

ABSTRAK

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Penerapan Terapi Dzikir Terhadap Penurunan Tanda Dan Gejala Pada Pasien Halusinasi Pendengaran Di Ruang Hudowo Rsjd Amino Gondohutomo

Latar Belakang: Halusinasi pendengaran merupakan gejala yang sering ditemukan pada pasien skizofrenia dan dapat menyebabkan gangguan interaksi sosial, perilaku agresif, serta kesulitan membedakan realitas. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk membantu mengontrol halusinasi adalah terapi dzikir. Tujuan karya ilmiah ini adalah mengetahui pengaruh penerapan terapi dzikir terhadap penurunan tanda dan gejala halusinasi pendengaran pada pasien di Ruang Hudowo RSJD Dr. Amino Gondohutomo Provinsi Jawa Tengah.

Metode: Karya Ilmiah Akhir Ners ini menggunakan metode studi kasus deskriptif dengan pendekatan asuhan keperawatan pada satu pasien yang mengalami gangguan persepsi sensori: halusinasi pendengaran. Subjek penelitian adalah Sdr. A, dengan diagnosis medis Skizofrenia Paranoid (F20.3). Intervensi yang diberikan berupa terapi dzikir yang dikombinasikan dengan strategi pelaksanaan halusinasi meliputi mengenali halusinasi, menghardik halusinasi, bercakap-cakap dengan orang lain, melakukan aktivitas terjadwal, dan meningkatkan kepatuhan minum obat. Terapi dilakukan selama 3 hari, 2 kali sehari, dengan durasi 10–15 menit. Evaluasi dilakukan menggunakan lembar observasi tanda dan gejala halusinasi.

Hasil: Hasil implementasi menunjukkan adanya penurunan tanda dan gejala halusinasi pendengaran setelah diberikan terapi dzikir. Sebelum intervensi ditemukan 8 tanda dan gejala halusinasi yang meliputi mendengar suara tanpa objek nyata, takut, khawatir, menutup telinga, menarik diri, dan gangguan persepsi lainnya. Setelah 3 hari intervensi, jumlah tanda dan gejala menurun menjadi 2 gejala. Terjadi penurunan sebanyak 6 gejala atau sebesar 75%. Pasien juga mampu mengontrol halusinasi secara mandiri.

Simpulan: Terapi dzikir efektif menurunkan tanda dan gejala halusinasi pendengaran. Perawat RSJD diharapkan mengintegrasikannya dalam pelayanan keperawatan jiwa.

Kata Kunci: *Halusinasi, Terapi Dzikir*

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ABSTRACT

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The Implementation Of Dhikr Therapy To Reduce The Signs And Symptoms Of Auditory Hallucinations In A Patient At The Hudowo Ward Of Dr. Amino Gondohutomo Psychiatric Hospital

Introduction: Auditory hallucination is a common symptom in patients with schizophrenia and may lead to impaired social interaction, aggressive behaviour, and difficulty in distinguishing reality. One of the non-pharmacological interventions that can be implemented to help control hallucinations is dhikr therapy. This study aims to determine the effect of implementing dhikr therapy on reducing the signs and symptoms of auditory hallucinations in a patient at the Hudowo Ward of Dr. Amino Gondohutomo Psychiatric Hospital, Central Java.

Methods: This scientific project was a descriptive case study implementing a nursing care approach for one patient with sensory perception disturbance in the form of auditory hallucinations. The subject was Mr A, who was diagnosed with paranoid schizophrenia (F20.3). The intervention consisted of dhikr therapy combined with hallucination management strategies, including recognising hallucinations, rebuking hallucinations, talking with other people, engaging in scheduled activities, and improving medication adherence. The therapy was administered for 3 days, twice a day, with each session lasting 10 to 15 minutes. Evaluation was conducted with an observation sheet of the signs and symptoms of hallucinations.

Results: The implementation showed a reduction in the signs and symptoms of auditory hallucinations after dhikr therapy was administered. Before the intervention, the patient exhibited eight signs and symptoms of auditory hallucinations, including hearing voices without a real external stimulus, fear, anxiety, covering the ears, social withdrawal, and other perceptual disturbances. After 3 days of intervention, the number of signs and symptoms decreased to two. This represented a reduction of six symptoms or 75%. The patient was also able to control the hallucinations independently.

Conclusion: Dhikr therapy was effective in reducing the signs and symptoms of auditory hallucinations. Nurses at psychiatric hospitals are expected to integrate this therapy into psychiatric nursing care.

Keywords : *hallucinations, dhikr therapy*

References : 2018–2025