

# **IMPLEMENTATION OF CONVERSATION TECHNIQUES IN PATIENTS WITH SENSORY PERCEPTION DISORDERS HEARING HALLUCINATIONS AT RSJ GRHASIA**

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## **ABSTRACT**

**Background:** *Hallucinations are a condition in which a person cannot distinguish internal stimuli (thoughts) from external stimuli (the outside world), meaning that a person has a perception or understanding of their environment without any real objects or stimuli. The results of a preliminary study at the 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 are conversational technique therapy.*

**Objective:** *Implementing the application of conversation techniques with a nursing care approach to two patients with sensory perception disorders: auditory hallucinations at 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 conversation techniques using the method of comparing the responses of two patients with sensory perception disorders with auditory hallucinations. This therapy is carried out according to the patient's condition during the 3-day intervention.*

**Result:** *Both patients showed similarities in the signs and symptoms experienced, namely the patients seemed to be talking to themselves and laughing to themselves. Both patients had the same age, gender, educational history, and had an unpleasant past. There were differences between the two patients, namely client I participated in community activities, his personality tended to be perfectionist. While client II never participated in community activities, his personality tended to be withdrawn. Mr. AS on the second day showed interaction, was able to do conversation techniques and began to focus. While Mr. AM on the third day showed interaction and was able to do conversation techniques.*

**Conclusion:** *The results of the case study show that the application of conversation techniques can help control auditory hallucinations. The response after the technique was carried out was that this intervention was able to reduce the frequency of hallucinations.*

*Key words: Schizophrenia, Auditory hallucinations, Conversation techniques*

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# **PENERAPAN TEKNIK BERCAKAP-CAKAP PADA PASIEN GANGGUAN PERSEPSI SENSORI HALUSINASI PENDENGARAN DI RSJ GRHASIA**

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## **ABSTRAK**

**Latar belakang:** Halusinasi adalah keadaan di mana seseorang tidak dapat membedakan rangsangan internal (pikiran) dari rangsangan eksternal (dunia luar), yang berarti seseorang memiliki persepsi atau pemahaman tentang lingkungan mereka tanpa adanya objek atau rangsangan nyata. 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 sensori halusinasi atau sekitar 75.36%. Intervensi yang dapat dilakukan, yaitu teknik teknik bercakap-cakap.

**Tujuan:** Melaksanakan penerapan teknik bercakap-cakap dengan pendekatan asuhan keperawatan pada dua pasien dengan gangguan persepsi sensori: halusinasi pendengaran di RSJ Grhasia Yogyakarta.

**Metode:** Studi kasus ini adalah sebuah studi yang menggunakan pendekatan proses asuhan keperawatan dengan fokus penerapan teknik bercakap-cakap menggunakan metode membandingkan respons dua pasien gangguan persepsi sensori halusinasi pendengaran. Teknik ini dilaksanakan menyesuaikan dengan kondisi pasien selama dilaksanakan intervensi selama 3 hari.

**Hasil:** Kedua pasien menunjukkan adanya persamaan tanda dan gejala yang dialami berupa pasien tampak berbicara sendiri dan tertawa sendiri. Kedua pasien mempunyai kesamaan usia, jenis kelamin, riwayat pendidikan, dan mempunyai masalah yang tidak menyenangkan. Terdapat perbedaan antara kedua pasien, yaitu klien 1 mengikuti kegiatan masyarakat, kepribadian cenderung perfectionist. Sedangkan klien II tidak pernah mengikuti kegiatan masyarakat, kepribadian cenderung tertutup. Tn. AS dihari kedua menunjukkan ada interaksi, mampu melakukan teknik bercakap-cakap dan mulai fokus. Sedangkan Tn. AM dihari ketiga menunjukkan interaksi dan mampu melakukan teknik bercakap-cakap.

**Kesimpulan:** Hasil studi kasus menunjukkan bahwa penerapan teknik bercakap-cakap dapat membantu mengontrol halusinasi pendengaran. Respon setelah dilakukan teknik bahwa intervensi ini mampu menurunkan frekuensi halusinasi

Kata kunci: Skizofrenia, Halusinasi pendengaran, Teknik bercakap-cakap

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