

**KARYA ILMIAH AKHIR**

**ASUHAN KEPERAWATAN PADA NY. N DENGAN HALUSINASI  
PENDENGARAN DAN PENERAPAN KOMBINASI TERAPI  
PSIKORELIGIUS : MEMBACA DAN MENDENGARKAN  
MUROTTAL AL-QUR'AN DI WILAYAH KERJA  
PUSKESMAS LUBUK BEGALUNG  
KOTA PADANG**



**PROGRAM STUDI PROFESI NERS  
FAKULTAS KEPERAWATAN  
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KARYA ILMIAH AKHIR  
JUNI, 2026**

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**ABSTRAK**

Halusinasi pendengaran merupakan gejala yang paling sering dialami oleh pasien skizofrenia dan dapat mengganggu fungsi kognitif, emosional, perilaku, serta interaksi sosial. Ketidakmampuan mengontrol halusinasi dapat meningkatkan risiko kekambuhan dan perilaku yang membahayakan diri sendiri maupun orang lain. Kondisi tersebut menunjukkan pentingnya pemberian intervensi keperawatan yang tepat untuk membantu pasien mengontrol halusinasi dan meningkatkan kemampuan adaptif. Salah satu intervensi nonfarmakologis yang dapat diberikan untuk membantu mengontrol halusinasi adalah terapi psikoreligius berupa membaca dan mendengarkan murottal Al-Qur'an. Karya ilmiah ini bertujuan untuk menggambarkan hasil penerapan terapi SAK dan terapi psikoreligius membaca serta mendengarkan murottal Al-Qur'an pada Ny. N yang mengalami halusinasi pendengaran. Metode yang digunakan adalah studi kasus dengan pendekatan proses keperawatan. Data diperoleh melalui wawancara, observasi, pengkajian status mental, studi dokumentasi, serta pengukuran tingkat halusinasi menggunakan AHRS. Implementasi dilakukan dengan pemberian SAK halusinasi pendengaran dan terapi psikoreligius membaca serta mendengarkan Al-Qur'an selama 10 hari, berupa membaca Surah Al-Fatihah ayat 1–7, Surah Al-Isra' ayat 82, Surah Yunus ayat 57, dan Surah Ar-Ra'd ayat 11, serta mendengarkan murottal Surah Ar-Rahman ayat 1–78. Hasil evaluasi menunjukkan penurunan skor AHRS dari 21 sebelum intervensi menjadi 9 setelah pemberian terapi SAK dan terapi psikoreligius membaca serta mendengarkan murottal Al-Qur'an. Selain itu, klien menunjukkan peningkatan kemampuan mengenali dan mengontrol halusinasi, peningkatan interaksi sosial, serta kemampuan mengendalikan respons emosional. Dengan demikian, kombinasi terapi SAK dan terapi psikoreligius berupa membaca serta mendengarkan murottal Al-Qur'an menjadi salah satu intervensi komplementer yang dapat membantu menurunkan tingkat halusinasi pendengaran pada pasien dalam praktik keperawatan jiwa.

**Kata Kunci : Halusinasi Pendengaran, Terapi Psikoreligius, Al-Qur'an  
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***NURSING CARE FOR MRS. N WITH AUDITORY HALLUCINATIONS AND  
THE APPLICATION OF A COMBINATION OF PSYCHORELIGIOUS  
THERAPY: READING AND LISTENING TO MUROTTAL AL-QUR'AN  
IN THE WORK AREA OF LUBUK BEGALUNG COMMUNITY  
HEALTH CENTER, PADANG CITY***

**ABSTRACT**

*Auditory hallucinations are the most common symptoms experienced by patients with schizophrenia and can interfere with cognitive, emotional, behavioral functions, as well as social interactions. The inability to control hallucinations can increase the risk of relapse and behaviors that endanger oneself or others. This condition highlights the importance of providing appropriate nursing interventions to help patients manage hallucinations and improve adaptive abilities. One non-pharmacological intervention that can be offered to help control hallucinations is psychoreligious therapy, such as reading and listening to the recitation of the Qur'an. This scientific work aims to describe the results of applying SAK therapy and psychoreligious therapy through reading and listening to the Qur'an recitation on Mrs. N, who experiences auditory hallucinations. The method used is a case study with a nursing process approach. The data was collected through interviews, observation, mental status assessments, documentation studies, and measuring the level of hallucinations using AHRS. The implementation was carried out by giving SAK for auditory hallucinations and psycho-religious therapy of reading and listening to the Qur'an for 10 days, which included reading Surah Al-Fatihah verses 1–7, Surah Al-Isra' verse 82, Surah Yunus verse 57, and Surah Ar-Ra'd verse 11, as well as listening to the recitation of Surah Ar-Rahman verses 1–78. The evaluation results showed a decrease in the AHRS score from 21 before the intervention to 9 after receiving general therapy and psychoreligious therapy through reading and listening to the Qur'an recitations. Additionally, the client showed improved ability to recognize and control hallucinations, better social interactions, and improved control over emotional responses. Thus, a combination of SAK therapy and psychoreligious therapy, such as reading and listening to Quranic recitations, becomes one of the complementary interventions that can help reduce the level of auditory hallucinations in patients in mental health nursing practice.*

***Keywords: Auditory hallucinations, Psychoreligious Therapy, the Qur'an***

***Bibliography : 63 (2017-2025)***