

ABSTRAK

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Penerapan Tindakan Keperawatan Menghardik Pada Masalah Halusinasi Pendengaran Dengan Peningkatan Kemampuan Mengenali Dan Mengontrol Halusinasi Di Wilayah Kerja Puskesmas Panti Jember

Abstrak

Pendahuluan: Halusinasi merupakan salah satu gejala utama dalam gangguan psikotik, seperti skizofrenia, dan dapat mempengaruhi fungsi sosial, perilaku, hingga keselamatan pasien. Halusinasi dapat disebabkan oleh gangguan mental tertentu atau efek samping obat. Halusinasi dapat dilihat dari gejala yang ditimbulkan seperti tidak bisa duduk diam, selalu bergerak, berjalan mondar-mandir, atau melamun. **Metode :** Penelitian ini menggunakan desain studi kasus dengan pendekatan asuhan keperawatan jiwa. Subjek terdiri dari tiga klien dengan masalah keperawatan gangguan persepsi sensori: halusinasi. Intervensi dilakukan selama empat kali pertemuan. Instrumen yang digunakan berupa format asuhan keperawatan jiwa, serta catatan harian pelaksanaan. Data dikaji melalui pendekatan subjektif dan objektif, serta dianalisis secara deskriptif untuk mengevaluasi perubahan kondisi klien. **Hasil:** Setelah implementasi teknik menghardik, ketiga klien menunjukkan penurunan frekuensi halusinasi, peningkatan konsentrasi, dan kemampuan mengungkapkan isi halusinasi secara sederhana. Dua klien mulai mampu menggunakan teknik menghardik secara mandiri saat halusinasi muncul, dan satu klien menunjukkan peningkatan respons komunikasi. **Kesimpulan:** Teknik menghardik efektif membantu klien dalam mengenali serta mengendalikan halusinasi pendengaran. Intervensi ini dapat diterapkan di komunitas dengan keterlibatan aktif perawat dan dukungan keluarga.

Kata kunci: Halusinasi pendengaran, teknik menghardik, persepsi sensori, keperawatan jiwa.

ABSTRACT

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Implementation of the Rebuking Nursing Intervention for Auditory Hallucinations to Improve the Ability to Recognize and Control Hallucinations in the Working Area of Panti Public Health Center, Jember

Abstract

Introduction: Hallucinations are one of the main symptoms of psychotic disorders such as schizophrenia and can affect a patient's social function, behavior, and safety. Hallucinations may be caused by mental disorders, certain illnesses, or side effects of medications. These symptoms can be observed through behaviors such as restlessness, constant movement, pacing, or staring blankly. **Method:** This study used a case study design with a mental health nursing approach. The subjects consisted of three clients with the nursing problem of sensory perception disturbance: hallucinations. The intervention was carried out over four sessions. The instruments used included a mental health nursing care format and a daily implementation log. Data were collected through subjective and objective approaches and analyzed descriptively to evaluate changes in the clients' condition. **Results:** After implementing the rebuking technique, all three clients showed a decrease in hallucination frequency, improved concentration, and the ability to express the content of their hallucinations more simply. Two clients were able to apply the rebuking technique independently when hallucinations occurred, and one client showed improvement in verbal responses. **Conclusion:** The rebuking technique is effective in helping clients recognize and manage auditory hallucinations. This intervention can be applied in community settings with active involvement of nurses and family support.

Keywords: Auditory hallucinations, rebuking technique, sensory perception, mental health nursing.