

KARYA ILMIAH AKHIR

**ASUHAN KEPERAWATAN DAN PENERAPAN TERAPI
PSIKORELIGIUS : MURROTAL AL-QUR'AN PADA
TN.SA DENGAN HALUSINASI PENDENGARAN
DI WILAYAH KERJA PUSKESMAS ANDALAS
KOTA PADANG**

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ABSTRAK

Halusinasi pendengaran menjadi salah satu tantangan utama dalam proses pemulihan pasien dengan gangguan jiwa skizofrenia. Kondisi ini mendorong perlunya penerapan terapi komplementer yang dapat membantu menurunkan gejala, salah satunya terapi psikoreligius berupa Murrotal Al-Qur'an, yang diyakini mampu memberikan efek ketenangan dan membantu mengurangi intensitas halusinasi pada pasien. Studi kasus ini bertujuan memberikan gambaran hasil asuhan keperawatan dengan pemberian terapi generalis dan pemberian terapi psikoreligius : Murrotal Al-Qur'an pada Tn. SA dengan masalah gangguan persepsi sensori : Halusinasi pendengaran. Metode yang digunakan yaitu metode studi kasus melalui wawancara, observasi, pemeriksaan fisik, pendokumentasian, pemberian terapi generalis selama 1 hari dan terapi Murrotal Al-Qur'an surah Ar-Rahman selama 7 hari untuk mengontrol halusinasi pada klien dengan halusinasi pendengaran. Instrumen yang digunakan yaitu kuisisioner *AHRS (Auditory Hallucination Rating Scale)* untuk mengukur tingkat halusinasi klien saat *pretest* dan *post test*. Hasil evaluasi didapatkan penurunan skor pada *pre test* terapi generalis yaitu 20 (halusinasi sedang), skor *post test* terapi generalis atau *pre test* terapi Murrotal Al-Qur'an yaitu 14 (halusinasi sedang) dan skor *post test* terapi Murrotal Al-Qur'an yaitu 9 (halusinasi ringan). Hal ini menunjukkan bahwa terapi Murrotal Al-Qur'an yang dikombinasikan dengan terapi generalis mampu membantu menurunkan tingkat halusinasi pendengaran. Klien diharapkan rutin mendengarkan murrotal Al-Qur'an surah Ar-Rahman, serta keluarga ikut serta mendampingi dan memberikan dukungan dalam proses terapi untuk mengontrol halusinasi pada klien

Kata Kunci : Halusinasi pendengaran, Terapi Psikoreligius, Murrotal Al-Qur'an, Skizofrenia

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**NURSING CARE AND THE IMPLEMENTATION OF
PSYCHORELIGIOUS THERAPY: MURROTAL
AL-QUR'AN IN MR. SA WITH AUDITORY
HALLUCINATIONS AT ANDALAS
COMMUNITY HEALTH CENTER,
PADANG CITY**

ABSTRACT

Auditory hallucinations are one of the major challenges in the recovery process of patients with schizophrenia. This condition encourages the use of complementary therapies that may help reduce symptoms, including psychoreligious therapy such as Murrotal Al-Qur'an, which is believed to provide a calming effect and decrease the intensity of hallucinations. This case study aims to describe the outcomes of nursing care through the application of generalist therapy combined with psychoreligious therapy, specifically Murrotal Al-Qur'an, in Mr. SA, who presented with sensory perception disturbances in the form of auditory hallucinations. The method used in this study was a case study approach involving interviews, observations, physical examinations, documentation, the provision of generalist therapy for 1 day, and the administration of Murrotal Al-Qur'an (Surah Ar-Rahman) for 7 days to help control auditory hallucinations. The instrument used was the AHRS (Auditory Hallucination Rating Scale) to measure the client's hallucination level during the pretest and post-test phases. The evaluation showed a decrease in scores: the pretest score for generalist therapy was 20 (moderate hallucinations), the post-test score of generalist therapy or pretest score for Murrotal Al-Qur'an was 14 (moderate hallucinations), and the post-test score for Murrotal Al-Qur'an therapy was 9 (mild hallucinations). These findings indicate that Murrotal Al-Qur'an therapy, when combined with generalist therapy can help reduce the severity of auditory hallucinations. The client is expected to continue listening to Murrotal Al-Qur'an, particularly Surah Ar-Rahman, regularly, with family involvement in providing encouragement and support throughout the therapeutic process to help control the hallucinations.

Keywords: Auditory hallucinations, Psychoreligious therapy, Murrotal Al-Qur'an, Schizophrenia

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