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Asuhan Keperawatan Jiwa Penerapan Terapi Murotal Surat Al-Fatihah pada
Pasien Halusinasi Pendengaran di RSJ Tampan Provinsi Riau

Xii + 60 Halaman + 8 Tabel + 4 Lampiran

ABSTRAK

Halusinasi pendengaran merupakan salah satu bentuk gangguan persepsi sensori yang paling umum ditemukan pada pasien dengan gangguan jiwa, terutama skizofrenia. Gejala ini ditandai dengan persepsi mendengar suara tanpa adanya stimulus eksternal yang nyata, yang dapat mengganggu fungsi kognitif, emosional, serta aktivitas sehari-hari pasien. Terapi nonfarmakologis seperti terapi murotal Al-Qur'an menjadi alternatif intervensi yang terbukti memberikan efek menenangkan secara psikologis dan fisiologis. Penelitian ini bertujuan untuk menerapkan dan mengevaluasi efektivitas terapi murotal surah Al-Fatihah dalam menurunkan intensitas halusinasi pendengaran pada pasien jiwa.

Metode yang digunakan adalah studi kasus berbasis Evidence Based Practice terhadap satu pasien dengan diagnosa halusinasi pendengaran yang dirawat di RS Jiwa Tampan Provinsi Riau. Intervensi berupa terapi murotal Al-Qur'an surah Al-Fatihah dilaksanakan selama tiga hari berturut-turut, masing-masing selama 15 menit setiap sesi. Evaluasi dilakukan dengan menggunakan Auditory Hallucination Rating Scale (AHRS) sebelum dan sesudah intervensi. Hasil menunjukkan adanya penurunan skor AHRS dari 25 (kategori halusinasi sedang) menjadi 12 (kategori halusinasi ringan). Selain itu, pasien melaporkan merasa lebih tenang, rileks, dan mulai mampu mengontrol halusinasinya secara mandiri. Kesimpulan dari penelitian ini adalah bahwa terapi murotal surah Al-Fatihah terbukti efektif sebagai intervensi keperawatan untuk menurunkan intensitas halusinasi pendengaran. Intervensi ini dapat menjadi bagian dari pendekatan terapi modalitas dalam keperawatan jiwa berbasis spiritual yang aman, murah, dan mudah diterapkan di lingkungan pelayanan kesehatan jiwa.

Kata kunci: Halusinasi pendengaran, terapi murotal, surah Al-Fatihah, keperawatan jiwa, evidence based practice.

Daftar Pustaka: 21 (2021-2024)

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Psychiatric Nursing Care The Application of Murotal Therapy Surat Al-Fatihah in
Auditory Hallucination Patients at Tampan Hospital, Riau Province

xii + 60 pages + 8 tables + 4 appendices

ABSTRACT

Auditory hallucinations are one of the most common forms of sensory perception disorders found in patients with mental disorders, especially schizophrenia. This symptom is characterized by the perception of hearing sounds in the absence of a real external stimulus, which can interfere with the patient's cognitive, emotional, and daily activities. Non-pharmacological therapies such as Qur'anic murotal therapy are alternative interventions that are proven to provide psychological and physiological calming effects. This study aims to apply and evaluate the effectiveness of murotal therapy of surah Al-Fatihah in reducing the intensity of auditory hallucinations in psychiatric patients.

The method used was an Evidence Based Practice-based case study of one patient with a diagnosis of auditory hallucinations who was treated at the Tampan Psychiatric Hospital, Riau Province. The intervention in the form of murotal therapy of the Qur'an surah Al-Fatihah was carried out for three consecutive days, each for 15 minutes per session. Evaluation was conducted using the Auditory Hallucination Rating Scale (AHRS) before and after the intervention. The results showed a decrease in the AHRS score from 25 (moderate hallucination category) to 12 (mild hallucination category). In addition, patients reported feeling calmer, relaxed, and beginning to be able to control their hallucinations independently. The conclusion of this study is that murotal therapy surah Al-Fatihah has been shown to be effective as a nursing intervention to reduce the intensity of auditory hallucinations. These interventions can be part of a modality therapy approach in spiritual-based psychiatric nursing that is safe, inexpensive, and easy to apply in a mental health service setting.

Keywords: Auditory hallucinations, murotal therapy, surah Al-Fatihah, psychiatric nursing, evidence based practice.

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