

PENERAPAN TINDAKAN KEPERAWATAN TERAPI GENERALIS (SP 1-4) PADA PASIEN SKIZOFRENIA DENGAN HALUSINASI PENDENGARAN DI RUANG BIMA RSUD BANYUMAS

Implementation of Generalist Nursing Interventions (SP 1–4) in a Schizophrenic Patient with Auditory Hallucinations in the Bima Ward of Banyumas Regional General Hospital

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ABSTRAK

Menurut World Health Organization (2022), diperkirakan sekitar 300 juta orang di seluruh dunia mengalami gangguan jiwa, termasuk bipolar, demensia, dan sekitar 24 juta di antaranya menderita skizofrenia. Lebih dari 90% penderita skizofrenia mengalami halusinasi, yang berdampak negatif terhadap hubungan sosial, pendidikan, serta kehidupan kerja mereka. Penulisan ini bertujuan untuk menggambarkan penerapan tindakan keperawatan melalui terapi generalis (SP 1-4) pada pasien skizofrenia dengan gejala halusinasi pendengaran di Ruang Bima RSUD Banyumas. Pendekatan yang digunakan dalam asuhan keperawatan ini bersifat deskriptif melalui studi kasus, dengan melibatkan satu orang responden sebagai sampel. Setelah dilakukan intervensi keperawatan dalam empat sesi pertemuan, diperoleh hasil bahwa perencanaan tindakan berjalan sesuai dengan tujuan, termasuk pengajaran terapi generalis (SP 1-4) pada pasien dengan halusinasi pendengaran. Evaluasi menunjukkan bahwa pasien mampu mengendalikan halusinasinya, patuh dalam mengonsumsi obat, mampu berkomunikasi, serta menjalankan aktivitas harian secara terstruktur.

Kata kunci : Schizophrenia, Halusinasi, Terapi Generalis

ABSTRACT

According to the World Health Organization (2022), approximately 300 million people worldwide suffer from mental disorders such as bipolar disorder and dementia, including around 24 million individuals diagnosed with schizophrenia. More than 90% of people with schizophrenia experience hallucinations, which significantly disrupt their social relationships, education, and work life. This paper aims to describe the implementation of nursing interventions using the generalist therapy approach (SP 1-4) for a patient with auditory hallucinations due to schizophrenia in the Bima Ward of Banyumas Regional General Hospital. The method used in providing nursing care is descriptive, employing a case study approach and the nursing process, with one respondent selected as the sample. After conducting four sessions of nursing care, the results showed that the planned interventions were successfully implemented, including teaching the patient generalist therapy (SP 1-4) to manage auditory hallucinations. The evaluation revealed that the patient was able to control hallucinations, take medication regularly, engage in conversations, and carry out scheduled activities.

Keywords : Schizophrenia, Hallucinations, Generalist Therapy