

ABSTRAK

Novi Septiani Bangun (2026). Asuhan Keperawatan Jiwa Pada Penderita Skizofrenia Dengan Masalah Harga Diri Rendah di Rumah Sakit Jiwa Tampan Provinsi Riau. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Hernitati, S.Pd., S.Kep., M.K.M. Pembimbing (II) Ns. Melly, SST., S.Kep., M.Kes. Penguji (I) Ns. Yulianto, S.Kep., M.Pd., MPH. Penguji (II) Ns. Magdalena, SST., S.Kep., M.Kes.

Latar Belakang: Skizofrenia merupakan gangguan jiwa berat yang memengaruhi cara berpikir, perasaan, dan perilaku seseorang. Salah satu masalah keperawatan yang sering ditemukan adalah harga diri rendah yang ditandai dengan perasaan tidak berguna, minder, kurang percaya diri, menarik diri dari lingkungan sosial, serta penilaian negatif terhadap diri sendiri. **Tujuan:** Mendeskripsikan asuhan keperawatan jiwa pada pasien Skizofrenia dengan masalah harga diri rendah di Rumah Sakit Jiwa Tampan Provinsi Riau. **Metode:** Penelitian menggunakan desain studi kasus deskriptif dengan subjek satu orang pasien. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Asuhan keperawatan dilakukan selama lima hari pada tanggal 10–14 April 2026 di Ruang Sebayang. **Hasil:** Pengkajian menunjukkan pasien merasa tidak berguna, kurang dihargai, berpikir negatif, malu, minder, kurang percaya diri, dan sering menyendiri. Diagnosis keperawatan yang ditegakkan adalah gangguan konsep diri: harga diri rendah. Intervensi dilakukan melalui strategi pelaksanaan (SP) harga diri rendah berupa membina hubungan saling percaya, mengidentifikasi kemampuan positif, melatih kemampuan yang dimiliki, serta memberikan motivasi dan reinforcement positif. Setelah implementasi, pasien menunjukkan peningkatan harga diri, lebih percaya diri, mampu melakukan kontak mata, aktif mengikuti kegiatan, dan melakukan aktivitas sederhana secara mandiri. **Kesimpulan:** Strategi pelaksanaan harga diri rendah efektif meningkatkan harga diri dan kemampuan interaksi sosial pasien Skizofrenia. **Saran:** Diharapkan pasien dan keluarga berperan aktif dalam proses pengobatan dengan memberikan dukungan dan motivasi agar meningkatkan rasa percaya diri, kemampuan interaksi sosial, serta kualitas hidup pasien.

Kata Kunci: Asuhan Keperawatan Jiwa, Harga Diri Rendah, Skizofrenia.

ABSTRACT

Novi Septiani Bangun (2026). *Psychiatric Nursing Care for Patients with Schizophrenia and Low Self-Esteem at Tampan Psychiatric Hospital, Riau Province*. Case Study Scientific Paper, Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Hernitati, S.Pd., S.Kep., M.K.M. Supervisor (II) Ns. Melly, SST., S.Kep., M.Kes. Examiner (I) Ns. Yulianto, S.Kep., M.Pd., MPH. Examiner (II) Ns. Magdalena, SST., S.Kep., M.Kes.

Background: Schizophrenia is a severe mental disorder that affects an individual's thoughts, feelings, and behaviors. One of the nursing problems commonly found in patients with schizophrenia is low self-esteem, characterized by feelings of worthlessness, inferiority, lack of self-confidence, social withdrawal, and negative self-evaluation. **Objective:** To describe psychiatric nursing care provided to a patient with Schizophrenia experiencing low self-esteem at Tampan Psychiatric Hospital, Riau Province. **Methods:** This study employed a descriptive case study design involving one patient as the subject. Data were collected through interviews, observation, physical examination, and documentation review. Nursing care was provided for five days, from April 10 to April 14, 2026, in Sebayang Ward. **Results:** Assessment findings revealed that the patient felt worthless, unappreciated, had negative thoughts about himself, felt ashamed, inferior, lacked self-confidence, and frequently isolated himself. The nursing diagnosis established was disturbed self-concept: low self-esteem. Interventions were carried out using the low self-esteem implementation strategy, including establishing a trusting relationship, identifying positive abilities, practicing existing skills, providing motivation, and positive reinforcement. Following the implementation, the patient demonstrated improved self-esteem, increased self-confidence, maintained eye contact during communication, actively participated in activities, and independently performed simple daily tasks. **Conclusion:** The implementation strategy for low self-esteem was effective in improving self-esteem and social interaction abilities in patients with Schizophrenia. **Recommendation:** Patients and families are expected to actively participate in the treatment and care process by providing support and motivation to improve the patient's self-confidence, social interaction, and quality of life.

Keywords: Low Self-Esteem, Psychiatric Nursing Care, Schizophrenia.