

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER PROGRAM STUDI DIII KEPERAWATAN FAKULTAS ILMU KESEHATAN

Karya Tulis Ilmiah
Raihamn Akmal Athallah

Implementasi Teknik Menghardik Pada Pasien Halusinasi Pendengaran Di Wilayah Kerja Puskesmas Jenggawah

xi + 73 halaman + 7 tabel + 8 lampiran

Abstrak

Latar Belakang: Halusinasi pendengaran merupakan salah satu gangguan persepsi sensori yang ditandai dengan munculnya pengalaman mendengar suara atau bunyi tanpa adanya rangsangan nyata dari lingkungan. Kondisi ini dapat mengganggu fungsi individu dalam berpikir, berinteraksi sosial, serta mengendalikan perilaku. Salah satu tindakan keperawatan yang dapat digunakan untuk membantu pasien mengontrol halusinasi adalah teknik menghardik, yaitu kemampuan menolak dan mengabaikan stimulus halusinasi secara tegas. **Tujuan Penelitian:** Penelitian ini bertujuan untuk mengetahui penerapan teknik menghardik dalam membantu mengendalikan halusinasi pendengaran pada pasien Tn. A di wilayah kerja Puskesmas Jenggawah. **Metode Penelitian:** Penelitian ini menggunakan metode studi kasus dengan pendekatan deskriptif pada satu pasien yang mengalami gangguan persepsi sensori berupa halusinasi pendengaran. Data penelitian diperoleh melalui proses wawancara, observasi langsung, serta telaah dokumentasi yang berkaitan dengan kondisi pasien. Implementasi teknik menghardik dilakukan selama tiga hari berturut-turut dengan mengajarkan pasien mengenali halusinasi, menutup mata, menutup telinga menggunakan kedua tangan, serta mengucapkan kalimat penolakan secara tegas terhadap halusinasi yang muncul. **Hasil:** Hasil implementasi menunjukkan bahwa pada hari pertama pasien mampu mengikuti dan mempraktikkan teknik menghardik atas instruksi perawat. Pada hari pasien masih mampu dalam mendemonstrasikan teknik menghardik serta pasien melaporkan frekuensi halusinasi mulai berkurang. Pada hari ketiga ditemukan peningkatan pengetahuan diri pasien dalam mengendalikan halusinasi yang muncul. Implementasi teknik menghardik memberikan dampak positif terhadap kemampuan pasien dalam mengontrol halusinasi.

Kata Kunci: Halusinasi Pendengaran, Gangguan Persepsi Sensori, Teknik Menghardik, Keperawatan Jiwa.

ABSTRACT

**MUHAMMADIYAH UNIVERSITY OF JEMBER
VOCATIONAL NURSING STUDI PROGRAM
FAKULTY OF HEALTH SCIENCES**

Scientific Paper
Raihan Akmal Athallah

Implementation of the Rebuking Technique in Patients with Auditory Hallucinations in the Working Area of Jenggawah Public Health Center

xii + 73 pages + 7 tables+ 8 appendices

Abstract

Background: Auditory hallucinations are a type of sensory perception disorder characterized by hearing voices or sounds without any actual external stimulus. Uncontrolled auditory hallucinations may affect an individual's ability to think, interact, and behave appropriately. One of the nursing interventions that can be applied to help patients control auditory hallucinations is the rebuking technique.

Objective: This study aimed to implement the rebuking technique in a patient with auditory hallucinations in the working area of Jenggawah Public Health Center.

Methods: This study employed a descriptive case study design involving one patient diagnosed with sensory perception disturbance: auditory hallucinations. Data were collected through interviews, observation, and documentation. The rebuking technique was implemented for three consecutive days by teaching the patient to recognize hallucinations, close the eyes, cover both ears with the hands, and firmly reject the hallucinations by using assertive verbal commands. **Results:** The results showed that on the first day, the patient was able to follow instructions and independently practice the rebuking technique, although the hallucinations still occurred frequently. On the second day, there was an improvement in the patient's knowledge and independence in applying the technique, and the patient reported a slight reduction in the frequency of hallucinations. On the third day, further improvements were observed in the patient's knowledge, independence, and self-confidence in controlling hallucinations. The implementation of the rebuking technique had a positive impact on the patient's ability to control auditory hallucinations, as evidenced by increased knowledge, independence, self-confidence, and the ability to independently apply the technique when hallucinations occurred.

Keywords: Auditory Hallucinations, Sensory Perception Disturbance, Rebuking Technique, Psychiatric Nursing.