

**OPTIMIZATION OF OCCUPATIONAL ACTIVITY THERAPY  
INTERVENTIONS ON CHANGES IN SENSORY PERCEPTION IN  
HALLUCINATION PATIENTS IN RSJD. ARIF ZAINUDIN  
SURAKARTA**

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**ABSTRACT**

**Background:** Hallucinations are defined as disturbances in a person's perception, where there is no stimulus. One type of hallucination is auditory hallucination and is the type of hallucination that is most commonly suffered. Symptoms of hallucinations include dancing, daydreaming, talking to yourself, laughing to yourself, smiling to yourself and restlessness. There are several things that trigger a recurrence of hallucinations marked by the appearance of psychological symptoms that previously experienced good progress. Chronic mental disorders usually experience a recurrence in the first year, with a percentage of 50% and will experience an impact of 79% in the second year. Drawing activity occupational therapy is a form of psychotherapy that applies art media as a communication medium. Drawing occupational therapy can reduce a person's interaction with their own thoughts so that they do not focus on their hallucinations (Ernida, 2023). **Method:** Metode yang digunakan dalam penerapan ini bersifat deskriptif dengan desain penelitian studi kasus pre test post test pada 2 responden, instrument penelitian lembar observasi kusioner AHRSA **Results:** Before being given occupational therapy, Mr. D in the severe hallucinations category and Mr. R in the moderate hallucination category. After being given occupational therapy for drawing for 3 times, Mr. D in the moderate hallucination category and Mr. R in the mild hallucination category. **Conclusion:** Occupational Therapy Drawing Activities to reduce the level of hallucinations in patients with auditory hallucinations.

**Keywords:** *Hallucinations, occupational therapy drawing activities*