

**PENERAPAN TERAPI PENERIMAAN DAN KOMITMEN PADA PASIEN
DENGAN GANGGUAN PERSEPSI SENSORI: HALUSINASI
PENDENGARAN DI BANGSAL NAKULA RSJD DR. ARIF ZAINUDIN**

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ABSTRAK

Latar Belakang: Halusinasi merupakan gejala positif yang sering muncul pada penderita skizofrenia. Isi dari halusinasi terutama halusinasi pendengaran yang sering dirasakan oleh penderita adalah perintah untuk melakukan sesuatu. Intervensi terapi modalitas berupa terapi penerimaan dan komitmen merupakan terapi yang melibatkan penerimaan pengalaman untuk melepaskan gangguan yang ada. Sehingga terapi penerimaan dan komitmen mampu membantu pasien agar menjadi lebih nyaman dan tenang dengan menerima kondisi mereka serta meningkatkan ideal diri menjadi sebuah komitmen yang dapat terpenuhi.

Tujuan: Melaksanakan dan mengetahui proses asuhan keperawatan dengan fokus penerapan terapi penerimaan dan komitmen pada pasien dengan gangguan persepsi sensoris (halusinasi pendengaran) di Bangsal Nakula Rumah Sakit Jiwa Daerah (RSJD) dr. Arif Zainudin Surakarta.

Metode: Metode yang digunakan adalah studi kasus yang dilakukan pada dua pasien dengan gangguan persepsi sensoris (halusinasi pendengaran) dengan pendekatan proses keperawatan yang berfokus pada penerapan terapi penerimaan dan komitmen di RSJD dr. Arif Zainudin Surakarta.

Hasil: Penerapan terapi penerimaan dan komitmen serta manajemen halusinasi yang telah dilaksanakan selama enam kali pertemuan memperoleh kriteria hasil persepsi sensoris membaik.

Kesimpulan: Pelaksanaan asuhan keperawatan jiwa dengan fokus penerapan terapi penerimaan dan komitmen mampu menurunkan frekuensi halusinasi dengan masalah utama gangguan persepsi sensoris berupa halusinasi pendengaran.

Kata Kunci: Halusinasi pendengaran, Skizofrenia, Terapi Penerimaan dan Komitmen.

APPLICATION OF ACCEPTANCE AND COMMITMENT THERAPY IN PATIENTS WITH SENSORY PERCEPTION DISORDERS: AUDITORY HALLUCINATIONS IN NAKULA WARD RSJD DR. ARIF ZAINUDIN

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ABSTRACT

Background: *Hallucinations are a positive symptom that often appears in schizophrenia sufferers. The content of hallucinations, especially auditory hallucinations, which are often felt by sufferers, are commands to do something. Therapeutic intervention modalities in the form of acceptance and commitment therapy are therapies that involve accepting experiences to release existing disorders. So acceptance and commitment therapy can help patients become more comfortable and calm by accepting their condition and increasing their ideal self into a commitment that can be fulfilled.*

Objective: *Carrying out and understanding the nursing care process with a focus on implementing acceptance and commitment therapy for patients with sensory perception disorders (auditory hallucinations) in the Nakula Ward of the Regional Mental Hospital (RSJD) dr. Arif Zainudin Surakarta.*

Method: *The method used was a case study conducted on two patients with sensory perception disorders (auditory hallucinations) with a nursing process approach that focused on the application of acceptance and commitment therapy at RSJD dr. Arif Zainudin Surakarta.*

Results: *The application of acceptance and commitment therapy as well as hallucination management which had been carried out during several meetings obtained the criteria for improved sensory perception results.*

Conclusion: *The implementation of mental nursing care with a focus on the application of acceptance and commitment therapy is able to reduce the frequency of hallucinations with the main problem being sensory perception disorders in the form of auditory hallucinations.*

Keywords: *Auditory hallucinations, Schizophrenia, Acceptance and Commitment Therapy.*