

**PENERAPAN TERAPI OKUPASI PADA PASIEN NN. I  
DENGAN HALUSINASI PENDENGARAN DI WISMA  
SRIKANDI RS  
JIWA GRHASIA DIY**

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**ABSTRAK**

**Latar Belakang** : Halusinasi merupakan suatu gejala gangguan jiwa dimana pasien merasakan suatu stimulus yang sebenarnya tidak ada. Pasien mengalami perubahan persepsi sensori, merasakan sensasi palsu berupa suara, penglihatan, pengecapan, perabaan, atau penciuman. Pasien dengan halusinasi dapat melakukan tindakan berbahaya sehingga membahayakan diri sendiri, orang lain, dan lingkungan. Perawat berperan penting dalam memberikan asuhan keperawatan untuk mengontrol halusinasi. Tindakan keperawatan yang dilakukan untuk mencegah halusinasi antara lain menghardik, bercakap-cakap, beraktivitas dan patuh minum obat. Pemberian kegiatan beraktivitas bisa dilakukan dengan penerapan terapi okupasi. Terapi okupasi adalah perpanduan antara seni dan ilmu pengetahuan untuk mengarahkan penderita kepada aktivitas selektif, agar kesehatan dapat ditingkatkan dan dipertahankan, serta mencegah kecacatan melalui kegiatan dan kesibukan kerja untuk penderita cacat mental maupun fisik

**Tujuan** : Mengetahui gambaran gejala halusinasi pendengaran sebelum dan sesudah diberikan terapi okupasi ; membersihkan dan merapikan ruangan.

**Metodologi** : Studi kasus dengan menerapkan terapi okupasi selama 4 hari pada pasien Nn I dengan halusinasi pendengaran di wisma Srikandi RSJ Grhasia DIY.

**Hasil** : Setelah dilakukan terapi okupasi selama empat hari didapatkan hasil terjadi penurunan tanda gejala halusinasi dari 5 gejala menjadi tidak ada gejala halusinasi. **Kesimpulan** : Pemberian terapi okupasi memberikan pengaruh terhadap penurunan tanda gejala halusinasi pendengaran.

Kata kunci: Halusinasi Pendengaran, Skizofrenia, Terapi Okupasi

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IMPLEMENTATION OF OCCUPATIONAL THERAPY IN PATIENTS MS. I  
WITH HEARING HALUCINATIONS AT WISMA SRIKANDI GRHASIA  
MENTAL HOSPITAL DIY

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**ABSTRACT**

**Background:** Hallucinations are a symptom of a mental disorder in which the patient feels a stimulus that is not actually there. The patient experiences changes in sensory perception, feeling false sensations in the form of sound, sight, taste, touch, or smell. Patients with hallucinations can perform dangerous actions that endanger themselves, others, and the environment. Nurses play an important role in providing care to control hallucinations. Involved actions taken to prevent hallucinations include scolding, conversing, being active and adhering to taking medication. Provision of daily activities can be done with the application of occupational therapy. Occupational therapy is a guide between art and science to direct sufferers to selective activities, so that health can be improved and maintained, and prevent disability through activities and busy work for people with mental and physical disabilities. **Objective:** Description of the symptoms of auditory hallucinations before and after being given occupational therapy; cleaning and tidying up the room. **Methodology :** Case study using occupational therapy for 4 days in patient Nn I with auditory hallucinations at Wisma Srikandi RSJ Grhasia DIY. **Results:** After doing occupational therapy for four days, it was found that there was a decrease in hallucinatory symptoms from 6 symptoms to no hallucinatory symptoms. **Conclusion:** Occupational therapy has an effect on reducing symptoms of auditory hallucinations.

**Keywords:** Auditory Hallucinations, Occupational Therapy, Schizophrenia  
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