

## Denok Dance as a Medium Therapy for Mental Disorders of Schizophrenia With a Psychosocial Approach at Soerojo Hospital Magelang Indonesia

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**Abstract:** This research examines the Denok Dance as Therapy for Schizophrenia Mental Disorders through a Psychoanalytic Approach at RSJ Prof Dr. Soerojo Magelang. The aim of the research is to find out the form of dance, the method of dance as therapy and the implementation of Denok dance in the media of therapy for patients with the mental disorder Schizophrenia. The research method is a naturalistic qualitative research method. The data collection process includes observation, interview and documentation techniques. The data validity technique used by researchers is triangulation techniques. The researcher used three stages of data analysis, namely data reduction, data presentation, and conclusion drawing. The results of the research show that the therapy method can increase awareness and emotional stimulation in patients with schizophrenia mental disorders.

**Keywords:** Clinical Medicine; Clinical Psychology; Dance Art; Medical Doctor; Psychiatry

### 1. Introduction

The use of dance as a therapeutic medium for mental disorders is the background in the lives of millennial society. With so many skill competencies and competition (alienations) in human life in society, this has an impact on a person's psychology. The impact begins to appear mental disorders such as: Stress, Hyper Stress, Paranoid, Maniac, Anxiety, Depression, Hallucinations, Delusions, and Schizophrenia. Denok dance as a therapeutic medium for mental disorders is closely related to movement and music, relaxing thoughts and feelings in the human body. Denok dance can help the development and application of adaptive movement patterns along with the client's emotional experiences that accompany several behavioral changes through knowledge of ODS "People with Schizophrenia" or clients with the mental disorder Schizophrenia. Dance therapy is provided in groups in the context of improving health and does not only prohibit dancing or movement abilities during exercise. Dance and movement therapy has two principles, namely how clients can control themselves and express emotions as well as psychosocial approaches that are important for the body, thought processes, training to socialize with other people, increasing courage and self-confidence when interacting with other people and making efforts to integrate themselves in social structure.

Mental Disorder Schizophrenia is a psychotic disorder which is influenced by disturbances in the concentration of neurotransmitters in the brain, changes in receptors in the brain, structural abnormalities in the brain, this is characterized by the presence of positive and negative symptoms including thought disorders, hallucinations, delusions, restlessness,

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hyperactivity, pacing, self-conscious, aggressive, reduced motivation to live, isolate oneself and withdraw from social life (Patient, 2016). People with mental disorders have the influence of the side effects of the PF drug "PsikoFarmaka" namely AP "Anti Psychotic" on clients with mental disorders Schizophrenia which results in stiffening of the muscles so that this can be treated through dance, paying attention to dance and movement therapy in one management using dance techniques and dance movements that can be carried out by clients with schizophrenia mental disorders. One of the treatment measures that can be given to clients with the mental disorder Schizophrenia is psychotherapy, including Occupational therapy, one of which is dance therapy. Dance therapy can increase emotional arousal, mental health stability and physical health when carrying out daily activities.

Based on data from the American Psychiatric Association (APA) in 1995, it was stated that 1% of the world's population suffers from the mental disorder Schizophrenia which can occur in the age range of 16-20 years, while data on the prevalence of Schizophrenia sufferers in Indonesia is 0.3-1% and is usually This disease appears around the age of 18-45 years and there are also those who are only 11-12 years old and already suffer from the mental disorder Schizophrenia (Handayani et al., 2017). The prevalence of sufferers of the mental disorder Schizophrenia in Indonesia is 0.3% - 1% and usually appears around the age of 15 – 45 years, but there are also those aged 11 – 12 years who already suffer from the mental disorder Schizophrenia. If Indonesia's population is around 200 million, it is estimated that 2 million Indonesians suffer from the mental disorder schizophrenia. In the general population, there are 0.2% - 0.8% of people with the mental disorder Schizophrenia, so the number of people with the mental disorder Schizophrenia is 400 thousand to 1.6 million people. (Setyanto & Maliya, 2002). With such a large number, the role of the therapist is very important in treating clients with schizophrenia mental disorders.

Dance can be used as a therapeutic medium or Dance Movement Treatment to raise awareness of the stability of the body in clients with Schizophrenia mental disorders and to reduce the level of anxiety in clients schizophrenia with Schizophrenia mental disorders through a Psychosocial approach providing encouragement and motivation to build self-confidence, communication with peers, families and communities through dance therapy, Dance Movement Treatment, which is an intellectually stimulating activity that aims to maintain brain health by doing physical exercise By doing Dance Movement Treatment regularly, it will have a positive impact on the smooth functioning of the body's organs such as the heart, which will pump blood smoothly so that it can produce optimal oxygen to the brain, and the lungs will be trained to expel waste gas from the body's metabolism. The mechanism that explains the relationship between physical activity and cognitive function in clients with the mental disorder Schizophrenia is that physical activity maintains and regulates vascularization to the brain by reducing blood pressure, increasing Lipoprotein levels, increasing the production of nitric oxide endothelium and ensuring strong perfusion of brain

tissue, a direct effect on the brain, namely maintaining nerve structures and increasing the expansion of nerve.

## **2. Theoretical Review**

### **2.1. Denok Dance**

Denok Dance is a traditional dance originating from Semarang City, Central Java Province, Indonesia. This dance was created to depict the figure of Semarang women who are known to be graceful, cheerful, and full of warmth. In its performance, Denok Dance is performed by a group of female dancers who display gentle but energetic movements. The accompanying music uses Javanese gamelan instruments combined with traditional songs, strengthening the impression of local culture. This dance is not only aesthetically valuable, but also contains philosophical meanings about the elegance and collective spirit of Javanese women in social life (Darmawan, 2021).

Denok Dance has strengths in rhythmic elements, body movements, and facial expressions that can be utilized in a therapeutic context. The structured and repetitive movements can help individuals train motor coordination, concentration, and emotional stability. The soft musical rhythms and warm atmosphere of the dance create a sense of security and comfort, which can reduce anxiety and promote relaxation for patients, especially those with mental disorders. In the art therapy approach, this aesthetic element is key in establishing an emotional connection between body and soul (Amalia, 2025).

The use of Denok Dance as a therapeutic medium also reflects the integration between traditional arts and culture-based psychosocial approaches. For local patients, the proximity to Javanese culture through this dance can foster a sense of familiarity and identity, which is important in the mental recovery process. In addition, the dance supports social interaction, group work and self-expression - all important elements in schizophrenia recovery. Thus, Denok Dance is not only understood as a cultural heritage, but also as a culturally relevant therapeutic tool in Indonesia's mental health rehabilitation system (Paranti, 2021).

### **2.2 Medium Therapy for Mental Disorders (Schizophrenia)**

Schizophrenia is a chronic mental disorder characterized by cognitive, emotional, and behavioral dysfunction, which includes symptoms such as hallucinations, delusions, and thought disorganization. The treatment of schizophrenia is generally multidisciplinary, not only through pharmacological therapy, but also through non-medical therapy or medium therapy, such as art, music, or body movement. Medium therapy aims to bridge emotional expression, improve social skills, and strengthen self-regulation through fun and structured activities. This approach is important as patients with schizophrenia often experience barriers in verbal communication and healthy expression of emotions (Crawford, 2007).

Therapeutic mediums such as art and movement therapy, including dance, have been shown to provide significant psychological and social benefits for patients with schizophrenia.

Arts-based therapeutic activities allow patients to express feelings that are difficult to express verbally, and provide a space for strengthening self-esteem and social connectedness. In the context of rehabilitation, medium therapy also plays a role in practicing fine motor skills, improving routines, and creating meaningful activity structures. The use of medium therapy is therefore an important part of the holistic recovery of patients with schizophrenia, especially when combined with a psychosocial approach that considers the emotional and social needs of patients (Helgazon, 2013).

### **2.3 Psychosocial Approach**

The psychosocial approach is an intervention model that combines psychological and social aspects in dealing with individual problems, especially those with mental disorders such as schizophrenia. This approach is based on the understanding that mental health is not only influenced by biological or medical factors, but also by social conditions, interpersonal relationships, and the environment in which individuals live. The main goal of this approach is to help patients functionally adapt to their social life, improve their quality of life, and strengthen their ability to cope with daily psychological stress (Hilal, 2024).

In practice, the psychosocial approach includes strategies such as group therapy, social skills training, family support, psychological counseling, and recreational and cultural activities. This approach emphasizes the importance of building healthy social relationships, effective communication, and empowering patients to better perform their social roles. Community-based programs or mental health institutions often integrate alternative forms of therapy such as art, music and dance to stimulate social interaction and positive self-expression. This is particularly relevant for schizophrenia patients who often experience social isolation and barriers to building interpersonal relationships (Dewitte et al., 2021).

In the context of rehabilitation of patients with schizophrenia, a psychosocial approach is essential as it can reduce dependence on medication and increase the patient's active participation in the healing process. They help patients develop a sense of self-responsibility, improve daily living skills, and strengthen social support networks that are instrumental in emotional stability. When combined with local cultural media, such as traditional dance, the psychosocial approach becomes even more effective as it is able to reach the emotional aspects of patients in a familiar and meaningful way. As such, this approach focuses not only on clinical recovery, but also on social recovery and re-integration into society (Bae, 2025).

## **3. Research Methods**

The research used in this research is qualitative descriptive research with the Naturalistic method. According to Sugiono (2016:399) This research seeks to describe or describe symptoms, events, happenings that are occurring at the present time in examining the status of a group of people, an object, a condition, a system of thought or a class of present events. The place where this research was conducted was at RSJ Prof. Dr. Soerojo Magelang, this

place was chosen because it is suitable for the object to be researched regarding therapy for the mental disorder schizophrenia through the art of dance. Based on the data required in the research, the research instruments for obtaining the data needed regarding information on people with schizophrenia are a structured interview guide, an observation guide, and the environment where the data is taken.

The research subjects were 3 (three) people with the mental disorder Schizophrenia at RSJ Prof. Dr. Soerojo Magelang is a female, aged 18-40 years, with a diagnosis of F20.4, namely Schizophrenia. In the pre-research stage, researchers made observations at RSJ Prof. Dr. Soerojo Magelang to look for information regarding informants or sources who will be interviewed. The next stage is on-site research by conducting an interview process with resource persons by documenting the results of the interview, then continuing with the stage of creating a design for therapeutic media through the Denok Dance.

#### **4. Results and Discussion**

Denok dance movements consist of ngondek, ngeyek, joint, geyol and pat walk (Darmawan et al., 2021). Denok dance movements are used as a therapeutic medium because the movements are simple, beautiful and easy to follow by clients with mental disorders with schizophrenia at RSJ Prof. Dr. Soerojo Magelang, the movement that is highlighted during dance therapy is the geyol movement, where the geyol movement can make the patient happy by expressing feelings of laughter and happy smiles in dance therapy which is carried out until he is active in dance therapy activities. Dance activities were carried out for 3 (three) days starting from 4 July to 6 July 2023, therapy activities followed by Pre therapy, Process Therapy, and Post Therapy with a Psychosocial approach so that clients with the mental disorder Schizophrenia felt comfortable and safe with the dance therapy provided. The activities of the dance therapy process include the following.

Dance Treatment Day 1 (4 Juli 2023). After checking the health of clients with mental disorders, Schizophrenia, they are asked to line up to enter the room to carry out dance therapy, starting with warm-up movements, lectures and dance demonstrations carried out by the instructor so that clients have an idea of the learning being carried out, learn to do small movements and repeat them, carry out movements using Counting and practicing movements accompanied by music are carried out carefully and questions and answers are given to the dance movements during breaks.

While taking a break because clients get tired and bored easily, we provide light meals for nutrition and share about the excitement of the dance therapy given to clients and listen to stories about each client's experiences with each other. Providing ice breaking so that enthusiasm returns to stability and focus on the therapy activities provided so that they run smoothly without any obstacles in the therapy process until the final therapy session has been given.

**Table 1.** Frequency Distribution Day 1

Therapy Stage	Indication 1	Indication 2	Indication 3	Indication 4
Pre-Therapy	1	1	1	2
Proses-Therapy	2	2	2	3
Pasca-Therapy	3	3	2	1

From the table above, it is clear that the enthusiasm and enthusiasm of participants (clients) in dance therapy for therapy still do not have a passion for dancing, because the first meeting and not yet having the motivation to do so, have the impact of being bored and tired due to the new experience for the client because they have never had one before. dance therapy experience. Dance Treatment Day 3 (5 Juli 2023). After checking the health of the whole body starting from blood pressure, weight, height and developmental status of the client, the health worker invites the client to prepare for dance practice, wait for the preparation while taking vitamins, and share about the client's condition through a psychosocial approach in the form of stories and discussions.

**Table 2.** Frequency Distribution Day 2

Therapy Stage	Indication 1	Indication 2	Indication 3	Indication 4
Pre-Therapy	1	1	3	3
Proses-Therapy	2	2	2	3
Pasca-Therapy	3	2	2	2

The table on the second day explains the comfort and discomfort of dance therapy for clients with the mental disorder schizophrenia due to not liking the dance therapy given, while the other two patients felt happy and entertained by the dance therapy given. Fanally Dance Treatment (6 Juli 2023). The activity begins with the ODC "One Day Care" activity, physical fitness exercises for clients, carried out at 08.00 - 09.40, the rehabilitators from both the men's and women's wards gather as one in the Psychosocial rehabilitation, after the exercise activities they go straight to vocational therapy and occupational therapy activities so there are no health check activities. According to the SOP for dance therapy, before dancing, light body exercise is carried out because you have already done gymnastics in the ODC "One Day Care" activity in the morning. The activity is immediately followed by prayer before the therapy starts.

**Table 3.** Frequency Distribution Day 3

Therapy Stage	Indication 1	Indication 2	Indication 3	Indication 4
Pre-Therapy	1	2	1	3
Proses-Therapy	2	3	1	2
Pasca-Therapy	3	0	2	2

The table above explains the participant's enthusiasm and increased focus, which means they don't feel bored during ongoing therapy and are addicted to ongoing dance therapy and want to learn dance more deeply. Based on the results of studies in the field, therapy was

carried out effectively with a picture of happy expressions from the results of therapy given for 3 days starting from July 4 2023 to July 6 2023, from the results of interviews with clients, clients felt happy and their bodies became light, their feelings became calm and Addiction can be treated through Denok Dance. Based on the results of consultations with medical personnel regarding the health of clients with mental disorders, schizophrenia has stability and a better level of health than before, so it is recommended that dance therapy be continued in occupational therapy for positive activities at the RSJ Prof. Dr. Soerojo Magelang in the future.

The benefits of dance therapy have a positive impact on clients with schizophrenia mental disorders, from the results of interviews between researchers and nurses on duty with schizophrenia mental disorders. Dance therapy helps overcome internal and external problems in clients with schizophrenia mental disorders as follows. Dance therapy can reduce stress levels, with activities at RSJ Prof. Dr. Soerojo Magelang, which regularly uses dance therapy, is able to increase oxygen circulation, bringing it to the muscles and brain, changing the level of certain brain materials, such as in stress response patterns, besides being able to promote the release of endorphins, which are useful in producing analgesia and increasing the feeling of pleasure in clients with mental disorders, schizophrenia. Dance therapy is useful for training clients with mental disorders, schizophrenia, to socialize with dance instructors, in the process of dance therapy to have cooperative and assertive communication, training clients to be able to discuss in dance using gestures and non-verbal movements that are carried out to improve social interaction skills.

Dance therapy can help overcome emotional problems, clients with the mental disorder Schizophrenia, with the accompaniment of happy denok dance musical instruments and interesting dance movements can stabilize the client's emotions and mood when the therapy is carried out so that they can be enthusiastic and focused in participating in dance therapy. Dance therapy can be useful for helping the client's Cognitive System, in each dance therapy process it can maintain the function of the client's cognitive system (seen from performance in consistently participating in therapy) and can train motoric and conceptual abilities through the Denok Dance movements.

Dance therapy can stimulate psychophysiological imagination of an event to capture and make it into a long-term memory which is represented in the image of the event. In the dance movement process it can cause a kinesthetic process, then imitate and remember the sounds and movements observed to form an image in the client's interpersonal memory. the positive. Dance therapy can help the conditioning process for changes in behavior in clients with schizophrenia mental disorders in terms of providing educational and sensory experiences in dance therapy in accordance with the goals of dance therapy. It can increase self-awareness and mental and physical health in clients, provide positive physical experiences and can have Latest insights into Denok Dance therapy. Dance therapy can help increase self-efficacy and

internal locus of control for clients with the mental disorder Schizophrenia who are still under intensive inpatient drug supervision requiring dance therapy intervention. The dance therapy process encourages clients with the mental disorder Schizophrenia to carry out physical activity in each session.

## 5. Conclusions and Recommendations

From the research above, it can be concluded that the Denok Dance can be used as a therapeutic medium because it has a positive impact on health stability and emotional processing in clients with the mental disorder Schizophrenia. The therapy process for mental disorders Schizophrenia with the Denok Dance consists of 3 stages of the therapy method, namely (Pre-Treatment, Treatment and Post-Treatment Process) Pre-Treatment is an activity carried out before therapy, including filling out a questionnaire before therapy, praying before doing therapy and doing light physical exercise. The Treatment Process is the core activity in doing dance therapy consisting of doing slow dance movements, training dance using counting, correcting movements and practicing Denok Dance using musical accompaniment, during breaks carrying out sharing session activities accompanied by filling out treatment process questionnaires and post-treatment reviewing the dance that has been taught, practicing together and cooling down and praying after the therapy activities are carried out, before returning to the ward the client completes the Post-Treatment questionnaire. Based on the results of research and research discussions about Denok Dance as a medium for therapy for the mental disorder Schizophrenia with a psychosocial approach at RSJ Prof. Dr. Soerojo Magelang.

Suggestions to RSJ Prof Dr Soerojo Magelang to be able to complete infrastructure such as a special dance room, glass and dance props to meet psycho-therapy needs for occupational therapy in psychosocial rehabilitation at RSJ Prof Dr. Soerojo Magelang Suggestions for dance therapists to continue providing dance therapy to people with schizophrenia mental disorders, not only in internal or external events, so that the existence of dance continues to develop not only in the world of therapy and the number of schizophrenia mental disorders at RSJ Prof. Dr. Soerojo Magelang. Suggestions to the Instructor to be able to make the Denok Dance a medium for therapy for mental disorders so that it can develop for the better so that the existence of the Denok Dance can increase as a medium for dance therapy. Suggestions for the Indonesian Government and the Department of Culture, it is important for the existence of dance to become a therapeutic medium to help people with schizophrenia mental disorders in Denok dance therapy so that people with schizophrenia mental disorders have the latest therapy program to improve mental health and physical health for the better.



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