

**PENERAPAN TERAPI *GUIDED IMAGERY* PADA NN. I
DENGAN WAHAM : CURIGA DI RUMAH SAKIT JIWA
dr. RADJIMAN WEDIODINIGRAT
LAWANG MALANG**

KARYA ILMIAH AKHIR



**Oleh:
Ninda Yusianti
NIM. 25101022**

**PROGRAM STUDI PROFESI NERS
FAKULTAS ILMU KESEHATAN
UNIVERSITAS dr. SOEBANDI
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ABSTRAK

PENERAPAN TERAPI GUIDED IMAGERY PADA NN. I DENGAN WAHAM : CURIGA DI RUMAH SAKIT JIWA dr. RADJIMAN WEDIODINIGRAT LAWANG MALANG

THE APPLICATION OF GUIDED IMAGERY THERAPY FOR MRS. I WITH PERSECUTOR DELUSIONS AT THE Dr. RADJIMAN WEDIODINIGRAT MENTAL HOSPITAL IN LAWANG, MALANG

Ninda Yusianti¹

¹Profesi Ners, Ilmu Kesehatan, Universitas dr. Soebandi, Email: nindayusianti127@gmail.com

Email Koresponden: nindayusianti127@gmail.com

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Abstrak

Latar Belakang: Waham curiga pada *skizofrenia* melibatkan keyakinan irasional dan kuat bahwa individu sedang dikejar, dianiaya, diracuni, atau dibunuh oleh orang lain atau kelompok tertentu, sering disertai kecurigaan ekstrem, waspada berlebih, sulit berkonsentrasi, wajah tegang, dan perilaku defensif seperti isolasi atau agresi, meskipun tidak didukung bukti realitas.

Tujuan: Menganalisis terapi *guided imagery* terhadap penurunan tanda dan gejala pada pasien Waham: Curiga.

Metode: Penelitian ini menggunakan desain studi kasus (*case report*) dengan pendekatan deskriptif analitik, yang berfokus pada asuhan keperawatan. Subjek penelitian adalah Nn. I, berusia 24 tahun, diagnosa keperawatan Waham: Curiga. Instrumen penilaian berpedoman “Status Orientasi” (SLKI L.09090). Terapi *guided imagery* diberikan selama 3 hari berturut-turut, tiap sesi 10 menit.

Hasil: Setelah terapi *Guided Imagery* pada hari ke-1 sampai ke-3 terjadi peningkatan skor orientasi secara konsisten yang menunjukkan peralihan dari kategori cukup memburuk menjadi cukup membaik dan perbaikan pada orientasi, realitas berpikir, komunikasi, konsentrasi, serta perawatan diri.

Kesimpulan: Setelah diberikan Terapi *guided imagery* selama 3 hari status orientasi Nn. I dari kategori memburuk menjadi cukup membaik dengan menggunakan indikator “Status Orientasi” (SLKI L.09090), melalui relaksasi pernapasan diafragma dan visualisasi lingkungan aman, mengurangi kewaspadaan berlebihan serta memperbaiki kontrol diri.

Kata Kunci: Waham, Terapi *Guided Imagery*, Curiga

ABSTRACT

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Abstract

Background: Persecutory delusions in schizophrenia involve irrational and strong beliefs that the individual is being pursued, persecuted, poisoned, or killed by specific people or groups, often accompanied by extreme suspicion, hypervigilance, difficulty concentrating, a tense facial expression, and defensive behaviors such as isolation or aggression, even though there is no evidence to support these beliefs in reality.

Purpose: Analyzing guided imagery therapy to reduce signs and symptoms in patients with delusions: suspicious.

Method: This study employed a case report design with a descriptive-analytical approach, focusing on nursing care. The subject of the study was Ms. I, aged 24, with the nursing diagnosis of Delusion: Suspicion. The assessment instrument was based on the "Orientation Status" scale (SLKI L.09090). Guided imagery therapy was administered for 3 consecutive days, with each session lasting 10 minutes.

Result: After Guided Imagery therapy on days 1 to 3 there was a consistent increase in orientation scores which showed a transition from the moderately worse to quite improved category and improvements in orientation, reality of thinking, communication, concentration and self-care.

Conclusion: After receiving guided imagery therapy for 3 days, Ms. I's orientation status improved from "deteriorating" to "fairly improved," as measured by the "Orientation Status" indicator (SLKI L.09090). This improvement was achieved through diaphragmatic breathing relaxation and visualization of a safe environment, which reduced her excessive vigilance and improved her self-control.

Kata Kunci: Delusion, Guided Imagery Therapy, Suspicion
