

KOMUNIKASI ASERTIF PADA NY. K & NY. T DENGAN GANGGUAN PERSEPSI SENSORI HALUSINASI PENDENGARAN DI WISMA SEMBODRO RSJ GRHASIA

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ABSTRAK

Latar Belakang: Halusinasi adalah suatu gejala gangguan jiwa dimana penderita merasakan suatu stimulus yang sebenarnya tidak ada. Satu dari 300 orang atau sekitar 24 juta orang di dunia menderita skizofrenia. Data rekam medis Wisma Sembodro dari Oktober 2021 – Oktober 2022 memuat ada 61 pasien dengan gangguan persepsi sensori halusinasi. Pasien jika tidak dirawat dengan baik akan menimbulkan masalah lain seperti perilaku kekerasan dan risiko bunuh diri. Mengajak berkomunikasi pasien bisa memberikan umpan balik korektif terhadap halusinasi yang dialami dan menurunkan gejala halusinasi pasien. **Tujuan:** mampu menerapkan dan menganalisis tindakan asuhan keperawatan yang terfokus pemberian terapi komunikasi asertif. **Metode:** karya tulis ilmiah ini menggunakan metode deskriptif atau studi kasus pada dua pasien yang dirawat di Wisma Sembodro RSJ Grhasia. **Hasil:** setelah dilakukan pengkajian didapat data kedua pasien mengalami halusinasi pendengaran dan diikuti dengan risiko perilaku kekerasan. Intervensi yang dilakukan yaitu berkomunikasi asertif dengan orang yang dipercaya dalam tindakan manajemen halusinasi. Setelah dilakukan tindakan selama empat hari didapatkan hasil persepsi sensori pada Ny. K membaik. Hasil persepsi sensori pada Ny. T membaik. **Kesimpulan:** setelah dilakukan tindakan keperawatan selama empat kali pertemuan didapatkan pasien mampu mengontrol halusinasi, berkomunikasi dengan baik dan sopan, kontak mata meningkat, dan mampu mengontrol halusinasi

Kata Kunci: Halusinasi, Komunikasi Asertif, Skizofrenia

1 Mahasiswa D-III Keperawatan Poltekkes Kemenkes Yogyakarta
2, 3 Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

***APPLICATION OF ASSERTIVE COMMUNICATION TO Mrs. K & Mrs. T
with SENSORY PERSEPTION DISORDER : AUDITORY
HALLUCINATIONS at WISMA SEMBODRO
GRHASIA PSYCHIATRIC HOSPITAL***

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ABSTRACT

Background: Hallucinations are a symptom of a mental disorder where the sufferer feels a stimulus that is not actually there. One in 300 people or around 24 million people in the world suffers from schizophrenia. Wisma Sembodro's medical record data from October 2021 - October 2022 contained 61 patients with hallucinatory sensory perception disorders. Patients if not treated properly will cause other problems such as violent behavior and the risk of suicide. Inviting the patient to communicate can provide corrective feedback on the hallucinations experienced and reduce the patient's hallucinatory symptoms. **Objective:** able to apply and analyze nursing care actions focused on giving assertive communication therapy. **Method:** this scientific paper uses descriptive methods or case studies on two patients treated at Wisma Sembodro RSJ Grhasia. **Results:** after the assessment was carried out, it was found that both patients experienced auditory hallucinations and were followed by a risk of violent behavior. The intervention that was carried out was assertive communication with people who were trusted in hallucination management actions. After taking care for four days, the results were obtained about sensory-perseption for Mrs. K is getting better. The results of sensory-perseption on Mrs. T is getting better either. **Conclusion:** after carrying out nursing actions during four meetings, it was found that the patient was able to control hallucinations, communicate properly and politely, increase eye contact, and was able to control hallucinations

Keywords: Assertive Communication, Hallucination, Schizophrenia

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