

## ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER  
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Karya Ilmiah Akhir, Juni 2026  
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Implementasi Terapi Individu Pada Pasien Halusinasi di Ruang Seroja RSUD dr.  
H Koesnadi Bondowoso  
XV + 64 hal + 6 tabel + lampiran

### Abstrak

**Pendahuluan:** Gangguan jiwa sering kali bermanifestasi sebagai halusinasi pendengaran yang dapat mengganggu fungsi sosial, kontrol diri bahkan memicu risiko perilaku kekerasan. Studi ini bertujuan mendeskripsikan implementasi terapi individu dalam mengontrol halusinasi pendengaran pada pasien di Ruang Seroja RSUD dr. H. Koesnadi Bondowoso. **Metode:** Penelitian ini menggunakan desain deskriptif dengan pendekatan studi kasus kualitatif pada tiga klien yang mengalami halusinasi pendengaran. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik dan studi dokumentasi pada Desember 2025. Intervensi yang diimplementasikan berupa terapi individu melalui empat tahapan Strategi Pelaksanaan (SP 1–SP 4) meliputi latihan menghardik, kepatuhan obat, bercakap-cakap dan aktivitas terjadwal. Data dianalisis secara induktif dan disajikan dalam bentuk tabel dan naratif. **Hasil:** Hasil pengkajian awal menunjukkan ketiga klien mengalami gejala halusinasi pendengaran yang bervariasi seperti mendengar suara bisikan negatif, berbicara sendiri, melamun serta menunjukkan respons emosional yang tidak stabil. Setelah diberikan terapi individu secara bertahap, ketiga klien menunjukkan peningkatan kemampuan adaptif secara signifikan. Klien mampu mengenali karakteristik halusinasinya, mempraktikkan teknik menghardik secara mandiri, memahami pentingnya patuh obat serta mulai kooperatif dalam berinteraksi sosial. **Kesimpulan:** Terapi individu yang terstruktur terbukti efektif membantu klien mengalihkan stimulus internal yang maladaptif menjadi perilaku adaptif. Hubungan terapeutik yang intensif dan latihan mengontrol halusinasi secara bertahap berhasil meningkatkan fungsi diri dan rasa aman klien. Disarankan bagi perawat untuk menerapkan terapi individu ini secara konsisten sebagai intervensi keperawatan jiwa yang baku guna mengoptimalkan mutu pelayanan.

Kata Kunci: Halusinasi Pendengaran, Terapi Individu, Strategi Pelaksanaan, Asuhan Keperawatan Jiwa.

## **ABSTRACT**

UNIVERSITY OF MUHAMMADIYAH JEMBER  
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*Final Scientific Paper, June 2026*  
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*Implementation of Individual Therapy for Hallucination Patients in the Seroja Ward of dr. H. Koesnadi Regional General Hospital, Bondowoso*  
xv + 64 pages + 6 tables + appendices

### *Abstract*

**Introduction:** Mental disorders often manifested as auditory hallucinations that could disrupt social functioning, self-control, and even trigger the risk of violent behavior. This study aimed to describe the implementation of individual therapy in controlling auditory hallucinations among patients in the Seroja Ward of dr. H. Koesnadi Regional General Hospital, Bondowoso. **Methods:** This study utilized a descriptive design with a qualitative case study approach involving three clients who experienced auditory hallucinations. Data collection was conducted through interviews, observations, physical examinations, and documentation studies in December 2025. The implemented intervention was individual therapy through four stages of the Implementation Strategy (SP 1–SP 4), which included rebuking exercises, medication adherence, conversational training, and scheduled activities. Data were analyzed inductively and presented in tabular and narrative forms. **Results:** The initial assessment results showed that all three clients experienced varied symptoms of auditory hallucinations, such as hearing negative whispering voices, talking to themselves, daydreaming, and demonstrating unstable emotional responses. After receiving gradual individual therapy, the three clients showed significant improvement in their adaptive abilities. The clients were able to recognize the characteristics of their hallucinations, practice the rebuking technique independently, understand the importance of medication adherence, and begin to be cooperative in social interactions. **Conclusion:** Structured individual therapy was proven effective in helping clients shift maladaptive internal stimuli into adaptive behavior. The intensive therapeutic relationship and gradual hallucination control training successfully improved the clients' self-functioning and sense of security. It was recommended for nurses to consistently apply this individual therapy as a standard psychiatric nursing intervention to optimize the quality of service.

**Keywords:** Auditory Hallucinations, Individual Therapy, Implementation Strategy, Psychiatric Nursing Care.