

# **APPLICATION OF *TALKING WITH VOICE* THERAPY IN PATIENTS WITH SENSORY PERCEPTION DISORDERS HEARING HALLUCINATIONS AT WISMA ARJUNA RSJ GRHASIA YOGYAKARTA**

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**Background:** Mental disorders are quite serious health problems because the number of illnesses continues to increase, especially schizophrenia. Schizophrenia has negative and positive symptoms and one of the positive symptoms is hallucinations. Hallucinations are one of the symptoms of mental disorders in which patients experience changes in sensory perception. The hallucinations that most often appear in severe mental disorders are auditory hallucinations. The nursing action that can be given is using voice speaking therapy. Talking with voice is a therapy that involves engaging dialogue with auditory hallucinations with several stages that must be passed based on what the patient experiences

**Objective:** Carrying out the nursing care process with a focus on applying talking with voice therapy to two patients with nursing problems of sensory perception disorders: auditory hallucinations at Wisma Arjuna RSJ Grhasia.

**Method:** The method used is a case study conducted on two patients with sensory perception disorders, auditory hallucinations, using a nursing process approach that focuses on the application of talking with voice therapy at RSJ Grhasia.

**Conclusion:** The results of the case study show that the application of talking with voice therapy in nursing care is able to reduce the frequency of hallucinations in patients with sensory perception disorders, auditory hallucinations.

Keywords: Schizophrenia, Auditory hallucinations, talking with voice therapy

**PENERAPAN TERAPI *TALKING WITH VOICE* PADA PASIEN  
DENGAN GANGGUAN PERSEPSI SENSORI HALUSINASI  
PENDENGARAN DI WISMA ARJUNA  
RSJ GRHASIA YOGYAKARTA**

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**ABSTRAK**

**Latar belakang:** Gangguan jiwa merupakan masalah kesehatan yang cukup serius karena jumlah penyakitnya terus meningkat terutama pada skizofrenia. skizofrenia memiliki tanda gejala negative dan positif dan salah satu gejala positif adalah halusinasi. Halusinasi merupakan salah satu gejala gangguan jiwa yang pasien mengalami perubahan persepsi sensori, halusinasi yang paling sering muncul pada gangguan jiwa berat yaitu halusinasi pendengaran. Tindakan keperawatan yang dapat di berikan yaitu menggunakan terapi *talking with voice*. *Talking with voice* merupakan terapi yang melibatkan keterlibatan dialog dengan halusinasi pendengaran dengan beberapa tahapan yang harus dilalui berdasarkan yang dialami pasien.

**Tujuan:** Melaksanakan proses asuhan keperawatan dengan fokus penerapan terapi *talking with voice* pada kedua pasien dengan masalah keperawatan gangguan persepsi sensori: halusinasi pendengaran di Wisma Arjuna RSJ Grhasia.

**Metode:** metode yang digunakan adalah studi kasus yang dilakukan pada dua orang pasien dengan gangguan persepsi sensori halusinasi pendengaran dengan pendekatan proses keperawatan yang berfokus pada penerapan terapi *talking with voice* di RSJ Grhasia.

**Hasil:** Penerapan manajemen halusinasi dan *terapi talking with voice* telah dilaksanakan selama tiga hari memperoleh hasil persepsi sensori membaik.

**Kesimpulan:** Hasil studi kasus menunjukkan bahwa penerapan terapi *talking with voice* dalam asuhan keperawatan mampu menurunkan frekuensi halusinasi pada pasien dengan masalah gangguan persepsi sensori halusinasi pendengaran.

Kata kunci: Skizofrenia, Halusinasi pendengaran, Terapi *talking with voice*