

**PROGRAM STUDI PROFESI NERS
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Eliza Putri
24501036

Asuhan Keperawatan Jiwa Dengan Penerapan *Breathing Exercise* Pranayama Pada
Pasien Risiko Perilaku Kekerasan Di Rumah Sakit Jiwa Tampan Provinsi Riau

XIII+45 Halaman+1 Skema +7 Tabel+6 Lampiran

ABSTRAK

Isu kesehatan jiwa menjadi masalah yang serius dan mengkhawatirkan di banyak Negara termasuk Indonesia. Salah satu masalah kesehatan jiwa yang perlu perhatian lebih adalah risiko perilaku kekerasan. Pasien dengan risiko perilaku kekerasan akan memberikan dampak bagidirinya sendiri maupun bagiorang lain. Dampak perilaku kekerasan yang dilakukan pasien terhadap dirinya adalah dapat mencederai dirinya sendiri atau merusak lingkungannya. Dalam mengurangi risiko perilaku kekerasan tindakan yang dapat dilakukan dengan menggunakan strategi pelaksanaan (SP) dan terapi non farmakologis. Salah satu terapi non farmakologis yang dapat dilakukan yaitu latihan pernapasan seperti *breathing exercise* pranayama. *Breathing exercise* pranayama dapat menurunkan tanda dan gejala pada pasien risiko perilaku kekerasan. Tujuan dari penelitian ini adalah untuk menjelaskan asuhan keperawatan jiwa dengan penerapan *breathing exercise* pranayama pada pasien risiko perilaku kekerasan di Rumah Sakit Jiwa Tampan Provinsi Riau. Metode pelaksanaan yang dilakukan yaitu dengan teknik *eksperimen* (perlakuan) pada pasien dengan risiko perilaku kekerasan. Jumlah sampel yang digunakan sebanyak 2 orang. Instrumen yang digunakan berupa Skala Respons Umum Fungsi Adaptif (RUFA) dengan proses pengujian *pre test* dan *post test*. Waktu pelaksanaan dilakukan selama 4 hari dimana setiap hari dilakukan 1 kali latihan pada pagi hari selama 10 putaran. Tempat pelaksanaan di Ruang Kuantan Rumah Sakit Jiwa Tampan Provinsi Riau. Hasil penelitian menunjukkan terdapat penurunan tanda dan gejala pada pasien dengan risiko perilaku kekerasan di nilai *pre test* sebelum dilakukan terapi *breathing exercise* pranayama dan *post test* setelah dilakukan *breathing exercise* pranayama.

Kata Kunci : Risiko Perilaku Kekerasan, *Breathing Exercise* Pranayama,
Skizofrenia
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**BACHELOR OF NURSING PROGRAM
FACULTY OF NURSING
PAYUNG NEGERI INSTITUTE OF HEALTH SCIENCE**

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Eliza Putri
24501036

Mental Health Nursing Care with the Application of Breathing Exercise
Pranayama in Patients at Risk of Violent Behavior at Tampan Mental Hospital,
Riau Province

XIII+ 45 Pages+ 1 Scheme+ 7 Tables+ 6 Attachments

ABSTRACT

Mental health issues are a serious and worrying problem in many countries including Indonesia. One of the mental health problems that needs more attention is the risk of violent behavior. Patients at risk of violent behavior will have an impact on themselves and others. The impact of violent behavior committed by patients against themselves can injure themselves or damage their environment. In reducing the risk of violent behavior, actions that can be taken are using implementation strategies (SP) and non-pharmacological therapy. One of the non-pharmacological therapies that can be done is breathing exercises such as breathing exercise pranayama. Breathing exercise pranayama can reduce signs and symptoms in patients at risk of violent behavior. The purpose of this study was to explain mental nursing care with the application of breathing exercise pranayama to patients at risk of violent behavior at the Tampan Mental Hospital, Riau Province. The implementation method used was the experimental technique (treatment) on patients at risk of violent behavior. The number of samples used was 2 people. The instrument used was the General Response Scale of Adaptive Function (RUFA) with a pre-test and post-test testing process. The implementation time was carried out for 4 days where every day 1 exercise was carried out in the morning for 10 rounds. The implementation location was in the Kuantan Room of Tampan Mental Hospital, Riau Province. The results showed a decrease in signs and symptoms in patients with a risk of violent behavior in the pre-test value before breathing exercise pranayama therapy and post-test after breathing exercise pranayama.

Keywords : Mental Disorders, Risk of Violent Behavior, Breathing Exercise
Pranayama, Schizophrenia

References: 18 (2020-2024)