

Politeknik Kesehatan Kemenkes Bandung

Jurusan Keperawatan Bandung

Program Studi Keperawatan Bandung

Bandung, Juni 2022

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**TINDAKAN TEKNIK MENGHARDIK DALAM MENURUNKAN HALUSINASI  
PASIEN SKIZOFRENIA DI RUMAH SAKIT JIWA PROVINSI JAWA BARAT TAHUN  
2022**

**ABSTRAK**

xvii, 83 halaman, 5 bab, 8 tabel, 1 bagan, 1 diagram, 9 lampiran

Berdasarkan data RSJ Provinsi Jawa Barat, terjadi peningkatan kasus halusinasi pasien periode tahun 2020-2021 yang semula berjumlah 1.347 (41%) menjadi 1.431 (42%). Halusinasi memberikan efek signifikan terhadap kelangsungan hidup penderitanya salah satunya gangguan pada pekerjaan. Tujuan penelitian ini adalah untuk mengetahui Gambaran Tindakan Teknik Menghardik dalam Menurunkan Halusinasi Pasien Skizofrenia. Latihan dalam mengontrol halusinasi dapat menggunakan teknik menghardik dengan cara menolak halusinasi saat muncul. Menghardik adalah terapi non farmakologi dengan menggunakan teknik penolakan pada suara atau stimulus. Rancangan studi kasus menggunakan metode deskriptif dengan penyajian data berupa narasi hasil asuhan keperawatan kepada dua pasien skizofrenia yang mengalami halusinasi. Instrumen yang digunakan adalah AHRS yang merupakan instrumen baku berisi 11 item pertanyaan. Skor halusinasi akan dikategorikan menjadi tahap halusinasi. Hasil studi kasus menunjukkan terjadi penurunan skor halusinasi pasien 1 yang semula 19 menjadi 18, sedangkan pasien 2 semula 22 menjadi 11, namun terdapat perbedaan skor antar kedua pasien yang dipengaruhi oleh beberapa faktor. Diharapkan bagi perawat dapat memberikan terapi teknik menghardik sesuai dengan SOP yang berlaku dan melatih secara rutin pelaksanaan teknik menghardik selama dirumah sakit.

Kata Kunci : Teknik menghardik, Halusinasi, Skizofrenia

Daftar Pustaka : 50 (2006 - 2022)

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**REBUKING TECHNIQUE ACTION IN REDUCING HALLUCINATIONS OF  
SCHIZOPHRENIC PATIENTS IN WEST JAVA PROVINCIAL  
MENTAL HOSPITALS IN2022  
ABSTRACT**

xvii, 83 pages, 5 chapters, 8 tables, 1 chart, 1 diagram, 8 appendices

Based on data from the West Java Provincial Hospital, there was an increase in cases of patient hallucinations for the 2020-2021 period which originally amounted to 1,347 (41%) to 1,431 (42%). Hallucinations have a significant effect on the survival of the sufferer, one of which is disruption of work. The purpose of this study was to find out the Action Description of the Rebuking Technique in Lowering hallucinations of Schizophrenic Patients. The exercises in controlling hallucinations can use the technique of rebuking by way of rejecting hallucinations as they appear. Rebuking is a non-pharmacological therapy using rejection techniques on sounds or stimuli. The design of the case study used a descriptive method by presenting data in the form of narratives of nursing care results to two schizophrenic patients who experienced hallucinations. The instrument used is AHRS which is a standard instrument containing 11 question items. The hallucination score will be categorized into hallucination stage. The results of the case study showed that there was a decrease in the hallucination score of patient 1 which was originally 19 to 18, while patient 2 was originally 22 to 11, but there was a difference in the score between the two patients which was influenced by several factors. It is hoped that nurses can provide rebuking technique therapy in accordance with applicable SOPs and train regularly the implementation of rebuking techniques while at home. Keywords : Rebuking Techniques, Hallucinations, Schizophrenia Bibliography : 50 (2006 - 2022)

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Schizophrenia Bibliography : 50 (2006 - 2022)