

PENGARUH TERAPI AKTIVITAS KELOMPOK STIMULASI SENSORI : MENG GAMBAR TERHADAP KEMAMPUAN MENGONTROL HALUSINASI DI RUMAH SAKIT JIWA GRHASIA YOGYAKARTA

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INTISARI

Latar Belakang: Halusinasi merupakan salah satu gejala positif yang paling sering muncul pada pasien skizofrenia dan dapat mengganggu fungsi sosial serta menimbulkan risiko perilaku berbahaya. Terapi Aktivitas Kelompok (TAK) stimulasi sensoris, seperti menggambar, dapat menjadi salah satu intervensi untuk membantu pasien mengontrol halusinasi dengan mengalihkan perhatian dan mengekspresikan emosi.

Tujuan: Mengetahui pengaruh penerapan TAK stimulasi sensoris: menggambar terhadap kemampuan mengontrol halusinasi pada pasien skizofrenia di Ruang Srikandi RSJ Grhasia Yogyakarta.

Metode: Penelitian ini menggunakan desain studi kasus dalam pendekatan asuhan keperawatan. Intervensi terapi menggambar dilakukan selama lima hari berturut-turut. Data dikumpulkan melalui observasi, wawancara, dan menggunakan instrumen Auditory Hallucination Rating Scale (AHRS).

Hasil: Terdapat penurunan skor AHRS pada sebagian besar indikator, seperti lama dan kerasnya suara, jumlah suara bernada negatif, serta tingkat gangguan terhadap aktivitas. Hal ini menunjukkan pasien lebih mampu mengendalikan respons terhadap halusinasi melalui teknik distraksi dan relaksasi yang diperoleh selama terapi.

Kesimpulan: Penerapan terapi aktivitas kelompok stimulasi sensoris: menggambar efektif membantu pasien dalam mengontrol halusinasi dan meningkatkan kemampuan adaptasi sosial. Intervensi lanjutan seperti terapi kognitif tetap diperlukan untuk membantu mengubah keyakinan mendasar pasien mengenai asal dan makna suara yang dialami.

Kata Kunci: Skizofrenia, Halusinasi, Terapi Aktivitas Kelompok, Menggambar

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**THE EFFECT OF SENSORY STIMULATION GROUP ACTIVITY
THERAPY: DRAWING ON THE ABILITY TO CONTROL
HALLUCINATIONS AT GRHASIA MENTAL HOSPITAL YOGYAKARTA**

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ABSTRACT

Background: Hallucinations are among the most common positive symptoms in patients with schizophrenia and can disrupt social functioning as well as pose a risk of harmful behavior. Sensory stimulation group activity therapy, such as drawing, can serve as an intervention to help patients control hallucinations by diverting attention and expressing emotions.

Objective: To determine the effect of implementing sensory stimulation group activity therapy: drawing on the ability to control hallucinations in patients with schizophrenia in Srikandi Ward at Grhasia Mental Hospital Yogyakarta.

Method: This study used a case study design within a nursing care approach. The drawing therapy intervention was carried out for five consecutive days. Data were collected through observation, interviews, and using the Auditory Hallucination Rating Scale (AHRS)

Results: There was a decrease in AHRS scores in most indicators, such as the duration and loudness of voices, the number of negative-toned voices, and the level of disturbance to activities. This indicates that patients became more capable of managing their responses to hallucinations through distraction and relaxation techniques gained during therapy.

Conclusion: The implementation of sensory stimulation group activity therapy: drawing is effective in helping patients control hallucinations and improve social adaptation skills. Further interventions, such as cognitive therapy, are still needed to help change patients' fundamental beliefs about the origin and meaning of the voices they experience.

Keywords: Schizophrenia, Hallucinations, Group Activity Therapy, Drawing

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