

## ABSTRAK

### **ANALISIS ASUHAN KEPERAWATAN GANGGUAN PERSEPSI SENSORI : HALUSINASI PENDENGARAN DAN PENGLIHATAN PADA TN. C DENGAN SKIZOFRENIA DAN PEMBERIAN INTERVENSI *EXPRESSIVE WRITING THERAPY* DI RUANG MERAK RUMAH SAKIT JIWA PROVINSI JAWA BARAT**

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Secara umum skizofrenia ditandai dengan dua gejala yaitu gejala positif dan gejala negatif. Gejala positif skizofrenia meliputi halusinasi, delusi, pikiran yang tidak terorganisir dan perilaku yang aneh (Videbeck, 2020). Berdasarkan berbagai gejala yang teridentifikasi, sekitar 90% orang dengan skizofrenia mengalami halusinasi (Jimeno, et al, 2022). Meskipun Strategi Pelaksanaan (SP) telah lama digunakan, integrasi dengan *Expressive writing therapy* menawarkan perspektif baru. Tujuan penelitian ini yaitu untuk menganalisis efektivitas kombinasi SP dan *Expressive writing therapy* dalam penanganan pasien dengan gangguan persepsi sensoris: halusinasi. Metode penelitian yang digunakan studi kasus yang dilakukan pada seorang pasien (Tn. C) dengan gangguan persepsi sensoris di Ruang Merak Rumah Sakit Jiwa Provinsi Jawa Barat. Intervensi menggabungkan SP dengan *Expressive writing therapy*. Pengumpulan data dilakukan melalui wawancara, observasi, terapi dan studi dokumentasi. Berdasarkan hasil evaluasi *Expressive writing therapy* sesi 1- 4 saat pre post didapatkan hasil pada form *ceklist* sebanyak 0, klien mengalami penurunan tanda dan gejala halusinasi. Sehingga dapat diambil kesimpulan bahwa terdapat pengaruh *expressive writing therapy* terhadap penurunan tanda dan gejala pasien halusinasi. Diharapkan *expressive writing therapy* ini dapat diimplementasikan sebagai salah satu intervensi dalam pelayanan keperawatan jiwa pada pasien gangguan persepsi sensoris : halusinasi.

Kata Kunci : *Expressive writing therapy*, Halusinasi, Skizofrenia

Sumber : 8 Buku (2011- 2018)

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## **ABSTRACT**

### ***ANALYSIS OF NURSING CARE FOR SENSORY PERCEPTION DISTURBANCE: AUDITORY AND VISUAL HALLUCINATIONS IN MR. C WITH SCHIZOPHRENIA AND THE IMPLEMENTATION OF EXPRESSIVE WRITING THERAPY IN THE MERAK WARD, WEST JAVA PROVINCIAL MENTAL HOSPITAL***

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*Schizophrenia is characterized by two symptoms: positive symptoms and negative symptoms. Positive symptoms of schizophrenia include hallucinations, delusions, disorganized thoughts, and bizarre behavior (Videbeck, 2020). Based on various identified symptoms, approximately 90% of people with schizophrenia experience hallucinations (Jimeno, et al., 2022). Although Implementation Strategy (SP) has long been used, its integration with Expressive writing therapy offers a new perspective. The purpose of this study was to analyze the effectiveness of the combination of SP and Expressive writing therapy in treating patients with sensory perception disorders: hallucinations. The research method used was a case study conducted on a patient (Mr. C) with sensory perception disorders in the Merak Ward of the West Java Provincial Mental Hospital. The intervention combined SP with Expressive Writing Therapy. Data collection was carried out through interviews, observation, therapy, and documentation studies. Based on the evaluation results of Expressive writing therapy sessions 1-4 during the pre-post period, the results obtained on the checklist were 0, indicating a decrease in signs and symptoms of hallucinations. Therefore, it can be concluded that expressive writing therapy has an effect on reducing the signs and symptoms of hallucinations in patients. It is hoped that expressive writing therapy can be implemented as an intervention in psychiatric nursing services for patients with sensory perception disorders: hallucinations.*

*Keyword : Expressive writing therapy, Hallucinations, Schizophrenia*

*Reference : 8 Book (2011 - 2018)*

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