

THE EFFECT OF CHROMOTHERAPY FOR REDUCING LEVELS OF HALLUCINATIONS IN PATIENTS WITH IMPAIRED SENSORY PERCEPTION: HALLUCINATION IN RS PROF.DR SOEROYO MAGELANG

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Abstract

Background. *The prolonged economic crisis in Indonesia led to a growing number of people with mental illness. Symptoms include mental health disorders ranging from anxiety disorders, depression, panic until a severe mental disorder such as violent behavior up to the suicides, more and more prevalent in the community. Of the many number of people who have a new 8% who received adequate treatment, while the remaining untreated. Chromotherapy is one of the alternative methods that can be used to treat mental disorders that can be applied in Indonesia.*

Methods. *This study is an experimental study using Pre-experimental research design types of Pre-Post Tests. The method used is purposive sampling.*

Results. *Based on the results of research known level of hallucinations before color therapy in both groups was 7 premises t-test p value 0.175 and 0.861. Hallucinations after therapeutic levels of purple on the first day on the case and control groups was 7 with t-test p value is -0.615 and 0.541. Hallucinations after therapeutic levels of purple on the second day in the case are 5 and 6 with the control group t-test p value was -5.426 and 0.000. Hallucinations after therapeutic levels of purple on the third day in the case is 4 and the control group was 6 t-test with the data obtained is -7.595 and p value 0.000. Hallucinations after therapeutic levels of purple on the fourth day in the case is 3 and the control group was 6 with t-test and p value 0.000 -10.244. There is a purple color therapy effect on reducing the level of hallucinations in patients with impaired sensory perception: hallucinations, heard after the purple color therapy after the second day.*

Keyword : *chromotherapy, Decreased levels of hallucinations*

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INTRODUCTION

Prolonged economic crisis in Indonesia led to a growing number of people with mental illness. Symptoms include mental health disorders ranging from anxiety disorders, depression, panic until a severe mental disorder such as violent behavior up to the suicides, more and more prevalent in the community. Of the many number of people who have a new 8% who received adequate treatment, while the remaining untreated (Henlia, 2007).

The number of people with severe mental illness in Indonesia is quite alarming, reaching 6 million people or about 2.5% of the total population. Based on the Household Survey of Mental Health (SKMRT) in 1995 carried out against 11 municipalities by population Psychiatric Epidemiology Network Indonesia, found 185 households per 1,000 adult population showed symptoms of mental health disorders both light and heavy. With another analogy that one in five of Indonesia's population suffers from mental illness and mental (Henlia, 2007).

Hospital Dr. Soeroyo Magelang is one of the Psychiatric Hospital in Indonesia under the ownership of the Department of Health. Mental Hospital Dr. Soeroyo Magelang is a referral hospital for patients with mental disorders. Hospital capacity is approximately 600 patients but the number has increased in excess of the tamping RS is 700-800 patients with a variety of health problems such as violent behavior, hallucinations, other problems. This hospital has approximately 25 wards which consist of male and female treatment rooms with a capacity of 28-30 people each ward (NOTE: Dr. RS Medical. Soeroyo Magelang, 2007).

Based on surveys and research carried out will require a step-by-step for the treatment of mental illness as early as possible. One of the steps or efforts that can be achieved is by using chromotherapi (color therapy).

According to Engelen, practitioners of color therapy, color does have the power to the

body. Color is not a cure, but color can help the healing process of a disease through a wave or vibration. Color has a major influence on the body (physical, emotional and mental). Many practitioners of color therapy is based on the energy body therapy that focuses on the major points are called chakras. The body has seven chakras yag greatly influenced by the colors, including green and purple. The green color is the color of healing as it can to balance and stabilize the body's energy. While purple is the crown chakra is associated with the energy and the highest function of mind. This color helps increase confidence, reduce the sense of powerlessness, and treat mental and neurological disorders (Wikipedia, 2007).

Treatment with color therapy has been done thousands of years in ancient Egypt and India who have done the research. Color therapy research conducted by Samantha, et al. In Scotland in 2001 by using the method of irradiation. The research was carried out using light colors (white and red) as a primary care affective disorder patients. Results obtained from this study is the color therapy can reduce symptoms by 40% (Samantha, 2001). However, both therapies are no differences in therapeutic outcome in which the white color is less able to significantly reduce symptoms in affective disorder patients compared with treatment of red color. This study still has the drawback that the sample used was small and the use of color therapy is not appropriate that the new research is needed.

While the study of color therapy as a method of mental healing in Indonesia has not been done either in educational institutions as well as in services such as Mental Hospital. For that researchers interested in conducting research on the use of color therapy or chromotherapy to reduce symptoms in patients with impaired sensory perception: Hallucinations in hospital wards UPI Dr. Soeroyo Magelang.

MATERIALS AND METHOD

This study is an experimental study using Pre-experimental research design types of Pre-Post Tests (Nursalam, 2003).

This study population were patients in hospital wards UPI Dr Soeroyo Magelang. While the sample used was a client with schizophrenia some 60 people (30 men for the

group respondents. In the group of cases, respondents are given the treatment chromotherapy: the purple while the control group given no treatment chromotherapy: purple. Adapu research data obtained are shown in the tables below.

The data of respondents with impaired sensory perception: hallucinations based on demographics can be seen in Table I below.

Table I. The Data of Respondents with Impaired Sensory Perception: Hallucinations

NO	VARIABEL	RESPONDEN				T-TEST	p value	MEAN DIFFERENT	95% CONFIDENCE INTERVAL OF DIFFERENT		
		KASUS		KONTROL					Lower	Upper	
		N	Percent	N	Percent						
1	USIA	25	46%	29	54%	1,324	0,191	3,5	-1,087	-8,813	
2	JENIS	Laki-laki	17	31%	14	26%	1,463	0,149	-0,20	-0,468	-0,073
		Wanita	8	15%	15	28%					
3	STATUS PERKAWINAN	Laki-laki kawin	4	7,3%	3	5,5%	0,397	0,693	0,05	-0,218	-0,325
		Wanita kawin	5	9,1%	9	16,4%					
		laki-laki tok kawin	13	23,6%	11	20%					
		wanita tok kawin	3	5,5%	6	10,9%					
4	AGAMA	Islam	24	43,6%	29	52,7%	1,079	0,286	0,04	-0,034	-0,114
		Non Islam	1	1,8%	0	0%					
		SD	7	12,7%	9	16,4%					
5	PENDIDIKAN	SMP	8	14,5%	10	18,2%	0,375	0,709	0,09	-0,397	-0,579
		SMA/SMEA	9	16,4%	9	16,4%					
		PT	1	1,8%	1	1,8%					
6	PEKERJAAN	Kerja	4	7,3%	4	7,3%	0,176	0,861	0,02	-0,259	-0,309
		Tdk Kerja	21	38,2%	25	45,5%					

control group and 30 others as the treatment group). The method used is purposive sampling.

RESULTS

Sampling was conducted in the wards of Dr. RS UPI. Soeroyo Magelang during the period of four months from December 2007 until March 2008. Sampling was performed in all patients with impaired sensory perception: hallucinations samples that meet the criteria specified.

Samples taken as many as 34 people who were then divided into two groups of cases of each group of 25 respondents and 29 control

Based on the above table it can be concluded that the case group consisted of 25 men and the control group consisted of 29 people. On the gender variable data obtained for the case group consisted of 17 males (31%) and eight women (15%) were in the control group consisted of 14 (26%) of men and 15 (28%) women. Based on the test statistic t-test derived p value of 1.324 and 0.191 which means that both groups there was no difference in gender.

In the variable marital status; for both groups the majority of men do not marry. T-test results obtained with the p value 0.693 0.397 which means that both groups there was no difference in marital status.

For the variable of religion in both groups of data obtained the highest number of religion is the religion of Islam that is the case for 24 (43.6%) and control group by 29 (52.7%). The test results obtained statistic t-test p value of 1.079 and 0.286 which means the second value is the same group or not there are differences in religion.

At the variable level of education; the case of the data obtained for the group's highest education is high school with the number nine (16.4%) and for the control group, the highest education is junior of 10 (18.2%). The results of the test statistic t-test values obtained p value 0.375 and 0.709, which means these two groups there was no statistical difference. As for the variable that the data obtained employment for both groups the highest number is not working is the case of 21 (38.2%) and in the control group 25 (45.5%). Based on the data obtained test statistic t-test p value was 0.176 and 0.861, which means these two groups are equal or there is no difference in the work.

scale of 7 is 18 (32.7%) and to control the hallucinations client groups on a scale of 7 of 19 (34.5%). Based on the obtained results of the test statistic t-test p value is 0.175 and 0.861, which means $p > 0.05$ then the two groups were found to be the same or no difference in the rate of hallucinations before being given a color treatment.

Variable levels of hallucinations after being given a color treatment on the first day that the data obtained in the case of the hallucinations are on a scale of 7 is 16 (29.1%) and control group on a scale of 7 is 18 (32.7%). The results of the test statistic t-test results obtained -0.615 and p value is 0.541 which means there is no difference in either case and control groups at hausinasi after a given color on the first day of therapy.

The second day after the treatment of data obtained in the case of the number of respondents with the highest level of hallucination scale 5 of 10 (18.2%) while the highest in the control group at 6 levels of hallucination scale is 16 (29.1%).

Table II. The Distribution of levels Hallucinations pre and post Chromotherapy

NO	VARIABLE	SIG. RELIABILITY	Comparison				t-test	p value	Mean Difference	95% CONFIDENCE INTERVAL OF DIFFERENT	
			Before		After/Post					Lower	Upper
			N	Percent	N	Percent					
1	Gangguan Perasaan	0,861	18	(52,3%)	19	(54,5%)	0,175	0,861	0,02	-0,259	-0,509
			8	(23,5%)	10	(29,2%)					
			2	(5,8%)	0	0%					
2	Gangguan Tampang Kulit	0,375	18	(52,3%)	16	(47,1%)	-0,615	0,541	-0,110	-0,406	0,215
			8	(23,5%)	10	(29,2%)					
			2	(5,8%)	0	0%					
3	Gangguan Tampang Kulit II	0,000	1	(2,9%)	12	(35,3%)	-5,426	0,000	-1,25	-1,699	-0,806
			9	(26,5%)	16	(47,1%)					
			10	(29,2%)	1	(2,9%)					
			4	(11,8%)	0	0%					
			0	0%	0	0%					
4	Gangguan Tampang Kulit III	0,000	0	0%	2	(5,9%)	-7,595	0,000	-2,19	-2,375	-1,840
			3	(8,8%)	10	(29,2%)					
			2	(5,8%)	7	(20,3%)					
			9	(26,5%)	0	0%					
			7	(20,3%)	0	0%					
5	Gangguan Tampang Kulit IV	0,000	0	0%	2	(5,9%)	10,224	0,000	-2,99	-3,557	-2,427
			0	0%	14	(41,2%)					
			3	(8,8%)	11	(31,8%)					
			0	0%	2	(5,9%)					
			8	(23,5%)	0	0%					

In Table II show that the highest level of hallucinations in the case before it is treated on a

Based on the obtained results of the test statistic t-test p value was -5.426 and 0.000 ($p < 0.05$)

which means that these two groups there are differences in the levels of hallucinations after being given a color treatment on the second day. This means that the level of group hallucination cases lower than the control group.

On the third day after treatment, in the case of any decrease in the level of hallucination that is on a scale of 4, namely nine (16.4%). Whereas in the control group obtained the highest data rate on a scale of hallucinations 6 of 20 (36.4%). T-test results of the data obtained is -7.595 and p value 0.000, which means these two groups there are differences in the levels of hallucinations after being given a color treatment on the third day. Differences in levels of hallucinations in both groups were also found on the fourth day after being given a color treatment with t-test value of the data obtained are -10.244 and p value 0.000, which means there are different levels of hallucinations after a given treatment on the fourth day.

DISCUSSION

Hallucinations are one of the mental disorders commonly found in hospital wards UPI Soeroyo Magelang. Handling is simply hallucinations during therapy farmaka. While non farmaka therapy in this case has not been implemented including color therapy color therapy purple. The color purple is associated with the crown chakra and energy and the highest function of mind. This color helps increase confidence, reduce the sense of powerlessness and treat mental and nervous.

Based on the results of this study found the influence of the violet color therapy to decrease the level of hallucinations. It can be seen from the difference between the hallucinations before and after therapy are given the color purple in both treatment groups on the second day, third and fourth ($p = 0.000$). This is consistent with research conducted by Wileman et. al. (2001) who said that the therapy can improve the color of affective disorders. Similarly, according to Engelen color therapy practitioners who stated that the color has the power to the body. Color is

not a cure but can help the healing process of a passing wave or fibrasinya disease. To say that color have a great effect on the body (physical, emotional, mental) of humans. Color affects the aura of the body so the body if the lack of any color will be an imbalance of the body that ultimately affect mood and health.

Color therapy also has the ability to balance the autonomic nervous system, which is important in chronic diseases and functional disorders by regulating the automated processes of the human body: breathing, heart rate, digestive tract function in the stress response. Go through the eye color which is then forwarded to the hypothalamus. The hypothalamus will organize the information or stimulus from internal and external environment of the body as an initial response from the stress, regulate immune function, reproduction, temperature, emotions and sleep patterns (Cocilovo A.,).

Colors can trigger releasing of hormone melatonin and serotonin produced in the pineal gland of the brain. Melatonin and serotonin is a chemical balance and body functions as a neurotransmitter in the brain that serves to improve the mental disorders such as schizophrenia and levels of hallucinations (Azeemi and Raza, 2005).

CONCLUSION

Based on the results of the study the effect of giving the purple color therapy to decrease the level of hallucinations in patients with impaired sensory perception: hallucinations in the UPI RS Soeroyo Magelang can be summarized as follows:

1. Hallucinations level prior to color therapy in both groups was 7 premises t-test p value 0.175 and 0.861.
2. Hallucinations after therapeutic levels of purple on the first day on the case and control groups was 7 with t-test p value is -0.615 and 0.541.

3. Hallucinations after therapeutic levels of purple on the second day in the case are 5 and 6 with the control group t-test p value was -5.426 and 0.000.
4. Levels of hallucinations after treatment on day ketigapada purple is the case group and control group was 4 of 6 with t-test data obtained is -7.595 and p value 0.000.
5. Hallucinations after therapeutic levels of purple on the fourth day in the case is 3 and the control group was 6 with t-test and p value 0.000 -10.244.
6. There is a purple color therapy effect on reducing the level of hallucinations in patients with impaired sensory perception: hallucinations, heard after the purple color therapy after the second day.

REKOMENDATION

1. Hospital

Policy is to use the purple color therapy as a therapeutic alternative to lower levels of hallucinations in patients with impaired sensory perception hallucinations remember this color therapy is economical, easy to do.

2. Researcher

Increase knowledge and use of alternative medicine to address patients with impaired sensory perception: hallucinations.

3. Nurse

Based on the results of this study should be the nurse in providing care to patients with impaired sensory perception: hallucinations purple color therapy as an alternative therapy to reduce the scale of hallucinations that made at least for 2 days.

4. Educational Institutions

The results can be utilized to increase the repertoire of knowledge.

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