

## **PENINGKATAN KEMAMPUAN MENGONTROL HALUSINASI MELALUI TERAPI GENERALIS HALUSINAS**

Livana PH1 \*, Rihadini<sup>2</sup>, Kandar<sup>2</sup>, Titik Suerni<sup>2</sup>, Sujarwo<sup>2</sup>, Anita Maya<sup>2</sup>, Arief Nugroho<sup>2</sup>  
1 Sekolah Tinggi Ilmu Kesehatan Kendal, Jalan Laut 31A Kendal, Jawa Tengah, Indonesia, 51311  
2RSJD Dr Amino Gondohutomo Provinsi Jawa Tengah, Jl. Brigjen Sudiarto No.347, Gemah, Kec. Pedurungan, Kota Semarang, Jawa Tengah, Indonesia 50611

livana.ph@gmail.com

### **ABSTRAK**

Implementasi keperawatan jiwa pada pasien halusinasi melalui terapi generalis halusinasi telah dilaksanakan oleh perawat di RSJD Dr. Amino Gondohutomo Provinsi Jawa Tengah, namun keberhasilan pelaksanaan implementasi belum terukur secara kuantitatif. Penelitian bertujuan untuk mengetahui peningkatan kemampuan mengontrol halusinasi melalui terapi generalis halusinasi. Penelitian telah dilaksanakan dengan desain penelitian quasi experiment dengan pendekatan one group pretest-posttest pada 39 pasien halusinasi di RSJD Dr. Amino Gondohutomo Provinsi Jawa Tengah. Teknik pengambilan sampel menggunakan purposive sampling. Alat pengumpul data menggunakan kuesioner terkait usia, jenis kelamin, tingkat pendidikan, dan frekuensi dirawat, serta lembar observasi kemampuan pasien halusinasi yang dikategorikan menjadi 3 yaitu baik, sedang, dan kurang. Data hasil penelitian dianalisis secara univariat menggunakan distribusi frekuensi dan analisis bivariat menggunakan uji chi square. Hasil penelitian menunjukkan ada peningkatan kemampuan pasien halusinasi sebesar 64% sebelum dan sesudah diberikan terapi generalis dengan cara melatih ingatan dan kemampuan pasien untuk mengontrol halusinasinya. Hasil analisis bivariat menunjukkan ada pengaruh pemberian terapi generalis terhadap tingkat kemampuan pasien halusinasi dengan nilai  $p = 0,03$  ( $P \text{ value} < 0,05$ )

. Kata kunci: halusinasi, kemampuan, pasien, terapi generalis halusinasi

### **IMPROVED CAPABILITY TO CONTROL HALUSINATION THROUGH HALUSINATION GENERAL THERAPY**

The implementation of mental nursing in hallucinatory patients through hallucinatory generalist therapy has been carried out by nurses at RSJD Dr. Amino Gondohutomo, Central Java Province, But the success of the implementation has not been measured quantitatively. The research aims to determine the increase in the ability to control hallucinations through hallucinatory generalist therapy. The study was carried out with a Quasi Experiment research design with a One Group Pretest-posttest approach in 39 hallucinations patients at Regional Psychiatric Hospital Dr Amino Gondohutomo Central Java Province. The sampling technique uses purposive sampling. Data collection tools using questionnaires related to age, sex, level of education, and frequency of care, as well as observation sheets of the ability of hallucinatory patients which are categorized into 3 namely good, moderate, and less. Data were analyzed univariately using a frequency distribution and bivariate analysis using the chi square test. There was an increase in the ability of hallucination patients by 64% before and after generalist therapy was given by training the patient's memory and ability to control his hallucinations. The results of bivariate analysis showed that there was an effect of giving generalist therapy to the ability of hallucinatory patients with a value of  $p = 0.03$  ( $P \text{ value} < 0.05$ ).

Keywords: ability, hallucinations, patients, hallucinatory generalist therapy