

ABSTRAK

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Progra Studi : Profesi Ners
Judul : Analisis asuhan keperawatan jiwa pada Tn. S dengan diagnosa
keperawatan gangguan persepsi sensori : halusinasi
pendengaran melalui terapi religius dzikir
Pembimbing : Imam Zainuri, S.Kep. Ns., M.Kes

Halusinasi merupakan gangguan persepsi sensori yang menyebabkan individu merasakan atau mempersepsikan sesuatu tanpa adanya stimulus nyata, seperti mendengar suara atau melihat bayangan. Kondisi ini umum terjadi pada pasien skizofrenia dan 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 Tn. S dengan diagnosa keperawatan gangguan persepsi sensori : halusinasi pendengaran. Metode yang digunakan adalah studi kasus dengan penerapan terapi religius dzikir sebagai *evidence based nursing* pada pasien gangguan persepsi sensori: halusinasi pendengaran. Partisipan dalam studi kasus ini adalah 1 pasien dengan diagnosis medis skizofrenia yang mengalami gangguan persepsi sensori: halusinasi pendengaran (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 perempuan, 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 religius dzikir. 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 religius dzikir efektif membantu mengontrol halusinasi pendengaran karena mampu mengalihkan perhatian klien dari stimulus internal kepada aktivitas spiritual, meningkatkan konsentrasi, memberikan ketenangan batin, serta memperkuat mekanisme koping spiritual dalam menghadapi halusinasi.

Kata Kunci: halusinasi pendengaran, dzikir

ABSTRACT

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Study Program : Professional Nursing (Ners)
Title : Analysis of Psychiatric Nursing Care for Mr. S with the Nursing
Diagnosis of Sensory Perception Disturbance: Auditory
Hallucinations Through Dhikr Therapy
Supervisor : Imam Zainuri, S.Kep., Ns., M.Kes.

Hallucinations are a sensory perception disorder that causes individuals to perceive or experience sensations without the presence of real external stimuli, such as hearing voices or seeing images. This condition is commonly found in patients with schizophrenia and may increase the risk of behaviors that endanger themselves or others, thus requiring appropriate nursing interventions. This nursing care case study aimed to apply and analyze psychiatric nursing care for Mr. S with the nursing diagnosis of Disturbed Sensory Perception: Auditory Hallucinations. The method used was a case study involving the implementation of dhikr-based religious therapy as an evidence-based nursing intervention for patients with sensory perception disturbances: auditory hallucinations. The participant was one patient diagnosed with schizophrenia who experienced Disturbed Sensory Perception: Auditory Hallucinations (D.0085). Data were collected through interviews, observation, and documentation review. The results of the eight-day nursing care revealed that the initial assessment identified subjective data in which the patient reported hearing a woman's whispering voice. Objective findings showed that the patient frequently talked to himself, had poor eye contact, displayed a depressed affect, and often appeared preoccupied. The nursing care plan was implemented based on Hallucination Management using the Implementation Strategies (SP) 1 to SP 4, complemented by evidence-based nursing in the form of dhikr (Islamic remembrance) therapy. 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 during hospitalization. The application of dhikr therapy was effective in helping control auditory hallucinations by redirecting the patient's attention from internal stimuli to spiritual activities, improving concentration, promoting inner peace, and strengthening spiritual coping mechanisms in dealing with hallucinations.

Keywords: auditory hallucinations, dhikr