

## **ABSTRAK**

Rivani Fibri Anggita. S (Mei 2026). Asuhan Keperawatan Jiwa Pada Klien Skizofrenia Dengan Masalah Defisit Perawatan Diri Di Ruang Indragiri Rumah Sakit Jiwa Tampan Provinsi Riau. Karya Tulis Ilmiah Studi Kasus, Program studi D III Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Usraleli, S.Kep., M.Kep, Pembimbing (II) Ira Oktaviani, S.Farm, Apt, M.Farm.

Skizofrenia merupakan gangguan jiwa berat yang ditandai dengan gangguan pada proses berpikir, emosi, persepsi, dan perilaku. Salah satu masalah keperawatan yang sering muncul pada klien skizofrenia adalah defisit perawatan diri, yaitu ketidakmampuan individu dalam memenuhi kebutuhan perawatan diri seperti mandi, berhias, makan, serta BAB dan BAK secara mandiri. Metode penelitian yang digunakan adalah deskriptif dengan pendekatan studi kasus pada satu orang klien perempuan dengan diagnosis medis skizofrenia dan masalah keperawatan defisit perawatan diri. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Proses asuhan keperawatan meliputi pengkajian, penetapan diagnosis keperawatan, intervensi, implementasi, dan evaluasi. Hasil pengkajian menunjukkan klien mengalami malas mandi, tidak menyikat gigi, tidak menyisir rambut, BAB/BAK tidak bersih, badan dan mulut berbau, rambut berkutu, serta kuku panjang. Diagnosis keperawatan yang ditegakkan adalah defisit perawatan diri berhubungan dengan gangguan psikologis. Intervensi yang diberikan berupa dukungan perawatan diri melalui latihan kebersihan diri, berhias, makan dan minum, serta BAB dan BAK secara benar dan teratur. Setelah dilakukan tindakan keperawatan selama 5 hari, terjadi peningkatan kemampuan klien dalam melakukan perawatan diri secara mandiri.

Kata Kunci: Skizofrenia, Defisit Perawatan Diri, Asuhan Keperawatan Jiwa.

## ABSTRACT

*Rivani Fibri Anggita. S (May 2026). Psychiatric Nursing Care for Clients with Schizophrenia and Self-Care Deficit Problems in the Indragiri Ward at Tampan Mental Hospital, Riau Province. Scientific Writing of Case Study, Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Advisor (I) Ns. Usraleli, S.Kep., M.Kep, Advisor (II) Ira Oktaviani, S.Farm., Apt., M.Farm.*

*Skizofrenia is a severe mental disorder characterized by disturbances in thought processes, emotions, perceptions, and behavior. One of the nursing problems that often occurs in clients with schizophrenia is self-care deficit, which is the inability of individuals to fulfill self-care needs such as bathing, grooming, eating, and toileting independently. The research method used was descriptive with a case study approach involving one female client diagnosed with schizophrenia and a nursing problem of self-care deficit. Data collection was carried out through interviews, observation, physical examination, and documentation. The nursing care process included assessment, nursing diagnosis, intervention, implementation, and evaluation. The results showed that the client experienced reluctance to bathe, did not brush teeth, did not comb hair, had improper toileting habits, body and mouth odor, lice-infested hair, and long nails. The nursing diagnosis established was self-care deficit related to psychological disorders. The interventions provided included self-care support through training in personal hygiene, grooming, eating and drinking habits, as well as proper toileting practices. After five days of nursing interventions, there was an improvement in the client's ability to perform self-care independently.*

*Keywords: Skizofrenia, Self-Care Deficit, Psychiatric Nursing*