

**LAPORAN KASUS ASUHAN KEPERAWATAN JIWA PADA NY.S
DENGAN WAHAM CURIGA DI WISMA SRIKANDI
RUMAH SAKIT JIWA GRHASIA DIY**

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ABSTRAK

Latar Belakang: Skizofrenia merupakan salah satu gangguan jiwa berat yang bersifat kronis ditandai dengan gangguan komunikasi, gangguan realitas (halusinasi atau waham), afek tidak wajar atau tumpul, gangguan fungsi kognitif serta mengalami kesulitan dalam melakukan aktivitas sehari-hari. Waham merupakan suatu keyakinan yang sangat mustahil dan dipegang teguh walaupun tidak memiliki bukti-bukti yang jelas, dan walaupun semua orang tidak percaya dengan keyakinannya. Apabila dalam proses ini pasien mendapatkan konfrontasi dari lingkungan terkait pemikiran dan keyakinannya yang tidak realistis dan hal tersebut akan memicu agresifitas pasien sehingga pasien perlu dikembalikan pada realita bahwa hal-hal yang dikemukakan tidak berdasarkan fakta namun tidak mendukung ataupun membantah waham. Data WHO terdapat 20 juta orang diseluruh dunia mengalami skizofrenia. Hasil studi pendahuluan yang dilakukan pada tanggal 9 Mei 2022 di Wisma Srikandi Rumah Sakit Jiwa Grhasia dalam periode 1 bulan terakhir yaitu April-Mei 2022 didapatkan data sebanyak 4 orang menderita gangguan proses pikir: waham. **Metode:** Wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi dengan pendekatan 5 proses keperawatan yang dilakukan pada tanggal 9-14 Mei 2022. **Hasil:** Setelah dilakukan asuhan keperawatan dalam satu 1 kali pertemuan selama 5 hari, intervensi dan implementasi dilakukan yaitu manajemen waham, *expressive writing therapy*, *assertiviness training* dan terapi kelompok suportif dengan intervensi utama waham didapatkan hasil belum teratasi karena tujuan belum tercapai berdasarkan angka target capaian pada kriteria hasil. **Kesimpulan:** Evaluasi akhir setelah dilakukan tindakan diperoleh hasil masih terdapat diagnosa yang belum teratasi yaitu waham, dan terdapat beberapa diagnosa sudah teratasi sebagian seperti diagnosa harga diri rendah kronis, ketidakpatuhan, risiko perilaku kekerasan dan defisit perawatan diri.

Kata Kunci: Asuhan Keperawatan Jiwa, Skizofrenia, Waham Curiga

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A CASE REPORT OF PHYSICAL NURSING IN NY.S WITH SUSPECTIVE
DELUSIONS AT WISMA SRIKANDI
DIY GRHASIA PSYCHIATRIC HOSPITAL

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ABSTRACT

Background: Schizophrenia is a chronic severe mental disorder characterized by communication disorders, reality disturbances (hallucinations or delusions), abnormal or blunted affect, impaired cognitive function and difficulty in performing daily activities. Delusion is a belief that is very impossible and is firmly held even though there is no clear evidence, and even though everyone does not believe in his belief. If in this process the patient gets a confrontation from the environment regarding his unrealistic thoughts and beliefs and this will trigger the patient's aggressiveness so that the patient needs to be returned to the reality that the things stated are not based on facts but do not support or refute the delusion. According to WHO data, 20 million people worldwide have schizophrenia. The results of a preliminary study conducted on May 9, 2022 at Wisma Srikandi, Grhasia Mental Hospital in the last 1 month period, namely April-May 2022, it was found that 4 people suffered from thought process disorders: delusions. **Methods:** Interviews, observations, physical examinations, and documentation studies with a 5-process nursing approach conducted on 9-14 May 2022. **Results:** After nursing care was carried out in one meeting for 5 days, intervention and implementation were carried out, namely delusional management, expressive writing therapy, assertiveness training and supportive group therapy with delusion as the main intervention, the results have not been resolved because the goals have not been achieved based on the achievement targets on the outcome criteria. **Conclusion:** The final evaluation after the action was taken showed that there were still unresolved diagnoses, namely delusions, and some diagnoses had been partially resolved, such as diagnoses of chronic low self-esteem, non-compliance, risk of violent behavior and self-care deficits.

Keywords: Mental Nursing Care, Schizophrenia, Suspicious Delusions

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