

**PROGRAM STUDI PROFESI NERS
STIKES PAYUNG NEGERI PEKANBARU**

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Asuhan keperawatan pemberian terapi *mindfulness* pada pasien waham di rumah sakit jiwa tampan Provinsi Riau

xii + 49 Halaman + Lampiran

ABSTRAK

Waham merupakan salah satu gejala utama pada pasien gangguan jiwa yang ditandai dengan adanya gangguan pada pola, bentuk, dan isi pikir. Seseorang dengan waham memiliki penilaian yang buruk terhadap realita dan dipertahankan secara kuat dan terus-menerus. Terapi *mindfulness* atau *mindfulness-based intervention* telah diketahui dapat menurunkan berbagai masalah kesehatan mental, meliputi depresi, kecemasan, stress, psikosis, dan gangguan stres pasca trauma, dan lain-lain. Kian ini bertujuan untuk menggambarkan asuhan keperawatan menggunakan terapi *mindfulness* dengan pendekatan spiritual sholawat untuk mengatasi masalah keperawatan gangguan jiwa waham. Penelitian ini menggunakan rancangan studi kasus melalui instrumen berupa prosedur asuhan keperawatan. Instrumen yang digunakan adalah lembar observasi tanda dan gejala waham. Subjek dari penelitian ini adalah 2 orang pasien dengan gangguan proses pikir waham yang dirawat di ruang Siak RSJ Tampan Pekanbaru. Hasil penelitian menunjukkan bahwa terdapat peningkatan dalam mengorientasi realita pada kedua pasien pasien waham. Kedua pasien mendapat perubahan skor dari nilai 0 menjadi 7. Terdapat perbedaan pencapaian diantara kedua pasien dimana pasien 1 mampu dalam mengorientasi realita di hari ke 4 pemberian terapi, sedangkan pasien 2 mampu dalam mengorientasi realita di hari ke 2 pemberian terapi. Penulis merekomendasikan kepada tempat penelitian agar dapat menerapkan terapi *mindfulness* pada pasien dengan gangguan proses pikir waham agar dapat meningkatkan orientasi realita.

Kata Kunci : Mindfulness, waham
Referensi : 16 Referensi (2016-2023)

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Nursing care providing *mindfulness* therapy to delusional patients at the Tampa Mental Hospital, Riau Province

xii+ 49 pages + attachments

ABSTRACT

Delusions are one of the main symptoms in mental disorder patients which are characterized by disturbances in the pattern, form and content of thought. A person with delusions has a poor assessment of reality and is strongly and persistently maintained. Mindfulness therapy or mindfulness-based intervention has been known to reduce various mental health problems, including depression, anxiety, stress, psychosis, and post-traumatic stress disorder, etc. Kian aims to describe nursing care using mindfulness therapy with a spiritual approach Sholawat to overcome the nursing problem of delusional mental disorders. This research uses a case study design through instruments in the form of nursing care procedures. The instrument used was an observation sheet for signs and symptoms of delusions. The subjects of this study were 2 patients with delusional thought process disorders who were treated in the Siak ward of RSJ Tampan Pekanbaru. The results of the study showed that there was an increase in orienting to reality in both delusional patients. Both patients received a change in score from 0 to 7. There was a difference in achievement between the two patients, where patient 1 was able to orient to reality on the 4th day of therapy, while patient 2 was able to orient to reality on the 2nd day of therapy. The author recommends that research sites can apply mindfulness therapy to patients with delusional thought process disorders in order to increase reality orientation

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Keyword: Mindfulness, Delusion

Reference: 16, (2017-2023)