

PENERAPAN TERAPI MUSIK CAMPURSARI PADA PASIEN DENGAN GANGGUAN PERSEPSI SENSORI HALUSINASI PENDENGARAN DI WISMA NAKULA SADEWA RSJ GRHASIA

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ABSTRAK

Latar Belakang: Gangguan persepsi sensori berupa halusinasi pendengaran merupakan salah satu masalah utama pada pasien dengan skizofrenia yang sering ditemukan di Rumah Sakit Jiwa Grhasia Yogyakarta, khususnya di ruang rawat inap Wisma Nakula Sadewa. Penanganan masalah memerlukan intervensi keperawatan yang komprehensif, meliputi aspek medis, psikososial, dan rehabilitasi. Salah satu tindakan non farmakologi yang dapat dilakukan yaitu dengan memberikan terapi musik campursari kepada pasien dengan gangguan persepsi sensori halusinasi pendengaran guna meningkatkan kemampuan pasien dalam mengontrol halusinasi dan mencegah kekambuhan.

Tujuan: Penelitian ini bertujuan untuk mendeskripsikan pelaksanaan asuhan keperawatan pada dua pasien dengan gangguan persepsi sensori halusinasi pendengaran di Wisma Nakula Sadewa, RSJ Grhasia Yogyakarta, serta membandingkan respons pada kedua pasien.

Metode: Penelitian menggunakan desain studi kasus terhadap dua pasien laki-laki dewasa dengan diagnosis skizofrenia yang menjalani perawatan di Wisma Nakula Sadewa. Data dikumpulkan melalui observasi, wawancara, dan telaah dokumen rekam medis. Proses asuhan keperawatan meliputi pengkajian, perumusan diagnosis, intervensi, implementasi, dan evaluasi.

Hasil: Pada pengkajian didapatkan kedua pasien dirawat karena mengalami halusinasi pendengaran dengan riwayat kekambuhan akibat ketidakpatuhan minum obat. Tn. SW mengalami masalah sosial dan cenderung menarik diri, sedangkan Tn. P menghadapi masalah ekonomi dan sering dianggap mengganggu lingkungan. Keduanya menunjukkan perubahan perilaku dan gangguan fungsi sosial, sehingga intervensi keperawatan difokuskan pada pengendalian halusinasi menggunakan terapi musik campursari, setelah dilakukan tindakan selama tiga kali pertemuan didapatkan hasil persepsi sensori pada Tn. SW dan Tn. P membaik.

Kesimpulan: Studi kasus yang telah dilaksanakan menunjukkan bahwa penerapan terapi musik campursari dalam asuhan keperawatan pada pasien mampu menurunkan skor AHRS kedua pasien dengan masalah gangguan persepsi sensori halusinasi pendengaran.

Kata kunci: Skizofrenia, Halusinasi pendengaran, Terapi musik

APPLICATION OF CAMPURSARI MUSIC THERAPY IN PATIENTS WITH SENSORY PERCEPTION DISORDERS OF AUDITORY HALLUCINATIONS AT WISMA NAKULA SADEWA, GRHASIA MENTAL HOSPITAL

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ABSTRACT

Background: Sensory perception disorders in the form of auditory hallucinations are one of the main problems in patients with schizophrenia frequently found at Grhasia Mental Hospital Yogyakarta, particularly in the inpatient ward Wisma Nakula Sadewa. Addressing this issue requires comprehensive nursing interventions that include medical, psychosocial, and rehabilitation aspects. One non-pharmacological approach that can be implemented is providing Campursari music therapy to patients with sensory perception disorders of auditory hallucinations, aimed at enhancing their ability to control hallucinations and prevent relapse.

Objective: This study aims to describe the implementation of nursing care for two patients with sensory perception disorders in the form of auditory hallucinations at Wisma Nakula Sadewa, RSJ Grhasia Yogyakarta, and to compare the responses in both patients.

Method: This study uses a case study design on two adult male patients diagnosed with schizophrenia who are undergoing treatment at Wisma Nakula Sadewa. Data was collected through observation, interviews, and a review of medical record documents. The nursing care process includes assessment, diagnosis formulation, intervention, implementation, and evaluation.

Results: In the study, it was found that both patients were treated for auditory hallucinations with a history of recurrence due to non-compliance with taking medications. Mr. SW experiences social problems and tends to withdraw, while Mr. P faces economic problems and is often considered to be a nuisance to the environment. Both showed behavioral changes and social function disorders, so that the nursing intervention was focused on controlling hallucinations using campursari music therapy, after the action was carried out during three meetings, the results of sensory perception in Mr. SW and Mr. P improved.

Conclusion: The case studies that have been carried out show that the application of campursari music therapy in nursing care can reduce the AHRs scores of both patients with sensory perception disorders in the form of auditory hallucinations.

Keywords: Schizophrenia, Auditory hallucinations, Music therapy