

**ANALISIS ASUHAN KEPERAWATAN PADA PASIEN  
GANGGUAN PERSEPSI SENSORI HALUSINASI  
PENDENGARAN MELALUI INTERVENSI INOVASI  
*ACCEPTANCE AND COMMITMENT THERAPY* (ACT) DI RS  
JIWA DR. SOEHARTO HEERDJAN, JAKARTA**

**Nada Tasya Anggini**

**Abstrak**

Pasien skizofrenia dengan masalah gangguan persepsi sensori : halusinasi pendengaran yang persisten dapat menyebabkan gangguan pada kehidupan. *Acceptance and Commitment Therapy* (ACT) merupakan terapi perilaku generasi terbaru yang memfokuskan dalam penerimaan halusinasi serta berkomitmen dalam menjaga perilaku baik serta lebih bernilai. Tujuan: penerapan asuhan keperawatan ini adalah untuk mengetahui pengaruh penerapan ACT terhadap halusinasi pendengaran pada pasien skizofrenia. Metode: 4 sesi terapi ACT dengan 30 menit persesinya. Alat ukur: . Pasien dievaluasi menggunakan kuisioner *The Psychotic Symptom Rating Scale* (PSYRATS) dengan 11 pertanyaan dan total nilai 44. Hasil adanya perubahan bermakna pada tanda gejala halusinasi pasien yaitu sebelum diberikan intervensi tanda gejala adalah berat dan setelah diberikan intervensi tanda gejala klien menjadi ringan dan berkurang Rekomendasi: ACT sebaiknya diintegrasikan dalam perawatan psikiatri dan intervensi keperawatan pasien skizofrenia rawat inap yang mengalami halusinasi pendengaran.

**Kata kunci:** *Acceptance and Commitment Therapy*, Halusinasi Pendengaran, Skizofrenia.

**ANALYSIS OF NURSING CARE IN PATIENTS WITH  
SENSORY PERCEPTION IMPAIRED AUDITORY  
HALLUCINATIONS THROUGH INNOVATION  
ACCEPTANCE AND COMMITMENT THERAPY (ACT)  
INTERVENTION AT DR. SUHARTO HEERJAN, JAKARTA**

**Nada Tasya Anggini**

**Abstract**

Schizophrenic patients with impaired sensory perception: persistent auditory hallucinations can cause disruption to life. Acceptance and Commitment Therapy (ACT) is the newest generation of behavioral therapy that focuses on accepting hallucinations and committing to maintaining good behavior and more value. Aim: the application of this care is to determine the effect of applying ACT on auditory hallucinations in schizophrenic patients. Method: 4 sessions of ACT therapy with 30 minutes of practice. Tools: Patients were evaluated using the Psychotic Symptom Rating Scale (PSYRATS) questionnaire with 11 questions and a total score of 44. Result : There was a significant change in the patient's hallucinations, namely before the intervention was given the symptoms were severe and after being given the intervention the client's symptoms became mild and reduced. Recommendations: ACT should be integrated into psychiatric care and interventions, including hospitalized schizophrenic patients who experience auditory hallucinations.

**Keywords** : Acceptance and Commitment Therapy, auditory hallucinations, schizophrenia.