

Expressive Writing Therapy and Disclosure Emotional Skills on the Improvement of Mental Disorder Patients Control Hallucinations

Rusdi^{1*}, Siti Kholifah²

^{1,2}ITKes Wiyata Husada Samarinda,

¹Lincoln University Collage, Malaysia

Corresponding author: rusdi@itkeswhs.ac.id

ABSTRACT

Mental disorders have symptoms of disorders Sensory perception, hallucinations are a response to give perceptions or opinions about the environment without any real objects or stimuli, the handling of patients with hallucinations needs to be done quickly and precisely by professional staff including Expressive Writing Therapy can overcome anxiety, depression and control hallucinations in patients with mental disorders, especially auditory hallucinations. This study aims to determine the effect of Expressive Writing Therapy and emotional expression on the reduction of hallucinations given therapy. The process of increasing control over hallucinations needs to be addressed by providing therapeutic exercises including Expressive Writing Therapy and emotional expression. The research method used is quasi-experimental with one group pretest-posttest design. The sampling technique was purposive sampling with a total of 16 respondents. The method of data collection was done by measuring hallucinations before and after Expressive Writing Therapy and expressing emotions. The data analysis will be carried out Paired T-Test, results in showed value p of 0.01 means that there is the influence of Expressive Writing Therapy and Capabilities Against Increased Disclosure Controlling Emotions Hallucinations Mental Disorder Patients. Conclusion Expressive writing therapy and emotional expression help control hallucinations in adjusting, socializing skills, and directing interest in returning to the community.

Keywords: Hallucinations, Expressive writing Therapy, emotional expression

1. INTRODUCTION

Including in Indonesia, mental health is still one of the significant health problems in the world. [1] According to data, there are about 35 million people affected by depression, 60 million people affected by bipolar, 21 million affected by schizophrenia, 47.5 million affected by dimensions and. In Indonesia, psychologists and social with diversity of the population, with various biological factors; The number of cases of mental disorders continues to grow, which has an impact on increasing the burden of the state and decreasing human productivity for the long term. In 2018, the prevalence of mental disorders averaged 7% of the total Indonesian population. Basic Health [2] in Indonesia in 2013-2018 shows that the prevalence of schizophrenia or psychosis in 2013 reached about 1.7% of the total population of Indonesia.

According to data from the World Health Organization [1] the problem of mental disorders around the world has become a very serious problem. Who estimates that there are about 450 million people in the world experiencing mental disorders [3]. Prevalensi mental disorders anxiety and depression amounted to 11.65% of the population (24,708,0000 people) and the national prevalensi of severe mental disorders in Indonesia amounted to 0.46% (1,065,000 people). Schizophrenia is a form of chronic psychiatric psychotic disorder that is often accompanied by subtleianization, chaotic thoughts and behavioral changes [4]. Reports of growth in people with schizophrenia occur 7 per thousand people that occur in the age range of 15 to 35 years world health organization [1]. The prevalence of schizophrenia in Indonesia reaches 1.7 per thousand people from populations at all age levels, Aceh and DI Yogyakarta are the areas with the

highest prevalence of schizophrenia at 2.7% [2]. Data from Aceh Mental Hospital throughout 2013, schizophrenia cases are the most common cases of mental disorders in the treatment. Inpatient schizophrenia patients amounted to 1,816 (85.17%) of 2,177 cases and outpatient patients amounted to 10,705 (81.79%) of 13,088 cases with length of stay of 115 days [2].

Treatment of patients with hallucination problems can be done with a combination of psychomarkology and psychosocial interventions such as psychotherapy, family therapy, and expressive writing therapy that show better results. The act of nursing in hallucinatory patients is focused on physical, intellectual, emotional, and socio-spiritual aspects. One of them is expressive writing therapy. Expressive writing therapy is a writing process that expresses individual expression and reflection and is done with one's own wishes or the guidance of a therapist or researcher [4].

Expressive writing is a therapist-assisted therapy that uses an expressive writing approach to capture emotional experiences and relieve tension in people, helping them improve their physical health, control emotions, and regulate their emotions. Emotional expressiveness is the natural expression of actual emotion [5].

Hallucinations are the loss of human ability to distinguish internal stimuli (thoughts) and external stimuli (the outside world). The client gives perceptions or opinions about the environment without any real objects or stimuli [3], the causative factors of hallucinations are: a. Predisposition factors abnormalities of nervous system development associated with maladaptive neurobiological responses are only beginning to be understood. This is demonstrated by the following studies: Brain imaging research already shows broader brain involvement in the development of schizophrenia [7]. Lesions in the frontal, temporal and limbic regions are associated with psychotic behavior. Some chemicals in the brain such as the excessive neurotransmitter dopamine and problems in the dopamine receptor system are associated with schizophrenia.

Precipitation factors for the occurrence of hallucination disorders are: 1) Biological disorders in communication and brain turning, which regulate information processes and abnormalities in the entrance mechanisms in the brain resulting in the inability to selectively respond to the stimulus received by the brain to be interpreted. The threshold of tolerance to stress interacts with environmental stressors to determine the occurrence of behavioral disorders [3]. Auditory hallucinations are the most common hallucinations heard by schizophrenic patients in the form of voices that are

often threatening, accusing or insulting. The sound is recognizable or unrecognizable and is usually more than one voice [6].

States that client behavior related to hallucinations is a distraction of speech, smile and laughter alone, moving lips without sound, eyes that are fast movement, slow verbal and response. Withdraw from automatic and try to avoid automatic automatic [7]. Real and unreal cannot distinguish between real and unreal circumstances, stages and levels of hallucinations consist of several phases as follows: The first phase is also called the Comforting phase which is the pleasant phase. At this stage it belongs to the nonpsychotic group. Characteristics of clients experiencing stress, anxiety, feelings of separation, guilt, loneliness peak, and that cannot be resolved. The second phase is also called condemn phase or severe anxiety that hallucinations become disgusting. Included in mild psychotic disorders. Characteristics: sensory experiences are disgusting and frightening, anxiety increases, daydreaming, and self-thinking becomes dominant. There began to be an obscure whisper. The third phase is the Controlling or anxietas/anxiety phase of weight i.e. sensory experience becomes powerful. Included in psychotic disorders. Characteristics: whispers, sounds, hallucinatory contents, increasingly prominent, mastering and controlling the client. The client becomes accustomed and helpless to his hallucinations.

Suggests the stages of hallucinations characteristic and behavior displayed by clients who experience hallucinations are as follows Stage I: Providing a sense of comfort, a moderate level of anxiety, in general hallucinations are a pleasure. Stage II Blame, the level of severe anxiety, in general hallucinations cause a sense of antipasti: Stage III Controls the level of severe anxiety. The sensory experience of hallucinations cannot be denied. Stage IV Mastering the level of intelligence, panic is generally regulated and affected by hallucinations [7].

Expressive writing is the process of writing that expresses individual expression and reflection and is done with one's own desires or the guidance of a therapist or researcher [4]. Creative therapy has been used in addition to medical and pharmacological treatment with people with mental illness. According to, creative activity can serve as a window into the subconscious or as a means to promote communication between clients [8].

Expressive writing is a form of therapy used to reduce the tendency of depression. Expressive writing therapy is talking about or writing down distressing experiences or traumatic events about

hidden emotions to gain insight and solutions from trauma [9].

Define expressive writing therapy or writing therapy as a writing process that is a personal expression and reflection and is done with one's own wishes or the guidance of a therapist or researcher [4]. In general, expressive writing therapy aims to increase understanding for oneself as well as others, increase creativity, self-expression and self-esteem, strengthen communication and interpersonal skills, express excessive emotions (catharsis) and reduce tension and improve communication and interpersonal skills, improve and ability to cope with problems and adaptive functions of individuals.

Also states that expressive writing therapy helps individuals to understand themselves well, and can deal with depression, stress, anxiety, addicts, fear of illness, loss, and deep change [4]. released a book titled "It's Easy to Write: Expressive Writing Series" in 2013. Writing "Expressive Writing Foundations of Practice" is a time for self-indulgence [10]. Where this can help to know yourself, thoughts or stress, so as to reduce the burden. In addition, in a study conducted as one of the therapies to 'enjoy' time for yourself for patients expressive writing therapy. The results of this study can reduce the symptoms of the disease of the patients, ranging from increased immune immunity, reduced visits to complain of pain, decreased high blood pressure, and increased antibodies, especially (desire to heal).

Also states that expressive writing goals help individuals to understand themselves better, and can deal with depression, distress, anxiety, addicts, fear of illness, loss and changes in their lives [4]. The ultimate goal to be achieved is that participants can freely express their feelings, increase confidence, improve self-reflection, improve writing skills, make participants become more open, spontaneous and accept themselves as they are [9].

2. METHODS

The type of design in this study is Quasi Experimental Design. The design in this study is One-Group Pretest-Posttest Design. This design has a pretest, before being given treatment. The results of treatment can be known more accurately, because it can compare with the circumstances before being given treatment

The study was conducted at Samarinda psychiatric Hospital in June 2021. The population of this study is people with mental disorders with symptoms of sensory perception disorder of 16

people. Determines samples with paired numerical comparative analytical formulas

Sampling techniques in this study are by purposive sampling technique, namely by determining the sample first with the conditions of inclusion and exclusion. This sample was determined in two criteria: Inclusion criteria in this study: Mental patients suffering from mental disorders with symptoms of sensory perception disorders. Exclusion criteria in this study: Patients who have physical limitations patients who are indications of raging.

2.1 Research Procedure

This stage was conducted on 16 respondents selected based on inclusion criteria in mental patients who will be given interventions and measurements of sensory perception:

- a Expressive Writing Implementation
 - Pre-Interaction Stage: Assess the health status of the client, Build a trust relationship, Meeting contract for expressive writing therapy, Create a calm and conducive environment, Prepare tools namely: paper and pen
 - Orientation Stage: Build a relationship of mutual trust to the client, Therapeutic greetings, Pronounce the name and call of the therapist, ask the name and call of the client
 - Evaluation / validation : Ask the current feelings of the client, Contract (Topic, Time and Place), Remind the contract with the client, explain the purpose of the activity
- b Interaction Stage: Try to calm and comfortable situations and environments, encourage clients to take the most comfortable sitting position. Prepare paper and pen for the client, Allow the client to start writing on the thread for 5-15 minutes, encourage the client calm and focus when given therapy, give praise after the client after finishing writing
- c Termination Stage: Evaluation, the leader of therapy expresses feelings after.
- d Hallucination Assessment
 - Sensory Perception Disorder Assessment using the score kategori scale for the BRIEF assessment scale is: < 50 Positive, which is a disorder that the client feels has decreased, > 50 Negative, which is a disorder that the client feels increasingly and leads to severe signs and symptoms.
 - After measurements are made before and after the intervention, then the data recapitulation is carried out. Recapitulation is done from each treatment for data testing.

3. RESULTS

Based on the results of research conducted,

Table 1. Statistics descriptive *Expressive Writing Therapy* And Emotional Disclosure Ability To Improve Control Hallucinations Of Mental Disorder Patients N = 16

	Mean	Median	Mode	St. Deviation	Min	Max
Pre	38,63	36,50	34	10,210	23	56
Post	34,44	34	29	9,647	18	51

Based on table 1 showing the ability to control hallucinations of mental disorder patients showed an average score decrease of 34.44.

Table 2. Analysis of *Expressive Writing Therapy* And Emotional Disclosure Ability To Improve Control Of Hallucinations Of Mental Disorder Patients N =16

	Mean	Std. Deviation	std. Error Mean	t	CI	ρ
Pre-Post	38,63	36,50	1,427	2,935	1,147-7.228	*0,01

* Paired T-Test test analysis $\alpha = 0.05$. $< \rho \alpha$

Based on the results of table 2 above shows that the value of ρ 0.01 means there is significant *Expressive Writing Therapy* and Emotional Disclosure Ability To Improve Control Hallucinations of Mental Disorder Patients. From the results of the t count value of 2,935 with T table $df 15 = 2,131$ means that the value of T calculates greater than the T table then it can be concluded that there is an effect of *Expressive Writing Therapy* and The Ability to Express Emotions On Improving Control of Hallucinations of Mental Disorder Patients. *Expressive Writing Therapy* can enhance emotional disclosure and provide deep emotional and may facilitate the reduction of anxiety [11]

Expressive Writing Therapy can improve symptoms of depression in women with a history of child sexual abuse. *Expressive Writing Therapy* focuses on correcting sexual problems, especially for depressed women with a history of child sexual abuse. *Expressive Writing Therapy* is accessible, cost-effective, and acceptable to patients [12]. *Expressive writing* is efficacious to improve women's post-traumatic recovery and reduce symptoms of their post-traumatic stress disorder to some extent [13].

Expressive writing therapy is an activity that describes the process of life disclosure. This simple activity practically gives a feeling of calm as well as giving effects for weeks, months, and even years. This therapy makes a person change to know and express the emotion that is in them [14].

The influence of health-expressive writing activities can be demonstrated from a decrease in

the autonomic and cardiovascular nervous activity systems as shown by individuals in the relaxive process. This condition can be explained by the Viewpoint Inhibition Theory, which states that mementing thoughts and feelings about trauma resulting during the accumulation of stress or stress on the body and physiological, obsessive thinking related to events [14]. More conscious can express feelings more When getting a lot of writing results, writing therapy is especially relevant for psychotherapy patients [15]

Emotional disclosure gives rise to greater physiological reactivity and self-reported emotions than neutral writing. Emotional disclosure can reinforce physiological reactivity to emotional disclosure. Greater heart rate during emotional disclosure was associated with the greatest reduction in event-related disorders, depression, and symptoms of physical illness at follow-up. The results support an explanation of exposure to the effects of emotional disclosure and the first suggests that response training facilitates emotional processing and may be a useful addition to written emotional disclosure [16].

Expressive writing therapy is a type of catalysm therapy that can also be referred to as emotional storytelling because, during the writing process, individuals will write about their feelings and emotions. Emotional storytelling is related to the function of expressive writing therapy in the treatment of negative emotions that arise in a person's mind. When a person reads, he or she will be able to feel emotions piling up throughout the day and can use them to build memories in certain situations, giving rise to awareness. In terms of

cognition, expressive writing therapy helps individuals in increasing their brain capacity. When you're ready to eat, your brain is left and relaxed writing [17].

Based on the results of research obtained by [18], showed that before being given expressive writing therapy the symptoms of hallucinations experienced by schizophrenia patients were mostly in the medium category. This is because hallucinations have caused the patient to experience incompetence or damage in his social relationships so that the patient lives in his own nature, interacting with his own created thoughts, feelings he made himself, as if everything becomes something real so that the respondent cannot divert and control the hallucinations he experiences. The effectiveness of giving *expressive writing therapy* to self injury tendencies in view of introverted personality types shows that there is an influence of expressive writing therapy on the tendency of self injury in adolescents after treatment [19].

Treatment of clients with schizophrenia with hallucination problems can be done with a combination of psychopharmacology and psychosocial interventions such as psychotherapy, family therapy, and writing therapy that show better results [4]. The act of nursing in clients with hallucinations is focused on physical, intellectual, emotional, and socio-spiritual aspects. One of the treatments of schizophrenic clients with hallucination problems is with expressive writing therapy. Expressive writing therapy is a writing process that expresses individual expression and reflection and is done with one's own wishes or the guidance of a therapist or researcher [4].

4. CONCLUSION

Writing therapy can help mental function: creating certain conditions so that clients can express the expression and reflection of individuals develop the ability to be able to relate to others and the surrounding community, help emotional impulses, help find activities according to their talents and conditions, help in collecting data to enforce diagnosis and therapy, restore physical function, teach ADL, help clients equip themselves with homework, increase work tolerance, socializing and directing interests, hobbies to be reused after clients are back in the community. therapeutic communication in clients of mental disorders. The act of writing activity in controlling hallucination symptoms with the results of research supported by the concept of theory and research journals found so that auditory hallucinations are moderate so that expressive writing therapy actions fill free time become an effective complement to control the

symptoms of hallucinations experienced by clients in addition to other actions.

ACKNOWLEDGMENT

This research was financially supported by ITKes Wiyata Husada Samarinda in 2021

REFERENCES

- [1] WHO, Improving health systems and services for mental health (Mental health policy and service guidance package), Geneva: WHO Press, 2016.
- [2] Rikesdas, "Riset Kesehatan Dasar Badan Penelitian dan Pengembangan Kesehatan," Kemenkes, Jakarta, 2013.
- [3] I. Yosep, Keperawatan Jiwa, Bandung: Revika Adita, 2014.
- [4] Undang-Undang Republik Indonesia Nomor 36 Tahun 2009 Tentang Kesehatan Jiwa, Jakarta.
- [5] Bolton, Effect of Expressive Writing on Psychological and Physical Health : The Moderating Role of Emotional Expressivity. Anxiety Stress Coping, Los Angeles: Psychology Departement, University of California, 2014.
- [6] d. Qanitatin, "Pengaruh katarsis dalam menulis ekspresif sebagai intervensi depresi ringan pada mahasiswa," *Jurnal Psikologi*, vol. 9, no. 1, 2015.
- [7] Riordan, "Scriptotherapy: Therapeutic writing as a counseling adjunct," *Journal of Counseling & Development*, vol. 74(3), no. doi: 10.1002/j.15566676.1996.tb01863.x, pp. 263-269, 2010.
- [8] Ibrahim, Skizofrenia Spliting Personality, Tangerang: Jelajah Nusa. Edisi Pertama, 2011.
- [9] .. B. d. A. Keliat, Keperawatan Jiwa : Terapi Aktivitas Kelompok, Jakarta: EGC, 2016.
- [10] R. N. P. & W. E. King, "menulis kreatif dalam pemulihan dari penyakit mental yang berat," *Antar-nasional Journal of Mental Health Nursing*, vol. 22, pp. 444-452. doi: 10,1111 / j.1447-0349.2012.00891.x, 2013.
- [11] J. Pennebaker, "Menulis tentang pengalaman emosional sebagai proses terapi," *Psikologis Science*, vol. 8, no. 3, pp. 162-166, doi: 10,1111 / j.14679280.1997.tb00403.x , 2010.
- [12] K. Adams, It's Easy to W.R.I.T.E : Expressive Writing, Toronto: Rowman & Littlefield Publisher, Inc, 2013.

- [13] S. J. M. O. P. & P.-L. A. Harrington, Emotional processing in an expressive writing task on trauma, vol. 32, *Complementary therapies in clinical practice*, 2018, pp. 116-122.
- [14] C. M. L. T. A. & S. K. R. Meston, "Effects of expressive writing on sexual dysfunction, depression, and PTSD in women with a history of childhood sexual abuse: Results from a randomized clinical trial.," *The Journal of Sexual Medicine*, vol. 10, no. 9, pp. 2177-2189, 2013.
- [15] J. S. S. Z. X. W. M. & Y. X. Qian, "Effects of an expressive writing intervention in Chinese women undergoing pregnancy termination for fetal abnormality: A randomized controlled trial," no. 103104, p. 103, 2021.
- [16] J. d. S. J. Pennebaker, *Opening Up by Writing It Down: How Expressive Writing Improves Health and Eases Emotional Pain*, Vols. 15. Pennebaker, J.W. dan Smyth, J.M. (2016).. Pennebaker, J.W. dan Smyth, J.M. (2016). *Opening Up by Writing It Down: How Expressive Writing Improves Health and Eases Emotional Pain*. New York: Guilford Publication.
- [17] D. S. N. B. & E. Z. Mordechay, "Expressive writing-Who is it good for? Individual differences in the improvement of mental health resulting from expressive writing," *Complementary therapies in clinical practice*, 37, 115-121, vol. 37, pp. 115-121, 2019.
- [18] A. E. A. D. S. R. & V. S. R. Konig, "Enhancing the benefits of written emotional disclosure through response training. Behavior therapy, 45(3).," vol. 45, no. 3, pp. 344-357, 2014.
- [19] J. W. & C. C. K. Pennebaker, *Expressive writing: Connections to physical and mental health* Oxford handbook of health psychology, New York: Oxford University Press, 2011.
- [20] d. Candra, "erapi Menulis Ekspresif Terhadap Perubahan Halusinasi pada Pasien Skizofrenia," *Jurnal Keperawatan Politeknik Kesehatan Denpasar*, 2013.
- [21] L. N. I. & S. S. Faried, "Efektivitas pemberian expressive writing therapy terhadap kecenderungan self-injury ditinjau dari tipe kepribadian introvert," *Psikovidya*, vol. 22, no. 2, 2018.
- [22] R. S. S. Susanti, "Pengaruh expressive writing therapy terhadap penurunan tingkat kecemasan berbicara di muka umum pada mahasiswa," *Jurnal Psikologi*, vol. 9, no. 2, 2013.
- [23] J. W. Pennebaker, *Expressive Writing In Psychological Science*, vol. 13, Association For Psychological Science, 2018.
- [24] M. I. Damaiyanti, *Asuhan Keperawatan Jiwa*, Bandung: PT. Refika Aditama, 2012.
- [25] T. & B.-L. J. Chippendale, "Effect of life review writing on depressive symptoms in older adults: A randomized controlled trial," *American Journal of Occupational Therapy*, vol. 66, pp. 438-446. doi: 10.5014/ajot.2012.004291, 2012.