

ABSTRAK

ANALISIS PENERAPAN *ART THERAPY : PAINT BY NUMBER* TERHADAP PENURUNAN TANDA DAN GEJALA PADA NY. G DENGAN DIAGNOSA MEDIS SKIZOAFEKTIF DISORDER DAN MASALAH KEPERAWATAN HALUSINASI PENDENGARAN

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Halusinasi yang paling umum terjadi adalah halusinasi pendengaran, yaitu sekitar 70%, halusinasi visual 20%, dan 10% adalah halusinasi rasa, sentuhan dan penciuman. Klien yang mengalami halusinasi pendengaran mendengar suara-suara yang memberi perintah atau memanggil mereka, serta terdapat suara yang memberikan komentar terhadap perilaku atau pikiran mereka. Halusinasi pendengaran dikaitkan dengan peningkatan percobaan bunuh diri di mana di antara pasien terdapat 95% perencanaan bunuh diri. Penelitian ini bertujuan untuk mengidentifikasi penerapan *Art Therapy: Paint By Number* terhadap penurunan tanda dan gejala pasien halusinasi pendengaran dengan diagnosa medis Skizoafektif Disorder. Metode yang digunakan adalah studi kasus. Subjek pada Ny. G berusia 28 tahun yang dirawat di ruang Merpati Rumah Sakit Jiwa Provinsi Jawa Barat. Pemberian *Art Therapy: Paint By Number* diberikan selama 20 hingga 30 menit selama 4 hari. Didapatkan hasil penurunan skor AHRS dari sebelum diberikan terapi yaitu 39 dan setelah diberikan terapi skor menjadi 33, yang mana dapat ditarik kesimpulan bahwa *Art Therapy: Paint By Number* efektif menurunkan tanda gejala pada pasien dengan halusinasi pendengaran ketika dilakukan sesuai dengan standar operasional yang sudah ditetapkan. Terdapat saran yang dapat dilakukan yakni dapat menerapkan intervensi psikososial yang melibatkan dukungan sosial seperti mengajak pasien lainnya berpartisipasi dalam kegiatan *art therapy* agar pasien merasakan kehadiran dan dukungan sosial dari orang lain.

Kata kunci : *Art Therapy*, Halusinasi, Melukis, *Paint By Number*.
Sumber : Jurnal : 34
Buku : 15
Tahun : 2015-2025

ABSTRACT

ANALYSIS OF THE APPLICATION OF ART THERAPY: PAINT BY NUMBER TOWARDS THE REDUCTION OF SIGNS AND SYMPTOMS IN MRS. G WITH A MEDICAL DIAGNOSIS OF SCHIZOAFFECTIVE DISORDER AND NURSING PROBLEMS OF AUDITORY HALLUCINATIONS

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The most common hallucinations are auditory hallucinations, which are around 70%, visual hallucinations 20%, and 10% are hallucinations of taste, touch and smell. Clients who experience auditory hallucinations hear voices giving orders or calling them, as well as voices commenting on their behavior or thoughts. Auditory hallucinations are associated with increased suicide attempts where among patients there are 95% planning suicide. This study aims to identify the application of Art Therapy: Paint By Number to reduce signs and symptoms of auditory hallucinations in patients with a medical diagnosis of Schizoaffective Disorder. The method used is a case study. The subject is Mrs. G, 28 years old, who is being treated in the Merpati ward of the West Java Provincial Mental Hospital. Art Therapy: Paint By Number is given for 20 to 30 minutes for 4 days. The results obtained a decrease in the AHRS score from before therapy, which was 39, to after therapy, the score became 33. It can be concluded that Art Therapy: Paint By Number is effective in reducing symptoms in patients with auditory hallucinations when carried out according to established operational standards. There are suggestions that can be done, namely implementing psychosocial interventions that involve social support such as inviting other patients to participate in art therapy activities so that patients feel the presence and social support of others.

Keywords : Art Therapy, Hallucinations, Painting, Paint by Number.

Source : Journal : 34

Book : 15

Year : 2015-2025