

**Penerapan Terapi Realita Terhadap Peningkatan Koping Adaptif Pada
Klien Tn.M Dengan Halusinasi Pendengaran Di Ruang Bisma Rumah
Sakit Jiwa Manah Shanti Mohottama Provinsi Bali**

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Abstrak

Latar Belakang: Gangguan persepsi sensori berupa halusinasi pendengaran merupakan salah satu gejala utama skizofrenia yang dapat mengganggu fungsi kognitif, emosional, dan sosial klien. Intervensi keperawatan non-farmakologis seperti terapi realita terhadap peningkatan koping adaptif terbukti efektif dalam membantu klien mengenali realitas dan mengelola stimulus internal.

Tujuan: Mendeskripsikan penerapan terapi realita terhadap peningkatan koping adaptif pada klien Tn.M yang mengalami gangguan jiwa dengan gejala halusinasi pendengaran di Ruang Bisma Rumah Sakit Jiwa Manah Shanti Mohottama Provinsi Bali.

Metode: Penelitian ini menggunakan pendekatan studi kasus asuhan keperawatan jiwa. Intervensi dilakukan melalui Strategi Pelaksanaan (SP) 1–4 selama tiga hari, meliputi edukasi tentang halusinasi, pelatihan teknik menghardik, latihan bercakap-cakap, dan kegiatan terstruktur. Evaluasi dilakukan dengan metode SOAP berdasarkan observasi dan wawancara.

Hasil: Klien menunjukkan penurunan intensitas halusinasi, peningkatan kesadaran terhadap realita, serta kemampuan mengelola halusinasi secara mandiri melalui strategi peningkatan koping adaptif. Klien juga mulai terlibat dalam interaksi sosial dan aktivitas bermakna.

Kesimpulan: Pemberian terapi realita merupakan intervensi yang efektif dalam meningkatkan orientasi realita dan mengurangi gejala halusinasi pendengaran dan meningkatkan koping adaptif klien. Pendekatan ini relevan untuk diterapkan secara klinis dalam penanganan gangguan jiwa di ruang perawatan psikiatri.

Kata Kunci: Halusinasi Pendengaran, Terapi Realita, Koping Adaptif, Asuhan Keperawatan Jiwa, Gangguan Persepsi Sensori.

**The Application of Reality Therapy to Improve Adaptive Coping in Mr. M
with Auditory Hallucinations at Bisma Ward Manah Shanti Mohottama
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Abstract

Background: Sensory perception disturbances such as auditory hallucinations are one of the main symptoms of schizophrenia that can disrupt the client's cognitive, emotional, and social functioning. Non-pharmacological nursing interventions, such as reality therapy, have been proven effective in helping clients recognize reality and manage internal stimuli through the enhancement of adaptive coping mechanisms.

Objective: To describe the application of reality therapy in improving adaptive coping in Mr. M, a client experiencing mental disorder with auditory hallucinations, at Bisma Ward, Manah Shanti Mohottama Mental Hospital, Bali Province.

Methods: This study employed a psychiatric nursing case study approach. Interventions were carried out using Implementation Strategies (SP) 1–4 over three days, including education about hallucinations, training in rebuking techniques, conversation exercises, and structured activities. Evaluation was conducted using the SOAP method based on observation and interviews.

Results: The client showed a decrease in the intensity of hallucinations, improved awareness of reality, and the ability to independently manage hallucinations through adaptive coping strategies. The client also began to engage in social interactions and meaningful activities.

Conclusion: The implementation of reality therapy is an effective intervention for enhancing reality orientation, reducing auditory hallucination symptoms, and improving clients' adaptive coping. This approach is clinically relevant and recommended for psychiatric nursing care in mental health treatment settings.

Keywords: Auditory Hallucinations, Reality Therapy, Adaptive Coping, Psychiatric Nursing Care, Sensory Perception Disturbance.

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