

ABSTRAK

Zilda Zharifah (2025). Penerapan Terapi Senam Aerobik *Low Impact* pada Pasien dengan Halusinasi Pendengaran di Rumah Sakit Jiwa Tampan Provinsi Riau. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Usraleli, S.Kep., M.Kep., (II) Ns. Ardenny, S.Ke., M.Kep.

Halusinasi pendengaran merupakan salah satu gejala utama pada pasien gangguan jiwa yang dapat mengganggu fungsi sosial dan emosional serta meningkatkan risiko perilaku berbahaya. Terapi senam aerobik *low impact* adalah latihan fisik dengan gerakan ringan tanpa lompatan yang dilakukan secara berirama dan bertujuan meningkatkan keseimbangan fisik dan psikologis. Penelitian ini bertujuan untuk mendeskripsikan penerapan terapi senam aerobik *low impact* sebagai intervensi non-farmakologis untuk menurunkan frekuensi dan intensitas halusinasi pendengaran. Desain penelitian menggunakan metode studi kasus deskriptif pada dua pasien dengan diagnosis halusinasi pendengaran fase II (*condemning*) yang dirawat di Rumah Sakit Jiwa Tampan Provinsi Riau. Intervensi dilakukan selama lima hari berturut-turut dengan durasi 30 menit per sesi, mencakup pemanasan, gerakan inti, dan pendinginan. Evaluasi menggunakan *Auditory Hallucinations Rating Scale* (AHRS) sebelum dan sesudah terapi. Hasil menunjukkan penurunan skor AHRS pada subjek 1 dari 21 menjadi 12 dan subjek 2 dari 19 menjadi 11, serta perubahan fase halusinasi pada subjek 2 dari fase II ke fase I (*comforting*). Terapi ini terbukti efektif mengurangi frekuensi dan intensitas halusinasi serta meningkatkan kemampuan pasien dalam mengontrol respons terhadap stimulus internal. Kesimpulannya, terapi senam aerobik *low impact* dapat menjadi alternatif intervensi keperawatan yang efektif. Disarankan agar terapi ini diterapkan secara rutin sebagai bagian dari program terapi modalitas keperawatan jiwa.

Kata Kunci: Halusinasi Pendengaran, Senam Aerobik Low Impact, Skala AHRS, Intervensi Non-Farmakologis.

ABSTRACT

Zilda Zharifah (2025). The Application of Low Impact Aerobic Exercise Therapy in Patients with Auditory Hallucinations at Tampan Psychiatric Hospital, Riau Province. Case Study Scientific Paper, Diploma III Nursing Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisors: (I) Ns. Usraleli, S.Kep., M.Kep., (II) Ns. Ardenny, S.Kep., M.Kep.

Auditory hallucinations are one of the main symptoms in patients with mental disorders that can impair social and emotional functioning and increase the risk of harmful behavior. Low-impact aerobic exercise therapy is a form of physical activity involving light, rhythmic movements without jumping, aimed at improving both physical and psychological balance. This study aims to describe the application of low-impact aerobic exercise therapy as a non-pharmacological intervention to reduce the frequency and intensity of auditory hallucinations. The research design used a descriptive case study method involving two patients diagnosed with phase II (condemning) auditory hallucinations who were treated at Tampan Psychiatric Hospital, Riau Province. The intervention was carried out for five consecutive days, with each session lasting 30 minutes, including warm-up, core movements, and cool-down. Evaluation was conducted using the Auditory Hallucinations Rating Scale (AHRS) before and after the therapy. The results showed a decrease in AHRS scores in subject 1 from 21 to 12 and in subject 2 from 19 to 11, as well as a shift in the hallucination phase of subject 2 from phase II to phase I (comforting). This therapy proved effective in reducing the frequency and intensity of hallucinations and in enhancing the patients' ability to control responses to internal stimuli. In conclusion, low-impact aerobic exercise therapy can serve as an effective alternative nursing intervention. It is recommended that this therapy be implemented regularly as part of psychiatric nursing modality programs.

Keywords: Auditory Hallucinations, Low-Impact Aerobic Exercise, AHRS Scale, Non-Pharmacological Intervention.