

Application of Guided Imagery Therapy to Patient with Auditory Hallucinations: A Case Study

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Abstract

Nursing problems that often arise in patients with mental disorders are hallucinations. Auditory hallucinations are the most common type of hallucination where the patient hears voices so that the patient cannot distinguish between his delusion and the reality he is experiencing. Guided imagery therapy is a non-pharmacological technique that is useful in reducing the signs and symptoms of hallucinations. This study used a descriptive method with a case study approach. Respondents were 2 patients. Inclusion criteria include patients with auditory hallucinations, cooperative and willing to be respondents. Supporting data were obtained from interviews, observations, medical records and nursing care processes. The results of the case study showed that after guided imagery therapy was performed once a day for a duration of 15 minutes for 3 days, the signs and symptoms of hallucinations were reduced. The application of guided imagery therapy can reduce signs and symptoms in hallucination patients. Suggestions for nurses are expected to apply guided imagery therapy in providing nursing care to patients with sensory perception disorders: auditory hallucinations.

Keywords

Auditory Hallucination, Guided Imagery, Patient