

ABSTRAK

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Program Studi : Profesi Ners

Judul : Analisis Asuhan Keperawatan Jiwa Pada Pasien Skizofrenia Dengan Masalah Risiko Perilaku Kekerasan Dengan Penerapan Terapi Psikoreligius Dzikir Di Rumah Singgah Al Hidayah Mojokerto

Pembimbing : Dr. Siti Khodijah, S.Kep.,Ns.,M.Kep

Skizofrenia merupakan gangguan jiwa kronis yang dapat menyebabkan risiko perilaku kekerasan akibat gangguan pengendalian emosi dan respons terhadap stresor. Risiko perilaku kekerasan dapat membahayakan diri sendiri, orang lain, maupun lingkungan sehingga memerlukan intervensi yang tepat. Selain terapi farmakologis, terapi psikoreligius dzikir dapat digunakan sebagai terapi pendukung untuk membantu meningkatkan ketenangan, kontrol emosi, dan kemampuan koping pasien. Tujuan penelitian ini untuk: menganalisis asuhan keperawatan jiwa pada pasien skizofrenia dengan masalah risiko perilaku kekerasan melalui penerapan terapi psikoreligius dzikir di Rumah Singgah Al Hidayah Mojokerto. Metode penelitian ini menggunakan desain studi kasus dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis keperawatan, perencanaan, implementasi, dan evaluasi. Subjek penelitian adalah satu pasien skizofrenia dengan diagnosis keperawatan risiko perilaku kekerasan. Terapi psikoreligius dzikir diterapkan selama lima hari dan dievaluasi berdasarkan perubahan kondisi pasien. Hasil penelitian didapatkan setelah dilakukan intervensi, pasien menunjukkan peningkatan kemampuan mengendalikan emosi, mampu melakukan dzikir secara mandiri ketika muncul kemarahan, tampak lebih tenang, kooperatif, serta tidak menunjukkan perilaku agresif selama proses asuhan keperawatan. Kesimpulan: Terapi psikoreligius dzikir berpotensi membantu meningkatkan kemampuan pasien skizofrenia dalam mengontrol emosi dan menurunkan risiko perilaku kekerasan sehingga dapat dijadikan sebagai terapi pendukung dalam asuhan keperawatan jiwa.

Kata kunci: skizofrenia, risiko perilaku kekerasan, terapi psikoreligius dzikir, asuhan keperawatan jiwa.

ABSTRACT

Name : Muh Nakula Akbar Zunaiddi

Study Program : Nursing Professional Program

Title: Analysis of Psychiatric Nursing Care for a Patient with Schizophrenia with the Nursing Problem of Risk for Violent Behavior Through the Implementation of Psychoreligious Dhikr Therapy at Al Hidayah Shelter House, Mojokerto

Advisor: Dr. Siti Khodijah, S.Kep., Ns., M.Kep.

Schizophrenia was a chronic mental disorder that could lead to the risk of violent behavior due to impaired emotional control and responses to stressors. The risk of violent behavior could endanger the patient, other people, and the surrounding environment; therefore, appropriate interventions were required. In addition to pharmacological therapy, psychoreligious dhikr therapy was used as a complementary intervention to improve patients' inner peace, emotional control, and coping abilities. This study aimed to analyze psychiatric nursing care for a patient with schizophrenia who had a nursing diagnosis of risk for violent behavior through the implementation of psychoreligious dhikr therapy at Al Hidayah Shelter House, Mojokerto. This study used a case study design with the nursing process approach, including assessment, nursing diagnosis, planning, implementation, and evaluation. The participant was one patient with schizophrenia who had a nursing diagnosis of risk for violent behavior. Psychoreligious dhikr therapy was implemented for five days and was evaluated based on changes in the patient's condition. The results showed that, after the intervention had been implemented, the patient demonstrated improved emotional control, was able to perform dhikr independently when feelings of anger arose, appeared calmer, was more cooperative, and did not exhibit aggressive behavior during the nursing care process. This study concluded that psychoreligious dhikr therapy had the potential to improve emotional control and reduce the risk of violent behavior in patients with schizophrenia. Therefore, it could be used as a complementary intervention in psychiatric nursing care.

Keywords: schizophrenia, risk for violent behavior, psychoreligious dhikr therapy, psychiatric nursing care.