



Case study

Implementation Of Reality Orientation Group Activity Therapy For Patients With Auditory Hallucination at Mitra Mulia Husada Foundation in 2026

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Abstract

Introduction: Sensory perception disorders in the form of auditory hallucinations are among the most common symptoms experienced by patients with schizophrenia and may interfere with their daily activities. One of the non-pharmacological nursing interventions that can be provided is Reality Orientation Group Activity Therapy (ROGAT) to help patients control hallucinations. Aim this research to describe the implementation of Reality Orientation Group Activity Therapy (ROGAT) in reducing the level of auditory hallucinations among patients at Mitra Mulia Husada Foundation.

Method: This study employed a descriptive case study design involving two subjects with auditory hallucinations. The intervention was conducted over three consecutive days, with each session lasting 30 minutes. Data were collected using an auditory hallucination assessment observation sheet and an observation sheet measuring the patients' ability to participate in Reality Orientation Group Activity Therapy.

Results: The findings showed a reduction in the level of hallucinations in both subjects. Subject 1 experienced a decrease in the hallucination score from 7 to 1 (a reduction of 6 points), while Subject 2 showed a decrease from 15 to 5 (a reduction of 10 points). In addition, both subjects demonstrated improved orientation to person, place, and time.

Conclusion: The implementation of Reality Orientation Group Activity Therapy (ROGAT) was effective in reducing the severity of auditory hallucinations and improving reality orientation in patients with sensory perception disorders: auditory hallucinations.

Keywords: *Sensory perception disorder, auditory hallucinations, group activity therapy, reality orientation.*

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INTRODUCTION

Mental disorders are conditions that can affect an individual's thoughts, feelings, behavior, and ability to carry out daily activities. One of the commonly encountered mental disorders is schizophrenia. Patients with schizophrenia may experience various symptoms, one of which is sensory perception disturbance in the form of hallucinations. Hallucinations are perceptions of stimuli that are not actually present and can occur in various forms, such as auditory, visual, olfactory, tactile, and gustatory hallucinations.

Auditory hallucinations are the most common type of hallucination experienced by patients with schizophrenia, in which patients hear voices or whispers without any actual stimulus from the environment. Mental disorders are conditions that can affect an individual's thoughts, feelings, behavior, and ability to carry out daily activities. One of the commonly encountered mental disorders is schizophrenia. Patients with schizophrenia may experience various symptoms, one of which is sensory perception disturbance in the form of hallucinations. Hallucinations are perceptions of stimuli that are not actually present and can occur in various forms, such as auditory, visual, olfactory, tactile, and gustatory hallucinations. Auditory hallucinations are the most common type of hallucination experienced by patients with schizophrenia, in which patients hear voices or whispers without any actual stimulus from the environment (Mutaqin et al., 2023).

The World Health Organization (WHO) estimates that approximately 450 million people worldwide experience mental disorders, with around 20 million people experiencing schizophrenia and 135 million

experiencing hallucinations (Osborn et al., 2022). In Indonesia, severe mental disorders such as schizophrenia remain a health problem that requires attention. Based on data from Satu Data Provinsi Sumatera Selatan in 2022, there were 13,607 people with severe mental disorders (Orang Dengan Gangguan Jiwa/ODGJ) aged 15–59 years. Palembang City had the highest number of cases, with 3,306 people (SIMATA, 2022).

Auditory hallucinations can affect patients' ability to communicate, interact, concentrate, and carry out daily activities. Patients may hear voices calling their names, making comments, insulting them, or even giving specific commands. If not properly controlled, hallucinations may cause patients to withdraw from their surroundings, talk or laugh to themselves, experience difficulty concentrating, feel frightened, and even be at risk of engaging in behaviors that may harm themselves or others. Therefore, appropriate management is needed to help patients recognize and control the hallucinations they experience (Arif & Zainudin, 2025).

Management of patients with hallucinations can be carried out through pharmacological and non-pharmacological approaches. One of the non-pharmacological interventions that can be applied in psychiatric nursing is Reality Orientation Group Activity Therapy (TAK). This therapy is conducted in groups by providing stimulation to patients to recognize people, places, and time. Through these activities, patients have the opportunity to interact with their surroundings, allowing their attention to be directed more toward external stimuli rather than internal stimuli in the form of hallucinations. The reality orientation approach also helps patients distinguish between hallucinatory experiences and actual conditions.

The results of research by (Gasril et al., 2021) showed that Sensory Perception Group Activity Therapy had a positive impact on patients' ability to control auditory hallucinations. These results were supported by research by Susilawati et al. (2022), which showed an effect of Sensory Perception Group Activity Therapy on the ability to control hallucinations in patients with auditory hallucinations. These findings indicate that group activity therapy can be an alternative non-pharmacological intervention to help patients control hallucination symptoms.

Based on the above description, Reality Orientation Group Activity Therapy is considered appropriate to help patients with sensory perception disturbances in the form of auditory hallucinations recognize reality and reduce the symptoms they experience. Therefore, the researcher was interested in conducting a case study on the Application of Reality Orientation Group Activity Therapy in Patients with Sensory Perception Disturbance of Auditory Hallucinations at Yayasan Mitra Mulia Husada in 2026.

METHOD

This study used a descriptive case study design aimed at describing the application of Reality Orientation Group Activity Therapy in Patients with Sensory Perception Disturbance of Auditory Hallucinations. The study was conducted from May 23–25, 2026, at Yayasan Mitra Mulia Husada.

The study subjects consisted of two patients who met the inclusion criteria, namely patients who were willing to participate as respondents. The inclusion criteria included adult male patients aged >18 years, able to cooperate with nurses, experiencing auditory hallucinations and having been able to perform SP 1–4 for hallucinations, and willing to participate in Reality Orientation Group Activity Therapy until completion. The exclusion criteria included patients with speech impairment, patients who absconded or were discharged, and patients who were unable to cooperate with nurses.

The research instruments included a hallucination assessment observation sheet, a reality orientation ability assessment table, and documentation. The hallucination assessment observation sheet consisted of 26 indicators divided into three aspects: cognitive (4 indicators), affective (15 indicators), and psychomotor (7 indicators). Each indicator was scored as 1 if the sign or symptom was present and 0 if it was absent. The scores for all 26 indicators were summed to obtain a total score ranging from 0 to 26. Higher scores indicated a greater number of observed signs and symptoms of hallucinations. Assessments were conducted before and after the intervention to identify changes in the observed signs and symptoms. The reality orientation ability assessment table was used to evaluate the patients' ability to recognize people, places, and time, while documentation was used to record relevant information throughout the research process.

Data collection consisted of primary and secondary data. Primary data were obtained through interviews, observations, and physical examinations, while secondary data were obtained through relevant documents and literature reviews. Assessments were conducted before and after the intervention to identify changes in the patients' conditions and abilities during the implementation of Reality Orientation Group Activity Therapy. The results of the hallucination assessment observation sheet were presented in the form of scores to describe changes in hallucination symptoms, while the results of the reality orientation ability observations were presented narratively and in tables to describe the patients' abilities to recognize people, places, and time. This study obtained ethical approval under Number 002672 and applied the principles of informed consent, anonymity, and confidentiality.

RESULTS

This study was conducted at Yayasan Mitra Mulia Husada from May 23–25, 2026, involving two patients selected based on the inclusion and exclusion criteria. Both subjects participated in Reality Orientation Group Activity Therapy (TAK) for three consecutive days, with a duration of 30 minutes for each session.

Table 1.1 Characteristics of the Participants

Characteristics	Participant 1	Participant 2
Sex	Male	Male
Age (years)	31 years	40 years
Marital Status	Married	Married
Length of stay	Since december 2025	Since february 2026
Nursing Diagnosis	Sensory perception disturbance: auditory hallucinations	Sensory perception disturbance: auditory hallucinations

Table 1.1 presents the characteristics of the study subjects. both subjects were patients with sensory perception disturbance in the form of auditory hallucinations who were receiving care at Yayasan Mitra Mulia Husada Palembang.

Table 1.2 Hallucination Assessment Scores of the Study Subjects Before and After Therapy

Participant	Day/Date	Pre Test	Participant	Day/Date	Post Test
Participant 1	Saturday / May 23, 2026	7	Participant 1	Saturday / May 23, 2026	1
Participant 2	Monday / May 25 2026	15	Participant 2	Monday / May 25 2026	5

Table 1.3 Observation of Reality Orientation Group Activity Therapy (TAK) Sessions 1–3

Day/Date	Session	Orientation Focus	Participant 1	Participant 2
Saturday, May 23 2026	1	Person orientation	Able to introduce himself and recall the identities of several group members. Still required repetition for some questions.	Able to introduce himself and participate in the activity, but appeared hesitant and required time to respond.
Sunday, May 24 2026	2	Place orientation	Able to recognize the room and nurses' room with assistance. Still had difficulty identifying the bathroom, toilet and bedroom.	Able to correctly identify the foundation, rooms, nurses' room, bathroom, WC, and toilet, although still requiring time to respond.
Monday, May 25 2026	3	Time orientation	Able to state the hour, month, and year. Still required assistance to identify the day and date.	Able to correctly state the hour, day, date, month, and year, although requiring time to think before responding.

Based on Table 1.2, both subjects experienced a decrease in hallucination signs and symptoms after receiving Reality Orientation Group Activity Therapy (TAK) for three consecutive days. Subject 1's score decreased from 7 to 1, representing a reduction of 6 points, while Subject 2's score decreased from 15 to 5, representing a reduction of 10 points. These results indicate a positive change in both subjects following the intervention.

Based on Table 1.3, Subject 1 showed improvement in reality orientation throughout the three therapy sessions. In the first session, the subject was able to introduce himself, while in the second and third

sessions, the subject was able to recognize places and identify some aspects of time, although still requiring repetition and assistance. Meanwhile, Subject 2 showed better reality orientation abilities throughout the three therapy sessions. The subject was able to introduce himself, recognize the surrounding environment, and identify the hour, day, date, month, and year, although still requiring time to respond.

DISCUSSION

The results of the study showed that the application of Reality Orientation Group Activity Therapy (TAK) for three days provided positive changes in both subjects with sensory perception disturbance in the form of auditory hallucinations. Both subjects experienced a decrease in hallucination signs and symptoms and an improvement in their ability to recognize people, places, and time. This indicates that Reality Orientation Group Activity Therapy can help patients direct their attention toward real conditions in their surroundings.

During the therapy sessions, both subjects were able to participate well in activities involving orientation to people, places, and time, although they showed different responses. Subject 1 still required repetition and guidance during several activities, while Subject 2 was able to respond better when recognizing places and time. These differences indicate that each subject may have different abilities in participating in the therapy according to their individual conditions.

The results of this study are consistent with the study by Gasril et al. (2021), which showed that Sensory Perception Group Activity Therapy had a positive impact on patients' ability to control auditory hallucinations. These findings are also supported by Susilawati et al. (2022), who found that Sensory Perception Group Activity Therapy had an effect on the ability to control hallucinations. The study by Livana et al. (2020) also showed that Reality Orientation Group Activity Therapy can improve cognitive, communication, and social interaction abilities through exercises involving the recognition of people, places, and time.

Nevertheless, there were differences in the results between the two subjects. Subject 1 experienced a decrease in hallucination signs and symptoms from a score of 7 to 1, while Subject 2 experienced a decrease from 15 to 5. Subject 1 still required repetition and guidance during several orientation activities, whereas Subject 2 demonstrated better orientation abilities. These differences indicate that patients may respond differently to the application of Reality Orientation Group Activity Therapy according to their individual conditions and characteristics.

The results of this study reinforce the role of nurses in providing non-pharmacological interventions through Reality Orientation Group Activity Therapy for patients with auditory hallucinations. The gradual implementation of TAK through orientation to people, places, and time can be an alternative nursing intervention to help reduce hallucination signs and symptoms and improve patients' reality orientation abilities. This study had limitations, including the researcher's limited experience and the considerable distance to the research location, which made it difficult to optimally monitor the subjects' progress. Therefore, future research is recommended to involve more subjects and a longer implementation period to obtain more comprehensive results..

CONCLUSION

The application of Reality Orientation Group Activity Therapy (TAK) for three days showed positive changes in both subjects with sensory perception disturbance in the form of auditory hallucinations. Both subjects experienced a decrease in hallucination signs and symptoms and an improvement in orientation abilities toward people, places, and time. Subject 1 experienced a decrease in score from 7 to 1, while Subject 2 experienced a decrease from 15 to 5. Therefore, Reality Orientation Group Activity Therapy can be an alternative non-pharmacological nursing intervention to help reduce hallucination signs and symptoms and improve patients' reality orientation abilities

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