

Abstrak

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Karya Ilmiah Akhir Juli 2026

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Implementasi Terapi Generalis Halusinasi Pada Pasien Skizofrenia Di Desa
Rambigundam Kabupaten Jember

xvi+ 81 hal+ 5 tabel+ 3 lampiran

Abstrak

Latar belakang: Skizofrenia merupakan gangguan jiwa berat yang sering disertai halusinasi pendengaran sehingga pasien mengalami kesulitan membedakan realitas dengan persepsi tanpa adanya stimulus nyata. Kondisi ini dapat mengganggu fungsi sosial, aktivitas sehari-hari, serta meningkatkan risiko perilaku yang membahayakan diri sendiri maupun orang lain. Penelitian ini bertujuan untuk mendeskripsikan implementasi terapi generalis halusinasi pada pasien skizofrenia di Desa Rambigundam Kabupaten Jember. **Metode:** Penelitian ini menggunakan desain studi kasus dengan pendekatan deskriptif. Subjek penelitian terdiri atas tiga klien dengan diagnosis keperawatan gangguan persepsi sensori: halusinasi pendengaran. Implementasi dilakukan selama empat hari melalui Strategi Pelaksanaan (SP), yaitu SP1 mengenali dan menghardik halusinasi, SP2 meningkatkan kepatuhan minum obat, dan SP3 bercakap-cakap dengan orang lain. Data dikumpulkan melalui wawancara, observasi, dan dokumentasi, kemudian dianalisis secara deskriptif. **Hasil dan Pembahasan:** Implementasi terapi generalis halusinasi menunjukkan hasil yang berbeda pada setiap klien. Klien 1 mengalami penurunan tanda dan gejala halusinasi yang ditandai dengan berkurangnya frekuensi mendengar bisikan, tidak lagi berbicara dan tertawa sendiri, meningkatnya konsentrasi, mampu menerapkan teknik menghardik secara mandiri, patuh minum obat, serta mampu berinteraksi dengan keluarga. Sebaliknya, Klien 2 dan Klien 3 belum menunjukkan penurunan tanda dan gejala yang bermakna sehingga masih memerlukan bimbingan dalam mengontrol halusinasi. Perbedaan hasil tersebut dipengaruhi oleh kemampuan klien dalam menerima intervensi, kepatuhan terhadap pengobatan, kerja sama selama terapi, serta dukungan keluarga.

Kata kunci: Halusinasi Pendengaran, Implementasi Keperawatan, Skizofrenia, Studi Kasus, Terapi Generalis Halusinasi.

Abstract

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NURSING PROFESSIONAL STUDY PROGRAM
FACULTY OF HEALTH SCIENCES

Final Paper July 2026

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*Generalist Therapy Implementation for Hallucinations in Schizophrenia Patients
in Rambigundam Village, Jember District*

xvi + 81 pages + 5 tables + 3 appendices

Abstract

Background: Schizophrenia is a severe mental disorder often accompanied by auditory hallucinations, causing patients to experience difficulty distinguishing reality from perceptions in the absence of actual stimuli. This condition can impair social functioning, disrupt daily activities, and increase the risk of behaviors harmful to oneself or others. This study aims to describe the implementation of generalist therapy for hallucinations in schizophrenia patients in Rambigundam Village, Jember Regency. **Methods:** This study used a case study design with a descriptive approach. The research subjects consisted of three clients with the nursing diagnosis of sensory perception disturbance: auditory hallucinations. The implementation was carried out for four days using Implementation Strategies (SP), namely SP1 recognizing and dismissing hallucinations, SP2 improving medication adherence, and SP3 conversing with others. Data were collected through interviews, observation, and documentation, then analyzed descriptively. **Results and Conclusion:** The implementation of generalist hallucination therapy showed varying results for each client. Client 1 experienced a reduction in hallucination signs and symptoms, characterized by a decreased frequency of hearing whispers, no longer talking and laughing alone, improved concentration, the ability to independently apply the dismissal technique, adherence to medication, and the ability to interact with family. Conversely, Client 2 and Client 3 did not show significant reductions in signs and symptoms, thus still requiring guidance in controlling hallucinations. These differing outcomes were influenced by the clients' ability to accept interventions, medication adherence, cooperation during therapy, and family support.

Keywords: Auditory Hallucination, Case Study, Generalist Hallucination Therapy, Nursing Implementation, Schizophrenia.