

**PENERAPAN TERAPI OKUPASI MENANAM TERHADAP TINGKAT
KEMANDIRIAN ADL PADA PASIEN SKIZOFRENIA DENGAN DEFISIT
PERAWATAN DIRI DI RSJ GRHASIA SLEMAN**

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INTI SARI

Latar Belakang : Skizofrenia merupakan gangguan jiwa berat yang memengaruhi fungsi kognitif, emosi, dan perilaku individu, serta sering kali disertai defisit perawatan diri akibat gejala negatif yang muncul seperti apatis, kurang motivasi, dan gangguan persepsi. Kondisi ini berdampak pada ketergantungan pasien dalam menjalani aktivitas dasar sehari-hari (ADL), seperti mandi, makan, berpakaian, dan kebersihan diri.

Tujuan : Penelitian ini bertujuan untuk mengevaluasi efektivitas terapi okupasi menanam sebagai intervensi nonfarmakologis dalam meningkatkan kemandirian ADL pada pasien skizofrenia dengan defisit perawatan diri.

Metode : Teknik yang digunakan adalah studi kasus terhadap pasien rawat inap di RSJ Grhasia Sleman, dengan pendekatan *evidence-based practice* melalui tiga kali sesi terapi menanam selama tiga hari berturut-turut.

Hasil : Aktivitas menanam melibatkan serangkaian tindakan fisik dan sensorik seperti menggali tanah, menyiram, dan merawat tanaman, yang bertujuan untuk menstimulasi fungsi kognitif dan emosi positif pasien. Hasil observasi menunjukkan peningkatan skor kemandirian ADL setelah intervensi, yang mencakup kemampuan makan, mandi, berpakaian, hingga perilaku perawatan diri lainnya. Temuan ini menunjukkan bahwa terapi menanam efektif dalam meningkatkan partisipasi aktif, motivasi, serta rasa tanggung jawab pasien terhadap diri sendiri, sekaligus mengalihkan perhatian dari halusinasi atau waham.

Kesimpulan : Terapi okupasi menanam dapat dijadikan alternatif terapi suportif yang aplikatif dan berkelanjutan dalam mendukung pemulihan pasien skizofrenia di rumah sakit jiwa.

Kata kunci: skizofrenia, defisit perawatan diri, ADL, terapi okupasi, terapi menanam.

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**THE APPLICATION OF PLANTING OCCUPATIONAL THERAPY ON THE
INDEPENDENCE LEVEL OF ADL IN SCHIZOPHRENIC PATIENTS
WITH SELF-CARE DEFICITS AT RSJ GRHASIA SLEMAN**

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ABSTRACT

Background : Schizophrenia is a severe mental disorder that affects cognitive, emotional, and behavioral functions and is often accompanied by self-care deficits due to negative symptoms such as apathy, lack of motivation, and perceptual disturbances. This condition leads to patient dependency in performing basic daily activities (ADL), including bathing, eating, dressing, and maintaining personal hygiene.

Objective : This study aims to evaluate the effectiveness of planting occupational therapy as a non-pharmacological intervention in improving ADL independence in schizophrenic patients with self-care deficits.

Method : A case study method was used on an inpatient at RSJ Grhasia Sleman, employing an evidence-based practice approach through three planting therapy sessions over three consecutive days.

Result : The planting activity involved a series of physical and sensory tasks such as soil preparation, watering, and plant care, which served to stimulate cognitive functions and promote positive emotions. Observational results indicated an improvement in ADL independence scores post-intervention, covering areas such as eating, bathing, dressing, and other self-care behaviors. These findings suggest that planting therapy is effective in enhancing patient engagement, motivation, and a sense of responsibility for self-care, while also helping to divert attention from hallucinations or delusions.

Conclusion : Planting occupational therapy can serve as a supportive and sustainable non-pharmacological intervention to promote recovery and improve ADL independence in schizophrenic patients in mental health care settings.

Keywords: schizophrenia, self-care deficit, ADL, occupational therapy, planting therapy.

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