

ABSTRAK

Nama Mahasiswa : INDA PUSPITASARI
Progra Studi : Profesi Ners
Judul : Analisi asuhan keperawatan pada Ny.S dengan penerapan terapi okupasi berkebun terhadap penurunan tanda dan gejala gangguan persepsi sensori halusinasi pendengaran dan pengelihatan
Pembimbing : Dr. Lilik Ma'rifatul Azizah, S.Kep. Ns., M.Kes

Halusinasi dapat meningkatkan risiko perilaku yang membahayakan diri sendiri maupun orang lain sehingga memerlukan intervensi keperawatan yang tepat. Tujuan dari asuhan keperawatan ini adalah mampu mengaplikasikan Analisis asuhan keperawatan jiwa pada Ny. S dengan diagnosa keperawatan gangguan persepsi sensori : halusinasi pendengaran dan penglihatan di Rumah Sakit Menur Surabaya. Metode yang digunakan dalam melakukan asuhan keperawatan secara menyeluruh tentang nyeri akut. Partisipan dalam studi kasus ini adalah 1 pasien dengan diagnosis medis skizofrenia yang mengalami gangguan persepsi sensori: halusinasi pendengaran dan penglihatan (D.0085). Teknik pengumpulan data meliputi wawancara, observasi, dan studi dokumentasi. Hasil asuhan keperawatan selama delapan hari menunjukkan bahwa pada pengkajian awal ditemukan data subjektif berupa klien mengatakan mendengar suara bisikan seorang laki-laki yang mengatakan “aku sayang kamu” serta melihat bayangan hitam, sedangkan data objektif menunjukkan klien tampak berbicara sendiri, kontak mata kurang, afek murung, dan sering melamun. Rencana asuhan keperawatan yang diimplementasikan mengacu pada intervensi manajemen halusinasi melalui Strategi Pelaksanaan (SP) 1 sampai SP 4, dengan penambahan *evidence-based nursing* berupa terapi okupasi berkebun karena saat penggalan kemampuan positif pasien menunjukkan minat berkebun, suka menanam bunga dan sayur. Evaluasi menunjukkan adanya penurunan frekuensi halusinasi, peningkatan kemampuan klien dalam mengontrol halusinasi, peningkatan kemampuan komunikasi dan interaksi sosial, serta peningkatan kepatuhan terhadap pengobatan selama menjalani perawatan. Penerapan terapi okupasi berkebun efektif membantu mengontrol halusinasi karena mampu mengalihkan perhatian klien dari stimulus internal menuju aktivitas nyata, meningkatkan konsentrasi, serta mendorong interaksi sosial selama proses terapi.

Kata Kunci: berkebun, halusinasi pendengaran, halusinasi penglihatan

ABSTRACT

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Study Program : Professional Nursing (Ners)
Title : Analysis of nursing care for Mrs. S with the application of
gardening occupational therapy to reduce signs and symptoms of
sensory perception disorders, auditory and visual hallucinations.
Supervisor : Dr. Lilik Ma'rifatul Azizah, S.Kep., Ns., M.Kes.

Hallucinations may increase the risk of behaviors that endanger the individual or others, making appropriate nursing interventions essential. This nursing care case study aimed to apply and analyze psychiatric nursing care for Mrs. S with the nursing diagnosis of Disturbed Sensory Perception: Auditory and Visual Hallucinations at Menur Hospital, Surabaya. A case study approach was used to provide comprehensive nursing care. The participant was one patient diagnosed with schizophrenia who experienced Disturbed Sensory Perception: Auditory and Visual Hallucinations (D.0085). Data were collected through interviews, observation, and documentation review. The results of the eight-day nursing care showed that, during the initial assessment, the patient reported hearing a male voice whispering, "I love you," and seeing black shadows. Objective findings indicated that the patient frequently talked to herself, had poor eye contact, displayed a depressed affect, and often appeared preoccupied. The nursing care plan was implemented based on Hallucination Management using Implementation Strategies (SP) 1 through SP 4, complemented by evidence-based nursing in the form of gardening occupational therapy. This intervention was selected because the assessment of the patient's strengths and interests revealed a preference for gardening, particularly planting flowers and vegetables. The evaluation demonstrated a reduction in the frequency of hallucinations, improved ability to control hallucinations, enhanced communication and social interaction skills, and increased adherence to medication throughout hospitalization. Gardening occupational therapy was found to be effective in helping the patient control hallucinations by redirecting attention from internal stimuli to meaningful real-life activities, improving concentration, and promoting social interaction during the therapeutic process.

Keywords: gardening therapy, auditory hallucinations, visual hallucinations