

IMPLEMENTATION OF ACCEPTANCE AND COMMITMENT THERAPY
(ACT) WITH PEPLAU'S INTERPERSONAL MODEL APPROACH FOR
SCHIZOPHRENIA PATIENTS WITH AUDITORY HALLUCINATIONS

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ABSTRACT

Hallucinations are a sensory perception disorder that, if not controlled, can endanger oneself or others due to the risk of causing suicidal behavior, self-harm, or aggression towards those around them. One of the mechanisms for control is the administration of ACT therapy. The aim of this study is to analyze the ability of patients with auditory hallucinations to control their hallucinations after the implementation of ACT using Peplau's interpersonal model approach. The research uses a qualitative descriptive method with a case study approach. The intervention was conducted over three days, referring to the four phases according to Peplau's interpersonal model: orientation phase, identification phase, exploitation phase, and resolution phase. Data were collected through interviews, observations, and documentation studies. The results show a decrease in the frequency of hallucinations from 3 – 4 times a day to once a day. Evaluation based on the Indonesian Nursing Outcome Standards (SLKI) indicators shows a reduction in verbalizations of hearing something, sensory distortions, hallucination behaviors, and an increase in social interactions. In conclusion, ACT therapy can bring about positive behavioral changes in helping clients control hallucinations. With Peplau's interpersonal approach, the trust-based relationship built between the nurse and the patient plays a significant role in helping the patient express their hallucination experiences, allowing the patient to feel accepted without being judged and ultimately able to commit to not engaging in maladaptive behaviors anymore. This approach can serve as an applicable and independent nursing intervention to control hallucinations in patients.

Keywords: Auditory Hallucinations, Peplau's Interpersonal Model, Acceptance and Commitment Therapy