

**IMPLEMENTATION OF ACTIVITY THERAPY: BATIK MAKING TO
REDUCE SIGNS AND SYMPTOMS OF HALLUCINATIONS
AT GRHASIA MENTAL HOSPITAL**

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ABSTRACT

Background: Hallucinations are disturbances or changes in perception in which the patient perceives stimuli through the five senses without any real external stimulus. A preliminary study at Grhasia Mental Hospital in December 2025 found 107 patients with sensory perception disorders, including hallucinations. Possible interventions include batik therapy.

Objective: To implement activity therapy: batik-making in two patients with sensory perception disorders, hallucinations, to reduce the signs and symptoms of hallucinations at Grhasia Mental Hospital.

Method : This case study used a nursing care process approach, focusing on the application of batik-making therapy activities, comparing the responses of two patients with sensory perception disorders and auditory hallucinations. Each case study lasted 15–20 minutes, and the intervention lasted for three consecutive days.

Results: A psychiatric nursing assessment of both patients revealed similar symptoms, such as hearing voices or whispers, talking to themselves, daydreaming, and being easily distracted. The differences were that Patient I (Mr. A) tended to be quiet, interacted less with his environment, and had a family history of mental disorders. Patient II (Mr. H) was able to interact with his environment but often withdrew due to a lack of close friends. The intervention, which involved batik-making therapy, was implemented to help distract the patients from the hallucinatory stimuli. Patient I (Mr. A) appeared more passive, while Patient II (Mr. H) was more cooperative during the activity. A decrease in signs and symptoms of hallucinations in both patients was seen on the third day, evidenced by a decrease in the AHRS score.

Conclusion: The case study that has been carried out shows that the application of batik activity therapy to both patients is able to reduce the AHRS score of patients with sensory perception disorders: hallucinations.

Keywords: Schizophrenia, Auditory hallucinations, Batik activity therapy

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PENERAPAN TERAPI AKTIVITAS : MEMBATIK UNTUK MENGURANGI TANDA DAN GEJALA HALUSINASI DI RSJ GRHASIA

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ABSTRAK

Latar belakang : Halusinasi adalah gangguan atau perubahan persepsi dimana pasien merasakan stimulus melalui panca indra tanpa adanya rangsangan nyata dari luar. Hasil studi pendahuluan di Rumah Sakit Jiwa Grhasia pada bulan Desember 2025 terdapat 107 pasien dengan gangguan persepsi sensori halusinasi. Intervensi yang dapat dilakukan, yaitu terapi aktivitas membatik.

Tujuan : Menerapkan terapi aktivitas : membatik pada kedua pasien dengan gangguan persepsi sensori halusinasi untuk mengurangi tanda dan gejala halusinasi di RSJ Grhasia.

Metode : Studi kasus menggunakan pendekatan proses asuhan keperawatan dengan fokus penerapan terapi aktivitas membatik menggunakan metode membandingkan respons dua pasien gangguan persepsi sensori halusinasi pendengaran. Pelaksanaan studi kasus ini dilakukan selama 15–20 menit setiap pertemuan, intervensi berlangsung selama 3 hari berturut-turut.

Hasil : Pengkajian keperawatan jiwa pada kedua pasien menunjukkan kesamaan gejala seperti mendengar suara atau bisikan, berbicara sendiri, melamun, dan perhatian mudah teralihkan. Perbedaannya, Pasien I (Tn. A) cenderung pendiam, kurang berinteraksi dengan lingkungan, serta memiliki riwayat gangguan jiwa dalam keluarga, sedangkan Pasien II (Tn. H) mampu berinteraksi dengan lingkungan namun sering menyendiri karena merasa tidak memiliki teman dekat. Intervensi berupa terapi aktivitas membatik dilakukan untuk membantu mengalihkan perhatian pasien dari stimulus halusinasi. Pasien I (Tn. A) tampak lebih pasif sedangkan (Pasien II) Tn. H lebih kooperatif selama kegiatan berlangsung. Penurunan tanda dan gejala halusinasi pada kedua pasien terlihat di hari ketiga dibuktikan dengan penurunan skor AHRS.

Kesimpulan : Studi kasus yang telah dilaksanakan menunjukkan bahwa penerapan terapi aktivitas membatik pada kedua pasien mampu menurunkan skor AHRS pasien gangguan persepsi sensori: halusinasi.

Kata kunci : Skizofrenia, Halusinasi pendengaran, Terapi aktivitas membatik

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