

**PROGRAM STUDI PROFESI NERS
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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**Asuhan Keperawatan Jiwa Pada Pasien Halusinasi Pendengaran Dengan
Penerapan Terapi *Expressive Writing* Di Ruangan Siak Rumah Sakit Jiwa
Tampan Provinsi Riau**

Xii + 57 halaman + 6 tabel + 7 lampiran

ABSTRAK

Halusinasi merupakan salah satu gejala utama pada pasien dengan gangguan jiwa berat seperti skizofrenia, yang ditandai dengan persepsi sensori tanpa adanya rangsangan nyata. Salah satu terapi nonfarmakologis yang dapat digunakan pada pasien gangguan persepsi sensori: halusinasi pendengaran adalah terapi *Expressive Writing*. Terapi *Expressive Writing* merupakan terapi psikologis berbasis penulisan emosional yang dapat membantu regulasi emosi, pemrosesan kognitif, dan integrasi pengalaman stress atau traumatis. Tujuan penerapan ini yaitu untuk menjelaskan *Evidence Based Practice* sebagai terapi pada pasien gangguan persepsi sensori: halusinasi pendengaran dengan menggunakan terapi *Expressive Writing*. Metode pelaksanaan yang dilakukan yaitu dengan teknik studi kasus pada pasien gangguan persepsi sensori: halusinasi pendengaran. Jumlah responden yang dibutuhkan yaitu sebanyak 2 orang dengan diagnosa keperawatan halusinasi pendengaran. Terapi ini dilakukan selama 5 hari dengan sesi 1 (*Recognition/Initial Write*) sesi 2 (*Examination/Writing Exercise*) sesi 3 (*Juxtaposition/Feedback*) dan sesi 4 (*Application To The Self*) dimulai dari tanggal 03 – 07 Februari 2026 dengan durasi waktu 30 menit. Di nilai menggunakan kuesioner *Auditory Hallucination Rating Scale* (AHRS). dengan proses pengujian *pre-test* dan *post-test*. Hasil penelitian menunjukkan terdapat penurunan nilai *pre-test* Nn. A 28 (halusinasi berat) dan *post-test* 21 (halusinasi sedang), untuk pasien Ny. W *pre-test* 23(halusinasi berat) menjadi *post-test* 17 (halusinasi sedang) dalam melakukan terapi *Expressive Writing*. Berdasarkan hasil tersebut, dapat disimpulkan bahwa terapi *Expressive Writing* efektif menurunkan gangguan persepsi: halusinasi pendengaran dan dapat direkomendasikan sebagai intervensi nonfarmakologis dalam asuhan keperawatan jiwa, serta perlu dikembangkan lebih lanjut dengan jumlah responden yang lebih banyak dan durasi intervensi yang lebih lama.

Kata Kunci : Skizofrenia, Gangguan Persepsi Sensori: Halusinasi
Pendengaran, Terapi *Expressive Writing*
Daftar Pustaka : 30 (2021-2025)

**NURSE PROFESSION STUDY PROGRAM
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**Psychiatric Nursing Care for Auditory Hallucination Patients with the
Application of *Expressive Writing Therapy* in the Siak Room of Tampan Mental
Hospital, Riau Province**

Xii + 57 pages + 6 tables + 7 appendices

ABSTRACT

Hallucinations are one of the main symptoms in patients with severe mental disorders such as schizophrenia, which are characterized by sensory perception in the absence of real stimuli. One of the nonpharmacological therapies that can be used in patients with sensory perception disorders: auditory hallucinations is Expressive Writing therapy. Expressive Writing Therapy is an emotional writing-based psychological therapy that can help with emotion regulation, cognitive processing, and the integration of stressful or traumatic experiences. The purpose of this application is to explain Evidence Based Practice as a therapy for patients with sensory perception disorders: auditory hallucinations using Expressive Writing therapy. The method of implementation is carried out by a case study technique in patients with sensory perception disorders: auditory hallucinations. The number of respondents needed is as many as 2 people with a nursing diagnosis of auditory hallucinations. This therapy was carried out for 5 days with session 1 (Recognition/Initial Write), session 2 (Examination/Writing Exercise), session 3 (Juxtaposition/Feedback) and session 4 (Application To The Self) starting from 03 – 07 February 2026 with a duration of 30 minutes. It was assessed using the Auditory Hallucination Rating Scale (AHRs) questionnaire. with a pre-test and post-test testing process. The results showed that there was a decrease in the pre-test value of Mrs. A 28 (severe hallucinations) and post-test 21 (moderate hallucinations), for Mrs. W patients pre-test 23 (severe hallucinations) to post-test 17 (moderate hallucinations) in conducting Expressive Writing therapy. Based on these results, it can be concluded that Expressive Writing therapy is effective in reducing perceptual disorders: auditory hallucinations and can be recommended as a non-pharmacological intervention in psychiatric nursing care, and needs to be further developed with a larger number of respondents and a longer duration of intervention.

Keywords : Schizophrenia, Sensory Perception Disorders: Auditory Hallucinations, *Expressive Writing Therapy*
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