

**IMPLEMENTATION OF TALKING WITH VOICE IN PATIENTS
WITH SENSORY PERCEPTION DISORDERS: AUDITORY
HALLUCINATIONS AT GRHASIA MENTAL HOSPITAL**

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ABSTRACT

Background: *Hallucinations are disorders in perception in which patients perceive something that does not actually occur through their five senses without a false perceptual stimulus from outside. The results of a preliminary study at Grhasia Mental Hospital on December 4, 2024 showed that there were 69 inpatients with 52 patients suffering from hallucinatory sensory perception disorders or around 75.36%. Interventions that can be done, namely talking with voices therapy.*

Objective: *Implementing of talking with voices therapy with a nursing approach in two patients with sensory perception disorders: auditory hallucinations at Arjuna guesthouse, Grhasia Mental Hospital Yogyakarta.*

Method: *This case study is a study that uses a nursing care process approach with a focus on the application of talking therapy with sound using the method of comparing the responses of two patients with sensory perception disorder auditory hallucinations. The implementation of this case study was carried out every meeting 26 sessions per hour at Wisma Arjuna RSJ Grhasia. This therapy is carried out according to the patient's condition during the intervention for 3 days.*

Result: *Mental nursing assessment in both patients showed similar symptoms, such as talking and laughing to themselves, age, gender, education, and past experiences. The difference was that client I was closed and inactive in the community, and received therapy for schizophrenia and epilepsy, while client II was active in the community, perfectionist, and received therapy for schizophrenia, bipolar, and insomnia. Interventions in the form of talking to the voice therapy were carried out to help control auditory hallucinations, tailored to the patient's condition. Mr. M was cooperative during therapy, while Mr. Mr. J was less focused. A decrease in hallucinations in both was seen on the third day as evidenced by a decrease in AHRs scores.*

Conclusion: *The case studies that have been carried out show that the application of speech therapy with sound in both patients is able to reduce the AHRs score of patients with sensory perception disorder: auditory hallucinations.*

Keywords: Schizophrenia, Auditory hallucinations, talking with voice therapy

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PENERAPAN TERAPI BERBICARA DENGAN SUARA PADA PASIEN GANGGUAN PERSEPSI SENSORI: HALUSINASI PENDENGARAN DI RSJ GRHASIA

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ABSTRAK

Latar belakang: Halusinasi adalah gangguan atau perubahan persepsi di mana pasien menganggap sesuatu yang sebenarnya tidak terjadi melalui panca indra mereka tanpa stimulus persepsi palsu dari luar. Hasil studi pendahuluan di Rumah Sakit Jiwa Grhasia pada tanggal 4 Desember 2024 menunjukkan terdapat 69 pasien rawat inap dengan 52 pasien menderita gangguan persepsi sensorial halusinasi atau sekitar 75.36%. Intervensi yang dapat dilakukan, yaitu terapi berbicara dengan suara (*talking with voices*).

Tujuan: Melaksanakan penerapan terapi berbicara dengan suara dengan pendekatan asuhan keperawatan pada dua pasien gangguan persepsi sensorial: halusinasi pendengaran di wisma Arjuna RSJ Grhasia Yogyakarta.

Metode: Studi kasus ini adalah sebuah studi yang menggunakan pendekatan proses asuhan keperawatan dengan fokus penerapan terapi berbicara dengan suara menggunakan metode membandingkan respons dua pasien gangguan persepsi sensorial halusinasi pendengaran. Pelaksanaan studi kasus ini dilakukan setiap pertemuan 26 sesi per jam di Wisma Arjuna RSJ Grhasia. Terapi ini dilaksanakan menyesuaikan dengan kondisi pasien selama dilaksanakan intervensi selama 3 hari.

Hasil: Pengkajian keperawatan jiwa pada kedua pasien menunjukkan kesamaan gejala, seperti berbicara dan tertawa sendiri, usia, jenis kelamin, pendidikan, dan pengalaman masa lalu. Perbedaanannya, klien I tertutup dan tidak aktif di masyarakat, serta mendapat terapi skizofrenia dan epilepsi, sedangkan klien II aktif di masyarakat, perfeksionis, dan mendapat terapi skizofrenia, bipolar, dan insomnia. Intervensi berupa terapi berbicara dengan suara dilakukan untuk membantu mengontrol halusinasi pendengaran, disesuaikan dengan kondisi pasien. Tn. M kooperatif selama terapi, sementara Tn. J kurang fokus. Penurunan halusinasi pada keduanya terlihat di hari ketiga dibuktikan dengan penurunan skor AHRs.

Kesimpulan: Studi kasus yang telah dilaksanakan menunjukkan bahwa penerapan terapi berbicara dengan suara pada kedua pasien mampu menurunkan skor AHRs pasien gangguan persepsi sensorial: halusinasi pendengaran.

Kata kunci: Skizofrenia, Halusinasi pendengaran, Terapi berbicara dengan suara

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