

**PROGRAM STUDI PROFESI NERS FAKULTAS KEPERAWATAN INSTITUT
KESEHATAN PAYUNG NEGERI PEKANBARU
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**Asuhan Keperawatan Pada Klien Halusinasi Pendengaran Dengan Penerapan Terapi
Zikir Di Ruang Siak RSJ Tampan Provinsi Riau**

xv+41 Halaman +5 Tabel+ 1 Skema+6 Lampiran

ABSTRAK

Halusinasi pendengaran merupakan salah satu gejala skizofrenia yang paling sering terjadi, ditandai dengan persepsi suara tanpa rangsangannya yang dapat menyebabkan gangguan perilaku dan isolasi sosial. Di RSJ Tampan Provinsi Riau, prevalensi kasus halusinasi pendengaran cukup tinggi. Penerapan ini bertujuan untuk mengetahui efektivitas terapi zikir dalam menurunkan gejala halusinasi pendengaran pada pasien dengan gangguan persepsi sensori. Pendekatan yang digunakan adalah studi kasus berbasis Evidence-Based Practice (EBP) pada dua pasien dengan halusinasi pendengaran. Pasien pertama, Ny. S, mengalami halusinasi berupa suara yang menyuruh melempar batu ke tetangganya, muncul pagi dan sore hari, disertai perilaku marah, menyendiri, melamun, mondar-mandir, dan berbicara sendiri. Pasien kedua, Ny. W, mendengar suara anaknya yang memanggil untuk keluar ruangan, muncul pagi, siang, dan sore hari, menyebabkan pasien sulit tidur dan sering menutup telinga. Dampak dari halusinasi pada kedua pasien berupa gangguan tidur, isolasi sosial, gangguan konsentrasi, serta perubahan perilaku. Upaya yang dilakukan pasien antara lain dengan menghardik suara tersebut, mengajak berbicara orang lain, melakukan aktivitas seperti merapikan ruangan, serta mengikuti terapi zikir dan minum obat secara teratur. Intervensi terapi zikir dilakukan selama tiga hari berturut-turut, masing-masing selama 10–15 menit. Lafadz zikir yang digunakan yaitu: “Bismillahirrahmanirrahim”, “Astaghfirullahaladzim”, “Subhanallah”, “Alhamdulillah”, “Laailaaha illallah”, dan “Allahu Akbar”. Hasil evaluasi menunjukkan penurunan intensitas dan frekuensi halusinasi pada kedua pasien. Mereka tampak lebih tenang, kooperatif, mampu mengenal dan mengontrol gejala halusinasinya, serta merasa lebih dekat dengan Allah. Terapi zikir terbukti efektif sebagai pendekatan nonfarmakologis dalam asuhan keperawatan jiwa. Halusinasi pendengaran merupakan salah satu gejala skizofrenia.

Kata Kunci : *Skizofrenia*, Halusinasi Pendengaran, Terapi Zikir
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***Nursing Intervention for Clients with Auditory Hallucinations Through Dhikr
Therapy in the Siak Ward of Tampan Psychiatric Hospital, Riau Province***

xv+ 41 pages + 5 tables + 1 scheme + 6 attachment

ABSTRACT

Auditory hallucinations are one of the most common symptoms of schizophrenia, characterized by the perception of voices without any actual external stimuli, which can lead to behavioral disturbances and social isolation. At Tampan Mental Hospital in Riau Province, the prevalence of auditory hallucinations is relatively high. This study aims to determine the effectiveness of dhikr therapy in reducing auditory hallucination symptoms in patients with sensory perception disorders. The approach used was a case study based on Evidence-Based Practice (EBP) involving two patients experiencing auditory hallucinations. The first patient, Mrs. S, experienced hallucinations in the form of voices instructing her to throw stones at her neighbor, appearing in the morning and evening, accompanied by behaviors such as anger, isolation, daydreaming, pacing, and talking to herself. The second patient, Mrs. W, heard her child's voice calling her to leave the room, appearing in the morning, afternoon, and evening, leading to sleep disturbances and frequent ear covering. The impacts of hallucinations in both patients included sleep disruption, social withdrawal, impaired concentration, and changes in behavior. Efforts made by the patients included rebuking the voices, engaging in conversation, doing activities like tidying the room, performing dhikr therapy, and regularly taking medication. The dhikr therapy intervention was conducted for three consecutive days, each session lasting 10–15 minutes. The dhikr recitations used were: "Bismillahirrahmanirrahim", "Astaghfirullahaladzim", "Subhanallah", "Alhamdulillah", "Laailaahaillallah", and "Allahu Akbar." Evaluation results showed a decrease in the intensity and frequency of hallucinations in both patients. They appeared calmer, more cooperative, able to recognize and control their hallucination symptoms, and felt spiritually closer to Allah. Dhikr therapy proved to be an effective non-pharmacological approach in psychiatric nursing care.

Keyword : Skizofrenia, auditory hallucinations, Zikir Therapy
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