

ABSTRAK

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Implementasi Teknik Hardik Dan Psikoedukasi Pada Klien Skizofrenia Di Desa Curahmalang Kecamatan Rambipuji Kabupaten Jember

Abstrak

Skizofrenia merupakan gangguan jiwa kronis yang sering disertai halusinasi pendengaran sehingga mengganggu kemampuan individu dalam berfungsi sehari-hari. Teknik hardik merupakan salah satu intervensi keperawatan untuk membantu klien mengendalikan halusinasi, sedangkan psikoedukasi bertujuan meningkatkan pengetahuan dan keterampilan keluarga dalam memberikan pendampingan. Tujuan penelitian ini untuk menganalisis implementasi teknik hardik dan psikoedukasi dalam meningkatkan kemampuan kontrol halusinasi pada klien skizofrenia di Desa Curahmalang, Kecamatan Rambipuji, Kabupaten Jember. Penelitian menggunakan desain studi kasus deskriptif pada tiga klien skizofrenia dengan halusinasi pendengaran beserta keluarganya. Implementasi dilakukan selama tujuh hari melalui teknik hardik pada klien dan psikoedukasi kepada keluarga. Data diperoleh melalui wawancara, observasi, dokumentasi, implementasi dan evaluasi keperawatan. Hasil Setelah implementasi, ketiga klien menunjukkan peningkatan kemampuan mengenali tanda dan faktor pencetus halusinasi, mampu melakukan teknik hardik secara mandiri, penurunan frekuensi halusinasi dan perilaku berbicara sendiri, serta peningkatan ketenangan saat beraktivitas. Keluarga mengalami peningkatan pengetahuan dan keterampilan dalam mendampingi klien, memberikan penguatan positif, mengenali tanda kekambuhan, serta mendukung kontrol dan perawatan secara berkelanjutan. Kombinasi teknik hardik dan psikoedukasi efektif meningkatkan kemampuan kontrol halusinasi pada klien sekaligus memperkuat peran keluarga dalam proses perawatan. Keterlibatan keluarga menjadi faktor penting dalam mempertahankan keberhasilan intervensi dan mendukung pemulihan klien di rumah.

Kata Kunci: skizofrenia; halusinasi pendengaran; teknik hardik; psikoedukasi; keluarga

Implementation of the Rebuking (Hardik) Technique and Psychoeducation in Clients with Schizophrenia in Curahmalang Village, Rambipuji District, Jember Regency

ABSTRACT

Schizophrenia is a chronic mental disorder that is often accompanied by auditory hallucinations, which interfere with an individual's daily functioning. The rebuking technique is one of the nursing interventions used to help clients control hallucinations, while psychoeducation aims to improve the knowledge and skills of family members in providing appropriate care and support. This study aimed to analyze the implementation of the rebuking technique and psychoeducation in improving hallucination control among clients with schizophrenia in Curahmalang Village, Rambipuji District, Jember Regency. This study employed a descriptive case study design involving three clients with schizophrenia experiencing auditory hallucinations and their families. The intervention was conducted over seven days through the application of the rebuking technique to clients and psychoeducation for family members. Data were collected through interviews, observations, documentation, implementation, and nursing evaluation. The results showed that all three clients demonstrated improved ability to recognize the signs and triggers of hallucinations, independently apply the rebuking technique, reduced frequency of hallucinations and self-talking behavior, and improved calmness during daily activities. Family members also demonstrated increased knowledge and skills in assisting clients, providing positive reinforcement, recognizing signs of relapse, and supporting continuous treatment and follow-up care. The combination of the rebuking technique and psychoeducation effectively improved clients' ability to control auditory hallucinations while strengthening the family's role in the caregiving process. Family involvement was identified as an essential factor in maintaining the effectiveness of the intervention and supporting clients' recovery at home.

Keywords: schizophrenia; auditory hallucinations; rebuking technique; psychoeducation; family.