

# **MUSIC THERAPY FOR SCHIZOPHRENIA DISORDERS IN PSYCHIATRIC HOSPITAL OF SURAKARTA**

**Elya Nindy Alfionita<sup>1</sup>**

ISI Surakarta

[Nindy.elya@yahoo.co.id](mailto:Nindy.elya@yahoo.co.id)

**Bondet Wrahatnala**

ISI Surakarta

[bondetno@gmail.com](mailto:bondetno@gmail.com)

## **Abstract**

The object of study Music “Therapy for Schizophrenia disorder in Psychiatric Hospital Surakarta” aims to uncover and describe the shape of healing method performed by a team of occupational Mental Hospital in Surakarta to schizophrenia disorders. The research appears as the existence of a form of musical phenomenon in which there are adaptations as a form of healing effort to psychiatric schizophrenia disorders. Schizophrenia is classified as severe mental disorders ( psychotic ) that attacks the majority of patients at the Mental Hospital of Surakarta. Tim occupational therapy in Mental Hospital of Surakarta undertake an effort of healing methods and non pharmacological. Besides occupational team also did a musical experimentation that aims to find the song material in accordance with the psychological and social conditions of schizophrenia disorders. Schizophrenia is classified as a severe psychotic disorder that attacks the majority of patients in Hospital of Surakarta. The occupational therapy team In Mental Hospital of Surakarta did the healing effort with the pharmacological and non-pharmacological methods. In addition, the occupation team also conducted a musical experimentation which aimed to find song material

---

<sup>1</sup> Correspondence address: Performing Art Study and Creation, Postgraduate, Indonesian Institute of Arts Surakarta. Jln. Ki Hadjar Dewantara 19, Kentingan , Jebres, Surakarta 57126. E-mail: [Nindy.elya@yahoo.co.id](mailto:Nindy.elya@yahoo.co.id). HP 085851102206.

that was in accordance with the psychological conditions of. The results of the analysis found that occupational therapy is music with a tempo of 60-75 bpm is able to stabilize the emotions in schizophrenic disorders. Occupational therapy with the tempo of the achievements gained 75% of the experimentation results obtained through the four models of the patient.

**Keywords:** Schizophrenia, Occupational Therapy, Psychiatric Hospital Surakarta.

## INTRODUCTION

Schizophrenia is characterized by distortions of thinking and perception and is usually accompanied by emotions that are inappropriate or blunted. Typically there is a disturbance of the most basic functions the give a person the feeling of individuality, uniqueness and self- direction. For example an individual may believe that intimate thoughts are known by others or that supernatural forces are influencing his or her actions in ways that are often bizarre. According to Stuart and Laraira, low self-esteem is a transition between responses adaptive self-concept with maladaptive self-concept, namely feeling or negative perception of oneself and one's abilities, feeling failed in achieving desire (Sulistiyowati, 2014: 2).

The World Health Organization (WHO), mentioned the main problem psychiatric disorders worldwide are schizophrenia, unipolar depression, alcohol use, bipolar disorder, obsessive compulsive disorder. Even 90% of Mental Hospital disorders throughout Indonesia experience interference psychiatric schizophrenia (Sulistiyowati, 2014: 1). The World Health Organization (WHO) also stated.

The World Health Organization (WHO) also stated that mental disorders were at the whole world becomes a serious problem, even at least one of them four people in the world have mental problems, estimated between four thousand five hundred two million people in the world, and in two thousand

seven to the beginning of 2008 the number patients in every Mental Hospital in Indonesia increased (2004: 3).

People with psychiatric disorders must be treated immediately, treatment this is done to help patients in recovery efforts or get out of the problem. Schizophrenia is classified as a severe mental disorder (psychotic) which attacks the majority of patients in the Mental Hospital of Surakarta (Ardhaeta, interview, 23 September 2015). As for the methods applied in healing efforts, among others, medicine (psychopharmaceutical) and not medicine (non psychopharmaceutical). Method Non-psychopharmaceutical healing, one of them is recreational therapy, namely music. Positive aspects obtained by the patient appear in social development and psychological. These positive aspects include recreational therapy with the media music is able to provide comfort for patients, to be a space for express, restore self-confidence, exercise emotions, and fill patient's free time during the recovery phase at the RSJD, this is done so that patients are able to forget all the problems they experience.

One of the recovery efforts carried out in Surakarta Hospital is use of music as a therapeutic medium. Music is used not only 3 one type. The type of music rhythm used in this occupational therapy there is a relationship with a person's physical rhythm like a heartbeat, blood pressure, respiratory, skin temperature, and brain waves (Djohan, 2010: 6). In addition, this form of musical response occurs because driven by emotions as a result of music stimuli, so called with musical emotional responses (2010: 121).

The variety of music used in music occupational therapy activities at Surakarta Hospital is dangdut, pop, campursari, keroncong and others etc. However, based on observations made, patient response to dangdut music is greater than the type other music. According to Aldridge music can affect people who are physiologically and psychologically healthy, it is assumed that people are sick will also respond in certain ways (Aldridge in Djohan, 2010: 06)

In the process, any type of music can be a recovery material, the author sees the occupational therapy team do-

ing various experiments with some types of music include pop, rock, campursari, and dangdut. Of the many methods and knowledge available, we are actually used treat mental disorders reflecting trust that music can directly affect emotions and develop certain characters ( Djohan, 2006:37).

Surakarta RSJD carried out the process of occupational therapy experimentation therapy with music media, which is applied by the occupational team organized under the supervision of authorized psychiatrists. Through the therapeutic process, can make a positive contribution to the patient, who experience psychiatric disorders, especially in social conditions and psychologically.

From the description above, the author looks at the experimentation of therapeutic methods music for schizophrenic patients is very interesting to study, inside this study is limited to problems 1) Experimentation of therapeutic methods with music media in recovery efforts for schizophrenic patients, and 2) Effect of music therapy on the patient's condition.

## **MATERIAL AND METHODS**

This study aims to uncover the process of healing experimentation with therapeutic methods through music media in Mental Hospital of Surakarta With these problems, the researcher used a qualitative research method with descriptive methods to describe the stages of experimentation. The perspective used is structural functionalism developed by Talcott Parsons, which is about the four functional imperatives that form in the life of Surakarta Hospital. This perspective does not work alone, but needs to be supported by several concepts in other disciplines such as (1) the concept of music function of Allan P. Merriam anthropology of music to discuss the use of music as a medium in the process of healing experimentation of schizophrenic disorders, (2) the concept of Sigmund Freud psychoanalysis, to help solve the problem of the steps of the occupational therapy team in carrying

out both medical and non-pharmacological medical analysis, and (3) the concept of musical emotional response developed by Djohan Salim to help dissect issues related to patient response in capturing music on healing process carried out.

## **STAGE OF MUSIC EXPERIMENTATION THAT HAPPENS IN EFFORT OF HEALING OF SCHIZOPHRENIC DISORDERS**

This section explains the stages and music material used in the therapy process. The stages of the experimentation method carried out by the occupational therapy team of schizophrenia disorder in Mental Hospital of Surakarta included (1) selection of models or types of schizophrenic disorders, and (2) specific therapeutic occupational steps for each type of patient, including selection or determination of music material therapy based on the type of patient.

### **1. Selection of Model or Type of Schizophrenic Disorders**

Group therapy procedures for music therapy activities that took place at Rehabilitation Installation were seventy patients who indicated paranoid schizophrenia and residual schizophrenia with several types of schizophrenic symptoms from various wards such as Bangsal Arjuna, Nakula, Sadewa, Gatotkaca, Baladewa, and Srikandi Ward. Furthermore, in the study, two residual schizophrenic disorders and two paranoid schizophrenic disorders were selected from Arjuna Ward and Srikandi Ward. The first model is paranoid type patients, among others, 1) initial patient Prb, male sex, aged 27 years, favored rock music. 2) Patients with the initials Skd, male sex aged 27 years, enjoy dangdut music. The second type is Residual type patients, among others, 1) patients with the initials Sfk, a 23-year-old male sex who likes punk rock music, 2) a patient with the initials Lrs, a 23-year-old female sex who likes punk rock music.

Patients in the residual schizophrenic category included, 1) Patients with the initials of 27-year-old male sex Prb who liked Rock music, 2) 23-year-old female gender who

loved pop music. The choice of symptom type and patient model is based on consideration of symptoms that have represented schizophrenic symptoms from other patients. The following types are also successfully observed to have varying levels of emotion ranging from low, medium, and highest emotional levels.

The first step carried out by the Mental Hospital of Surakarta occupational team, can be said to group patients according to the type of schizophrenic experienced, in accordance with the wards that have been provided at Mental Hospital of Surakarta. It aims to facilitate the occupational process and treatment of their therapy.

## **2. Steps of Occupational Therapy**

The presentation of therapeutic occupational steps carried out by the Mental Hospital of Surakarta team as observed by the authors, can be grouped into two types based on patient categories. First, for paranoid schizophrenic disorders and the second for residual schizophrenic disorders. For occupational therapy for paranoid schizophrenic disorders, two models of patients have been treated, as well as residual schizophrenic disorders. The following will be presented based on the tabulations that have been prepared by the author in accordance with the occupational steps carried out at the Mental Hospital of Surakarta in the 2014-2016 period.

### **a Occupational Therapy for Paranoid Schizophrenic Disorders**

Occupational therapy was carried out on two patients, namely Prb (27) and Skd (27) 12 times and carried out once a week. This 12th consideration is the standard set by the occupational therapy team as a form of initial treatment of the healing process for schizophrenic disorders, both paranoid and residual. When occupying 12 times, the patient shows good progress, will be returned home and undergo an outpatient process. However, if after 12 occupational conditions the patient does not change much, the occupational therapy team will carry out further treatment. The first occupational form

that will be presented is the occupational step for Prb patients (27), having their address at Sragen. This patient had been treated at the Mental Hospital of Surakarta for three months in 2016. Prb began to be diagnosed with paranoid type schizophrenia since 2014 and due to the fraud he experienced by someone who trusted him, as well as the victims of layoffs (termination of employment) from the place of work while in Jakarta . In addition Prb previously had a history of schizophrenia from the family of his biological mother. So it has the opportunity to be attacked by schizophrenic when the psychological condition is experiencing interference.

Table 1.

27-year-old male PRB patient with Paranoid schizophrenic from Arjuna Ward. His likes rock music.

OCCUPATION	ONE
PRE CONDITION	Easy mood, laugh, cry, inability to adapt, no ability to care yourself, eyes blank.
OCCUPATIONAL STEPS	Song stimulation "Cinta ini Membunuhku" Music Type : Pop Tempo : 94 bpm (Beat per minutes)
DURATION	3 minutes 5 seconds
POST OCCUPATIONAL CONDITIONS	Emotions do not control like laughing without cause, crying, angry, moody and aloof.
OCCUPATION	TWO
PRE CONDITION	Emotions do not control like laughing without cause, crying, angry, moody and aloof.
OCCUPATIONAL STEPS	Song stimulation "Nakal" Music Type : Rock Tempo : 138 bpm (Beat per minutes)
DURATION	3 minutes 5 seconds
POST OCCUPATIONAL CONDITIONS	Emotions do not control like laughing without cause, crying, angry, moody and aloof.

OCCUPATION	TRHEE
PRE CONDITION	Emotions do not control like laughing without cause, crying, angry, moody and aloof.
OCCUPATIONAL STEPS	Song stimulation "Oplosan" Music Type : Dangdut Tempo : 80 bpm (Beat per minutes)
DURATION	3 minutes 5 seconds
POST OCCUPATIONAL CONDITIONS	Emotions are less stable, can adapt with the surrounding environment

Prb patients, with a background in favor of rock music, began to be able to adapt and control emotions in the 7th week occupation. In the occupation, he got the stimulation of the dangdut song with a tempo of 66 bpm. Previously, in the third week of occupation, Prb patients had difference conditions from the previous two weeks. After being stimulated with a 66 bpm tempo song, the emotional condition was still not stable, but Prb began to adapt to the surrounding environment. At week 4, again stimulated with 150 bpm tempo song, emotional condition again unstable and tends not to adapt. It was not until the 7th week, after being stimulated with a 66 bpm tempo song, the emotional condition became more stable and the ability to adapt became more visible. In the 8th to 12th weeks, emotional conditions became more stable and the ability to interact and adapt better, with a song stimulation of 66-70 bpm. So Prb patients experienced a stable emotional condition at week 12 with stimulation of the type of dangdut song with a tempo of 70 bpm.

The second occupational model for patients with paranoid schizophrenia in Skd (27) having their address at Sukoharjo Patient in had been treated at Surakarta Hospital for three months. Skd began to be diagnosed with paranoid type schizophrenia since 2014. And due to environmental, biological and psychological factors. This is due to the case of fraud in the amount of money from the hard work that was carried away by the lover he wanted to marry.

Table 2.  
Patients aged 27 years with paranoid schizophrenia from Ward  
Arjuna are fond of dangdut music.

OCCUPATION	ONE
PRE CONDITION	The eyes were blank, moody, talking to themselves, pacing, laughing alone, doing spontaneous actions that don't make sense.
OCCUPATIONAL STEPS	Song stimulation "Cinta ini Membunuhku" Music Type : Pop Tempo : 94 bpm (Beat per minutes)
DURATION	3 minutes 5 seconds
POST OCCUPATIONAL CONDITIONS	The eyes were blank, moody, talking to themselves, pacing, laughing alone, doing spontaneous actions that don't make sense, suddenly crying.
OCCUPATION	TWO
PRE CONDITION	The eyes were blank, moody, talking to themselves, pacing, laughing alone, doing spontaneous actions that don't make sense, Crying.
OCCUPATIONAL STEPS	Song stimulation "Nakal" Music Type : Rock Tempo : 138 bpm (Beat per minutes)
DURATION	3 minutes 5 seconds
POST OCCUPATIONAL CONDITIONS	Hyperactivity, emotion unstable, already able to adapt, talk incoherently, discuss topics that don't make sense, take actions beyond reason.
OCCUPATION	TRHEE
PRE CONDITION	Hyperactivity, emotion unstable, already able to adapt, talk no coherent, discussing topics that don't make sense, taking actions beyond reason.
OCCUPATIONAL STEPS	Song stimulation "Oplosan" Music Type : Dangdut Tempo : 80 bpm (Beat per minutes)
DURATION	3 minutes 5 seconds
POST OCCUPATIONAL CONDITIONS	Eyes blank, Able to adapt, communication sometimes leads to unreasonable topics.

Skd patients, with a background of dangdut type music, began to be able to adapt and control emotions in the 10th week occupation. In the occupation, he got the stimulation of the dangdut song with a tempo of 66 bpm. Previously, in the third week of occupation, Prb patients had different conditions from the previous two weeks. After being stimulated with a 66 bpm tempo song, the emotional condition was still not stable, but Prb began to adapt to the surrounding environment. In the 4th week, again stimulated with 150 bpm tempo songs, emotional conditions are again unstable and tend not to withdraw from the social environment. It was not until the 7th week, after being re-stimulated with a 66 bpm tempo song, communication progress improved and adaptability became increasingly apparent. In the 8th to 12th weeks, emotional conditions became more stable and the ability to interact and adapt better, with a song stimulation of 66-70 bpm. So, in Prb patients experience a stable emotional condition in occupational therapy at week 12 with stimulation of dangdut music at 66 bpm.

**b. Occupational Therapy for Residual Schizophrenic disorders**

The third occupational model for patients with residual schizophrenia in Lrs (23) having his / her address in Bekasi Jakarta This patient has been treated in Surakarta Hospital for three months. rarely hang out while in school, Lrs depressed because of a breakup of failure in a marriage.

Table 3.

Patients of 23-year-old female sex workers suffering from residual schizophrenia from the Srikandi ward fond of punk rock music

OCCUPATION	ONE
PRE CONDITION	Moody, be alone, unable adapt, unable interact, more silence.
OCCUPATIONAL STEPS	Song stimulation “Cinta ini Membunuhku” Music Type : Pop Tempo : 160 bpm (Beat per minutes)
DURATION	3 minutes 5 seconds
POST OCCUPATIONAL CONDITIONS	Moody, be Alone unable to adapt, unable interact, more silence.

OCCUPATION	TWO
PRE CONDITION	Moody, be alone, unable adapt, unable interact, more silence
OCCUPATIONAL STEPS	Song stimulation "Nakal" Music Type : Rock Tempo : 138 bpm (Beat per minutes)
DURATION	3 minutes 5 seconds
POST OCCUPATIONAL CONDITIONS	Moody, be alone, unable adapt, unable interact, more silence
OCCUPATION	TRHEE
PRE CONDITION	Emotions aren't stable, able to adapt, communicate.
OCCUPATIONAL STEPS	Song stimulation "Oplosan" Music Type : Dangdut Tempo : 80 bpm (Beat per minutes)
DURATION	3 minutes 5 seconds
POST OCCUPATIONAL CONDITIONS	Emotions start stable, able to adapt

The Lrs patient, with a background in favor of punk rock music, began to be able to adapt and control emotions in the 11th week occupation. In this occupation, the patient received dangdut song stimulation with a tempo of 66 bpm. Previously, in the third week of occupation, patients had different conditions from the previous two weeks. After being stimulated by a 66 bpm tempo song, emotional conditions are still not stable, but Lrs began to adapt to the surrounding environment. In the 4th week, again stimulated with 150 bpm tempo songs, emotional conditions are again unstable and tend not to withdraw from the social environment. It was not until the 7th week, after being re-stimulated with a 66 bpm tempo song, adaptation progress improved and adaptability became more apparent. In the 8th to 12th weeks, emotional conditions became more stable and the ability to interact and adapt better, with a song stimulation of 66-70 bpm. So Lrs patients experienced a stable emotional condition at week 12 with stimulation of dangdut music with a tempo of 70 bpm. The fourth occupational model for patients with residual schizophrenia in Sfk (23) having their address at Sukoharjo. This patient has been treated in the Surakarta RSJD since the period 2014-2016 he has undergone outpatient care and inpatient treatment for three months so on until the progress

of the condition improves. Sfk began to be diagnosed with schizophrenia with a residual type since 2014. These symptoms appear and begin to appear in adolescence. And due to environmental and biological factors (offspring) from siblings who have a history of schizophrenia.

Table 4.  
A 23-year-old male Sfk patient suffering from residual schizophrenia from Nakula Ward favored punk rock music.

OCCUPATION	ONE
PRE CONDITION	Unstable emotions, uncontrolled behavior (eating daundaunan, sand, rocks), be alone, unable adapt, autistic attitude.
OCCUPATIONAL STEPS	Song stimulation "Cinta ini Membunuhku" Music Type : Pop Tempo : 160 bpm (Beat per minutes)
DURATION	3 minutes 5 seconds
POST OCCUPATIONAL CONDITIONS	No emotion stable, slow, laughing without cause, alone, daydreaming, blank eyes.
OCCUPATION	TWO
PRE CONDITION	No emotion stable, slow, laughing without cause, alone, daydreaming, blank eyes.
OCCUPATIONAL STEPS	Song stimulation "Nakal" Music Type : Rock Tempo : 138 bpm (Beat per minutes)
DURATION	3 minutes 5 seconds
POST OCCUPATIONAL CONDITIONS	No emotion stable (pasif), straightforward, able to interact
OCCUPATION	TRHEE
PRE CONDITION	No emotion stable (passive), straightforward, able to interact
OCCUPATIONAL STEPS	Song stimulation "Oplosan" Music Type : Dangdut Tempo : 80 bpm (Beat per minutes)
DURATION	3 minutes 5 seconds
POST OCCUPATIONAL CONDITIONS	Emotions are unstable, able to adapt, interact, a little passive

The Sfk patients, with a background in favor of punk rock music, began to be able to interact with occupation in the 11th week. In the occupation, he got a stimulation of dangdut songs with a tempo of 70 bpm. Previously, in occu-

pation 10 weeks before, Sfk patients had different conditions from the previous 11 weeks. After being stimulated with a 70 bpm tempo song on the 11th week, emotional conditions were still not stable, but Sfk began to interact with the surrounding environment. At the 12th week Sfk was stimulated with a 66 bpm tempo song Sfk progressed on adaptation actions, but he could not be declared cured because his emotions were still unstable and there was no progress.

According to Kadi, one of the occupational teams in Mental Hospital of Surakarta, Sfk must follow the advanced occupational therapy stage, namely with special directions, more intensive care from the medical side and following occupational therapy in the second stage, to obtain meaningful results (maximum), because for patients who in categories such as Sfk requires a longer recovery process, so therapy must be carried out for approximately three months, if there has not been any development during this period, it means that the patient does not have strong motivation to improve his condition (Kadi Riyanto, interview July 20, 2016). So Sfk patients need advanced occupational therapy to achieve a stable emotional state for at least occupational therapy within three months.

Bpm (beat per minute) is a unit that explains the number of beats in one minute. In addition, the tempo between sixty for seventy five bpm belongs to the category andante which has a movement or medium speed (M.Soewito, 2000: 31). At a time of sixty for seventy five it is enough to have the potential for the development of the psychological condition of schizophrenic patients, especially for emotional stability, and for the tempo and medium (moderate) or standard of being able to stabilize emotions in schizophrenic patients.

Surakarta Hospital has performed classical music therapy with a tempo below sixty bpm and the music rhythm is very slow, but the music has a role to help relax the patient before bedtime (medical team, interview October 2015). This is related because theta brain waves in schizophrenic patients do not function optimally, so schizophrenic patients need a music stimulus that is soothing.

The occupational team chose the type of dangdut music because it was considered mild, and was able to encourage physical motion responses in schizophrenic patients, so that the results of these responses could help reduce emotions. In addition, dangdut music according to Muttaqin is a type of music that is in great demand by most people in various social classes because the text of the song is light and easy to enjoy, (2006: 5).

Besides that the theme in dangdut song is a part that explains how dangdut music is created and developed (2015: 2). Because dangdut is quite close to the Indonesian people, perhaps this is one of the dominant factors why when dangdut music was applied to the treatment of schizophrenic patients, it was noted that they were able to provide comfort to them.

Dangdut, in view (Andrew, 2010: 20), has become part of the term "People" One thing that makes dangdut music so easy to "spread" is because the lyrics are simple, easy to understand, and take advantage of everyday situations that are commonly experienced by the community.

Associated with familiarity, dangdut songs form stories about Indonesia. According to Weintraub (2010) the articulation of dangdut and the people working in three levels, including (1) dangdut is the people; (2) dangdut for the people; and (3) Dangdut as a people. First, schizophrenics are people where they have a historical background, especially in dangdut music, so that when dangdut is heard, it will automatically be responded to in a certain way. Third, in fact, dangdut is the chosen type of music and proven to help achieve the goal of music therapy, namely recovery, so therapeutic power (comfort) can be felt by schizophrenics. Third, back to how dangdut can be implemented properly as a therapy in which the elements in dangdut can restore memory to patients with schizophrenia.

Dangdut music is related to factors such as complexity, familiarity, and fondness for listening to music by schizophrenic patients. So the level at which music sounds sound familiarity will determine whether music is experienced as

pleasant or not. The hedonic value will be low if the music is completely new. Hedonistic values increase with increasing familiarity and will decrease again if the music is completely unknown (Berlyne in Djohan, 2005: 64).

## **Analysis of Music Experimentation Process as Therapy Schizophrenia Disorder**

Rehabilitation Installation implements a method for recovery efforts in schizophrenic patients by prioritizing psychological and social aspects. The effort to maintain a system in the implementation of therapy by the occupational team applies the Talkot Parson structural functionalism theory, namely there are four functional imperatives for the action system. The four functions consist of 1) adaptation, 2) goal attainment, 3) integration, and 4) latency. As explained as follows.

### **1. Adaptation**

Adjustment of the type of music, as well as the title of the song that has been carried out by the occupational therapy team is a strategy in carrying out an approach and method for a long-term outcome for patient development. The forms of experiments from pop music to dangdut music with a tempo between 60-75 bpm is a strategy of the occupational team to see how much certain musical power has a major influence on the emotional development of schizophrenic patients.

As the example in the picture below is schizophrenic patients who are difficult to adapt to the surrounding environment. These patients tend to be autistic and seem to have their own world. Pay attention to the behavior that is being shown to these patients at the same time in music therapy. This patient takes away books containing song material for therapy. The emotion reflected in this patient is laughing for no apparent reason, even three seconds later the patient shows sad emotions. At the same time, the occupational team gave a reprimand to the patient, called repeatedly the patient did

not respond at all, only when the book was forcibly requested he avoided the therapy stage and paced.

## **2. Goal Attainment**

The system must address the situational needs that come from outside. He must adapt to the environment and adapt the environment to his needs. The results of the conditional music experimentation process to Schizophrenia patients are an effort to get to the achievement of therapy. These goals include providing welfare for patients both psychologically and socially. In addition, the team of doctors and occupational teams have designed effective and appropriate recovery methods. This can be observed from the way of choosing songs, how to implement therapy, and the treatment of patients. The selection of song material and the tempo and form of adjustment is an attempt to adjust the shape of the music that is appropriate to the patient's condition, and there is no need for coercion for the patient to move, respond, and primarily the patient can find comfort in therapy and long-term comfort.

Experimentation of therapeutic methods with the Surakarta media of the RSJD consists of several positive target prospects for schizophrenic patients, especially in terms of social and psychosocial. The positive target prospects include improving behavior so that patients can communicate, managing cognitive, emotional, and psychosocial aspects. It is also hoped that there will be progress in the quality of everyday life, filling spare time, and utilizing part of its time to pursue certain fields or skills in order to achieve their welfare in the community.

## **3. Integration**

The system must regulate the relationship of the parts that are its components. The application of situational music experimentation to the goal stage of recreational therapy was carried out due to the connection between the team of doctors and the occupational therapy team, the occupational team with the patient, and the patient with other patients. In addi-

tion, activities in the scope of healing with music media are required for interaction. This interaction is part of the running of a system.

Establishing close relationships between parts of the system is a key to going into a method. But the establishment of the relationship is also an indicator that the system has run in accordance with its objectives. Basically a system can be built if there is strong integration of each element. These elements are interconnected in an integrated manner, namely the patient, occupational team, team of doctors, and health professionals. The music experimentation at the Rehabilitation Installation of Surakarta Hospital was carried out as an effort to create a social interaction including patient interaction with patients, interaction patients with health professionals, Interaction of occupational therapy teams with a team of doctors.

a. Interaction of Patients with Patients

In music therapy patients are required to have a social interaction such as oral communication or in physical form, it is carried out continuously until the therapeutic effect can be absorbed directly. In the type of dangdut music with fast tempo the patient can carry out a physical reaction.

b. Patient Interaction with Health Professionals

Circumstances surrounding a patient's visit to a doctor or pharmacist, as well as the quality and success of the interaction of a health professional with a patient are key determinants for the understanding and attitude of the patient towards his illness and the benefits of therapy. One of the biggest needs of patients is psychological support given with affection. Such as providing intensive attention to warnings of attending rehabilitation and explaining the benefits of these activities to patients personally. In addition, it has been observed that patients tend to be more obedient to a doctor's instructions where the patient has an intensive and respected closeness, and from whom the patient receives information and certainty about the patient's condition and medications.

c. The interaction of the Occupational Therapy Team with the Team of Doctors

Rehabilitation Installation is a special room that is designed similar to the social environment of the community. In order to reach the therapeutic stage, there is a policy of the Surakarta Hospital, through clinical procedures, one of which is pharmacological treatment. Then for the Rehabilitation stage music therapy the occupational team has a method of selection, which is to see the patient's development socially, then look at the patient's development from a psychological perspective through an interview. Records from the occupational team are an important part of the progress of a stage of the overall healing method in the Surakarta Hospital.

#### **4. Latency**

In the end the system must complete, maintain, and renew individual motivation and cultural patterns that create and maintain that motivation. So a system must change, maintain, develop and maintain. The continuous development efforts carried out by the occupational team in the music experimentation process aim to produce a form of behavior to indicate the level of psychological condition of schizophrenic patients from the stage to the stage of therapy to the discovery of an appropriate method to be applied.

The method carried out by the occupational team as a form of healing therapeutic treatment for schizophrenic patients is a form of music therapy. This is because the media used in the method are selected songs based on tempo grouping. Therefore, the choice of songs determined by the occupational therapy team is not only based on one genre. The diversity of song types is not a problem in this therapeutic method, because what you want to emphasize in the therapeutic process is the tempo. Dangdut type music with a tempo between 60-75 bpm (andante) in the next stage can be applied to schizophrenic patients, especially in Surakarta RSJD with predetermined patient types and models.

## MUSIC FUNCTIONS IN THE EXPERIMENTATION OF SKIZOPRENIA DISORDERS

Hauser (1982: 94) emphasizes that "art is a product of society". Products from the community in a deeper sense indicate that art is formed based on the creation process. In the process of creating purity and hybridity, it is fundamental, involved in the acculturation or assimilation of culture. As the dangdut function above, according to Raditya (2013: 2) dangdut does not merely insist on upholding the originality of dangdut, but dangdut always follows where the development of the times

Music has an important role for the well-being of major schizophrenic patients in their psychiatric conditions. Most of us enjoy listening to music without being fully aware of its influence. Rehabilitation Installation with a strategy in selecting music therapy material aims to facilitate therapy participants in the entertainment realm of letting go of loneliness and shifting the burden of thoughts that interfere with schizophrenic patients.

Some psychological theories have had a long history of where his supporters strongly believe his opinion is in accordance with orientation each. Psychologist Sigmund Freud and the behaviorists see human behavior in various differences and of course in some predictable ways. In psychoanalytic understanding it is emphasized that, music allows one to express feelings through express language that is acceptable to everyone (Freud in Djohan, 2011: 15).

The experimentation of music as a therapy for schizophrenic patients was carried out as an effort to apply the four functional imperatives of the Talcott Parson social system. Experimentation was carried out to see the behavior of schizophrenic patients through music as an indicator of response and psychiatric conditions. But the study of the function of music in a human culture requires a specific understanding, because every music in a particular culture has different functions. Music is the most important part of the process of experimentation, because music determines many positive as-

pects for schizophrenic patients. Both socially and psychologically. In addition, music is the main element, and the presence of dangdut music among other types of music such as pop and campursari is used as a medium to see physical indicators of schizophrenic patients.

As already explained, the notion of music in one rehabilitation therapy is very important. The occupational activity is not absolutely necessary to be implemented, but in occupational therapy schizophrenic patients need music as a support for the healing process. Music is able to produce several important elements for the well-being of schizophrenic patients both in terms of social and psychological psychology of the patient.

After the author conducted research in the field, the author find some functions of music in line with Merriam's view of the functions and uses of music in society. In his view, Merriam explained that there are 10 functions of music that exist in the cultural life of a society. The function aspects of music include, 1) music as a physical response, 2) music as a means of communication, 3) music as an emotional expression, 4) music as a symbolic representation, 5) music as conformity to social norms, 6) music as institutional validation social and religious rituals, 7) music as a contribution to continuity and cultural stability, 8) music as a contribution to community integration, 9) music as pleasure to beauty, 10) music as entertainment. Of the ten functions, there are four functions related to the use of music as a therapeutic tool for schizophrenic patients applied to Surakarta Hospital, namely (1) physical response, (2) emotional expression, (3) entertainment facilities, (4) music as symbolic interactional (Merriam, 1964: 224).

## **Conclusion**

After the explanation and discussion in the previous chapters, in this concluding section will be discussed about conclusions and suggestions. In addition, also to conclude the answers from the formulation of the problems that have been

proposed. First, the process of experimentation of therapeutic methods by using for schizophrenic disorders in Mental Hospital of Surakarta. Both effects of music therapy on the state of the patient.

Finally, the study that used the AGIL concept in the process of musical experimentation for the healing of schizophrenic patients arrived at the conclusion stage. First Surakarta Hospital implemented two methods of healing, namely healing with pharmacy and non-pharmacological healing. Pharmacological healing is a support in efforts to restore schizophrenic disorders. The types of music that are applied as therapeutic media are, among others, pop, dangdut, campursari, and rock. Music experimentation carried out by occupational therapy teams is a form of effort in maintaining therapeutic goals.

Both authors found that the type of andante dangdut music between 60-75 bpm was able to stabilize emotions in schizophrenics within 12 times in three months of therapy, while for patients who experienced difficult conditions to receive therapy quickly could be given further occupational therapy. In addition to reducing emotions in schizophrenics, music with a tempo of 60-75 bpm can provide a positive effect on the patient's social and psychological development such as stabilizing emotions, more adapting, restoring confidence, being able to communicate, socialize and interact and increase passion for living in the community. The occupational team sees the patient's behavior in his daily life through music occupational therapy as an indicator of the patient's readiness to face the real environment (community).

## References

- Djohan.2011.*Perilaku Musikal dan Kepribadian Kreatif*. Pidato Pengukuhan Guru Besar Pada Fakultas Seni Pertunjukan Institut Seni Indonesia Yogyakarta.
- — — —. 2006.*Terapi Musik*.Yogyakarta: Galangpress,

- Freud Sigmund.1983.*Sekelumit Sejarah Psikoanalisis*.  
Terjemahan  
K.Bartens.Jakarta: PT Gramedia.
- Hauser, Arnold. 1982. *The Sociology of Art*. Terj.Kenneth J.  
Northcott.  
London: University of Chicago Press.
- Hidayatullah. 2015. "Musik Adaptasi Dangdut Madura"  
dalam  
RESITAL: JURNAL SENI PERTUNJUKAN, Volume 16 No.  
1, April 2015: 1-14.
- Merriam Allan P. 1964.*The Anthropology of Music*. Northwest-  
ern: University Press.
- Raditya Michael H.B.2013."Hibriditas Musik Dangdut Dalam  
Masyarakat Urban."dalam JOURNAL OF URBAN  
SOCIETY'S OF ARTS. Pengkajian Seni Pertunjukan  
dan Seni Rupa, Sekolah Pascasarjana UGM, Volume  
13 No. 1, April 2013: 1-14.
- Ritzer George, Goodman J Douglas.2008. *Teori Sosiologi: Dari  
Teori Sosiologi Klasik Sampai Perkembangan Mutakhir  
Teori Sosial Postmodern*. Yogyakarta:Kreasi Wacana.
- Salim, Agus. 2010. "Adaptasi Pola Ritme Dangdut pada  
Ansambel Perkusi" dalam RESITAL: JURNAL SENI  
PERTUNJUKAN, Volume 11 No. 2 Desember 2010:  
106-123.
- Soewito. M.2000. *Teknik Termudah Menulis dan Membaca Not  
Balok*. Jakarta:Titik Terang.
- Weintraub,Andrew N.2010. *Dangdut Stories: A Social and  
Musical History of Indonesia's Most Populer  
Music*.Oxford:University Press.

## **Informan**

Ardhaeta (45 tahun), Dokter spesialis jiwa. Mojosongo.

Febriyanto (34 tahun), Staf okupasi terapi. Purbayan, Rt : 6,  
Rw : 10, Baki Sukoharjo.

Kadi Riyanto (45 tahun), Staf Rehabilitasi. Langsur, Rt : 2,  
Rw : 1, Kelurahan Sonorejo, Kabupaten Sukoharjo.