THE IMPLEMENTATION OF SKINNER'S OPERANT CONDITIONING THEORY IN REALITY ORIENTATION THERAPY FOR PATIENTS WITH PARANOID AT THE BANTUR PRIMARY HEALTH CARE CENTER

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ABSTRACT

Background: Delusion is a disturbance in the thought process characterized by false beliefs that are firmly maintained and inconsistent with reality despite evidence to the contrary. Persecutory delusion is one of the most common types of delusions found in patients with mental disorders, characterized by the belief that they are being watched, talked about, or harmed by others. The application of B.F. Skinner's Operant Conditioning Theory through positive reinforcement is expected to improve patients' ability to recognize reality and maintain adaptive behavior. **Objective:** To describe the implementation of B.F. Skinner's Operant Conditioning Theory in Reality Orientation Therapy for patients with delusions in the working area of Bantur Community Health Center. **Methods:** This study employed a case study design involving one patient with a nursing diagnosis of disturbed thought processes: persecutory delusion. The intervention was carried out through Reality Orientation Therapy over five home visits. The intervention focused on orientation to person, place, time, and situation, as well as providing positive reinforcement whenever the patient demonstrated responses consistent with reality. Evaluation was conducted using an observation sheet of signs and symptoms of delusions based on the Indonesian Nursing Outcome Standards (SLKI). **Results:** After implementing the intervention over the course of five visits, there was a reduction in signs and symptoms of delusions, as evidenced by a decrease in the "disconnection from reality" score from 5 to 2, a decrease in suspicious behavior from 5 to 2, a decrease in suspicion of others from 5 to 1, and an increase in the ability to recognize reality from 1 to 4. **Conclusion:** The implementation of B.F. Skinner's Operant Conditioning Theory in Reality Orientation Therapy was effective in helping patients control delusions through positive reinforcement of reality-based behaviors.

Keywords: Operant Conditioning, Skinner, Reality Orientation Therapy, Persecutory Delusion, Psychiatric Nursing.