

**PROGRAM STUDI PROFESI NERS FAKULTAS KEPERAWATAN
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Asuhan Keperawatan Pada Terapi Musik Terhadap Pasien Halusinasi Pendengaran
Di Rumah Sakit Jiwa Tampan Pekanbaru

XVI + 75 Halaman + 5 Tabel + 6 Lampiran

ABSTRAK

Halusinasi pendengaran merupakan gangguan persepsi sensori yang ditandai dengan munculnya suara tanpa adanya stimulus nyata, yang dapat berdampak pada peningkatan kecemasan, perilaku kekerasan, serta penurunan fungsi sosial pasien. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk membantu mengontrol halusinasi adalah terapi musik. Terapi musik bekerja dengan merangsang sistem limbik di otak dapat memberikan efek relaksasi. Gambaran penelitian pelaksanaan asuhan keperawatan berbasis Evidence Based Practice (EBP) melalui penerapan terapi musik dalam menurunkan gejala halusinasi pada pasien dengan gangguan persepsi sensori di Rumah Sakit Jiwa Tampan Pekanbaru. Metode yang digunakan adalah studi kasus pada dua pasien dengan diagnosis halusinasi (pendengaran dan penglihatan). Intervensi dilakukan selama tiga hari dengan durasi 20–30 menit setiap sesi, disertai penerapan strategi pelaksanaan (SP) 1–4 sesuai standar asuhan keperawatan jiwa. Hasil pelaksanaan menunjukkan bahwa pada pasien pertama terjadi penurunan frekuensi dan intensitas halusinasi, pasien tampak lebih tenang, mampu membedakan stimulus nyata dan tidak nyata, serta menunjukkan peningkatan kontak mata dan konsentrasi. Pada pasien kedua, terjadi perbaikan dalam pengendalian emosi, berkurangnya perilaku tertawa sendiri, serta peningkatan kemampuan berinteraksi sosial. Dapat disimpulkan bahwa terapi musik efektif sebagai intervensi keperawatan nonfarmakologis dalam membantu mengontrol halusinasi dan meningkatkan respons adaptif pasien gangguan jiwa.

Kata kunci: halusinasi pendengaran, terapi musik, evidence based practice, asuhan keperawatan jiwa, gangguan persepsi sensori.

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*Nursing Care in Music Therapy for Patients with Auditory Hallucinations at
Tampan Mental Hospital in Pekanbaru*

XVI + 75 Pages + 5 Tables + 6 Appendices

ABSTRACT

Auditory hallucinations are sensory perception disorders characterized by the appearance of sounds without any real stimulus, which can lead to increased anxiety, violent behavior, and decreased social functioning in patients. One non-pharmacological intervention that can be used to help control hallucinations is music therapy. Music therapy works by stimulating the limbic system in the brain to provide a relaxing effect. An overview of research on the implementation of Evidence-Based Practice (EBP) nursing care through the application of music therapy in reducing hallucination symptoms in patients with sensory perception disorders at the Tampan Mental Hospital in Pekanbaru. The method used was a case study of two patients diagnosed with hallucinations (auditory and visual). The intervention was carried out over three days with each session lasting 20–30 minutes, accompanied by the application of implementation strategies (IS) 1–4 in accordance with mental health nursing care standards. The results showed that in the first patient, there was a decrease in the frequency and intensity of hallucinations, the patient appeared calmer, was able to distinguish between real and unreal stimuli, and showed an increase in eye contact and concentration. In the second patient, there was an improvement in emotional control, a reduction in laughing to oneself, and an increase in social interaction skills. It can be concluded that music therapy is effective as a non-pharmacological nursing intervention in helping to control hallucinations and improve the adaptive responses of patients with mental disorders.

Keywords: auditory hallucinations, music therapy, evidence-based practice, psychiatric nursing care, sensory perception disorders