

ABSTRAK

Pipit Tiarani (2026). Asuhan Keperawatan Jiwa Pada Klien Skizofrenia Dengan Masalah Halusinasi Pendengaran 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) Husnan, S.Kp., M.K.M (II) Ns. Usraleli, S.Kep, M.Kep

Skizofrenia merupakan gangguan jiwa berat yang ditandai oleh gangguan berpikir, merasakan, dan berperilaku, dengan halusinasi pendengaran sebagai masalah keperawatan yang paling sering ditemukan. Berdasarkan data WHO tahun 2025, skizofrenia dialami sekitar 23 juta orang di dunia dan di Indonesia prevalensinya mencapai 3 per 1.000 rumah tangga. Di RSJ Tampan Provinsi Riau, jumlah pasien tertinggi tahun 2025 di Ruang UPIP sebanyak 2.517 pasien. Tujuan penulisan ini adalah mendeskripsikan asuhan keperawatan jiwa pada klien skizofrenia dengan halusinasi pendengaran. Metode yang digunakan adalah studi kasus deskriptif terhadap satu klien laki-laki berusia 35 tahun di Ruang Sebayang RSJ Tampan pada 10–16 April 2026. Data dikumpulkan melalui wawancara, observasi, dan dokumentasi. Hasil pengkajian menunjukkan klien mendengar suara bisikan 1–2 kali per hari terutama sore hari, disertai berbicara sendiri, tertawa sendiri, dan mondar-mandir. Diagnosis yang ditegakkan adalah gangguan persepsi sensori: halusinasi pendengaran (D.0085). Implementasi dilakukan melalui Strategi Pelaksanaan (SP) 1–4 meliputi menghardik halusinasi, bercakap-cakap, aktivitas terjadwal, dan minum obat teratur. Evaluasi menunjukkan frekuensi halusinasi berkurang dan klien mampu mengontrol halusinasi serta melakukan kontak mata. Disimpulkan bahwa SP 1–4 efektif meningkatkan kemampuan klien mengendalikan halusinasi pendengaran meskipun masih memerlukan pemantauan berkelanjutan. Disarankan agar asuhan keperawatan diterapkan konsisten dengan melibatkan keluarga dan kepatuhan minum obat.

Kata kunci: skizofrenia, halusinasi pendengaran, asuhan keperawatan jiwa, gangguan persepsi sensori, strategi pelaksanaan

ABSTRACT

Pipit Tiarani (2026). Mental Health Nursing Care for Schizophrenia Clients with Auditory Hallucination Problems at Tampan Mental Hospital Riau Province. Case Study Scientific Paper, Diploma III Nursing Study Program Pekanbaru, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Husnan, S.Kp., M.K.M (II) Ns. Usraleli, S.Kep, M.Kep

Schizophrenia is a severe mental disorder characterized by disturbances in thinking, feeling, and behavior, with auditory hallucinations being the most frequently encountered nursing problem. According to WHO data in 2025, schizophrenia affects approximately 23 million people worldwide and in Indonesia the prevalence reaches 3 per 1,000 households. At Tampan Mental Hospital, Riau Province, the highest number of patients in 2025 was recorded in the UPIP Ward with 2,517 patients. The purpose of this study was to describe mental health nursing care for schizophrenia clients with auditory hallucination problems. A descriptive case study method was used involving one male client aged 35 years in the Sebayang Ward of Tampan Mental Hospital from April 10 to 16, 2026. Data were collected through interviews, observation, and documentation. Assessment results showed the client heard whispering voices 1–2 times per day predominantly in the afternoon, accompanied by talking to himself, laughing alone, and pacing. The nursing diagnosis established was sensory perception disorder: auditory hallucination (D.0085). Implementation was carried out through Implementation Strategies (SP) 1–4 including hallucination dismissal, talking with others, scheduled activities, and regular medication. Evaluation showed hallucination frequency decreased and the client was able to control hallucinations and maintain eye contact. It was concluded that SP 1–4 effectively improved the client's ability to control auditory hallucinations although continuous monitoring is still required. It is recommended that nursing care be applied consistently with family involvement and medication adherence.

Keywords: schizophrenia, auditory hallucinations, mental health nursing care, sensory perception disorder, implementation strategy