

# Penerapan Activity Daily Living melalui Pendekatan Teori Self-Care Orem dalam Menurunkan Tanda dan Gejala Halusinasi pada Pasien Skizofrenia = Application of Activity Daily Living through Orem's Self-Care Theory Approach in Reducing Signs and Symptoms of Hallucination in Schizophrenia Patients

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## Abstrak

Skizofrenia mengganggu segala aspek kehidupan individu, meliputi masalah kognitif, persepsi, emosional, sosial, dan perilaku. Halusinasi pendengaran merupakan gejala positif yang paling umum terjadi pada pasien dengan skizofrenia. Tujuan karya ilmiah ini adalah untuk mengidentifikasi penerapan activity daily living melalui pendekatan teori self-care Orem dalam menurunkan tanda dan gejala halusinasi pada pasien skizofrenia. Karya ilmiah ini disusun berdasarkan studi kasus Ny. H dengan masalah keperawatan halusinasi. Tindakan asuhan keperawatan dengan penerapan activity daily living telah diberikan selama delapan hari. Evaluasi menggunakan instrumen "Evaluasi Tanda dan Gejala Pasien Halusinasi" yang dikembangkan oleh Departemen Keperawatan Jiwa Fakultas Ilmu Keperawatan Universitas Indonesia. Hasil penerapan activity daily living pada pasien menunjukkan terdapat penurunan tanda dan gejala halusinasi dari skor 16 menjadi skor 1. Penerapan activity daily living dengan pendekatan Orem diharapkan dapat menjadi intervensi yang membantu pasien mengendalikan halusinasi dan memampukan pasien hidup mandiri.

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Schizophrenia disrupts all aspects of an individual's life, including cognitive, perceptual, emotional, social and behavioral problems. Auditory hallucination is the most common positive symptom in patients with schizophrenia. The purpose of this scientific work is to identify the application of daily living activities through Orem's self-care theory approach in reducing signs and symptoms of hallucination in schizophrenia patient. This scientific work was prepared based on the case study of Ms. H with hallucinatory nursing problem. Nursing care by implementing daily living activities was provided for eight days. Evaluation uses the instrument "Evaluation of Signs and Symptoms of Hallucination Patient" developed by the Department of Mental Nursing, Faculty of Nursing, University of Indonesia. The results of applying daily living activities to patients show that there is a decrease in signs and symptoms of hallucinations from a score of 16 to a score of 1. Activities daily living using the Orem approach is expected can be an intervention that helps patients control hallucinations and enables patients to live independently.