

ABSTRAK

ANALISIS ASUHAN KEPERAWATAN PADA TN. A DENGAN GANGGUAN PROSES PIKIR WAHAM MENGGUNAKAN INTERVENSI TERAPI *MINDFULNESS* BERBASIS SPIRITUAL DAN TERAPI GENERALIS DI RUANG RAJAWALI RUMAH SAKIT JIWA PROVINSI JAWA BARAT

Rival Mulki Prasetya Nugraha¹, Cucu Rokayah, M.Kep., Ns.Sp.Kep.J²

¹Mahasiswa Profesi Ners, Fakultas Keperawatan Universitas Bhakti Kencana Bandung

²Dosen, Fakultas Keperawatan Universitas Bhakti Kencana Bandung

Latar Belakang: Gangguan proses pikir waham merupakan komponen signifikan dari gangguan jiwa berat, dengan prevalensi global sekitar 0,2%. Di Indonesia, prevalensi *skizofrenia* mencapai 6,7 per 1000 penduduk. Meskipun Strategi Pelaksanaan (SP) telah lama digunakan, integrasi dengan terapi *Mindfulness* berbasis spiritual menawarkan perspektif baru. **Tujuan:** Penelitian ini bertujuan untuk menganalisis efektivitas kombinasi SP dan terapi *Mindfulness* berbasis spiritual dalam penanganan pasien dengan gangguan proses pikir waham. **Metode:** Studi kasus ini dilakukan pada seorang pasien (Tn. A) dengan gangguan proses pikir waham di Ruang Rajawali Rumah Sakit Jiwa Provinsi Jawa Barat. Intervensi menggabungkan SP konvensional dengan terapi *Mindfulness* berbasis spiritual, meliputi latihan nafas sadar, body scan, loving-kindness meditation, dan mindful walking. Data dikumpulkan melalui wawancara mendalam, observasi klinis, dan evaluasi respon pasien. **Hasil:** Pasca-intervensi, pasien menunjukkan pengurangan kecurigaan, peningkatan kemampuan fokus, dan perbaikan perawatan diri. Evaluasi menunjukkan peningkatan kesadaran terhadap realitas dan kemampuan mengelola pikiran waham. Namun, kepatuhan pengobatan masih memerlukan bantuan. **Diskusi:** Integrasi *Mindfulness* berbasis spiritual dengan SP menunjukkan potensi dalam meningkatkan efektivitas penanganan waham. Meski terdapat keterbatasan implementasi, hasil awal menunjukkan prospek positif, sejalan dengan studi Khoury et al. (2023) tentang efektivitas *Mindfulness* dalam mengurangi gejala psikotik. Penelitian lanjutan dengan desain lebih robust dan evaluasi jangka panjang diperlukan untuk memvalidasi pendekatan ini secara komprehensif.

Kata Kunci : *Skizofrenia*, Terapi *Mindfulness*, Waham

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ABSTRACT

ANALYSIS OF NURSING CARE IN PATIENT TN. A WITH DISORDERED THOUGHT PROCESS USING INTERVENTIONS SPIRITUAL-BASED MINDFULNESS THERAPY AND GENERALIST THERAPY IN THE RAJAWALI ROOM OF THE MENTAL HOSPITAL IN WEST JAVA PROVINCE.

Rival Mulki Prasetya Nugraha¹, Cucu Rokayah, M.Kep., Ns.Sp.Kep.J²

¹Ners Professional Student, Faculty of Nursing, Bhakti Kencana University Bandung

²Lecturer, Faculty of Nursing, Bhakti Kencana University Bandung

Background: Disordered thought processes are a significant component of severe mental disorders, with a global prevalence of approximately 0.2%. In Indonesia, the prevalence of schizophrenia is 6.7 per 1000 population. Although Strategy Implementation (SP) has long been used, integration with spiritually-based Mindfulness therapy offers a new perspective. **Objectives:** This study aimed to analyze the effectiveness of a combination of SP and spiritually-based Mindfulness therapy in the treatment of patients with delusional thought process disorder. **Methods:** This case study was conducted on a patient (Mr. A) with delusional thought process disorder at Rajawali Room, Mental Hospital in West Java Province. The intervention combined conventional SP with spiritual-based Mindfulness therapy, including mindful breath practice, body scan, loving-kindness meditation, and mindful walking. Data were collected through in-depth interviews, clinical observation, and evaluation of patient responses. **Results:** Post-intervention, patients demonstrated reduced suspicion, increased ability to focus, and improved self-care. Evaluation showed increased awareness of reality and ability to manage delusional thoughts. However, medication adherence still required assistance. **Discussion:** The integration of spiritually-based Mindfulness with SP shows potential in improving the effectiveness of treatment for delusions. Despite implementation limitations, preliminary results show positive prospects, in line with the study by Khoury et al. (2023) on the effectiveness of Mindfulness in reducing psychotic symptoms. Further research with a more robust design and long-term evaluation is needed to comprehensively validate this approach. Translated with DeepL.com (free version)

Keyword : Delusion, Mindfulness Therapy, Schizophrenia

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4 Web (2020-2022)

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