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**Pengelolaan Gangguan Persepsi Sensori Dengan Penerapan Distraksi Melalui Terapi Individual Pada Pasien Halusinasi Pendengaran di RSJ Prof. dr. Soerojo Magelang**

(xv + 72 halaman + 2 Tabel + 10 Lampiran)

**ABSTRAK**

Halusinasi pendengaran merupakan salah satu bentuk halusinasi. Pada setiap tahapannya menimbulkan kecemasan, sehingga pasien kesulitan menerapkan teknik yang telah diajarkan untuk mengatasi kecemasan tersebut sehingga memerlukan intervensi tambahan, salah satunya dengan penerapan distraksi melalui terapi individual. Tujuannya agar memberikan gambaran mengenai strategi pelaksanaan dan distraksi pada pasien gangguan persepsi sensori berupa halusinasi pendengaran di RSJ Prof. Dr. Soerojo Magelang dengan menggunakan metode deskriptif. Proses keperawatan yang dilakukan meliputi pengkajian, diagnosa, intervensi, implementasi, dan evaluasi keperawatan. Hasil yang diperoleh menunjukkan bahwa pasien mampu mengingat dan mengaplikasikan strategi pelaksanaan yang diajarkan. Seperti pada SP 1 menghardik disertai distraksi berupa bercerita tentang hal yang menyenangkan, SP 2 pemberian obat dan distraksi menonton televisi, SP 3 bercakap-cakap dan distraksi mendengarkan musik dari televisi, serta SP 4 kegiatan dan bernyanyi sebagai bentuk distraksi. Kesimpulannya, distraksi melalui terapi individual efektif dalam mengatasi gangguan persepsi sensori pada pasien halusinasi pendengaran.

Saran, pada pasien gangguan persepsi sensori dapat diselipkan intervensi distraksi melalui terapi individual.

**Kata kunci:** Halusinasi Pendengaran, Strategi Pelaksanaan, Terapi Individual Distraksi

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# **Management of Sensory Perception Disorders with the Application of Distraction Through Individual Therapy in Patients with Auditory Hallucinations at Prof. Dr. Soerojo Mental Hospital, Magelang**

(xv + 72 pages + 2 Tables + 10 Atachement)

## **ABSTRACT**

Auditory hallucinations are a form of hallucinations. At each stage, it causes anxiety, so that patients have difficulty applying the techniques that have been taught to overcome this anxiety, so that additional interventions are needed, one of which is the application of distraction through individual therapy. The aim is to provide an overview of the implementation and distraction strategies for patients with sensory perception disorders in the form of auditory hallucinations at Prof. Dr. Soerojo Mental Hospital, Magelang using descriptive methods. The nursing process carried out includes assessment, diagnosis, intervention, implementation, and nursing evaluation. The results obtained showed that patients were able to remember and apply the implementation strategies taught. As in SP 1 scolding accompanied by distraction in the form of telling stories about fun things, SP 2 giving medicine and distraction watching television, SP 3 talking and distraction listening to music from television, and SP 4 activities and singing as a form of distraction. In conclusion, distraction through individual therapy is effective in overcoming sensory perception disorders in patients with auditory hallucinations. Suggestion, in patients with sensory perception disorders, distraction intervention can be inserted through individual therapy.

**Keywords:** auditory hallucinations, implementation strategy, individual distraction therapy