

ABSTRAK

Az Zahra Tsabitah (2026), *Asuhan Keperawatan Jiwa Pada Klien Skizofrenia Dengan Masalah Keperawatan Defisit Perawatan Diri Di Rumah Sakit Jiwa Tampan Provinsi Riau*, Karya Tulis Ilmiah Studi Kasus, Program Studi D III Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau, Pembimbing: (I) Husnan, S.Kp., MKM (II) Ns. Usraleli, M.Kep

Latar Belakang: Skizofrenia merupakan gangguan jiwa berat dan kronis yang memengaruhi proses berpikir, persepsi, emosi, dan perilaku. Defisit perawatan diri sering ditemukan akibat gejala negatif seperti apatis, kurang motivasi, dan menarik diri. Jika tidak ditangani, kondisi ini memperpanjang masa perawatan. **Metode:** Studi kasus deskriptif dengan pendekatan proses keperawatan: pengkajian, diagnosis, perencanaan, implementasi, dan evaluasi. Dilakukan pada satu klien skizofrenia paranoid di Ruang Mandau 2 selama 5 hari pada 10-16 April 2026. **Hasil:** Tn. Z, 45 tahun, menunjukkan tanda defisit perawatan diri: tidak mau mandi, jarang menggosok gigi, tidak mengganti pakaian, dan BAK sembarangan. Diagnosis Defisit Perawatan Diri (D.0109). Intervensi menggunakan Dukungan Perawatan Diri (I.11348) melalui SP 1–4 secara bertahap. Evaluasi menunjukkan peningkatan kemampuan perawatan diri namun masalah teratasi sebagian. **Kesimpulan:** Tujuan asuhan keperawatan tercapai sebagian. Klien menunjukkan peningkatan kemampuan perawatan diri, namun masih memerlukan bimbingan dan pengingat rutin untuk menjaga konsistensi. **Saran:** Perawat ruangan disarankan melanjutkan SP 1–4 secara konsisten. Edukasi keluarga perlu diberikan untuk memperkuat dukungan di rumah, meningkatkan kepatuhan pengobatan, dan mencegah kekambuhan. Penelitian selanjutnya disarankan melibatkan lebih banyak subjek dalam jangka waktu lebih panjang.

Kata Kunci: *Skizofrenia, Defisit Perawatan Diri, Asuhan Keperawatan Jiwa, Strategi Pelaksanaan*

ABSTRACT

Az Zahra Tsabitah (2026), *Psychiatric Nursing Care for a Schizophrenic Client with Self-Care Deficit at Tampan Psychiatric Hospital, Riau Province*, Scientific Paper Case Study, D III Nursing Study Program, Nursing Department, Health Polytechnic, Ministry of Health, Riau. Supervisor: (I) Husnan, S.Kp., MKM (II) Ns. Usraleli, M.Kep

Background: Schizophrenia is a severe and chronic mental disorder that affects thought processes, perception, emotions, and behavior. Self-care deficit is commonly found due to negative symptoms such as apathy, lack of motivation, and social withdrawal. If left untreated, this condition may prolong the duration of hospitalization. **Methods:** This study used a descriptive case study design with the nursing process approach, including assessment, diagnosis, planning, implementation, and evaluation. The study was conducted on one client with paranoid schizophrenia in Mandau 2 Ward for five days, from April 10 to April 16, 2026. **Results:** Mr. Z, a 45-year-old client, exhibited signs of self-care deficit, including refusal to bathe, infrequent tooth brushing, failure to change clothes, and inappropriate urination behavior. The nursing diagnosis established was Self-Care Deficit (D.0109). Interventions were provided using Self-Care Support (I.11348) through the gradual implementation of SP 1–4. Evaluation results showed an improvement in the client's self-care abilities; however, the problem was only partially resolved. **Conclusion:** The goals of nursing care were partially achieved. The client demonstrated improved self-care abilities but still required guidance and regular reminders to maintain consistency in performing self-care activities. **Recommendations:** Ward nurses are encouraged to continue implementing SP 1–4 consistently. Family education should be provided to strengthen support at home, improve medication adherence, and prevent relapse. Future studies are recommended to involve a larger number of participants over a longer period.

Keywords: *Schizophrenia, Self-Care Deficit, Psychiatric Nursing Care, Implementation Strategy*