

**ASUHAN KEPERAWATAN PADA PASIEN DENGAN GANGGUAN
PERSEPSI SENSORI : HALUSINASI PENDENGARAN DI
RUANGAN SADEWA RUMAH SAKIT JIWA Dr. H. MARZOEKI
MAHDI (RSJMM) BOGOR**

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Abstrak

Latar Belakang : Halusinasi merupakan salah satu dari gangguan jiwa dimana seseorang tidak mampu membedakan antara kehidupan nyata dengan kehidupan palsu. Penanganan yang dapat dilaksanakan yaitu dalam bina hubungan saling percaya bersama pasien dengan gangguan jiwa terlebih dengan diagnosa halusinasi pendengaran dapat dilakukan dengan intervensi *Expressive writing therapy* Dilakukan juga tindakan Terapi aktivitas Kelompok yaitu *Art Therapy* hal ini dapat membantu pasien mengontrol halusinasinya.

Tujuan : Menganalisis asuhan keperawatan pada pasien dengan Gangguan Jiwa Halusinasi Pendengaran di Rumah Sakit Jiwa Dr. Marzoeki Mahdi Bogor.

Metode : Menggunakan *Evidence Based Practice* yaitu membina hubungan saling percaya dengan pasien lewat *Expressive writing therapy* dan terapi aktivitas kelompok yaitu *Art therapy*.

Hasil : pemberian *Evidence based practice Expressive writing therapy* dapat berhasil karena pasien mengatakan merasa lega ketika dilakukan terapi tersebut, pasien juga mampu menuliskan ungkapan perasaan, emosi dan isi hati yang sebagian besar berhubungan dengan masalah utama yang dia miliki. berdasarkan *Evidence based practice* yang kedua adalah *Art therapy*, implementasi ini dianggap berhasil karena pasien telah menyusun di jadwal hariannya pasien terlihat fokus dan tidak bicara sendiri lagi.

Kesimpulan : Terdapat pengaruh pemberian terapi mewarnai dan terapi *Expressive writing therapy* pada pasien dengan halusinasi pendengaran.

Kata Kunci : Halusinasi pendengaran, Terapi Aktivitas Kelompok, *Art Therapy*, dan *Expressive writing therapy*.

**NURSING CARE FOR PATIENTS WITH SENSORY PERCEPTION
DISORDERS: HEARING HALUSINATION IN THE SADEWA
ROOM OF Dr. H. MARZOEKI MAHDI'S SOUL HOSPITAL
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Abstract

Background: Hallucination is one of the mental disorders where a person is unable to distinguish between real life and false life. Handling that can be carried out, namely in building a trusting relationship with patients with mental disorders, especially with a diagnosis of auditory hallucinations, can be done with the intervention Expressive writing therapy Group activity therapy is also carried out, namely Art Therapy, this can help patients control their hallucinations.

Purpose: Analyzing nursing care for patients with auditory hallucination mental disorders at Dr. Marzoeki Mahdi Mental Hospital, Bogor.

Method: Using Evidence Based Practice, namely fostering a trusting relationship with patients through Expressive writing therapy and group activity therapy, namely Art therapy.

Results: the provision of Evidence based practice Expressive writing therapy can be successful because the patient said he felt relieved when the therapy was carried out, the patient was also able to write expressions of feelings, emotions and the contents of the heart which were mostly related to the main problem he had. based on the second Evidence based practice is Art therapy, this implementation is considered successful because the patient has compiled in his daily schedule the patient looks focused and does not talk to himself anymore.

Conclusion: There is an effect of giving coloring therapy and Expressive writing therapy to patients with auditory hallucinations.

Keywords: Auditory hallucinations, Group Activity Therapy, Art Therapy, and Expressive writing therapy.

This translation has been checked and proven accurate.



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