

**PROGRAM STUDI PROFESI NERS
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**PENERAPAN *PROGRESSIVE MUSCLE RELAXATION THERAPY* PADA
PASIEAN RESIKO PERILAKU KEKERASAN DI RUANGAN SIAK
RUMAH SAKIT JIWA TAMPAN PROVINSI RIAU**

Xii + 80 + 13 Tabel + 7 Lampiran

ABSTRAK

Risiko perilaku kekerasan merupakan salah satu masalah keperawatan jiwa yang paling sering ditemukan pada pasien skizofrenia, ditandai dengan hilangnya kendali perilaku yang dapat membahayakan diri sendiri, orang lain, maupun lingkungan. Data World Health Organization mencatat lebih dari 50% pasien dengan perilaku kekerasan tidak mendapatkan penanganan yang memadai, sementara survei awal di Ruang Siak RSJ Tampan Provinsi Riau menunjukkan risiko perilaku kekerasan sebagai kasus terbanyak. Salah satu intervensi nonfarmakologi yang direkomendasikan adalah Progressive Muscle Relaxation Therapy, yaitu teknik relaksasi melalui pengencangan dan pengenduran otot secara sistematis untuk menurunkan ketegangan fisik dan psikologis. Penulisan menggunakan metode deskriptif dengan pendekatan studi kasus pada dua partisipan berinisial Nn. W dan Ny. S di Ruang Siak RSJ Tampan. Pengumpulan data dilakukan melalui wawancara, observasi, dan pemeriksaan fisik, dengan instrumen lembar observasi 10 tanda dan gejala risiko perilaku kekerasan. Intervensi diberikan selama 5 hari berturut-turut, 20–30 menit per sesi, dikombinasikan dengan Strategi Pelaksanaan 1–5. Hasil menunjukkan penurunan tanda dan gejala pada Nn. W dari 5 menjadi 2, dan pada Ny. S dari 7 menjadi 3. Disimpulkan bahwa PMRT efektif menurunkan tanda dan gejala risiko perilaku kekerasan, dipengaruhi pula oleh faktor dukungan keluarga.

Kata kunci: risiko perilaku kekerasan, progressive muscle relaxation therapy, skizofrenia, asuhan keperawatan jiwa, evidence based practice

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**APPLICATION OF PROGRESSIVE MUSCLE RELAXATION THERAPY
IN PATIENTS WITH RISK FOR VIOLENCE BEHAVIOR IN THE SIAK
WARD OF TAMPAN MENTAL HOSPITAL, RIAU PROVINCE**

xii + 62 pages + 13 Tables + 7 Appendices

ABSTRACT

Risk for violence behavior is one of the most commonly encountered psychiatric nursing problems among schizophrenic patients, characterized by a loss of behavioral control that may endanger the patient, others, or the surrounding environment. The World Health Organization reported that more than 50% of patients with violent behavior do not receive adequate treatment, while a preliminary survey conducted in the Siak Ward of Tampan Mental Hospital, Riau Province, identified risk for violence behavior as the most prevalent case. One recommended nonpharmacological intervention is Progressive Muscle Relaxation Therapy, a relaxation technique involving the systematic tensing and releasing of muscle groups to reduce physical and psychological tension. This study employed a descriptive method with a case study approach involving two participants, initialed Nn. W and Ny. S, in the Siak Ward of Tampan Mental Hospital. Data were collected through interviews, observation, and physical examination, using an observation sheet consisting of 10 signs and symptoms of risk for violence behavior. The intervention was administered for five consecutive days, 20–30 minutes per session, combined with Nursing Care Strategies 1–5. Results showed a reduction in signs and symptoms from 5 to 2 in Nn. W, and from 7 to 3 in Ny. S. It is concluded that PMRT is effective in reducing signs and symptoms of risk for violence behavior, with family support identified as an additional influencing factor.

Keywords: risk for violence behavior, progressive muscle relaxation therapy, schizophrenia, psychiatric nursing care, evidence-based practice