further decreased, with the patient appearing more focused. On the third day, the pre-test showed a score of 15, with the patient subjectively noting that voices and whispers rarely occurred and were brief, and objectively, self-talk behavior was minimal and the patient was calmer.

After the intervention, the post-test showed a highly significant decrease in the score to 7, shifting to the mild hallucination category. Subjectively, the patient reported that the voices were barely audible and not bothersome; objectively, no self-talk behavior was observed, and the patient was able to maintain focus and control over the hallucinatory stimuli. These results overall indicate that free painting therapy using tote bags is effective in reducing the intensity and impact of auditory hallucinations, with responses improving day by day.

The score decreased to 26, although it remained in the severe hallucination category; subjectively, the patient reported a decrease in the frequency of voices, and objectively, there was a reduction in the intensity of self-talk behavior along with increased calmness and focus, indicating an initial positive response to the therapy. On the second day, the pre-test showed a score of 25, still in the severe hallucination category but lower than on the first day; the patient subjectively reported that voices and whispers appeared with shorter frequency. The implementation of this intervention is based on research by Annysa Febriyanti (2025), which shows that free painting demonstrates patients' ability to control auditory hallucinations. This occurs because, through artistic activities such as free painting, patients are able to shift their focus of attention from hallucinatory stimuli toward real and structured activities. The process of expressing thoughts and feelings through art also helps patients reduce their engagement with their own internal world, thereby decreasing the frequency and intensity of auditory hallucinations.

Patients with mental disorders following a three-day consecutive intervention. Free painting therapy was conducted once daily for 20–25 minutes, and evaluation results showed a decrease in hallucination scores between pre- and post-intervention. This decrease reflects a reduction in the frequency, duration, and intensity of the hallucinatory voices experienced by the patients. During the free painting process, patients appeared more focused on the drawing activity, thereby minimizing interaction with the hallucinatory world. This activity allowed patients to express thoughts, feelings, and emotions that were previously unrecognized yet influenced their behavior, while also providing a relaxing effect and a sense of joy. Additionally, free drawing serves as an effective distraction technique by shifting the patient's attention from internal stimuli such as hallucinations to real-world stimuli. This enhances the patient's ability to control auditory hallucinations, as evidenced by the decrease in scores from the pretest to the posttest on measures of hallucination signs and symptoms.

Based on the evaluation results shown in the table, prior to the intervention (pre-test) on the first day, Mrs. S scored 33, which falls within the category of severe hallucinations. Subjectively, the patient reported frequently hearing repetitive voices and whispers that lasted for a considerable amount of time; objectively, she exhibited self-talk behavior indicating interaction with hallucinatory stimuli. The patient was then provided with free-form painting therapy using a tote bag as a medium for 25 minutes with nursing supervision, allowing for the freedom to express ideas and feelings. After the intervention (post-test), The findings of this study are consistent with those reported by (Annysa Febriyanti, 2025), which demonstrated a reduction in the signs and symptoms of auditory hallucinations in This study is also supported by research conducted by (Gondohutomo & Jawa, 2024), which found that the use of art therapy (painting) with tote bags as a medium has a positive impact on patients with schizophrenia, as the act of painting enhances patient engagement in the therapeutic process and helps them express their thoughts and feelings nonverbally. The use of tote bags as a medium for painting holds greater therapeutic value because they are concrete, functional, and can enhance a sense of accomplishment in schizophrenia patients. Painting on tote bags helps patients focus their attention on structured activities, thereby shifting their focus away from internal disturbances, improving self-control, and supporting patients' adaptive abilities during the treatment process. Although the outcomes examined in this study differ from those of previous research, similarities in the type of intervention and subject characteristics indicate that art therapy involving painting on tote bags can be effectively applied to patients with schizophrenia as a complementary non-pharmacological therapy. Thus, the results of this study reinforce the findings of previous journals that art therapy involving painting on tote bags is suitable for use in nursing practice and the psychosocial rehabilitation of patients with schizophrenia.

The findings of this study align with research conducted by Toparoa (2022). According to the results of that study, art therapy can improve patients' ability to control the auditory hallucinations they experience. After receiving therapy, patients demonstrated positive changes, including an increased ability to focus on activities, greater calmness, and the ability to shift their attention from hallucinatory sounds to real stimuli. During art therapy sessions, patients also appeared more cooperative and were able to express feelings and emotions that had previously been difficult to convey. This improved ability to control hallucinations led to a reduction in the signs and symptoms of auditory hallucinations experienced by the patients. Thus, the application of art therapy can serve as an effective non-pharmacological intervention to help patients manage auditory hallucinations at Madani Hospital in Palu.

The results of a case study in the research (Azharia & Lestari, 2023) on the application of free-form painting art therapy for patients with hallucinations showed positive results in improving the ability to control hallucinations, as indicated by an increase in hallucination control scores in both subjects following a four-day consecutive intervention. Free painting activities are able to shift the patient's focus of attention from internal stimuli in the form of hallucinations to structured creative activities, thereby reducing the patient's interaction with their internal world. Additionally, the painting process provides an opportunity for patients to express thoughts, feelings, and emotions that have been suppressed, serving as an adaptive coping mechanism to reduce stress and psychological tension.

The results of a study conducted by (Maula et al., 2024) also indicate that this improvement in social functioning is associated with a reduction in psychopathological symptoms, including positive symptoms such as hallucinations. Through painting, patients have a nonverbal medium to express emotions, thoughts, and internal experiences that were previously difficult to convey verbally. This process helps improve focus, reduce anxiety, and diminish the dominance of internal stimuli such as auditory hallucinations, thereby enabling patients to interact more adaptively with their surroundings. Additionally, observations during therapy sessions revealed increased creativity and use of color in patients' artwork, reflecting improvements in emotional regulation and self-awareness. This supports the notion that art therapy not only enhances social functioning but also serves as a supportive intervention in helping patients indirectly manage hallucination symptoms through improved coping mechanisms and emotional integration.

His study is also consistent with previous research (Jannah, 2024), which found that free-form painting art therapy is effective in reducing the signs and symptoms of hallucinations. Based on the study results, after receiving a three-day free-form painting art therapy intervention, there was a decrease in hallucination symptom scores from the moderate category to the mild category, indicating an improvement in the patients' ability to control their hallucinations. This reduction in hallucination symptoms occurs because the act of painting serves as a form of therapeutic distraction, shifting the patient's attention from internal stimuli such as hallucinations to structured, real-world activities. Additionally, the painting process allows patients to express repressed thoughts, feelings, and emotions through visual media, thereby reducing their focus on the hallucinations they experience. Theoretically, art therapy helps minimize the patient's interaction with the hallucinatory world, improves concentration, and enhances the patient's response to environmental stimuli, which ultimately leads to a reduction in the frequency and intensity of hallucinatory symptoms.

Free Painting Therapy is a form of therapeutic intervention that utilizes the creative process in painting activities. For patients experiencing hallucinations, free painting art therapy serves as a means of subconscious communication, where the visualizations and symbols that emerge in the artwork reflect images that symbolize the patient's subconscious expressions. Art therapy through free painting can reduce hallucination symptoms because, during the process, patients can disengage from their own internal world, channel thoughts, feelings, and emotions that previously unconsciously influenced their behavior, while simultaneously boosting motivation, providing joy and entertainment, and diverting the patient's attention so their mind is not fixated on hallucinations (Azharia & Lestari, 2023). The use of tote bags as a painting medium is considered capable of increasing individual interest and

providing an applicable and enjoyable artistic experience (Suntini et al., 2025). Tote bags are not only environmentally friendly but also provide a tangible creative space for expressing ideas and imagination (Putra et al., 2025).

Various research findings indicate that the consistent application of Free Painting Art Therapy can improve patients' ability to control hallucinations, reduce the intensity and frequency of hallucinatory signs and symptoms, and enhance patients' focus, calmness, and cooperation during therapy. Patients' active engagement in painting activities stimulates the simultaneous functioning of cognitive, affective, and psychomotor aspects, thereby helping to maintain reality orientation and stabilize emotional states. Thus, Free Painting Art Therapy can be recommended as a safe, effective, and practical nursing intervention in the care of patients with hallucinations. This aligns with Adrian Hill's theory, in which art therapy was first described in the 1940s by Adrian Hill, an artist and writer who recognized the important therapeutic role of creating art during his recovery from tuberculosis at King Edward VII Sanatorium in England. He believed that the act of creating art fully engages a person, allowing them to divert their attention from their problems, and encourages other patients to participate in painting with him. However, beyond serving as a distraction tactic, Hill also viewed the process of creating art as a means to uncover and resolve internal emotional conflicts. Since then, Hill's concept of art therapy has continued to grow and evolve, culminating in the field of art therapy as we know it today. There are two main streams of art therapy. First, there is the use of art as therapy, which is the idea that the process of creating art itself is healing, as originally described by Hill. The second school of art therapy, based on the work of Margaret Naumberg, involves applying aspects of psychoanalytic theory to explore transference and countertransference within the three-way relationship between the artwork, the patient, and the therapist (Cheng et al., 2023).

Pharmacological therapy remains a crucial component in the management of patients with schizophrenia and auditory hallucinations; however, case reports indicate that this therapy should be combined with structured non-pharmacological interventions. This combined approach aims to enhance the effectiveness of symptom management and help patients develop the ability to independently control their hallucinations. In the case of Mrs. S, the application of free painting therapy using tote bags proved effective in supporting this process by providing a means of self-expression, improving focus, and creating a state of relaxation that helped the patient divert attention away from internal stimuli in the form of auditory hallucinations. Free painting therapy serves not only as a distraction activity but also as a medium for learning hallucination control. Through the painting process, the patient consciously focuses attention on a meaningful activity, thereby reducing the dominance of hallucinations over the patient's consciousness.

This is evident in the therapeutic process, which actively engages the patient's cognitive abilities, particularly in selecting colors that match the objects and creating a painting based on ideas and experiences that are meaningful to the patient. On the first day, the patient painted a beach scene featuring a coconut tree, describing that upon returning home, they very much wanted to go to the beach with their family demonstrating the patient's initial ability to focus their attention on a single visual theme in its entirety. On the second day, the patient painted flowers in a garden, with the composition, color selection, and shape of the flowers aligning with the painting's meaning the patient enjoys planting flowers at home, so she depicted that theme indicating improved concentration and sustained focus. Furthermore, on the third day, the patient painted a rambutan tree with more structured shapes and colors; the meaning of the painting was that she knew her husband was harvesting a large amount of rambutan at home and she wanted to go home to harvest with him, which reflected the patient's ability to reconnect with the real world.

Based on the results of an evaluation conducted after the intervention was consistently administered three times in a row, the Auditory Hallucination Rating Scale (AHRs) score decreased from 33 before the intervention to 7 after three consecutive therapy sessions. This decrease in score indicates a reduction in the frequency, duration, and intensity of hallucinations, as well as an improvement in the patient's ability to recognize and manage the symptoms experienced.

Continuous monitoring is necessary to identify changes in the patient's condition over time, whether in the form of improvement or the potential recurrence of hallucinations. Patients with chronic mental disorders such as schizophrenia are at high risk of relapse; therefore, routine monitoring of behavior, ability to focus, emotional responses, and how the patient copes with hallucinations is crucial. Through this monitoring, nurses can adjust interventions according to the patient's needs, whether in terms of frequency, duration, or the therapeutic approach used. Periodic evaluation and monitoring also play a role in maintaining the sustainability of the intervention outcomes that have been achieved. The patient's ability to control hallucinations, which has been developed through free-form painting therapy, must be continuously monitored to ensure it is maintained and further developed over the long term. Thus, the interventions provided are not merely temporary but support the primary goals of psychiatric nursing: enhancing patient independence, improving psychosocial functioning, and preventing relapse.

## CONCLUSION

The analysis of patients with sensory perception disorders and auditory hallucinations revealed signs and symptoms such as talking to oneself, hearing whispering voices, laughing to oneself, and pacing back and forth. The results of the case analysis of Ms. S, diagnosed with a sensory perception disorder in the form of auditory hallucinations in the Punai Ward of Atma Husada Mahakam Samarinda Psychiatric Hospital, indicate that her nursing diagnoses include: Sensory Perception Disorder, Chronic Low Self-Esteem, and Risk of Violent Behavior.

Following a 3-day intervention using a novel free-painting therapy approach with tote bags as the medium, Ms. S demonstrated improved control over her hallucinatory behavior, along with a reduction in its signs and symptoms. Measurements were taken using the Auditory Hallucinations Rating Scale (AHRS) questionnaire, with the initial pre-test score of 33 gradually decreasing to 7 by the third day's post-test. The intervention spanned the entire process from preparation to the completion of the painting. Positive changes were demonstrated through a reduction in hallucinatory behaviors such as talking to oneself, hearing voices or whispers, laughing alone, and pacing back and forth.

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