

Efektifitas Penerapan Teknik Distraksi: Art Therapy Menggambar dalam Menurunkan Gejala Halusinasi pada Pasien Skizofrenia = Effectiveness of The Application of Distraction Techniques: Art Therapy Drawing in Reducing Hallucinations Symptoms in Schizophrenia Patients

Vina Yustika Dewi, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20518689&lokasi=lokal>

Abstrak

Halusinasi merupakan gejala khas psikosis terutama skizofrenia. Seseorang dengan halusinasi tidak mampu memahami realitas secara akurat. Halusinasi juga dapat membebani dan mengganggu kehidupan penderita seperti disfungsi sosial dalam menjalankan pekerjaan, aktivitas sehari-hari, hubungan interpersonal, dan perawatan diri. Kasus nyata terjadi pada Nn. R (20 tahun) pertama kali masuk rumah sakit jiwa dengan diagnosis medis skizofrenia dan masalah keperawatan gangguan sensori persepsi halusinasi pendengaran. Pada saat pengkajian di hari perawatan ke-16, klien mengatakan masih mendengar suara-suara yang menyuruhnya untuk mengakhiri hidup serta membunuh orang-orang yang dibencinya terutama laki-laki. Klien mengatakan belum bisa mengontrol halusinasi dan cenderung mengikuti perintah dari halusinasi seperti melakukan percobaan bunuh diri dengan menggigit jari dan percobaan mencekik perawat laki-laki. Implementasi yang diberikan adalah tindakan keperawatan ners dan intervensi distraksi art therapy menggambar. Implementasi dilakukan selama lima hari dan dievaluasi menggunakan instrument Psychotic Symptom Rating Scales dan evaluasi tanda gejala halusinasi serta evaluasi kemampuan mengontrol halusinasi. Hasil implementasi diketahui adanya penurunan skor tanda gejala halusinasi dan peningkatan skor kemampuan mengontrol halusinasi. Peneliti menyimpulkan bahwa penerapan teknik distraksi art therapy menggambar efektif dalam menurunkan tanda gejala halusinasi dan meningkatkan kemampuan mengontrol halusinasi. Sehingga aktivitas art therapy menggambar dapat dijadikan salah satu pilihan kegiatan dalam pemberian asuhan keperawatan jiwa halusinasi.

.....The effectiveness of the application of distraction techniques: art therapy drawing in reducing hallucinatory symptoms in schizophrenic patients. Hallucinations are typical symptoms of psychosis, especially schizophrenia. A person with hallucinations is unable to accurately perceive reality. Hallucinations can also burden and interfere with sufferers' lives such as social dysfunction in carrying out work, daily activities, interpersonal relationships, and self-care. The real case happened to Miss R (20 years old) was admitted to a mental hospital for the first time with a medical diagnosis of schizophrenia and nursing problems, sensory perception, auditory hallucinations. At the time of the assessment on the 19th day of treatment, the client said he still heard voices telling him to end his life and kill people he hated, especially men. The client said he had not been able to control his hallucinations and tended to follow orders from hallucinations such as attempting suicide by biting his finger and attempting to strangle a male nurse. The implementation given is nursing action by nurses and distraction intervention from art therapy drawing. Implementation was carried out for five days and was evaluated using the Psychotic Symptom Rating Scales instrument and evaluation of hallucination symptoms and evaluation of the ability to control hallucinations. The results of the implementation showed that there was a decrease in the score for signs of hallucinations and an increase in the ability to control hallucinations. The researcher

concluded that the application of art therapy distraction drawing technique was effective in reducing hallucination symptoms and increasing the ability to control hallucinations. So that the art therapy activity of drawing can be used as an activity option in the provision of hallucinatory mental nursing care