

# **INTERVENSI TERAPI BERDZIKIR DALAM MENGONTROL HALUSINASI PENDENGARAN PADA Tn.G DENGAN GANGGUAN PERSEPSI SENSORI DI RUMAH SAKIT JIWA GRHASIA YOGYAKARTA**

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## **INTISARI**

**Latar belakang :** Dari hasil studi diperoleh RSJ Grhasia periode januari sampai desember 2022 didapatkan jumlah pasien sebanyak 987 dengan diagnosa medis skizofrenia, dengan masalah keperawatan gangguan persepsi sensori halusinasi pendengaran ada 15,19% atau sekitar 150 pasien. Tindakan yang dilakukan di RSJ Grhasia berupa manajemen lingkungan, manajemen mood, bantuan kontrol marah dan terapi obat.

**Tujuan :** Memberikan Gambaran Implementasi terapi berdzikir dalam mengontrol Halusinasi pendengaran pada klien dengan gangguan persepsi sensori.

**Metode :** Penelitian ini menggunakan metode kuantitatif pendekatan *Quasy expriemental* yang dilakukan selama 3 hari terhadap 1 responden di RSJ Grhasia Yogyakarta. Peneliti menggunakan lembar evaluasi *Auditory Hallucinations Rating Scale* (AHRS) sebelum dan sesudah intervensi.

**Hasil :** Hasil studi kasus ini sebelum diberikan intervensi dzikir didapatkan kategori halusinasi berat (52,27%) dan setelah diberikan intervensi dzikir kategori menjadi halusinasi ringan (13,64%).

**Kesimpulan :** Setelah diberikan terapi 3 hari yang dilakukan sekali dalam sehari didapatkan adanya peningkatan terhadap kemampuan klien mengontrol halusinasi pendengaran, dimana sebelum diberikan terapi dzikir berdasarkan hasil AHRS klien berada pada kategori halusinasi berat dengan gejala mendengar suara-suara berisik, suara muncul saat malam dan sendiri dengan durasi satu menit. Setelah diberikan intervensi terapi dzikir hasil AHRS berada pada kategori halusinasi ringan dengan klien tidak lagi mendengarkan suara-suara, ada kontak mata dan perasaan klien tenang saat dzikir.

**Kata kunci :** Halusinasi, Terapi Berdzikir, Pengkajian Keperawatan

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**ABSTRACT**

**Background:** From the study results, it was obtained that the Grhasia Hospital from January to December 2022 obtained a total of 987 patients with a medical diagnosis of schizophrenia, with nursing problems sensory perception disorders, auditory hallucinations, there were 15.19% or around 150 patients. The actions taken at Grhasia Hospital are in the form of environmental management, mood management, anger control assistance and drug therapy.

**Objective:** Provide an overview of the implementation of dhikr therapy in controlling auditory hallucinations in clients with sensory perception disorders.

**Methods :** This study used a quantitative method with a quasi experimental approach which was carried out for 3 days on 1 respondent at the Grhasia Hospital, Yogyakarta. The researcher used an Auditory Hallucinations Rating Scale (AHRS) evaluation sheet before and after the intervention.

**Results :** The results of this case study before the dhikr intervention were given were in the category of severe hallucinations (52,27%) and after the dhikr intervention was given the category became mild hallucinations (13,64%).

**Conclusion :** After being given 3 days of therapy which is done once a day, it is found that there is an increase in the client's ability to control auditory hallucinations, where before being given dhikr therapy based on the results of AHRS the client is in the category of severe hallucinations with symptoms of hearing loud noises, sounds appearing at night and alone with duration one minute. After being given dhikr therapy intervention the results of AHRS are in the category of mild hallucinations with the client no longer listening to voices, there is eye contact and the client feels calm during dzikir.

**Keywords:** Hallucinations, Dzikir Therapy, Nursing Assesmen