

ABSTRACT

Background: Based on the medical record data from the Provincial Jambi Mental Hospital in 2023, there were 452 inpatients suffering from mental disorders, with 391 experiencing hallucinations. Hallucinations are symptoms of mental disorders characterized by changes in sensory perception, such as false sensations in hearing, vision, taste, touch, and smell. One of the nursing interventions that can be given is zikr therapy.

Method: This study uses a quasi-experimental research design with a One Group pre-test and post-test approach involving 10 respondents. Data measurement was conducted using the AHRS instrument, and the statistical test used was the Paired T-Test.

Results: The results of the study show that the characteristics of the respondents are as follows: 2 people (20%) are aged between 36-45 years, 4 people (40%) are aged between 26-35 years, and 4 people (40%) are aged between 17-25 years. The majority of the respondents are male, totaling 10 people (100%). Six respondents (60%) had a treatment duration of less than 1 month. There was a significant effect of zikr therapy in controlling auditory hallucinations with a p-value of 0.000.

Conclusion: Zikr therapy can control auditory hallucinations in patients with hallucinations. It is hoped that patients experiencing hallucinations will implement zikr therapy.

Keywords: Auditory hallucinations, Zikr therapy, Psychiatric Hospital

ABSTRAK

Latar Belakang: Berdasarkan data rekam medik Rumah Sakit Jiwa Daerah Provinsi Jambi pada tahun 2023, ada 452 orang pasien rawat inap yang menderita gangguan jiwa, dengan 391 orang yang mengalami halusinasi. Halusinasi adalah gejala gangguan jiwa yang ditunjukkan perubahan dalam persepsi sensori palsu pada pendengaran, penglihatan, pengecapan, perabaan, dan penghiduan. Tindakan keperawatan yang bisa diberikan salah satunya adalah terapi zikir.

Metode: Penelitian ini menggunakan jenis penelitian *quasy expriemental* dengan rancangan *One Group pre-test* dan *post-test* terhadap 10 responden dengan pengukuran data menggunakan instrument AHRS dan uji statistik yang digunakan adalah uji Paired T-Test.

Hasil: Hasil penelitian menunjukkan karakteristik responden berusia antara 36-45 2 orang (20%), berusia antara 26-35 4 orang (40%), berusia 17-25 tahun 4 orang (40%), mayoritas berjenis kelamin laki-laki sejumlah 10 orang (100%), lama rawatan kurang dari 1 bulan sebanyak 6 responden (60%). Terdapat pengaruh terapi zikir dalam mengontrol halusinasi pendengaran dengan nilai *p-value* 0,000.

Kesimpulan: Terapi zikir dapat mengontrol halusinasi pendengaran pada pasien halusinasi. Diharapkan pada pasien halusinasi menerapkan terapi zikir.

Kata Kunci: Halusinasi Pendengaran, Terapi Zikir, Rumah Sakit Jiwa