

## Efektifitas penerapan Activity Daily Living terhadap penurunan tanda dan gejala halusinasi = Effectiveness of the application of Daily Living Activities on reducing hallucinations signs and symptoms

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### Abstrak

Halusinasi merupakan gejala positif dari skizofrenia yang timbul dari respons maladaptif. Halusinasi merupakan persepsi sensori yang salah atau pengalaman persepsi yang tidak nyata. Diantara beberapa jenis halusinasi, halusinasi pendengaran paling sering terjadi pada klien dengan skizofrenia. Halusinasi pendengaran dapat memberikan dampak yang negatif, terutama jika isi halusinasi merendahkan klien. Kasus nyata terjadi pada Tn. A (39 tahun) masuk rumah sakit jiwa dengan skizofrenia dan masalah keperawatan halusinasi pendengaran. Pada saat pengkajian di hari perawatan ke-9, klien mengatakan masih mendengar suara-suara yang mencela dan berkata kasar kepada klien. Klien terkadang menjadi emosi dan amarahnya tidak stabil ketika suara tersebut muncul sehingga halusinasinya sulit untuk di kendalikan. Implementasi keperawatan yang dilakukan adalah tindakan keperawatan ners dan penerapan activity daily living non vokasional. Implementasi dilakukan selama sebelas hari, yakni empat hari pemberian intervensi tindakan keperawatan ners dan tujuh hari penerapan activity daily living tipe non vokasional. Evaluasi dilakukan setiap pertemuan menggunakan instrumen PSYRATS, evaluasi tanda dan gejala halusinasi, dan evaluasi kemampuan klien dalam mengontrol halusinasi. Peneliti menyimpulkan bahwa penerapan activity daily living non vokasional efektif terhadap penurunan tanda dan gejala halusinasi. Sehingga penerapan activity daily living non vokasional dapat menjadi salah satu strategi dalam pemberian asuhan keperawatan kepada klien dengan halusinasi.

.....Hallucinations are positive symptoms of schizophrenia that arise from maladaptive responses.

Hallucinations are false sensory perceptions or unreal perceptual experiences. Among several types of hallucinations, auditory hallucinations are most common in clients with schizophrenia. Auditory hallucinations can have a negative impact, especially if the content of the hallucination demeans the client. The real case happened to Mr. A (39 years old) was admitted to a mental hospital with schizophrenia and auditory hallucinations nursing problems. At the time of the assessment on the 9th day of treatment, the client said he still heard voices that criticized and said rudely to the client. Clients sometimes become emotional and their anger is unstable when the voice appears so that the hallucinations are difficult to control. The implementation of nursing carried out is the action of nursing nurses and the application of non-vocational daily living activities. Implementation was carried out for eleven days, namely four days of providing nursing interventions for nurses and seven days of implementing non-vocational type daily living activities. Evaluation is carried out at each meeting using the PSYRATS instrument, evaluation of signs and symptoms of hallucinations, and evaluation of the client's ability to control hallucinations. The researcher concluded that the application of non-vocational daily living activities was effective in reducing signs and symptoms of hallucinations. So that the application of non-vocational daily living activities can be one of the strategies in providing nursing care to clients with hallucinations.