

**PROGRAM STUDI PROFESI NERS FAKULTAS KEPERAWATAN
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**Asuhan Keperawatan Pada Klien Dengan Resiko Perilaku Kekerasan Dengan
Penerapan Terapi Senam *Aerobic Low Impact* Di Ruang Mandau 2 RSJ
Tampan Provinsi Riau**

ABSTRAK

Risiko perilaku kekerasan merupakan respons marah diekspresikan melalui verbal, fisik, maupun psikologis yang dapat membahayakan diri sendiri, orang lain, dan lingkungan. Intervensi keperawatan dengan terapi nonfarmakologis berupa terapi generalis dan terapi khusus senam *aerobic low impact*. Karya ilmiah ini bertujuan untuk menggambarkan dampak pemberian terapi senam *aerobic low impact* dalam menurunkan tanda dan gejala risiko perilaku kekerasan. Metode yang digunakan adalah studi kasus dengan pendekatan deskriptif. Studi kasus dilaksanakan di RSJ Tampan Provinsi Riau pada tanggal 2–6 Februari 2026. Intervensi dilakukan selama 5 hari dengan durasi 10–15 menit setiap sesi, disertai pemberian terapi generalis sesuai kebutuhan pasien. Hasil menunjukkan adanya penurunan tanda dan gejala risiko perilaku kekerasan pada kedua pasien. Pada Tn. H, dari 6 gejala mayor dan 2 gejala minor sebelum intervensi, tanda dan gejala menurun secara bertahap hingga pada hari ke-5 tidak ditemukan tanda dan gejala risiko perilaku kekerasan. Pada Tn. F, dari 7 gejala mayor dan 4 gejala minor sebelum intervensi, juga mengalami penurunan secara bertahap hingga pada hari ke-5 tidak ditemukan tanda dan gejala risiko perilaku kekerasan. Kedua pasien tampak lebih tenang, mampu mengontrol emosi, serta dapat mengikuti aktivitas dengan baik setelah dilakukan terapi secara rutin. Kesimpulan dari studi kasus ini menunjukkan bahwa terapi senam *aerobic low impact* dapat membantu menurunkan tanda dan gejala risiko perilaku kekerasan pada pasien.

Kata Kunci : Resiko Perilaku Kekerasan, Senam *Aerobic Low Impact*,
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Nursing Intervention for Clients with Risk of Violent Behavior Through Low Impact Aerobic Exercise Therapy in the Mandau 2 Ward of Tampan Psychiatric Hospital, Riau Province

xv + 41 pages + 5 tables + 1 schemes + 6 attachment

ABSTRACT

Risk of violent behavior is an anger response expressed verbally, physically, or psychologically that may endanger oneself, others, and the environment. Nursing interventions include non-pharmacological approaches such as generalist therapy and specific therapy using aerobic low-impact exercise. This scientific paper aims to describe the effect of aerobic low-impact exercise therapy in reducing the signs and symptoms of the risk of violent behavior. The method used was a descriptive case study. The case study was conducted at Tampan Mental Hospital, Riau Province, from February 2–6, 2026. The intervention was carried out for five days, with each session lasting 10–15 minutes, accompanied by generalist therapy according to the patients' needs. The results showed a decrease in the signs and symptoms of the risk of violent behavior in both patients. In Mr. H, six major symptoms and two minor symptoms were identified before the intervention, which gradually decreased until no signs or symptoms of the risk of violent behavior were observed on the fifth day. In Mr. F, seven major symptoms and four minor symptoms were identified before the intervention, which also gradually decreased until no signs or symptoms were observed on the fifth day. Both patients appeared calmer, were able to control their emotions, and participated well in activities after receiving the therapy routinely. The conclusion of this case study indicates that aerobic low-impact exercise therapy can help reduce the signs and symptoms of the risk of violent behavior in patients.

Keyword : Risk of Violent Behavior, Low Impact Aerobic Exercise, Signs and Symptoms

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