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ASUHAN KEPERAWATAN PASIEN HALUSINASI PENDENGARAN DENGAN PENERAPAN TERAPI MUSIC KLASIK bEETHOVEN DI RUMAH SAKIT JIWA TAMPAN PEKANBARU

ABSTRAK

Gangguan mental adalah kondisi kompleks yang memengaruhi berbagai aspek kehidupan manusia, termasuk emosi, suasana hati, proses berpikir, dan perilaku. Salah satu gangguan kejiwaan yang paling umum ditemukan di fasilitas kesehatan mental adalah skizofrenia, yang sering ditandai dengan halusinasi pendengaran. Halusinasi ini, biasanya dalam bentuk suara atau bisikan, dapat menyebabkan ketakutan, kecemasan, dan kebingungan, yang menyebabkan gangguan fungsi sosial dan kualitas hidup. Penanganan halusinasi umumnya melibatkan terapi farmakologis; Namun, banyak pasien terus mengalami gejala meskipun ada pengobatan. Oleh karena itu, intervensi non-farmakologis seperti terapi musik klasik, khususnya komposisi Beethoven, semakin dianggap sebagai perawatan suportif. Penelitian ini bertujuan untuk mengetahui efektivitas terapi musik klasik Beethoven dalam mengurangi halusinasi pendengaran pada pasien gangguan jiwa di RS Tampan, Provinsi Riau. Implementasi Evidence-Based Nursing Practice (EBN) menggunakan pendekatan eksperimental dengan evaluasi pre-test dan post-test dilakukan selama lima hari. Dua pasien yang didiagnosis dengan skizofrenia dan halusinasi pendengaran dipilih sebagai subjek. Terapi musik klasik diberikan sekali sehari selama 10-15 menit menggunakan headphone di lingkungan yang tenang. Hasilnya menunjukkan penurunan intensitas halusinasi yang signifikan setelah terapi. Kedua pasien menunjukkan peningkatan persepsi sensorik, berkurangnya frekuensi mendengar suara, dan peningkatan konsentrasi dan orientasi lingkungan. Berdasarkan penilaian Standar Hasil Keperawatan Indonesia (SLKI), perbaikan diamati di seluruh indikator seperti konsentrasi, orientasi, dan respons verbal. Temuan ini menunjukkan bahwa terapi musik klasik Beethoven memberikan efek menenangkan dan relaksasi yang membantu pasien mengalihkan perhatian dari suara halusinasi, mengurangi kecemasan, dan meningkatkan kesejahteraan emosional secara keseluruhan. Kesimpulannya, terapi musik klasik Beethoven terbukti menjadi intervensi non-farmakologis yang efektif untuk mengurangi halusinasi pendengaran dan meningkatkan stabilitas kognitif dan emosional pasien dengan gangguan mental. Terapi ini dapat diintegrasikan sebagai intervensi keperawatan berbasis bukti pelengkap dalam pengaturan perawatan psikiatri.

Keywords: schizophrenia, auditory hallucinations, classical music therapy, Beethoven, evidence-based nursing practice

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NURSING CARE OF AUDITORY HALLUCINATION PATIENTS WITH THE APPLICATION OF BEETHOVEN'S CLASSICAL MUSIC THERAPY IN A HANDSOME MENTAL HOSPITAL IN PEKANBARU

ABSTRACT

Mental disorders are complex conditions that affect various aspects of human life, including emotions, moods, thought processes, and behavior. One of the most common psychiatric disorders found in mental health facilities is schizophrenia, which is often characterized by auditory hallucinations. These hallucinations, usually in the form of sounds or whispers, can cause fear, anxiety, and confusion, leading to impaired social functioning and quality of life. Treatment of hallucinations generally involves pharmacological therapy; However, many patients continue to experience symptoms despite treatment. Therefore, non-pharmacological interventions such as classical music therapy, particularly Beethoven compositions, are increasingly considered supportive treatments. This study aims to determine the effectiveness of Beethoven's classical music therapy in reducing auditory hallucinations in patients with mental disorders at Tampan Hospital, Riau Province. The implementation of Evidence-Based Nursing Practice (EBN) uses an experimental approach with pre-test and post-test evaluation carried out for five days. Two patients diagnosed with schizophrenia and auditory hallucinations were selected as subjects. Classical music therapy is given once a day for 10-15 minutes using headphones in a quiet environment. The results showed a significant decrease in the intensity of hallucinations after therapy. Both patients showed improved sensory perception, reduced frequency of hearing sounds, and improved concentration and environmental orientation. Based on the assessment of the Indonesian Nursing Outcome Standard (SLKI), improvements were observed in all indicators such as concentration, orientation, and verbal response. These findings suggest that Beethoven's classical music therapy provides a calming and relaxing effect that helps patients distract from hallucinating sounds, reduce anxiety, and improve overall emotional well-being. In conclusion, Beethoven's classical music therapy has proven to be an effective non-pharmacological intervention to reduce auditory hallucinations and improve the cognitive and emotional stability of patients with mental disorders. These therapies can be integrated as complementary evidence-based nursing interventions in psychiatric care settings.

Keywords: schizophrenia, auditory hallucinations, classical music therapy, Beethoven, evidence-based nursing practice