

ABSTRAK

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Penerapan Terapi Dzikir Terhadap Tingkat Halusinasi Pendengaran Di Ruang Endrotenoyo RSJD Dr.Amino Gondohutomo, Semarang

Latar Belakang: Halusinasi yang tidak ditangani dengan baik dapat menyebabkan gangguan perilaku, penurunan fungsi sosial, serta meningkatkan risiko kekambuhan. Penatalaksanaan keperawatan yang tepat diperlukan untuk membantu pasien mengontrol halusinasi, salah satunya melalui dengan terapi spiritual seperti dzikir.

Tujuan: Karya ilmiah ini bertujuan untuk mengetahui efektivitas penerapan terapi dzikir terhadap tingkat halusinasi pendengaran pada satu responden di Ruang Endrotenoyo RSJD Dr.Amino Gondohutomo, Semarang

Metode: Metode studi kasus dengan pendekatan asuhan keperawatan pada satu responden dengan gangguan persepsi sensori: halusinasi pendengaran. Intervensi dilakukan selama tiga hari meliputi identifikasi halusinasi, latihan menghardik, distraksi, aktivitas terjadwal, peningkatan orientasi realita, edukasi kepatuhan minum obat, serta terapi dzikir. Evaluasi dilakukan secara observasional terhadap perubahan tanda dan gejala halusinasi.

Hasil: Implementasi menunjukkan adanya penurunan frekuensi halusinasi secara bertahap. Pada hari pertama pasien masih mengalami halusinasi, hari kedua pasien mulai mampu mengenali dan mengontrol halusinasi dengan teknik menghardik, dan pada hari ketiga pasien melaporkan tidak lagi mendengar suara. Selain itu, pasien menunjukkan peningkatan kemampuan dalam mengikuti aktivitas terjadwal dan terapi dzikir, serta lebih kooperatif dalam pengobatan.

Simpulan: Intervensi ini dapat digunakan sebagai pendekatan nonfarmakologis dalam asuhan keperawatan jiwa untuk meningkatkan stabilitas kondisi pasien dan mencegah kekambuhan.

Kata Kunci: *Halusinasi Pendengaran, Terapi Dzikir, Keperawatan Jiwa*

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ABSTRACT

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The Implementation of Dhikr Therapy on the Level of Auditory Hallucinations in the Endrotenoyo Ward of Dr. Amino Gondohutomo Psychiatric Hospital, Semarang

Background: Untreated hallucinations may lead to behavioral disturbances, impaired social functioning, and an increased risk of relapse. Appropriate nursing management is essential to help patients control hallucinations, one of which is through spiritual interventions such as dhikr therapy.

Objective: This scientific paper aimed to evaluate the effectiveness of implementing dhikr therapy in reducing the level of auditory hallucinations in a patient treated in the Endrotenoyo Ward of Dr. Amino Gondohutomo Psychiatric Hospital, Semarang.

Methods: This study employed a case study design using the nursing care approach involving one patient with a nursing diagnosis of disturbed sensory perception: auditory hallucinations. The intervention was conducted over three consecutive days and included hallucination assessment, commanding hallucinations to stop, distraction techniques, scheduled activities, reality orientation enhancement, medication adherence education, and dhikr therapy. Evaluation was performed through observational assessment of changes in the signs and symptoms of auditory hallucinations.

Results: The implementation demonstrated a gradual reduction in the frequency of auditory hallucinations. On the first day, the patient continued to experience hallucinations. On the second day, the patient was able to recognize and control the hallucinations using the commanding technique. By the third day, the patient reported no longer hearing voices. In addition, the patient showed improved participation in scheduled activities and dhikr therapy and demonstrated greater cooperation with the prescribed treatment.

Conclusion: Dhikr therapy can be used as a complementary non-pharmacological intervention in psychiatric nursing care to help reduce auditory hallucinations, improve patient stability, and minimize the risk of relapse.

Keywords: *auditory hallucinations, dhikr therapy, psychiatric nursing*