

ABSTRAK

Asuhan Keperawatan Jiwa Pada Pasien Dengan Gangguan Persepsi Sensori Halusinasi Pendengaran
Di Wilayah Kerja UPTD Puskesmas Sipayung

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Gangguan persepsi sensori berupa halusinasi pendengaran merupakan masalah keperawatan jiwa yang sering terjadi, ditandai dengan persepsi mendengar suara tanpa rangsangan nyata yang dapat mengganggu fungsi psikososial pasien. Berdasarkan teori keperawatan jiwa, penatalaksanaan halusinasi dilakukan melalui pendekatan farmakologis dan nonfarmakologis, salah satunya strategi pelaksanaan (SP 1–4) yang bertujuan membantu pasien mengenali dan mengontrol halusinasi. Penelitian ini bertujuan menggambarkan pelaksanaan asuhan keperawatan jiwa pada pasien dengan halusinasi pendengaran di wilayah kerja UPTD Puskesmas Sipayung. Metode penelitian menggunakan desain deskriptif dengan pendekatan studi kasus pada satu subjek (Tn. N) selama 31 Maret–5 April 2026. Pengumpulan data dilakukan melalui wawancara, observasi, dan dokumentasi. Hasil penelitian menunjukkan pasien mengalami gejala mendengar suara tanpa wujud, berbicara sendiri, sulit tidur, serta merasa takut dan gelisah. Intervensi yang diberikan meliputi SP 1–4 yaitu menghardik halusinasi, kepatuhan minum obat, bercakap-cakap, dan melakukan aktivitas terjadwal. Evaluasi menunjukkan adanya penurunan frekuensi dan intensitas halusinasi serta peningkatan kemampuan pasien dalam mengontrol halusinasi. Kesimpulannya, penerapan asuhan keperawatan jiwa melalui strategi pelaksanaan efektif dalam membantu pasien mengontrol halusinasi pendengaran.

Kata Kunci : Asuhan Keperawatan Jiwa Pada Pasien Dengan Gangguan Persepsi Sensori, Halusinasi Pendengaran.

ABSTRACT

Psychiatric Nursing Care for Patients with Sensory Perception Disturbance Auditory Hallucinations in the Working Area of UPTD Puskesmas Sipayung

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Sensory perception disturbance in the form of auditory hallucinations is a common psychiatric nursing problem, characterized by the perception of hearing voices without real external stimuli, which can disrupt the patient's psychosocial functioning. Based on psychiatric nursing theory, the management of hallucinations involves both pharmacological and non-pharmacological approaches, one of which is the implementation strategy (SP 1–4) aimed at helping patients recognize and control hallucinations. This study aims to describe the implementation of psychiatric nursing care for patients with auditory hallucinations in the working area of UPTD Puskesmas Sipayung. The research method used a descriptive design with a case study approach on one subject (Mr. N) conducted from March 31 to April 5, 2026. Data were collected through interviews, observations, and documentation. The results showed that the patient experienced symptoms such as hearing voices without form, talking to himself, difficulty sleeping, and feelings of fear and anxiety. The interventions provided included SP 1–4, namely rebuking hallucinations, medication adherence, engaging in conversation, and performing scheduled activities. The evaluation showed a decrease in the frequency and intensity of hallucinations as well as an improvement in the patient's ability to control them. In conclusion, the implementation of psychiatric nursing care through structured strategies is effective in helping patients control auditory hallucinations.

*Keywords : Psychiatric Nursing Care for Patients with Sensory Perception Disturbance:
Auditory Hallucinations*