



NURSING CARE FOR NY.L PATIENTS WITH SCHIZOPHRENIA AUDITING HALLUCINATIONS USING TECHNIQUE INTERVENTION

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DOI: <https://doi.org/10.62567/micjo.v2i2.505>

Article info:

Submitted: 16/01/25

Accepted: 21/04/25

Published: 30/04/25

Abstract

Background: Hallucinations are where the client cannot differentiate between something that is real and not real. One of the hallucinations that many people experience with schizophrenia is auditory hallucinations. One of the efforts made to overcome hallucinations is by using rebuke of hallucinations. By using the rebuke technique, it is hoped that the level of hallucinations in patients can decrease. **Objective:** To determine the process of nursing care for schizophrenic patients with sensory perception disorders, auditory hallucinations, using rebuke technique intervention. **Method:** Using descriptive research with a nursing care approach. Results: The results of the study showed that the signs of hallucinations decreased after the rebuke was carried out. **Conclusion:** Nursing care was successful and the rebuke technique was able to reduce the frequency of hallucinations.

Keywords: schizophrenia, hallucinations, swearing

Abstrak

Latar Belakang : Halusinasi ialah dimana klien tidak dapat membedakan sesuatu yang nyata dengan tidak nyata. Para penderita skizofrenia salah satu halusinasi yang banyak dirasakan adalah halusinasi pendengaran. Upaya yang dilakukan untuk mengatasi halusinasi salah satunya dengan menggunakan menghardik halusinasi. Dengan melakukan teknik menghardik diharapkan agar tingkat halusinasi pada pasien dapat menurun. **Tujuan :** Untuk mengetahui proses asuhan keperawatan pada pasien skizofrenia gangguan persepsi sensori halusinasi pendengaran dengan intervensi teknik menghardik. **Metode :** Menggunakan penelitian deskriptif dengan pendekatan asuhan keperawatan. **Hasil :** Hasil penelitian menunjukkan bahwa tanda gejala halusinasi menurun setelah dilakukan tindakan menghardik. **Kesimpulan :** Asuhan Keperawatan berhasil dilakukan dan teknik menghardik dapat menurunkan frekuensi halusinasi.

**Kata Kunci : skizofrenia, halusinasi, menghardik****1. BACKGROUND**

Mental disorders are a condition when a person experiences difficulty with their perception of life, difficulty establishing bonds with those around them, and difficulty determining behavior towards themselves. According to Law Number 18 of 2014, a person who experiences mental disorders or what is often called a Person with Mental Disorders (ODGJ) is a person who experiences disturbances in his thoughts, feelings and behavior which are expressed in the form of signs and significant differences in attitude, and can result in suffering and disturbance when performing functions as a living creature.

In people with schizophrenia, one of the hallucinations that many people experience is auditory hallucinations. Hearing whispered voices that are not real, such as something pleasant, intimidating, and reproachful, is where the client experiences auditory hallucinations. Auditory hallucinations are where the patient hears sounds but they do not correspond to the real situation and cannot be heard by people around them (Sutini, 2014).

Hallucinations are where the patient cannot distinguish between what is real and what is not real. There are several types of hallucinations, for example auditory and visual hallucinations. Someone said it was like hearing an absurd sound or phenomenon and based on the client the sound and phenomenon were real (Sutini, 2014) Based on the World Health Organization (WHO) report, the number of schizophrenia in the world in 2016 was around 26.3 million people (World Health Organization, 2018), the latest information is that in 2017 WHO stated that 50 million people in the world suffer from schizophrenia, and in Southeast Asia there are 6.5 million sufferers. (World Health Organization, 2018) The prevalence of schizophrenia sufferers in Indonesia is 0.3-1%. If the Indonesian population reaches 200 million people, it can be predicted that around 2 million people will suffer from schizophrenia.

Basic Health Research in 2018 proved that around 6.7 per 1000 households had a prevalence of schizophrenia/psychosis in Indonesia. This means that out of 1,000 household members, 6.7 households suffer from schizophrenia/psychosis. The distribution with the highest numbers is in the Special Region of Yogyakarta and Bali, with prevalence distributions with the highest values of 11.1 and 10.4 per 1,000 households that have household members (ART) suffering from psychosis/schizophrenia (Ministry of Health of the Republic of Indonesia, 2018).

According to information from the Central Java Province Community Mental Health Direction Group (TPKJM), there are quite a lot of people suffering from mental disorders in Central Java, with 2.3% of the population or 107 thousand sufferers, one of which is schizophrenia. Schizophrenia is a picture of a mental disorder, usually what appears is hallucinations. There are 70% of schizophrenia patients suffering from hallucinations (RI Ministry of Health, 2018)

According to information obtained from the 2021 RSJD Klaten Medical Record Data, the number of schizophrenia patients at the Soedjarwadi Klaten Regional Mental Hospital showed that there were 1,531 clients suffering from mental disorders, with 748 clients suffering from schizophrenia. From the data obtained, mental disorders still dominate in several cases.



other types of mental disorders, namely 49%.

If people with hallucinations are not followed up appropriately, they can burden the patient, the patient's family, the surrounding environment and other people. (Azizah et al., 2016) It is necessary to carry out open movements for people with hallucinations, of course providing nursing care commensurate with the role of nurses by helping control hallucinations.

According to Novitasari (2019), there are four ways to control hallucinations, including techniques for rebuking hallucinations, chatting with patients, carrying out planned activities, and continuing to take medication regularly. Rebuking is a step to control hallucinations by rejecting the hallucinations that appear. By using the rebuke technique, it is hoped that the level of hallucinations in patients can decrease. According to the data above, mental disorders in Indonesia are still relatively high, so to reduce auditory hallucinations, it is necessary to provide maximum nursing care so that you can protect yourself and those around you from auditory hallucinations.

So researchers are interested in conducting a case study regarding nursing care for patients, Mrs. L Schizophrenia Auditory Hallucinations With the Intervention of Harassment Techniques at RSJD Dr.RM Soedjarwadi Klaten.

2. RESEARCH METHOD

1. Data Collection Technique

a. Interview

The medical record results that need to be obtained include the patient's identity and the client's main complaint. Interview data can come from clients.

b. Observation and physical examination

Observation and physical examination, which includes general condition, examination of body parts, special information collected, namely body parts.

c. Documentation study

The instrument is implemented by bringing data from the MR (Medical Record), documenting the patient's status.

2. Data collection instrument

The structure of mental nursing assessment is comparable to established provisions.

3. FINDING AND DISCUSSION

In this literature study, the author examines nursing care with sensory perception: auditory hallucinations. In the results of the study, the respondent had problems with auditory hallucinations. Respondents were given nursing care for 3 days.

1. Assessment

From the research carried out, it is clear that Mrs. L was admitted to RSJD Klaten in the Dewandaru Room from 17 October - 31 October 2023, then re-entered



on 18 December - 31 December 2023 in the Helikonion Room with complaints of confusion, incoherent speech and difficulty sleeping and throwing tantrums, this is in accordance with Yosep's theory (2019) which explains that a person's response when hallucinations occur includes suspicion, fear, anxiety, appearing confused, incoherent speech, actions that are detrimental to the person himself and It's hard to make a decision on him. The patient was post partum for 2 months and came from Andulam Home, this is in accordance with Bahiyatun's theory, (2015) which states that the post partum period causes emotional stress, and if there are serious physical changes it can make it worse. Factors that influence success in the post partum period are support and response from family and friends, raising children and birth experiences, the relationship between birth experiences and hopes, cultural influences and aspirations.

The patient said he liked hearing the voice of a small child inviting him to go out of the house at night and made it difficult for him to sleep, this is in accordance with the theory of Wijayanti (2019) which states that the cause of hallucinations at night is because the patient suffers from insomnia which can be caused by several factors including factors precipitation from sleep needs, and precipitation factors from the environment. The sound appeared when Mrs. L is daydreaming, usually during the day and at night. From the observations of Mrs. L was detected as less social but still able to communicate, when chatting with Mrs. L is able to communicate well and openly. The clothes worn by Mrs. L looks neat, hair is clean and neat, skin and teeth look clean, nails are a little long and dirty, skin color is brown and a little dull. The patient said he wanted to go home immediately because he felt like he was just sick. The patient said he understood how to get rid of the hallucinatory sounds. From the data above, the patient Mrs. L it can be concluded that Mrs. L experiencing sensory perception disorders: auditory hallucinations.

2. Diagnosis

From the data above, it is stated that the study then carried out data analysis and the core problem that Mrs. L experienced Sensory Perception: Auditory Hallucinations. From subjective data (DS) and objective data (DO), the patient was diagnosed with auditory hallucinations because he often heard voices that seemed unreal and the patient appeared to be talking to himself. The patient appears cooperative, but the patient's eye contact is unfocused and looks around, the physiological and psychological responses that apply to patients with auditory hallucinations vary because a person responds to a hallucination by using different coping mechanisms, each person has their own coping mechanism. with this difference being driven by a person's perception and knowledge (Rahmadani, 2017).

3. Intervention

For perfect implementation of interventions, according to the author, it would be better to use SAK (Nursing Care Standards), because the activities in SAK are not only for patients but are also intended for the patient's family. Because the patient's health is not just through medication, but can be done using rebuking techniques, such



as the theory outlined by Dermawan (2015) that one of the efforts made to overcome hallucinations so far is by implementing rebuking hallucinations.

4. Implementation

After the author carried out an analysis tied to the implementation carried out by the previous author, data was obtained on implementation carried out for 3 days from 20 December 2023 - 22 December 2023 on the first day, namely implementing building relationships of mutual trust, making time contracts and introducing yourself, identifying types, content, frequency, time, situation, response to hallucinations, training patients to control hallucinations by rebuking. The actions taken when building a relationship of mutual trust with a patient are starting the meeting by making contact, showing an attitude of solidarity towards the patient, making a care agreement by explaining to the client what we aim to care for, what activities will be carried out, when, and for how long (Azizah, 2016).

Then on the second day, they teach how to control hallucinations using the technique of rebuking patients about auditory hallucinations. Rebuking hallucinations is a step to control yourself from hallucinations by rejecting the hallucinations that come. Patients are taught to say no to the hallucinations that arise (Azizah, 2016).

Then continue on the third day to evaluate the activities that have been practiced and the patient can carry out the rebuke technique on his own. Process evaluation needs to be carried out as soon as possible after the nursing planning is implemented in order to support the effectiveness of the intervention. Process evaluation needs to be implemented regularly so that the specified goals are successful (Azizah, 2016).

From the results of the implementation that has been carried out, it appears that the author did not document the results of the implementation and the patient's response. Implementation is management as well as a manifestation of the nursing planning that has been laid out in the intervention phase (Fajrian & Class, 2019). According to the theory of nursing implementation guidelines, one of them is documenting patient activities and responses, including them in health care records and care plans which contain explanations of the activities implemented and the patient's response to these actions, the aim of which is to add continuity of care in order to create a series of patient outcomes so that outcome criteria can be achieved. (Sari, 2019)

5. Evaluation

Patient evaluation on the first day, patient Mrs. L said he already understood a little about how to control auditory hallucinations using rebuke techniques. Then, on the second day the patient Mrs. L can carry out scolding techniques to control auditory hallucinations. And on the third day the patient Mrs. L said he was able to carry out scolding techniques independently.

Evaluation is the final step which has the final aim of evaluating whether the nursing actions implemented have been successful or not in order to solve a problem.



Nursing evaluation assesses the effectiveness of the design and implementation of nursing actions that have been implemented when meeting patient needs (Sari, 2019)

4. CONCLUSION

Based on the research results, the rebuke technique can reduce the frequency of hallucinations with the results obtained as follows:

1. Assessment: In carrying out the review process, all data obtained is in line with existing theory so that data analysis is carried out and then determining problem priorities.
2. Nursing diagnosis for Mrs. L is Sensory Perception Disorder: Auditory Hallucinations
3. Nursing interventions carried out on the patient Mrs. L starts from SP I to SP 3
4. Nursing implementation is carried out within 3 days using the rebuke technique
5. After implementing it for 3 days, the results obtained were that the signs and symptoms of hallucinations decreased after the rebuke technique was carried out.

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