

**Diploma Tiga Keperawatan
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ABSTRAK

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Penerapan Terapi Psikoreligius Zikir pada Pasien Halusinasi Pendengaran

Halusinasi pendengaran merupakan salah satu gejala gangguan jiwa, kondisi ini menyebabkan pasien mendengar suara tidak nyata, yang dapat membahayakan diri sendiri maupun orang lain. Terapi non-farmakologis seperti terapi psikoreligius zikir diyakini mampu membantu pasien dalam mengontrol halusinasi dengan cara meningkatkan ketenangan batin dan kesadaran spiritual. Tujuan penulisan karya tulis ilmiah ini untuk mengetahui apakah terapi psikoreligius zikir mampu menurunkan gejala halusinasi pendengaran. Metode penelitian ini menggunakan pendekatan studi kasus terhadap satu pasien dengan gangguan persepsi sensoris: halusinasi pendengaran di RPSBM Kota Pekalongan. Terapi zikir dilakukan selama tiga hari dengan durasi kurang lebih 10 menit setiap pertemuan. Evaluasi dilakukan menggunakan lembar observasi tanda dan gejala serta kuesioner penerapan terapi zikir. Hasil menunjukkan adanya penurunan gejala halusinasi, menggunakan lembar observasi tanda dan gejala halusinasi pendengaran menunjukkan skor pre test 10 (halusinasi berat) dan skor post test menurun menjadi 3 (halusinasi ringan) pada hari ketiga. Dan menunjukkan adanya peningkatan kemampuan mengontrol halusinasi dengan terapi zikir, menggunakan lembar evaluasi penerapan terapi psikoreligius zikir menunjukkan skor pre-test 3 (implementasi psikoreligius kurang baik), setelah mengimplementasikan terapi psikoreligius zikir menunjukkan skor post test naik menjadi 6 (implementasi psikoreligius baik). Penerapan terapi psikoreligius zikir terbukti mampu mengontrol halusinasi pendengaran. Saran bagi perawat diharapkan terapi ini dapat dijadikan alternatif non-farmakologis yang mendukung penanganan keperawatan pada pasien gangguan jiwa, khususnya halusinasi.

Kata Kunci: *Terapi Psikoreligius, Zikir, Halusinasi Pendengaran, Halusinasi*

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ABSTRACT

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Application of Zikr as a Psychoreligious Therapy in Auditory Hallucination Patients

Auditory hallucinations are a common symptom of mental disorders, where patients hear voices that are not real. This condition can lead to harmful behavior toward oneself or others. Non-pharmacological therapies, such as psychoreligious zikr therapy, are believed to help patients manage hallucinations by promoting inner peace and enhancing spiritual awareness. The purpose of this case study is to examine whether psychoreligious dhikr therapy can reduce the symptoms of auditory hallucinations. This study used a case study approach involving one patient with a sensory perception disorder (auditory hallucinations) at RPSBM, Pekalongan City. The therapy was administered over three consecutive days, with each session lasting approximately 10 minutes. Evaluation was conducted using an observation sheet for signs and symptoms of auditory hallucinations and a questionnaire assessing the implementation of dhikr therapy. The results indicated a significant reduction in hallucination symptoms. Based on the observation, the patient's score decreased from 10 (severe hallucinations) before therapy to 3 (mild hallucinations) after three days. Additionally, the patient's ability to perform zikr improved. According to the psychoreligious therapy evaluation sheet, the pre-test score was 3 (poor implementation), which increased to 6 (good implementation) after the therapy. In conclusion, the application of psychoreligious zikr therapy was effective in helping control auditory hallucinations in the patient. It is recommended that nurses consider using zikr therapy as a non-pharmacological alternative to support nursing care, especially for patients experiencing hallucinations.

Keywords: *Psychoreligious Therapy, Zikr, Auditory Hallucinations*