

ABSTRAK

Latar belakang: Skizofrenia adalah gangguan jiwa kronis yang memengaruhi proses berpikir, emosi, fungsi sosial, dan komunikasi. Salah satu masalah keperawatan yang sering muncul adalah harga diri rendah, yang ditandai dengan penilaian negatif terhadap diri sendiri, perasaan tidak berharga, dan tidak percaya diri. **Tujuan:** Melaksanakan asuhan keperawatan jiwa pada Nn. S diagnosa skizofrenia dengan masalah harga diri rendah di Ruang Psikiatri RSUD Tgk. Chik Ditiro Sigli Kabupaten Pidie. **Metode:** Penelitian menggunakan pendekatan deskriptif dan studi kasus pada periode 12-17 Mei 2026. **Hasil:** Pengkajian menunjukkan pasien merasa tidak percaya diri terhadap bentuk tubuh, menganggap dirinya jelek dan tidak disukai, merasa bodoh karena pendidikan yang hanya sampai kelas II SMA, merasa malu karena tidak bekerja, serta merasa sedih akibat sering diejek. Pasien juga terlihat menyendiri dan kurang mampu menjaga kontak mata. Berdasarkan analisa data, harga diri rendah ditetapkan sebagai diagnose prioritas. Intervensi yang dilakukan meliputi bina hubungan saling percaya, identifikasi aspek dan kemampuan positif, latihan mencuci piring, merapikan tempat tidur, mencuci pakaian, menyapu, dan memberikan penguatan positif. **Kesimpulan:** Asuhan keperawatan membantu pasien untuk mengenali potensi dirinya dan meningkatkan harga diri. **Rekomendasi:** Hasil penelitian ini diharapkan menjadi masukan bagi rumah sakit untuk meningkatkan kualitas asuhan keperawatan bagi pasien skizofrenia dengan masalah harga diri rendah.

Kata kunci : Asuhan keperawatan, Isolasi sosial, Koping individu tidak efektif, Harga diri rendah, Skizofrenia

ABSTRACT

Background: Schizophrenia is a chronic mental disorder that affects thinking processes, emotions, social functioning, and communication. One of the nursing problems that patients often experience is low self-esteem, which is negative self-assessment accompanied by feelings of worthlessness and lack of confidence. **Objective:** To carry out psychiatric nursing care for Mrs. S with a medical diagnosis of schizophrenia and low self-esteem nursing problems in the Psychiatric Room of Tgk. Chik Ditiro Sigli Hospital, Pidie Regency. **Methods:** This study uses a descriptive method with a case study approach which was carried out on May 12–17, 2026. **Results:** The study showed that patients felt unconfident in their body shape, considered themselves ugly, disliked by others, felt stupid because they only went to school until the second grade of high school, embarrassed because they did not work, and sad because they were often ridiculed by the environment, the patient also seemed alone and unable to maintain eye contact when communicating. Based on data analysis, the diagnosis of low self-esteem nursing was designated as a priority issue. Interventions are carried out through fostering mutual trust, identifying positive aspects, training skills such as washing dishes, tidying up mattresses, washing clothes and sweeping, and providing positive reinforcement. **Conclusion:** Nursing care helps patients recognize their ability to perform positive activities so that self-esteem increases. **Recommendation:** The results of this study are expected to be input for hospitals in improving the quality of nursing care for schizophrenia patients with low self-esteem.

Keywords : Nursing nursing, Social isolation, Ineffective individual coping, Low self-esteem, Schizophrenia