

ABSTRAK

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Penerapan Aktivitas Terjadwal Dalam Mengontrol Halusinasi Pendengaran Pada Pasien Jiwa Di Ruang Seroja Rsud Dr. H. Koesnadi Bondowoso
xvi+ 94 hal+ 5 tabel+ 4 bagan + 22 lampiran

Abstrak

Introduksi: Halusinasi pendengaran merupakan gangguan persepsi sensori yang sering terjadi pada pasien skizofrenia dan dapat menyebabkan gangguan fungsi sosial, aktivitas sehari-hari, serta meningkatkan risiko perilaku yang membahayakan diri sendiri maupun orang lain. Salah satu intervensi keperawatan yang dapat membantu mengontrol halusinasi adalah aktivitas terjadwal. **Tujuan:** Penelitian ini bertujuan mendeskripsikan penerapan aktivitas terjadwal pada pasien dengan halusinasi pendengaran di Ruang Seroja RSUD dr. H. Koesnadi Bondowoso. **Metode:** Penelitian menggunakan desain studi kasus deskriptif dengan pendekatan asuhan keperawatan jiwa. Subjek penelitian terdiri dari tiga pasien dengan diagnosis Gangguan Persepsi Sensori: Halusinasi Pendengaran. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Intervensi berupa aktivitas terjadwal (SP 4) dilaksanakan selama tujuh kali pertemuan. **Hasil dan Diskusi:** Hasil menunjukkan seluruh pasien mampu mengikuti aktivitas yang telah dijadwalkan dan mengalami penurunan gejala halusinasi. Pasien tampak lebih tenang, lebih aktif melakukan kegiatan sehari-hari, mampu mengalihkan perhatian dari suara halusinasi, serta menunjukkan peningkatan interaksi sosial. Aktivitas terjadwal membantu pasien memusatkan perhatian pada aktivitas nyata sehingga kemampuan mengontrol halusinasi meningkat.

Kata Kunci: Aktivitas Terjadwal, Halusinasi Pendengaran, Gangguan Persepsi Sensori, Pasien Jiwa, Keperawatan Jiwa.

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ABSTRACT

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*Implementation of Scheduled Activity Therapy to Control Auditory Hallucinations
in Psychiatric Patients at the Seroja Ward of dr. H. Koesnadi Bondowoso
Regional Hospital. xvi + 94 pages + 5 tables + 4 diagrams + 22 appendices*

Abstract

Introduction: Auditory hallucinations are one of the most common sensory perception disorders experienced by patients with schizophrenia. This condition may interfere with social functioning, daily activities, and increase the risk of harmful behaviors toward oneself or others. One of the nursing interventions that can be used to help patients control auditory hallucinations is scheduled activity therapy, which aims to redirect the patient's attention from internal stimuli to structured real-life activities. **Objective:** This study aimed to describe the implementation of scheduled activities in patients with auditory hallucinations in the Seroja Ward of dr. H. Koesnadi Bondowoso Regional Hospital. **Methods:** This study employed a descriptive case study design using a psychiatric nursing care approach. The participants consisted of three patients diagnosed with Sensory Perception Disturbance: Auditory Hallucinations. Data were collected through interviews, observations, physical examinations, and documentation. The intervention involved the implementation of scheduled activities (SP 4) over seven meetings, including self-care activities, light physical exercise, social interaction, and other productive activities tailored to the patients' abilities. **Results and Discussion:** The results showed that all patients were able to participate in the scheduled activities and demonstrated a reduction in hallucination symptoms. Patients appeared calmer, more active in performing daily activities, better able to divert their attention from hallucinated voices, and showed improved social interaction. Scheduled activities helped patients focus on real-life activities, thereby enhancing their ability to control auditory hallucinations.

Keywords: *Scheduled Activities, Auditory Hallucinations, Sensory Perception Disturbance, Psychiatric Nursing, Schizophrenia.*

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