

Abstrak

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Analisis Penerapan Strategi Pelaksanaan (1-4) Dalam Mengontrol Halusinasi Pada Klien Dengan Gangguan Jiwa di Kecamatan Panti

Abstrak

Introduksi: Halusinasi pendengaran merupakan gejala umum pada gangguan jiwa berat seperti skizofrenia yang berisiko mengganggu fungsi sosial dan meningkatkan bahaya bagi diri sendiri maupun orang lain. Strategi Pelaksanaan (SP) 1–4 dirancang sebagai pendekatan sistematis dalam mengenali, mengelola, dan mengendalikan halusinasi di komunitas.

Metode: Penelitian ini menggunakan desain studi kasus deskriptif terhadap tiga klien dengan halusinasi pendengaran di Kecamatan Panti. Intervensi dilakukan sebanyak enam kali kunjungan per klien dengan penerapan SP 1–4. Data dikumpulkan melalui observasi, wawancara, dan dokumentasi.

Hasil: Implementasi SP 1–4 menunjukkan bahwa ketiga klien mengalami penurunan frekuensi dan intensitas halusinasi. Klien mampu mengenali isi dan tanda awal halusinasi, menerapkan teknik pengalihan, serta mulai menggunakan *self-talk* positif.

Diskusi: Strategi SP 1–4 efektif membantu klien meningkatkan kesadaran terhadap gangguan persepsi dan mengembangkan mekanisme koping secara mandiri. Dukungan keluarga dan pendekatan terapeutik yang konsisten menjadi faktor pendukung utama dalam keberhasilan intervensi.

Kata kunci : halusinasi, gangguan jiwa, strategi pelaksanaan, jiwa komunitas

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Analysis of the Implementation of Strategies (1–4) in Controlling Hallucinations in Clients with Mental Disorders in Panti Subdistrict

Abstract

Introduction: Auditory hallucinations are a common symptom in severe mental disorders such as schizophrenia, posing a risk to social functioning and safety for both the individual and others. Implementation Strategies (SP) 1–4 are designed as a systematic approach to recognize, manage, and control hallucinations in the community setting.

Methods: This study employed a descriptive case study design involving three clients with auditory hallucinations in Panti Subdistrict. Each client received six intervention visits, during which Implementation Strategies (SP) 1–4 were applied. Data were collected through observation, interviews, and documentation.

Results: The implementation of Strategies (SP) 1–4 showed a reduction in the frequency and intensity of hallucinations in all three clients. Clients were able to identify the content and early signs of hallucinations, apply distraction techniques, and begin using positive self-talk.

Discussion: The Implementation Strategies (SP) 1–4 strategies effectively helped clients increase awareness of perceptual disturbances and develop independent coping mechanisms. Family support and consistent therapeutic approaches were key contributing factors to the success of the intervention.

Keywords: hallucinations, mental disorders, implementation strategy, community mental health