

**GAMBARAN TEKNIK PELAKSANAAN TERAPI AKTIVITAS
KELOMPOK (TAK) STIMULASI PERSEPSI PADA
PASIEH HALUSINASI DI RSJ ERNALDI BAHAR
PROVINSI SUMATERA SELATAN**

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INTISARI

Latar Belakang: Kemampuan pasien dalam mengontrol halusinasi bisa ditingkatkan dengan terapi aktivitas kelompok stimulasi persepsi halusinasi. Terapi aktivitas kelompok stimulasi persepsi bertujuan untuk meningkatkan kemampuan sensori, memusatkan perhatian, kesegaran jasmani dan mengekspresikan perasaan.

Tujuan: Penelitian bertujuan menganalisis gambaran teknik pelaksanaan Terapi Aktivitas Kelompok (TAK) stimulasi persepsi pada pasien halusinasi.

Metode: Penelitian ini menggunakan metode penelitian deskriptif dengan pendekatan kuantitatif. Metode pengambilan sampel yang digunakan *teknik purposive sampling* sebanyak 73 perawat. Pengumpulan data dan analisis data menggunakan kuesioner TAK dan Observasi yang berskala ordinal dan analisis univariat.

Hasil: Hasil penelitian menunjukkan bahwa karakteristik perawat yang melakukan TAK pada pasien halusinasi berdasarkan mayoritas usia perawat 26-30 tahun sebesar 27,4%, mayoritas perawat berjenis kelamin perempuan sebesar 75,3%, mayoritas status pernikahan perawat yang sudah menikah sebesar 57,5%, dan mayoritas pendidikan perawat di RSJ Ernaldi Bahar adalah D3 sebesar 63,0%.

Kesimpulan: Perawat di RSJ Ernaldi Bahar memiliki tingkat Terapi Aktivitas Kelompok (TAK) pada kategori kurang terhadap teknik pelaksanaan Terapi Aktivitas Kelompok (TAK) pada pasien halusinasi. Sehingga perlu ditingkatkan teknik Terapi Aktivitas Kelompok (TAK) sesuai Standar Operasional Prosedur (SOP) yang ada.

Kata Kunci : Terapi Aktivitas Kelompok, Halusinasi

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**DESCRIPTION OF IMPLEMENTATION OF GROUP ACTIVITY THERAPY
IMPLEMENTATION (NO) PERCEPTION STIMULATION IN
HALLUCINATING PATIENTS AT ERNALDI BAHAR HOSPITAL SOUTH
SUMATERA PROVINCE**

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ABSTRACT

Background: The patient's ability to control hallucinations can be improved by group therapy activity stimulation of hallucinations perception. Perception stimulation group activity therapy aims to improve sensory abilities, focus attention, physical fitness and express feelings.

Objective: This study aims to analyze the description of the technique of implementing Group Activity Therapy (TAK) to stimulate perception in patients with hallucinations.

Methods: This study uses a descriptive research method with a quantitative approach. The sampling method used was purposive sampling technique as many as 73 nurses. Data collection and data analysis used TAK questionnaires and observations with ordinal scale and univariate analysis.

Results: The results showed that the characteristics of nurses who performed TAK on hallucinatory patients based on the majority of nurses aged 26-30 years were 27.4%, the majority of nurses were female by 75.3%, the majority of married nurses' marital status was 57.5 %, and the majority of nurses' education at Ernaldi Bahar Hospital is D3 of 63.0%.

Conclusion: Nurses at Ernaldi Bahar Hospital have a level of Group Activity Therapy (TAK) in the less category of techniques for implementing Group Activity Therapy (TAK) in hallucinating patients. So it is necessary to improve the Group Activity Therapy (TAK) technique according to the existing Standard Operating Procedures (SOP).

Keywords: Group Activity Therapy, Hallucinations

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