

ABSTRAK

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Penerapan Terapi Dzikir Pada Pasien Dengan Gangguan Persepsi Sensori: Halusinasi Pendengaran Di Ruang Citroanggodo Rsjd Dr. Amino Gondohutomo Provinsi Jawa Tengah

Pendahuluan: Halusinasi pendengaran merupakan masalah utama yang sering dialami pasien skizofrenia dan ditandai dengan munculnya persepsi mendengar suara tanpa adanya stimulus nyata. Salah satu intervensi nonfarmakologis yang dapat diberikan untuk membantu mengontrol halusinasi adalah terapi dzikir. Terapi dzikir dapat membantu pasien mengalihkan perhatian dari stimulus internal, meningkatkan ketenangan, dan membantu mengontrol halusinasi pendengaran.

Metode: Desain penerapan menggunakan studi kasus dengan pendekatan deskriptif. Pasien dalam penerapan berjumlah 1 yang diberikan implementasi standar asuhan keperawatan halusinasi dengan terapi dzikir. Terapi dzikir dilakukan selama 15 menit sebanyak dua kali sehari selama 3 hari. Evaluasi dilakukan menggunakan instrumen *Auditory Hallucination Rating Scale* (AHRS).

Hasil: Setelah dilakukan intervensi menunjukkan adanya penurunan tingkat halusinasi pendengaran. Sebelum dilakukan penerapan terapi dzikir skor AHRS 10 (kategori berat) dan setelah dilakukan terapi dzikir skor menjadi 7 (kategori sedang). Selain itu, pasien menunjukkan peningkatan kemampuan dalam mengontrol halusinasi secara mandiri, lebih kooperatif, mampu berinteraksi dengan orang lain, serta melaksanakan terapi dzikir secara mandiri.

Kesimpulan: Setelah dilakukan intervensi SP halusinasi dan terapi dzikir dapat dijadikan acuan maupun intervensi sebagai bahan pertimbangan terapi non farmakologis karena terbukti terdapat penurunan tanda gejala halusinasi.

Kata Kunci: Terapi dzikir, Halusinasi pendengaran, Skizofrenia.

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ABSTRACT

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The Implementation of Dhikr Therapy in Patients with Sensory Perception Disorders: Auditory Hallucinations in the Citroanggodo Ward of Dr. Amino Gondohutomo Hospital, Central Java Province

Introduction: Auditory hallucinations are the main problem often experienced by schizophrenic patients and are characterized by the perception of hearing voices without any real stimulus. One of the non-pharmacological interventions that can be given to help control hallucinations is dhikr therapy. Dhikr therapy can help patients divert attention from internal stimuli, increase calmness, and help control auditory hallucinations.

Method: In this case study, a single patient with hallucinations received regular nursing care along with dhikr therapy. Dhikr therapy is carried out for 15 minutes twice a day for 3 days. The evaluation was conducted using the Auditory Hallucination Rating Scale (AHRS) instrument.

Result: After the intervention, there was a decrease in the level of auditory hallucinations. Before the application of dhikr therapy, the AHRS score was 10 (severe category) and after the dhikr therapy, the score became 7 (moderate category). In addition, the patient showed increased ability to control hallucinations independently, were more cooperative, were able to interact with others, and carried out dhikr therapy independently.

Conclusion: After the SP intervention, hallucinations and dhikr therapy can be used as a reference or intervention as a consideration for non-pharmacological therapy because it has been proven that there is a decrease in signs of hallucination symptoms.

Keywords: *Dhikr therapy, Auditory hallucination, Schizophrenia*

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