

**ASUHAN KEPERAWATAN JIWA PADA TN. E DENGAN DIAGNOSA SKIZOFRENIA
YANG MENGALAMI HALUSINASI PENDENGARAN MELALUI PENERAPAN
COGNITIVE BEHAVIOUR THERAP DAN
FAMILY PSYCHOEDUCATION DALAM MENINGKATKAN
KEMAMPUAN MENGONTROL HALUSINASI DAN
DUKUNGAN *CAREGIVER* DI YAYASAN
REHABILITASI SOSAIL AL-FATEH**

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ABSTRAK

Latar Belakang: Skizofrenia merupakan gangguan jiwa berat yang dapat menimbulkan halusinasi pendengaran berupa suara yang tidak nyata dan memengaruhi perilaku pasien. Penatalaksanaan halusinasi memerlukan intervensi farmakologis dan nonfarmakologis, salah satunya Cognitive Behaviour Therapy (CBT) dan Family Psychoeducation (FPE). **Tujuan:** Menggambarkan pelaksanaan asuhan keperawatan jiwa pada Tn. E dengan skizofrenia yang mengalami halusinasi pendengaran melalui penerapan CBT dan FPE dalam meningkatkan kemampuan mengontrol halusinasi dan dukungan Caregiver di Yayasan Rehabilitasi Sosial Al-Fateh Batam. **Metode:** Menggunakan studi kasus deskriptif dengan pengumpulan data melalui wawancara, observasi, dan dokumentasi. Intervensi dilakukan selama 5 hari dalam 5 sesi berupa strategi pelaksanaan halusinasi (SP 1–4), CBT lima sesi, dan FPE lima sesi bersama caregiver. **Hasil:** Tn. E menunjukkan peningkatan kemampuan mengenali dan mengontrol halusinasi. Pasien mampu menghardik halusinasi, minum obat secara teratur, bercakap-cakap, melakukan aktivitas terjadwal, serta menghadapi suara tanpa mengikuti isi atau perintah halusinasi. Caregiver memperoleh edukasi mengenai dukungan dalam mengontrol halusinasi. **Kesimpulan:** Penerapan CBT dan FPE membantu meningkatkan kemampuan pasien dalam mengontrol halusinasi pendengaran serta meningkatkan dukungan caregiver.

Kata Kunci: Asuhan Keperawatan Jiwa, Halusinasi Pendengaran, Skizofrenia, *Cognitive Behaviour Therapy*, *Familly Psychoeducation*

**PSYCHIATRIC NURSING CARE FOR MR. E WITH SCHIZOPHRENIA
EXPERIENCING AUDITORY HALLUCINATIONS THROUGH THOUGHT
STOPPING THERAPY AT THE
ALFATEH SOCIAL REHABILITATION
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ABSTRACT

Background: Schizophrenia is a severe mental disorder that may cause auditory hallucinations in the form of unreal voices that can affect the patient's behavior. The management of hallucinations requires both pharmacological and non-pharmacological interventions, including Cognitive Behaviour Therapy (CBT) and Family Psychoeducation (FPE). **Objective:** To describe the implementation of psychiatric nursing care for Mr. E with schizophrenia experiencing auditory hallucinations through the application of CBT and FPE to improve the ability to control hallucinations and family support at the Al-Fateh Social Rehabilitation Foundation in Batam. **Method:** A descriptive case study was conducted using interviews, observation, and documentation. Interventions were provided for 5 days, consisting of hallucination management strategies (SP 1–4), five CBT sessions, and five FPE sessions involving the caregiver. **Results:** Mr. E demonstrated improved ability to recognize and control hallucinations. The patient was able to use the hallucination-hardening technique, take medication regularly, engage in conversation, perform scheduled activities, and face voices without following their content or commands. The caregiver also received education on providing support to help control hallucinations. **Conclusion:** The application of CBT and FPE helped improve the patient's ability to control auditory hallucinations and increased caregiver support.

Keywords: *Psychiatric Nursing Care, Auditory Hallucination, Schizophrenia, Cognitive Behaviour Therapy, Family Psychoeducation.*